

Exercise in Industry

Strength

OCTOBER

25¢

The Romance of Strength

One 94 Year Old Boy

What Do You Know
About Digestion

PEARL, CHERN

Copyright 1938

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



HARRY HALL

With every bar bell we sell we give courses in 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 show 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. 704

2739 North Palethorp Street

Philadelphia, Pa.

THE MILO BAR BELL CO.,
Dept. 704 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

I Will Train You at Home to Fill a Big-Pay Radio Job



Here's the PROOF



Made \$185 in Three Weeks' Spare Time
I have met with continued success. For instance recently I realized a profit of \$185 in three weeks for spare time work. I charge \$1.50 an hour. Right now I am making more money in my spare time than I am making in my regular job. I have been making good money almost from the time I enrolled. I am going to give up my present position and open a Radio shop. The N. R. I. has put me on the solid road to success.—Peter J. Dunn, 901 N. Monroe St., Baltimore, Md.

Mad \$588 in One Month
The training I received from you has done me a world of good. Some time ago, during one of our busy months, I made \$588. I am servicing all makes of Radio receiving sets. I haven't found anything so far that I could not handle alone. My boss is highly pleased with my work since I have been able to handle our entire output of sets here alone. Herbert Reese, 2215 South E Street, Elwood, Indiana.



Earns Price of Course in One Week's Spare Time
I have been so busy with Radio work that I have not had time to study. The other week, in spare time, I earned enough to pay for my course. I have more work than I can do. Recently I made enough money in one month's spare time to pay for a \$375 beautiful console all-electric Radio. When I enrolled I did not know the difference between a rheostat and a coil. Now I am making all kinds of money.—Earle Cummings, 18 Webster Street, Haverhill, Mass.



Earns Price of Course in One Week's Spare Time
I have been so busy with Radio work that I have not had time to study. The other week, in spare time, I earned enough to pay for my course. I have more work than I can do. Recently I made enough money in one month's spare time to pay for a \$375 beautiful console all-electric Radio. When I enrolled I did not know the difference between a rheostat and a coil. Now I am making all kinds of money.—Earle Cummings, 18 Webster Street, Haverhill, Mass.

If you are earning a penny less than \$50 a week, I send for my book of information on the opportunities in Radio. It's FREE. Clip the coupon NOW. A flood of gold is pouring into this new business, creating hundreds of big pay jobs. Why go along at \$25, \$30 or \$45 a week when the good jobs in Radio pay \$50, \$75, and up to \$250 a week. My book, "Rich Rewards in Radio," gives full information on these big jobs and explains how you can quickly become a Radio Expert through my easy, practical, home-study training.

SALARIES OF \$50 TO \$250 A WEEK NOT UNUSUAL

Get into this live-wire profession of quick success. Radio needs trained men. The amazing growth of the Radio business has astounded the world. In a few short years three hundred thousand jobs have been created. And the biggest growth of Radio is still to come. That's why salaries of \$50 to \$250 a week are not unusual. Radio simply hasn't got nearly the number of thoroughly trained men it needs. Study Radio and after only a short time land yourself a REAL job with a REAL future.

YOU CAN LEARN QUICKLY AND EASILY IN SPARE TIME

Hundreds of N. R. I. trained men are today making big money—holding down big jobs—in the Radio field. Men just like you—their only advantage is training. You, too, can become a Radio Expert just as they did by our new practical methods. Our tested, clear training, makes it easy for you to learn. You can stay home, hold your job, and learn quickly in your spare time. Lack of education or experience are no drawbacks. You can read and write. That's enough.

MANY EARN \$15, \$20, \$30 WEEKLY ON THE SIDE WHILE LEARNING

My Radio course is the famous course "that pays for itself." I teach you to begin making money almost the day you enroll. My new practical method makes this possible. I give you SIX BIG OUTFITS of Radio parts with my course. You are taught to build practically every type of receiving set known. M. E. Sullivan, 412 73rd Street, Brooklyn, N. Y., writes: "I made \$7.20 while studying." Earle Cummings, 18 Webster Street, Haverhill, Mass.: "I made \$375 in one month." G. W. Page, 1807 21st Ave., Nashville, Tenn.: "I picked up \$935 in my spare time while studying."

YOUR MONEY BACK IF NOT SATISFIED

"I'll give you just the training you need to get into the Radio business. My course fits you for all lines—manufacturing, selling, servicing sets, in business for yourself, operating on board ship or in a broadcasting station—and many others. I back up my training with a signed agreement to refund every penny of your money if, after completion, you are not satisfied with the course I give you."

ACT NOW—64-Page Book Is FREE

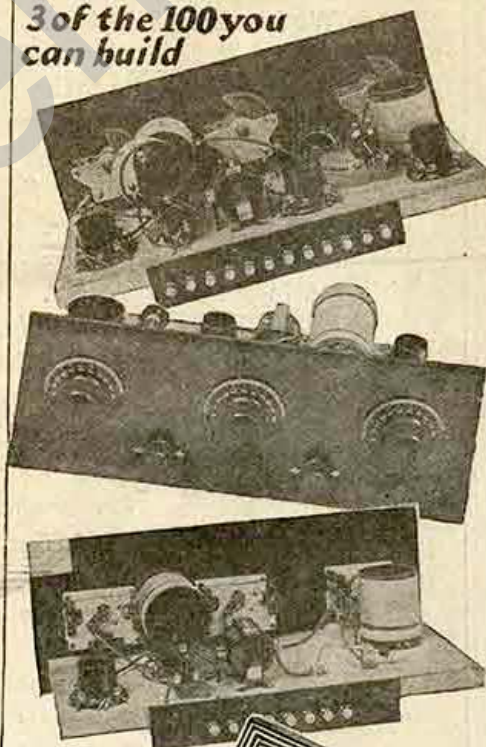
Send for this big book of Radio information. It won't cost you a penny. It has put hundreds of fellows on the road to bigger pay and success. Get it. Investigate. See what Radio has to offer you, and how my Employment Department helps you get into Radio after you graduate. Clip or tear out the coupon and mail it RIGHT NOW.

J. E. SMITH, President
Dept. 22K2
National Radio Institute
Washington, D. C.



You can build 100 circuits with the six big outfits of Radio parts I give you

3 of the 100 you can build



Find out quick about this practical way to big pay



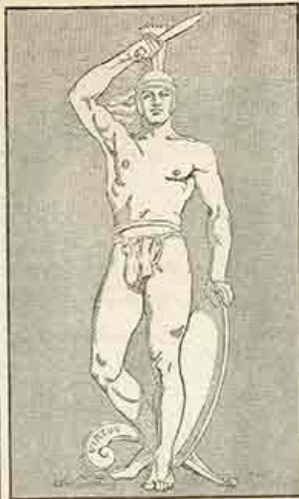
Mail This FREE COUPON Today

J. E. SMITH, President
Dept. 22K2, National Radio Institute
Washington, D. C.

Dear Mr. Smith: Kindly send me your big book, "Rich Rewards in Radio," giving information on the big-money opportunities in Radio and your practical method of teaching with six big Outfits. I understand this book is free, and that this places me under no obligation whatever.

Name..... Age.....
Address.....
City..... State.....
Occupation.....

Employment Service to all Graduates
Originators of Radio Home Study Training



Strength



OCTOBER, 1928

Vol. XIII

No. 8

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Ready For Progressive Exercising

By BERNARD BERNARD



BERNARD BERNARD

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

"The Glory of a Young Man is his Strength." Every red-blooded fellow looks forward to making the best of his body, to having that strength and fitness which are his glory and his right. But how many are exercising under a great handicap?

Like the young man whose case we quote below they are suffering the results of many of past habits; and their best efforts are mostly futile.

This fellow was wise. He knew that he could not beneficially start progressive exercising until he had become complete master of himself and overcome the results of his nervous and vital drains.

Before he started with us he was, according to his own reports, a complete wreck. Now that he has finished his three months' Course he is ready for progressive exercising; and, as he writes: "An ambition of long standing will be realized." He knows that, now he has the foundation, he will soon become a true "he-man," proud of a wonderful body with muscles of whipcord and the strength of a Samson.

Remember, too, that this young man had lost all control. He simply could not keep sex thoughts and desires out of his mind. In other words, he was a slave.

My friend, are you a slave of this kind? And have you longed to be free to start on the road to real control and joy and happiness? Do you desire that glorious acquisition—a magnificent body and gigantic strength; this in addition to accomplishing your ambitions in other spheres of life?

Here is your golden opportunity. Do as he did. Let us, as Physical Culture Consultants, show you the way. You will never regret it. It is the most important thing in your life; for you have to choose either slavery and ill health or freedom and a splendid body.

Read his reports, and then act immediately.

First Letter, before treatment: "All my troubles can be traced to the practice of the solitary habit. This habit was begun when I was 13 or 14 years old and continued till I was 20. I broke this habit about 18 months ago. My complexion is sallow and I am very thin. My eyes have become so deep-set in the last two years that I am worried about them. Am troubled with catarrh of the head. I am so nervous that when I lie in bed I can see the bed clothes trembling. At times I have a cold, sick feeling in the pit of my stomach. Anything suggestive causes an abnormal response. The organs are undersized, which is a cause of embarrassment. Though I have quit the habit, there is still a drain and loss, about three a month. If you can do anything with my case I will be forever indebted to you. Sincerely, A. W. B., Ga."

First Report, Jan. 22nd: "I am progressing very good on the diet, am feeling much better. I have two free actions of the bowels daily now; used to have only one. Of course, I don't expect much in the way of improvement in such a short time, for I realize the seriousness of my case. Sincerely yours, A. W. B., Ga."

Second Report, Feb. 2nd: "I am getting along fine with my diet. Bowels are acting two and sometimes three times a day. My face has already begun to improve. Had only one loss in two weeks. Sincerely yours, A. W. B., Ga."

Third Report, Feb. 20th: "My weight is standing still but I am feeling better than I ever did in my life. My complexion has made a marked improvement. My bowels move three and four times a day now. Have noted that the heavy coating on my tongue is gradually disappearing. In two months only two losses. This shows that I am acquiring control. Sincerely, A. W. B., Ga."

Fourth Report, March 12th: "I have noticed that my weight is slowly but surely coming up. This is certainly gratifying. My complexion is cleared up with the exception of one or two pimples. I am feeling better now than I have ever felt in my life and don't feel so depressed and melancholy as before. Before taking these lessons my mind was continually filled with sexual thoughts. They don't come so much now. My thoughts are clearer and high minded. The losses are decreasing and occur about twice a month now. I will never be able to thank you sufficiently for lifting me out of the depths and guiding me to the right way of living. I had given up all hope of ever being a man and being able to get the joy and happiness out of life. Appreciating all that you have done for me, I remain, Most sincerely yours, A. W. B., Ga."

(When asked for permission to use his reports in this advertisement, he made the following remarks, sent by him May 15th, 1928):

"Dear Friends:

"Gladly will I give my permission for you to publish any and all of my reports as you see fit (my name and address not to be used).

"Am also enclosing a few additional remarks which you are welcome to. Your course sure has done me a lot of good. My weight keeps right on going up. It won't be many months before it will be up to normal.

"Wishing you continued success, I remain,

Most sincerely yours, A. W. B., Ga."

ADDITIONAL REMARKS

"Before taking this Course I was having three and four losses a month, which was a very serious drain on my health. . . . Six weeks after starting the course the losses decreased to one and sometimes two a month.

"I was always thinking of sexual thoughts and desires, had no control at all . . . now I have complete control and a clean mental condition.

"I was tall and very thin, this condition being caused by the . . . habit. I tried a drug course from a high-class physician, but drugs only aggravated the condition. Being ashamed of my abnormal thinness, I tried heavy weight exercises but could not gain a single pound because my digestion and blood stream were in a bad condition. In desperation I tried the Physical Culture Consultants. . . . In two weeks I felt a great change and saw an improvement. . . . complexion cleared up. . . . eyes took on the sparkle of health. . . . chronic constipation disappeared. After six weeks my weight began to slowly gain. After three months the rate of gain is steady at three pounds a month. I was thirty pounds underweight before I started.

"For eight long years I was a victim of a certain vicious habit that nearly ruined my mental and physical health, but thanks to the Physical Culture Consultants my mental health is back to normal and when I gain a few more pounds my physical health will be perfect.

"Due to their wonderful help my body will soon be ready for progressive exercising. . . . then an ambition of long standing will be realized. . . . to become strong and shapely. A. W. B., Ga."

What We Have Done For Others We Can Do For You

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

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

"Sex Weaknesses, Their Cause and Remedy"

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

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INTRODUCTION.

Sex Problems.

CHAPTER I.

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

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CHAPTER III.

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CHAPTER IV.

Physical and Educational Neglect. How Physical Neglect Induces Sex Weakness.—How Cases Become Chronic.—Criminal Neglect of an Important Subject.—Drive Away Ignorance.

CHAPTER V.

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

CHAPTER VI.

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CHAPTER VIII.

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CHAPTER IX.

Sex Weaknesses and Their Cure. Solitary Vice.—Involuntary Losses.—Promiscuity.—Sex Hallucinations.—Impotence.—Mental Sexual Obsession.—Prostatitis.—Sexual Neurasthenia.

PRICE \$1.00 POSTPAID

Beautifully Bound In Cloth, Gold Embossed

TO BE OBTAINED ONLY FROM THE

Physical Culture Consultants,

Dept. C-22, 70 Bulkley Avenue,

Sausalito, California

Physical Culture Consultants,
Consultation Dept., Dept C-22, 70 Bulkley Ave.,
Sausalito, Calif.

Please send me "SEX WEAKNESSES, THEIR CAUSE AND REMEDY." I enclose \$1.00.

Name

Street

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

Give Your Ambitions
Free Play!

Tie Up With the
Most Successful
Company in the Field

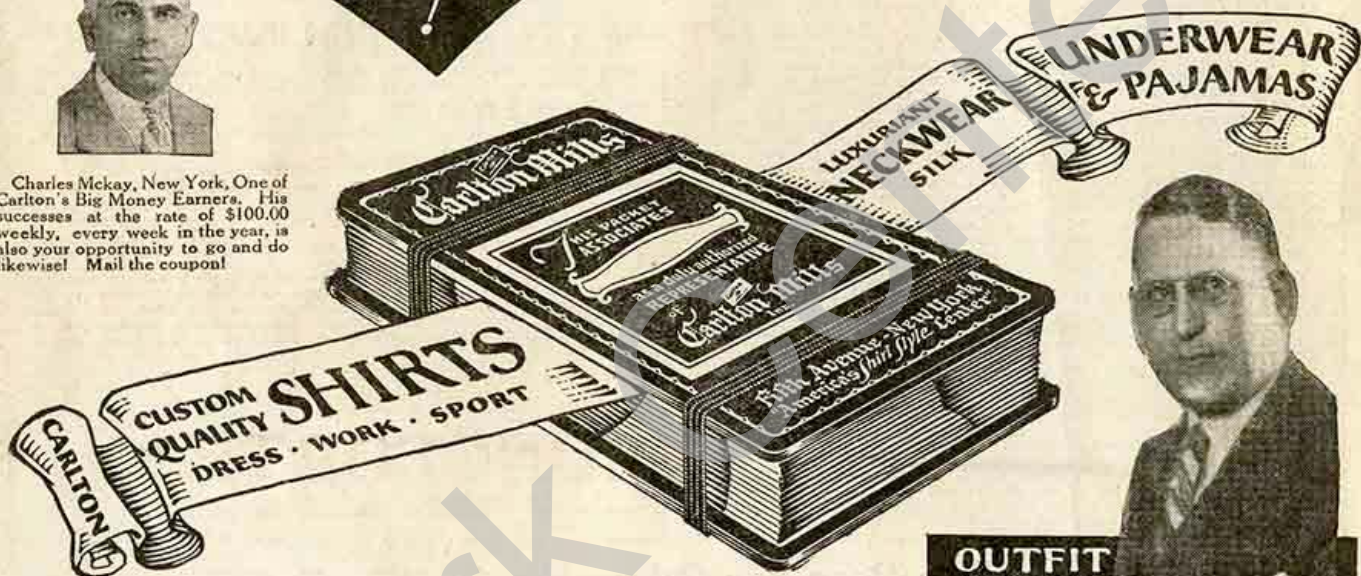
Make Big Money—Start at Once! With The Carlton Line

No Capital
Required
No Experience
Necessary

No Experience Necessary—No Investment Required—Every minute right from the start is to be profitable to you. Part time or Full time. Day time or Night time. An opportunity wherein your success is only dependent upon your "Willingness to Try!"



Charles McKay, New York, One of Carlton's Big Money Earners. His successes at the rate of \$100.00 weekly, every week in the year, is also your opportunity to go and do likewise! Mail the coupon!



ILLUSTRATED above . . . The famous Carlton Sample Outfit—the book that is making this entire country a play-ground of Big Money Earning for Carlton Representatives . . . the records of 1927 certainly prove it!

Between its two covers . . . the nationally known Carlton Custom-Quality Line of Men's Dress, Work and Sport Shirts, Neckwear, Underwear, Pajamas—the easiest to sell Men's Wear Line in America . . . and again the records of 1927 to prove it!

Year Round Business -Ever Active Market

Through you, we go direct to the vast American market of 35 million responsive prospects—ever new, never exhaustible! . . .

All you have to do is show the sample book, quote the low prices and take order after order without effort.

Carlton defrays full transportation charges, collects balances due and guarantees customer satisfaction.

If you prefer, begin by devoting spare time . . . your earnings will soon justify full time to Carlton's big-money-earning proposition.

Carlton actually puts you in business for yourself—gives your ambitions full play, and makes every minute of your association profitable.

Biggest Commissions Bonuses in Addition

You are paid daily—in cash. Each sale carries biggest commissions. Simplicity of plan makes Carlton proposition easy for you to grasp—and easy for you to start right out and show surprising results.

Carlton's Bonus Plan is the most successful earnings booster in the direct selling field—payable regularly and repeatedly, in units from \$25.00 to \$300.00. Explanation of Bonus Plan as well as details on Carlton's 40% Profit Sharing Plan furnished with outfit.

Profit Sharing is paid to Carlton representatives in addition to all other sources of Carlton incomes.

Complete Outfit FREE

Put it in Your Pocket and
Put \$100 a Week in with it.

Upon receipt by us of special coupon to the right, you will be promptly furnished with complete sample outfit—the most elaborate selling kit in the field, containing hundreds of beautifully mounted, large sized swatches of the actual merchandise. Order books, supplies and valuable selling helps included with outfit.

There is no time like "at once" when an opportunity such as this one presents itself to you. Fill in and mail the coupon—your outfit will go forward by return post—prepaid. In less than a week, you will shake hands thankfully with the hand that wrote the coupon.

OUTFIT
FREE

I'll supply complete selling equipment—and accept your ambition as my "receipt in full"

C. E. Mandel
Pres.



carlton
MILLS

114 FIFTH AVENUE
NEW YORK - N. Y.

MAIL COUPON TODAY

C. E. MANDEL, Pres. Dept. 340R
Carlton Mills, Inc.
114 Fifth Avenue, New York, N. Y.

Dear Mr. Mandel:

Send me the Free Carlton Outfit by return mail -- prepaid. I am ready to put The Carlton Line and your Big Money Earning guarantee to a test!

Name.....

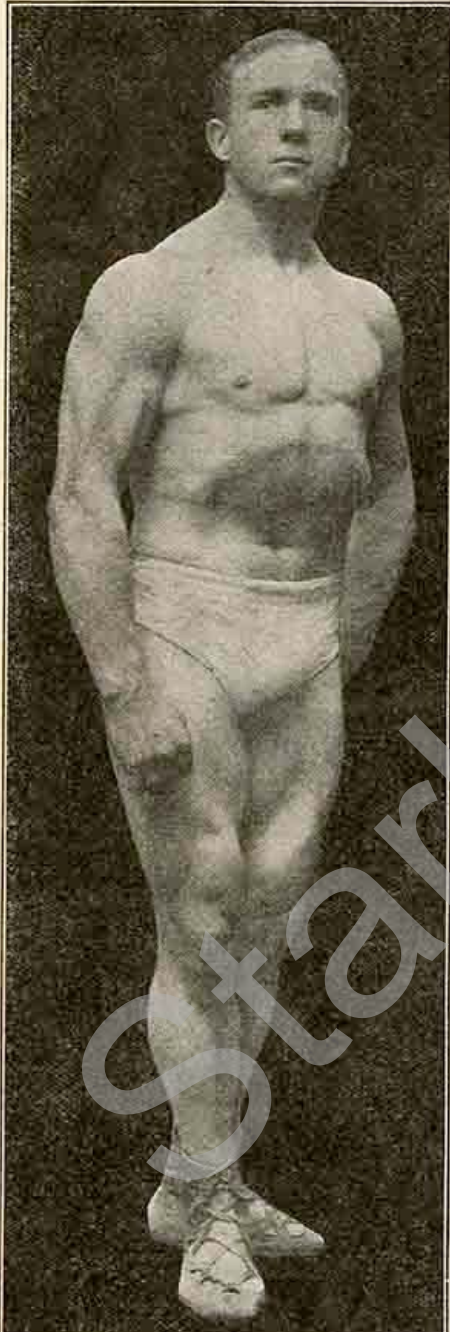
Address.....

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

Start your success at once—Sparetime or full time

Strongfort Conquers Weakness

BY ORIGINAL MUSCLE MAKING METHODS



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

DON'T stand by and see your body tottering and growing weaker and flabbier day by day, unfitting you for every physical function, making a sorry spectacle of you in everything you undertake. Don't do it—if you want to be a man—a real he-man—a man who will be noticed in a crowd by both men and women. Don't be a weakling when you can be a healthy, powerful, muscular fellow, with a grip like iron, a knockout punch, a chest that denotes strength, and a face that pictures buoyant health and happiness. Battle against weakness and disease and annoying ailments. **IT'S YOUR FIGHT—and YOU CAN WIN IT!** I can help you! I will help you! I have performed wonders in restoring weak men to health and strength. Thousands will testify to this fact.

LISTEN TO ME, YOUNG MAN

You need not be discouraged and down with the blues because of your weakened physical condition, your ailments, your lack of manliness. I have put thousands on their feet after they had been dragged down so deep they thought they could never be real men again. I gave them stamina, pep, vigor, energy, ambition. I built them up inch by inch—internally and externally—by my original methods, until they became outstanding men, full of snap, and "go" and steam. And tens of thousands of letters in my office tell of their restoration to health, the rejuvenation of their whole muscular system, the awakening of their mentality and the joy and happiness that came through all these.

Don't Fool With Dope and Drugs

Man, you won't get anywhere experimenting with drugs, dope, and booze to stimulate the system. Gymnastic apparatus, stretching, pulling and lifting machines often aggravate your condition. Starvation diets serve merely to weaken you more. Electrical and many other trumped-up treatments, muscle manipulation, baths, ordinary physical culture, forced deep breathing, mystics—all fail to get to the cause of your weaknesses and diseases. Nature only can help you. Nature is supreme in the regulation, restoration and revitalizing of the human body. But you must give Nature a chance—you must help her—and this you can do most certainly, most effectively, through

STRONGFORTISM

Science of Health and Strength

It was through the methods I used in developing my own body until I won the world's acclaim as the finest specimen of muscular development, and championships in feats of great strength, in Europe and in the United States, that I constructed the science of **STRONGFORTISM**. It is through it that I reclaim wrecked and weak men, make them into new beings, and give them a body and arms of which they can boast. No inconvenient hours are required. Only a little of your time in the privacy of your own home is necessary to follow my easily understood instructions—and, oh man, how glad you'll be that you listened to me, once you've started on my course. It means a new day for you, that's sure as you're alive. **YOU CAN BANISH YOUR WEAKNESS.** You can be a man to be feared in physical combat. There is no doubt about it. I can prove it if you'll just sit down and tell me frankly that you are willing to guide by what I tell you.

SEND FOR MY FREE BOOK—TODAY

Send for your copy of my extraordinary book and you will learn facts that will astonish you and help you out of your sorry plight. The experience and research of a lifetime are contained in my wonderfully instructive book, "Promotion and Conservation of Health, Strength and Mental Energy." 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 will show you how to be true to the best that is within you. Just check the subjects on the consultation coupon on which you want special confidential information, and send to me.

Send For
This
Book
Today



Clip and Send This Coupon

FREE CONSULTATION

Absolutely Confidential

Mr. Lionel Strongfort, Strongfort Institute, Dept. 627, 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.

.. Catarrh	.. Overweight	.. Stomach Disorders
.. Colds	.. Constipation	.. Vital Losses
.. Asthma	.. Weak Back	.. Lung Troubles
.. Headache	.. Weak Eyes	.. Round Shoulders
.. Rupture	.. Rheumatism	.. Youthful Errors
.. Thinness	.. Nervousness	.. Manhood Restored
.. Pimples	.. Night Losses	.. Great Strength
.. Insomnia	.. Short Breath	.. Increased Height
.. Impotency	.. Weak Heart	.. Muscular Development
.. Private Ailments		

NAME

AGE..... OCCUPATION.....

STREET

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

STRONGFORT INSTITUTE
LIONEL STRONGFORT, DIRECTOR.
PHYSICAL AND HEALTH SPECIALIST
DEPT. 627 NEWARK, NEW JERSEY, U.S.A.

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Classified Advertisements

The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., September 20th for the November issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

Books

A Perfect Life and How to Live It. \$3.00. By Dr. Henry Hoffman, Box 814, Omaha, Neb. Information free.

For Sale

BOOKS, MAGAZINES, Art Publications, in English, French, Spanish. Photo novelties, samples, lists, etc. 20 cents stamps. Villaverde Co., Dept. 204, Box 1329, Havana, Cuba.

Courses for Sale

Strongfort Course, with dumb bells. Complete, \$5. Vincent Lovett, 15 Garden St., Malden, Mass.

500-Lb. Plate Bell, Special Grip Bars, 3 Courses Instructions. Cost \$65.00. Sell \$45.00. Smith Brown, Route 3, Phoenixville, Penna.

Boxing

Boys and Young Men, I will teach you Boxing, and will keep up your "INTEREST," around which centers all your success. Write for particulars. Box 261, Stafford, Kansas.

European Physical Culture

European and Continental Exercise Books. New, illustrated. "Muscle Control," by Maxick, \$1.95; "Tumbling Tricks," 75c; "Weight Lifting," by Pullum, \$2.00; "Health and Strength" Magazine, 25c. Catalog. Trevor Postal Service, 2 Highland Street, Phenix, Rhode Island.

Miscellaneous

Physical Culture Exchange. Buy, Sell, Trade. Write Robert Shipley, Germantown, Md., Route 1.

Health and Strength

Obtain Super-Strength—Great oxidation discovery, builds new cells instantly. Send only 25c to Instructor A. L. Bradley, Savannah, Georgia.

Health

Don't Starve. Feed. Improve Complexion, Ambition, nerve exhaustion, catarrh, constipation, indigestion, sex troubles, impotence, regulate weight. Booklet 10c. Vital Diet, 10, 811 N. Fourth St., Camden, New Jersey.

TOBACCO or SNUFF habit cured or no pay! \$1.50 if cured. Sent on trial! FRANCES WIL-LARD, Box 796, Los Angeles, Calif.

Flies—Send for free brochure describing an entirely new method of successfully treating this annoying complaint. Affords instant relief followed by complete healing. Donovan Surgical Co., Dept. 11B, 396 Broadway, New York City.

Wanted

Wanted—Copy of Strength Magazine, April issue, 1923. Good price paid. Write to W. G. Munson, 7933 Manistee Ave., Chicago, Ill.

Wanted—Bar Bell. La Grande Martin, Chester, Pa.

Detectives

BE A DETECTIVE. Work home or travel. Experience unnecessary. Particulars free. Write American Detective System, 2190 Broadway, N. Y.

Help Wanted—Male

BIG PAY: South American Work. American firms pay fare, expenses. South American Service Bureau, 14,600 Alma, Detroit, Mich.

Education and Instruction

Novelty Acrobatic Stunts—Tumbling, Bending, Balancing, Clowning, Show Material, etc. Professional instruction. Easy method learning. Best ever. Illustrated complete, \$2.00. Jingle Hammond, Adrian, Michigan.

Schools and Colleges

You know that Herbal Remedies are valuable. Learn how to combine and use them. A Comprehensive Post Graduate Course (Correspondence) Teaching the Use of Herbs. Hundreds of formulas. Write and learn what those who have studied say. A Proven Practice Builder. Dominion Herbal College, 18 West Hastings Street, Vancouver, Canada.

Eyesight

School of Natural Eyesight, 596 Riverside Drive, N. Y. C. We teach you how to develop your eye-muscles, whereby defective sight becomes normal. Glasses permanently discarded. Squint, Partial Blindness, Crossed Eyes, Drooping Eyelids, Facial Rejuvenation.

Personal

MARRY! Join exclusive club. The Ramona Correspondence Club. P. O. Box 514, Los Angeles, Calif.

GET MARRIED QUICKLY. Hundreds of pretty girls worth from \$5,000 to \$50,000. Descriptions free. Winter, 414-31st Street, Milwaukee, Wis.

Lonely? Meet your sweetheart. Names, descriptions, photos, letter, 10c. Braun, 353 W. 47th, Chicago.

Art Photos

French Glazed Postcards, daringly nude, full view (HOT STUFF). 6—\$1; Set 12—\$2. 8 x 10 Spanish Beauty Free—\$2 order. Art Studios, McAadoo, Penna.

Real Stuff—Unretouched Nude Photos, full view, red hot. Men go wild over 'em. 12 for \$2, or complete 24 poses for \$3. Photo Institute, McAadoo, Penna.

Art Photos (Nudes), 4, \$1.00. Cartoon lesson, \$1.00. Str-Gpo, Box 471, N. Y.

Songs

I Want Song Poems. Casper Nathan, H-5644 North Racine, Chicago.

SONG POEM WRITERS—"Real" Proposition. Hibbler, D43X, 2104N, Keystone, Chicago.

How to Entertain

Plays, Musical Comedies and Revues, Minstrels, Comedy and Talking Songs, Blackface Skits, Vaudeville Acts, Monologs, Dialogs, Recitations, Entertainments, Juvenile Plays and Songs, Musical Readings, Make-up Goods. Catalog free. T. S. Denison & Co., 623 South Wabash, Dept. 88, Chicago.

Photographs

ENLARGEMENTS from your snapshot negatives. Special, 6 x 9 inch ferrotyped glossy, 50c; three same, \$1.00; three different, \$1.25. Ideal for publication purposes. Hobby Shop, Six, Traffic Station, Minneapolis, Minn.

Inventions Wanted

If you have a patented or unpatented invention for sale, write Hartley, 38 Court St., Bangor, Me.

Patents

Inventions Commercialized. Patented or Unpatented. Write Adam Fisher Mfg. Co., 534 Enright, St. Louis, Mo.

Make Money with Patents! We offer patents with money-making possibilities, circular free. Floyd Clymer, Denver, Colo.

Motorcycles

USED MOTORCYCLES. Low terms. Also Parts, Accessories. Catalog free. Western Motorcycle Co., 942 East 15th St., Kansas City, Mo.

MOTORCYCLE BARGAINS—Used, Rebuilt, Guaranteed, Shipped on approval. Terms, Catalog free. Clymer, Denver, Colo.

Dogs

HUNTING HOUNDS, Cheap. Trial. Dixie Kennels, C-3, Herrick, Ill.

Help Wanted

Address Envelopes at home, spare time. Experience unnecessary. Dignified work. \$15-25 weekly easy. Particulars 2c stamp. Imperial Stationery Company, Dept. 7, Greenfield, Ohio.

Health Resorts

Dr. B. Lust's Health Resorts, "Youngborn," Butler, New Jersey, and "Tangerine," Florida. Nature Cure, Diet, Hydropathy, Sun and Air Baths, Blood-Washing, Fasting, etc. Established 32 years.

Do you need rest and recuperation? The Chesapeake Bay country offers many scenic and climatic advantages, which, together with our diet, exercise, massage, sun baths, and other treatments, will soon make you well. Dr. Galatian's Sanitarium, Box 8, Cantonsville, Md.

Cures

A cure for constipation, new and different. Easiest, cleanest, most natural. No drugs, diet, nor general exercise. No apparatus, inconvenience nor discomfort. Keck, 3706 Fillmore, Denver.

YOU'RE NEXT

Now Watch YOUR Muscles GROW!

One—two—three! Just like that, the boy you see at the right changed from a puny weakling into a physical GIANT! Study those pictures—they'll make you rub your eyes. Looks like magic, doesn't it? But there are no tricks about it. That's just an example of what Titus Training has done for thousands upon thousands of men.

I've taken fellows of every size and condition—some of them so run down and wasted that you'd think a stiff breeze would carry them away—and I've transformed them almost overnight into perfect specimens of manhood! I've been doing it for years. I've earned my reputation as the father of Physical Culture by mail on just such results as you see in the illustrations. "Miracles worked in Muscle"—that's what people call them. But don't forget that they are *scientific* miracles, because I've made a science of building men. Nobody else knows the secret of my methods—but I know, and I know they'll do the same for you as they did for the lad shown here.

In 30 Days I'll Increase Your Muscles By INCHES

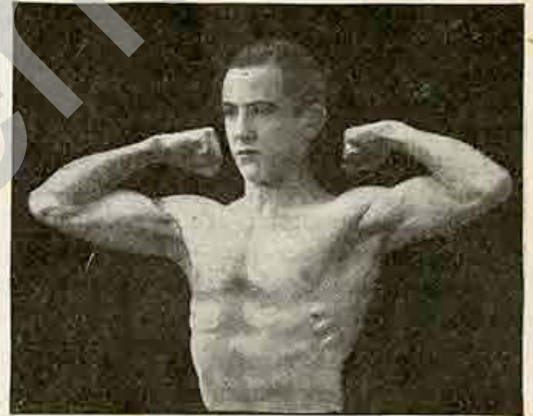
Yes sir, that's all I want—30 days—and just a few minutes a day. In that short time I'll make you over from head to foot. I'll put layer after layer of muscle all over your body till they stand out like iron bands. And they'll be panther muscles, friend—muscles as live as spring steel—with the speed of lightning and the power of a battering ram. Those are the kind of muscles that make champions, the kind of muscles that will make you laugh at men twice your size. Boy, you'll get the thrill of a lifetime.

Only Titus Gives You This SUPER-STRENGTH

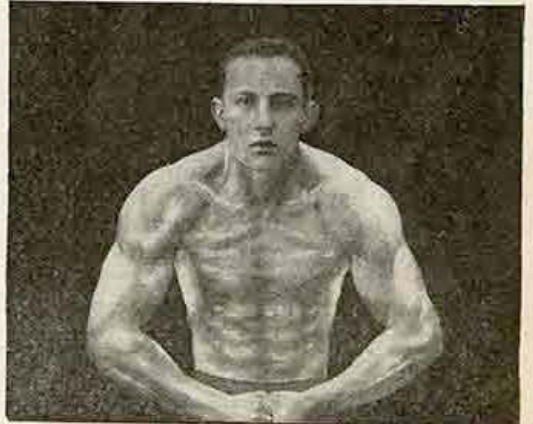
My method is scientific. That's why it accomplishes more in WEEKS than other systems accomplish in MONTHS. It gives you that marvelous power of MUSCLE CONCENTRATION—the secret of SUPER-HUMAN strength that is exclusive with Titus Training. Send for my big BOOK that tells how. I'LL SEND IT TO YOU FREE.



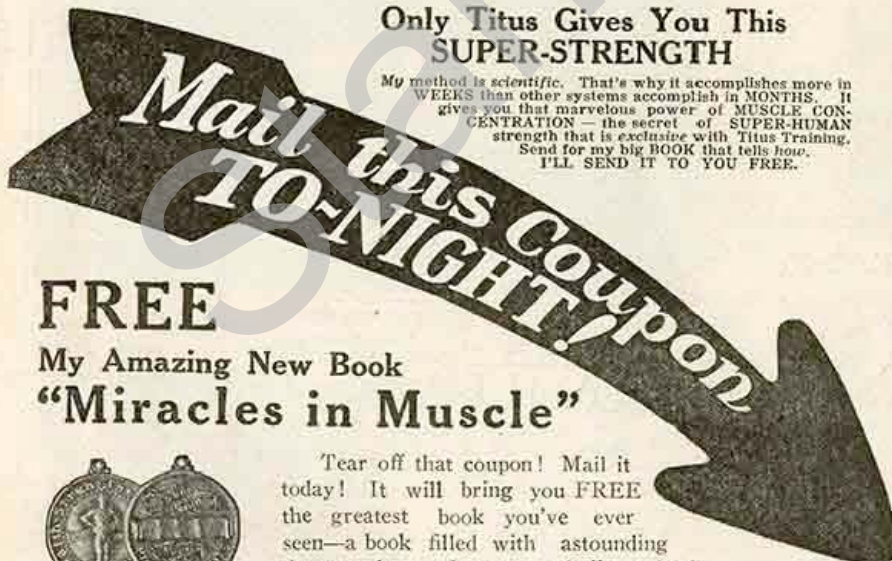
BEFORE: This boy looks pretty hopeless doesn't he? Do you wonder that he was ashamed of his scrawny body.



30 DAYS LATER: Here's a real man! Just look at the way those muscles have developed in 30 days of Titus Training. That's going some, isn't it?



60 DAYS LATER: And now, every muscle in his body developed to great size. You'd never recognize him as the same lad. Need I urge YOU to mail the coupon?



FREE

My Amazing New Book
"Miracles in Muscle"



Strong men all over the world wear it. Made of solid statuary bronze and given to you free. Mail coupon for full details.

Tear off that coupon! Mail it today! It will bring you FREE the greatest book you've ever seen—a book filled with astounding photographs of men rebuilt—a book packed full of Titus's own secrets of making muscles GROW. No cost or obligation—just rush the coupon to Dept. X-131.

The One and Only **TITUS** 105 E. 13th St. New York City

Titus, Dept. X-131
105 E. 13th St., New York, N. Y.

Dear Titus: Sure I'd like to have your big new book "Miracles in Muscles." Send it FREE.

Name

Address

Town..... State.....

"Why Should You Be Strong?"

The above is one of the many interesting chapter titles of that highly instructive book, "The Way to Live." The author, you know, is the great George Hackenschmidt, himself, and every word of this book is taken from his own eventful life. When you are reading this book you are benefiting by Hack's own experiences in training, lifting, health principles and professional wrestling.

The New Low Price of This Book IS
\$1.50

"Hack's" Own Bar Bell Training Practices For Developing Strength and Muscle Are Part Of This Book

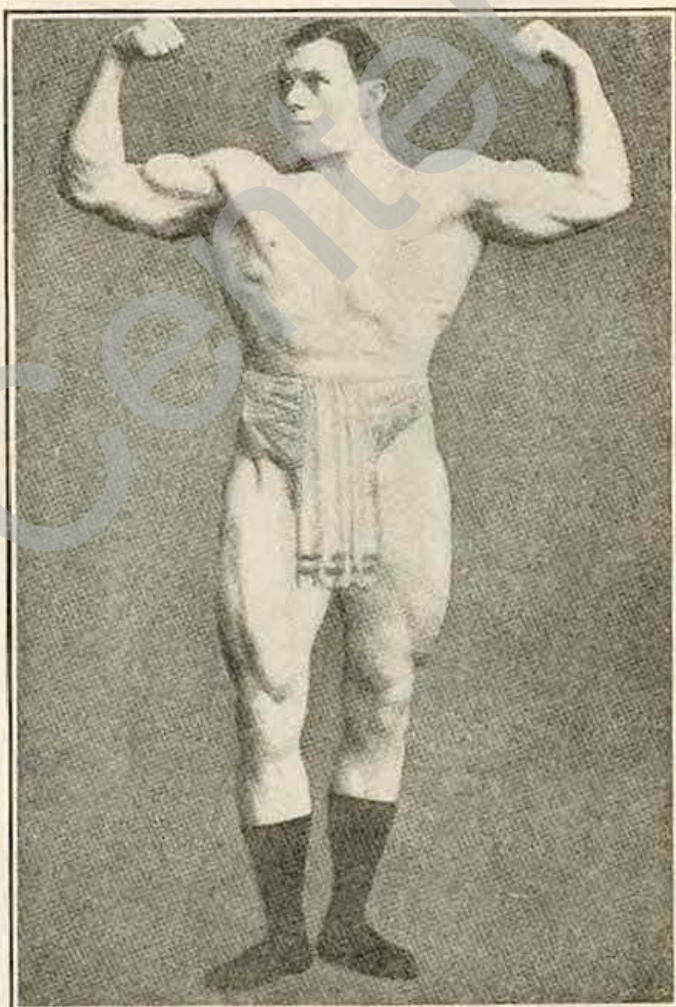
Every bar bell user or lifter who is without this book is missing a great opportunity of advancing his own development and strength. It's a great opportunity because "Hack" was a super-man—if there ever was one—and he developed from an obscure young man to the best-known athlete of his day. His own training principles did it.

You can benefit greatly by the discoveries "Hack" made in building his own unsurpassable physique and ability.

This book reads like fiction, too. You will not find it dull and dry, for it is actually the story of "Hack's" life from beginning to end.

The Author Also Gives You a Chapter on How to Train Without Weights

If you are one of the few readers of *STRENGTH* who do not use bar bells you will find plenty in this book to interest you. Hackenschmidt outlines a training program without apparatus and it is excellent for developing and strengthening your whole muscular system. There are fourteen of these exercises without apparatus and they are great.



HACKENSCHMIDT

Exercises and Advice For the Middle-Aged, Elderly and Invalid

In fact, the book covers very nearly everything pertaining to the health, strength and development of everyone. Proper diet and breathing are given a chapter. "Exercises for Athletes" is also a chapter heading which will interest you if you are interested in athletics of any kind.

Read How "Hack" Threw His Wrestling Opponents

The accounts of these gruelling yet thrilling matches with men many pounds heavier than himself will delight you. You cannot read these accounts without saying to yourself, "What a man!"

We Advise You to Send for This Book Quickly

The Milo
 Publishing Co.,
 Book Dept.
 S-10-28,
 2739 N. Palethorp
 Street,
 Philadelphia, Pa.

Gentlemen: Please send me a copy of George Hackenschmidt's book, "The Way to Live or Physical Strength and How I Acquired It." I am enclosing my remittance of \$1.50.

Name

Address

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

Leave it to your Sweetheart!

... a message to married men
or men about to be married...

ASK her what kind of a man she wants for a husband. Ask her whether she prefers a man with a weak, flabby, ill-shaped body to a man with a body as strong, sturdy and handsome as a Greek god's. Oh, she may love you well enough now—but do you know that there are all degrees of love? And if you're wise, you'll set out to be the man she once dreamed of (and still does). Then married life will be so much happier—so much more worthwhile—with much less quarreling and differences.

Pleasures Beyond Your Fondest Dreams

You can do it—easily, too. You can experience the pleasures of living that are beyond your fondest dreams. The thrill of such living as you never knew is now awaiting you.

15 Minutes a Day and You Have Them

All I ask is that you spend just 15 minutes each day in the privacy of your own room doing simple, easy, scientific movements under my careful instruction. I'll take that body of yours, and build it into something so wonderful, so impressive, so altogether beyond your fondest hopes, that you'll gasp with amazement when you look into the mirror at the end of the first 30 days. I'll take those skinny, soft arms of yours and transform them almost overnight into lithe, steel-like hooks of marvelous speed and power. I'll take the kinks out of that weak back—straighten it out—tighten it up around the waist—go over the lungs, the heart, the kidneys, the liver—strengthening, always strengthening. I'll take that weak, flabby stomach and make the muscles around it look and feel like a cast-iron washboard. I'll straighten out those thin, stooped shoulders—square them up—broaden them—literally pack muscle on them until they look like a piano-mover's. Little lumps of red-blooded muscle will magically appear here, there, everywhere—and you'll feel so full of pep and vitality you'll want to conquer the world.

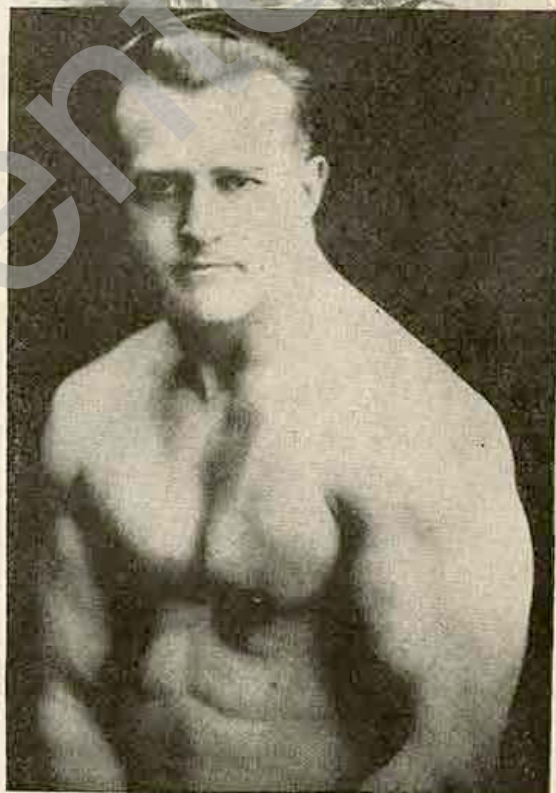
In the First 30 Days I Guarantee

And it doesn't take years to work this transformation—nor even months. In the first 30 days I guarantee to add one full inch of real, live muscle to each of your arms, and two full inches of the same virile, health-bringing strength across your chest. And it's a real guarantee. Thousands of men have proved it to their satisfaction in the last six months.

Watch Her Love Grow

Yes, we leave it to your sweetheart. Just ask her what kind of a man she wants. She may never dare to tell you, but try my methods for thirty days, and watch a new light of joy shine forth from her eyes. Watch her love grow and grow and grow.

It costs you nothing to let me tell you all about my plan. It's so simple, so easy, and the cost is so small, when you consider its benefits, that you'll probably kick yourself because you haven't done it before. Write me today.

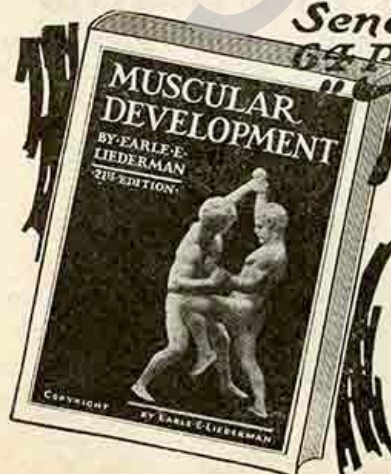


EARLE E. LIEDERMAN, the Muscle Builder
Author of "Muscle Building", "Science of Wrestling and Jiu Jitsu", "Secrets of Strength", "Here's Health", "Endurance", Etc.

Send For My New
64 Page Book

"Muscular Development"

IT IS FREE



Take it and read it. It's the peppiest piece of literature you ever flashed your eyes on. And 48 full-page photos of myself and some of my numerous prize-winning pupils. This is the finest collection of strong men ever assembled into one book. Look them over—doctors, lawyers, merchants, mechanics, and every line of trade you can think of. I swear you'll never let this book get out of your hands again. And just think—you're getting it for nothing. Don't hesitate—there's no strings attached to it. Grab it.

Take your pen or pencil and fill out the coupon—But do it now—before you turn this page.

EARLE E. LIEDERMAN
Dept. 710, 305 Broadway, New York City

EARLE E. LIEDERMAN
Dept. 710, 305 Broadway, New York City

Dear Sir:—Please send me absolutely free and without any obligation on my part whatsoever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)

Name

Address

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



WHO IS HE?

This Professional Athlete
 IS A MEMBER OF THE
 Association of Bar Bell Men
WHY DON'T YOU
 Become
 a Fellow Member Along With
 The **CHAMPIONS**
 OF YOUR
Favorite Sport?

We encourage Members by Awarding Medals,
 Diplomas and other worthwhile Prizes

**Enter Your
 Photo**
 IN THE
**A. B. B. M.
 Contest**

Which Is Held Every Month

**WIN
 A Gold or Silver
 Medal**

Any Amateur Member of the A. B. B. M. is Eligible. Simply write your name and address on the back of your photo and state the month for which it is entered.



You Get a Big Kick Out of Making New Records
 or Showing Your Strength to Your Friends

THERE IS

A FEELING OF PRIDE

In Showing Medals and Diplomas
 WHICH ARE AWARDED BY

The Association of Bar Bell Men

FOR MAKING GAINS IN MEASUREMENTS,
 BREAKING RECORDS OR PERFORMING A FEW
 LIFTS WITHIN THE POWERS OF THE AVE-
 RAGE BAR BELL USER.

Thousands of Awards

HAVE ALREADY BEEN MADE WITHIN THE PAST YEAR.
 WE EXPECT TO BROADEN THE SCOPE OF OUR PRIZE
 SCHEMES.

Become a Fellow Member

It costs you very little to join
The A. B. B. M. **Join Now and**
Win a Few

A. B. B. M., Care Strength Magazine, Dept. S-10-28,
 2739 N. Palethorp St., Philadelphia, Pa.

Secretary: I am a subscriber, please enter me as a member for 50 cents.
 I want to join and subscribe to Strength, for which I enclose
 \$2.75.
 Canada, \$3.00 Foreign, \$3.25

Name

Address

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

50 cents

If You Are
 On the
 Subscription List
 of **STRENGTH**

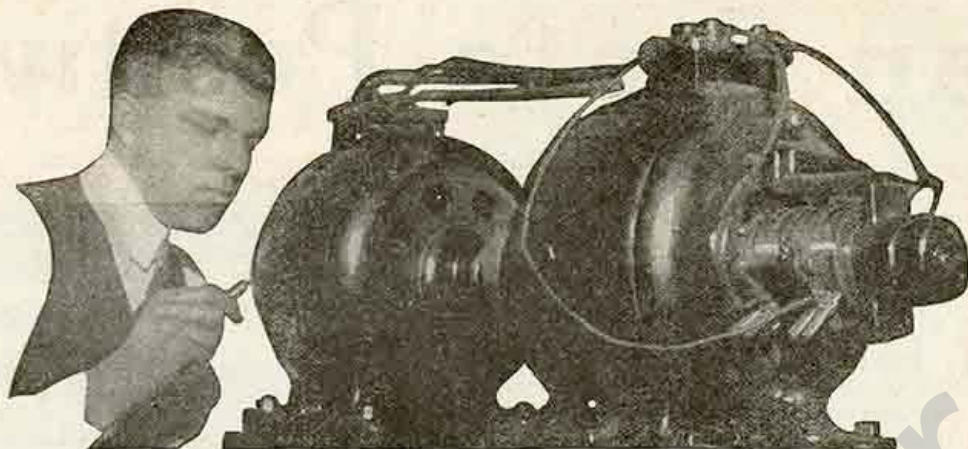


Our Lapel Button

\$2.75

In Combination
 With a Year's
 Subscription to
STRENGTH

EVERY MEMBER RECEIVES A LAPEL BUTTON AND A
 MEMBERSHIP CARD. GET YOURS NOW!



Amazingly Easy Way to get into ELECTRICITY

Don't spend your life waiting for \$5 raises in a dull, hopeless job. Now . . . and forever . . . say good-bye to 25 and 35 dollars a week. Let me show you how to qualify for jobs leading to salaries of \$50, \$60 and up, a week, in Electricity—NOT by correspondence, but by an amazing way to train, that makes you a practical electrician in 90 days! Getting into Electricity is far easier than you imagine!

Learn on Actual Electrical Machinery in 90 Days

LACK of experience—age or advanced education bars no one. I don't care if you don't know an armature from an air brake—I don't expect you to! It makes no difference! Don't let lack of money stop you. Most of the men at Coyne have no more money than you have. That's why I have worked out my astonishing offers.

FREE

Employment Service

Many of my students earn a good part or all their living expenses and should you need this assistance we will help you. Then, in 12 brief weeks, in the great roaring shops of Coyne, I train you as you never dreamed you could be trained . . . on one of the greatest outlays of electrical apparatus ever assembled . . . real dynamos, engines, power plants, autos, switchboards, transmitting stations . . . everything from doorbells to farm power and lighting . . . full-sized . . . full operation every day!



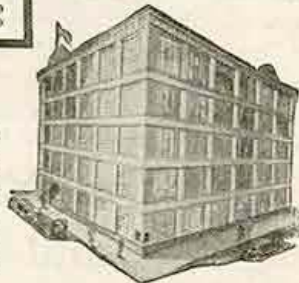
Prepare For Jobs Like These

Here are a few of hundreds of positions open to Coyne-trained men. Our free employment bureau gives you lifetime employment service.

Armature Expert	\$50 a Week and up
Substation Operator	\$65 a Week
Auto Electrician	\$60 a Week and up
Inventor	Unlimited
Maintenance Engineer	\$50 a Week and up
Service Station Owner	\$50 a Week and up
Radio Expert	\$50 a Week and up

Now In Our New Home

This is our new, fireproof, modern home, wherein is installed thousands of dollars worth of the newest and most modern Electrical Equipment of all kinds. We now have a larger amount of floor space devoted to the exclusive teaching of practical electricity. Every comfort and convenience has been arranged to make you happy and contented during your training.



Not a Correspondence School

Learn by doing . . . all real actual work . . . building real batteries . . . winding real armatures, operating real motors, dynamos and generators, wiring houses, etc. That's a glimpse of how we help to make you a practical electrician, and fitting you to hold big jobs after graduation.

Jobs, Pay, Future

Don't worry about a job. Coyne training settles the job question for life. Big demand for Coyne trained men. Our employment department gives you lifetime service. Two weeks after graduation, Clyde F. Hart got a position as electrician with the Great Western R. R.

at over \$100 a week. That's not unusual. We can point to many Coyne men making up to \$600 a month. \$60 a week is only the beginning of your opportunity. You can go into radio, battery or automotive electrical business for yourself—and make \$3000 a year and up.

Get the Facts

Coyne is your one great chance to get into electricity. Every obstacle is removed. This school is 29 years old—Coyne training is tested—proven beyond all doubt—endorsed by many large electrical concerns. You can find out everything absolutely free. Simply mail the coupon and let me send you the big, free Coyne book of 150 photographs . . . facts . . . jobs . . . salaries . . . opportunities. Tells you how many earn expenses while training and how we assist our graduates in the field. This does not obligate you. So act at once. Just mail coupon.

Get this
FREE
Book



Mr. H. C. Lewis, Pres.
COYNE ELECTRICAL SCHOOL, Dept. 78-82
500 S. Paulina St., Chicago, Ill.

Dear Mr. Lewis:
Without obligations send me your big free catalog and all details of Free Employment Service, Radio and Automotive Courses, and how many "earn while learning." I understand I will not be bothered by any salesman.

Name
Address
City State

COYNE ELECTRICAL SCHOOL

H. C. LEWIS, President, Dept. 78-82

500 S. Paulina St., Chicago Established 1899

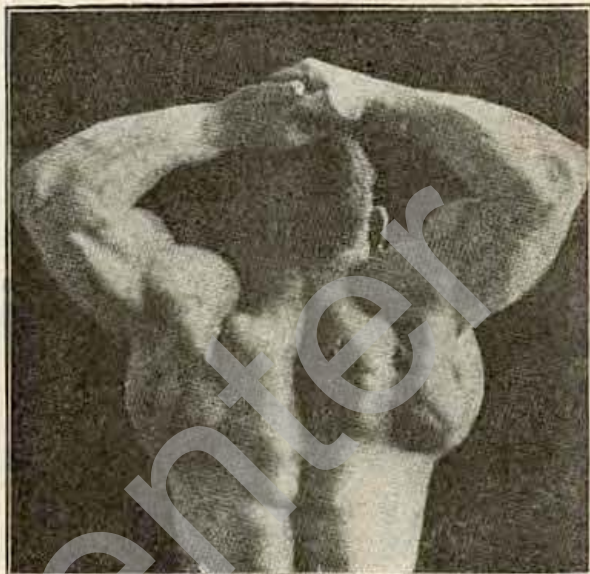
I Can State Positively

that the easiest and quickest way to get a magnificent build, and the super-strength that goes with it, is to"—that is the way the author of "Super-Strength" starts one of his highly instructive chapters. And, you can be sure that when an expert of the author's high quality (few compare with him) starts out that way you are going to be let in on some startling revelations.

The entire book is jammed full of highly interesting subjects like those quoted on this page. It's the biggest dollar's worth of useful information ever offered to those interested in all branches of this subject.

"Why Should a Man "Go to Seed"

physically because he stops his exercise? As far as I can find out, the idea seems to be that during his training his organs have been overworked in the effort to support his muscular development, and that when he stops his hard muscular work his organs continue to work at the same pace as before; and that in some mysterious way this causes the man to suddenly decline in health. For the life of me I cannot see why this should be so. I know men who did the hardest kind of labor as young men, who changed the character of their work when they became about thirty, and who today as elderly men are just as vigorous as ever."



"After You Have Created Strength You Should Know How to Use It to the Best Advantage"

And believe us, he tells you plenty about how to use your newly acquired strength. He will give you loads of new ideas on how to build your muscular proportions: how to treble your present strength and how to apply that strength in accomplishing feats and deeds that will make your name widely known.

"Super-Strength," the author states, "is as much a matter of muscular development and co-ordination as it is of mere size and bulk."

Any one who reads "Super-Strength" will be as perfectly fitted, as far as knowledge goes, as a man for the purpose of rebuilding his own body.

"Now Where Does It All Come From

If a man at the start has a 12-inch upper arm, and that arm increases to 14 inches in girth at the end of three months and 16 inches in girth at the end of six months, it means that he has almost doubled the amount of muscular tissue in the upper arm. The upper-arm bone would not have grown any longer, so all the increase of the arm is in girth and muscular contents. When you say that your arm has increased from 12 to 16 inches in girth, it sounds as though it increased only one-third in size; but if you remember that an arm of 12-inch girth means a cross section of about $11\frac{1}{2}$ square inches, and that an arm of 16-inch girth means a cross section of more than 21 square inches, you will see that your arm has nearly doubled in bulk. Since the upper arm bone is no thicker than before, all that increased bulk is solid muscular tissue; and that means that each individual muscle in the upper arm is nearly twice as big as before.

A muscle is made up of a bundle of fibrous tissue. So the question is, "Do the fibres in your muscles become thicker; do they become more numerous; or both?"

THE MILO PUBLISHING CO., Book Dept. S-10-28
2739 N. Palethorp Street, Philadelphia, Pa.

Gentlemen: Send me a copy of Super-Strength immediately, for which I am enclosing \$1.00.

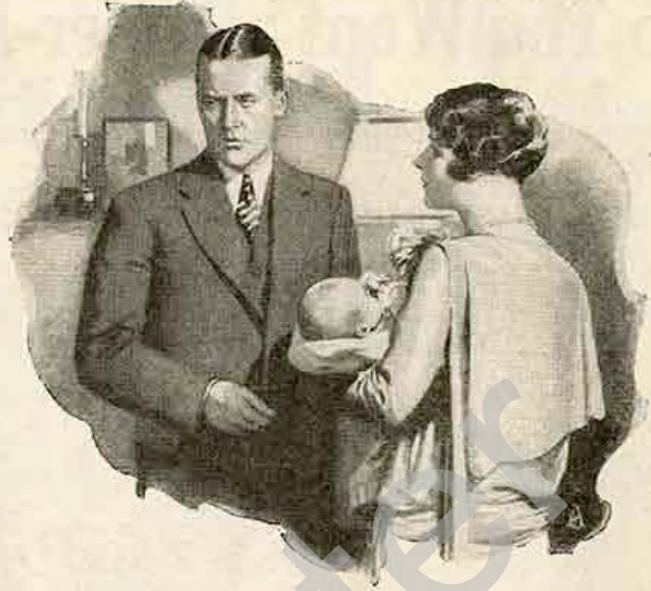
Name

Address

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

If You Want 60,000 Words of New
and Practical Methods of
Building Your Body, You Want
"SUPER-STRENGTH"

“Have You Forgotten The Dreams You Used To Have?”



“REMEMBER how we used to sit and talk before we were married? We planned so many things together—how much we would save each week—where we would go on our vacations—the house we would build in the suburbs.

“You were ambitious then, Bill, and everyone was predicting a great future for you. But somehow things haven’t worked out as they might.

“Oh, yes, we try to dress well and to keep up some sort of front for the sake of appearances, but down deep in your heart you know you aren’t getting ahead as you should. And now that the baby has come, I wonder more and more just what we would do if you lost your position.

“It isn’t that you aren’t as smart as other men . . . I know it isn’t that. You’ve just let the years go by without realizing that you weren’t really doing anything to make yourself more valuable to the firm.

“Please, Bill, please don’t forget the dreams you used to have. I want to be proud of you. . . . I want Junior to be proud of you when he grows up, and we want to send him to college.

“You can do it, Bill . . . I know you can . . . if you will only make up your mind to get the same training

that has helped so many other men.”

Have you forgotten the dreams you used to have? Have you somehow let the days and months and years go by without really making any effort to get ahead?

Perhaps ambition is being reawakened within you and you are even now asking yourself—“How am I to grow and prosper as she wants me to?” “How can I find a way to lay before her all the finer things she ought to have?”

Wishing won’t do it! Dreaming won’t do it! Hard work alone won’t do it, although it always helps. One homely little phrase that is older than you are points the way to all success—“To *earn* more, you must *learn* more.”

Train yourself to know more about your present job and the job ahead than anyone else in your department and you never will have to worry about advancement.

For spare-time study is that vital, necessary something that makes one man succeed where a hundred fail—that raises you above the level of the crowd and makes you the kind of man employers everywhere are seeking. Knowledge is the power that will lead you on and on to bigger, finer things; to success, prosperity, happiness.

The International Correspondence

Schools stand ready to help you whenever you say the word—ready to help you make up the education you missed in the days when you might have gone to school, or get the special knowledge that your present position and the changing years make necessary.

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If you reside in Canada, send this coupon to the International Correspondence Schools Canadian, Limited, Montreal

Do You Want a Super-Physique In a Hurry?

Sure you do. Everybody who desires a fine development and strength wants it reasonably soon. What is the sense of fooling around when here is a system that will give you unusual shape, strength, health, pep, etc., in the shortest possible time.

If You Want the Best In Muscles and WANT IT SOON

GET A MILO!

When and how does a Milo bar bell give such rapid and splendid results? Why, there are many reasons for that. A few of them are: The double progressive principle of the Milo system; the way you can so efficiently add weight to the bell for the purpose of advancing your strength and development; the fact that bar bells allow free, natural and complete movements of the muscles when exercising; the resistance never diminishes if you keep them a lifetime, and so on.

Use This Order Form

The order blank below is another Milo feature that contributes to the speed of your development. All you do is clip and fill in this form and mail it in with your remittance. Consequently, we receive your order for a bar bell

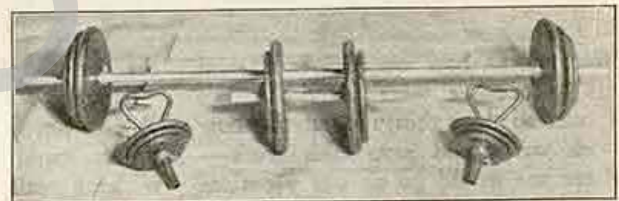
days or weeks (according to the distance) ahead of those who send for our catalogue and who must wait for back and-forth mails before they can get their order in. So use this order form if you want your bar bell quickly.

COMPLETE PRICE LIST OF MILO BELLS

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

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

The Price of This Bell Complete Is **\$24.00**



Assembled For Three Different Exercises

ORDER BLANK

Date.....

The Milo Bar Bell Co.,
2739 N. Palethorp St., Dept. 703,
Philadelphia, Pa.

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

{ Freight } to

{ Express } County

State

My mail address:
Name

Address

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

MEASUREMENTS

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

WE DO NOT PREPAY SHIPPING CHARGES

We Highly Recommend Our 200 lb. Bar Bell

for various reasons. First, this particular bell is the cheapest (per 100 pounds) than any other of our bells. You get 200 lbs. for \$24.00, which, of course, is only \$12.00 per hundred pounds.

Second: You are entitled to the three Milo Complete Courses with this 200 lb. bell.

Third: 200 lbs. is just right for the average fellow. You cannot easily outgrow it, which saves the time, trouble and expense of getting a larger bell later on.

Fourth: This bell is equipped with solid steel bars, which is an important feature in lifting.

Fifth: There are enough plates so that you can make it up into three separate exercisers, thereby saving time. As you advance in strength you simply have to put another plate on one or all of these three exercisers. (See illustration.)

HURRY THIS ORDER FORM INTO US

Our Guarantee Is the Broadest

The Milo Bar Bell Co.

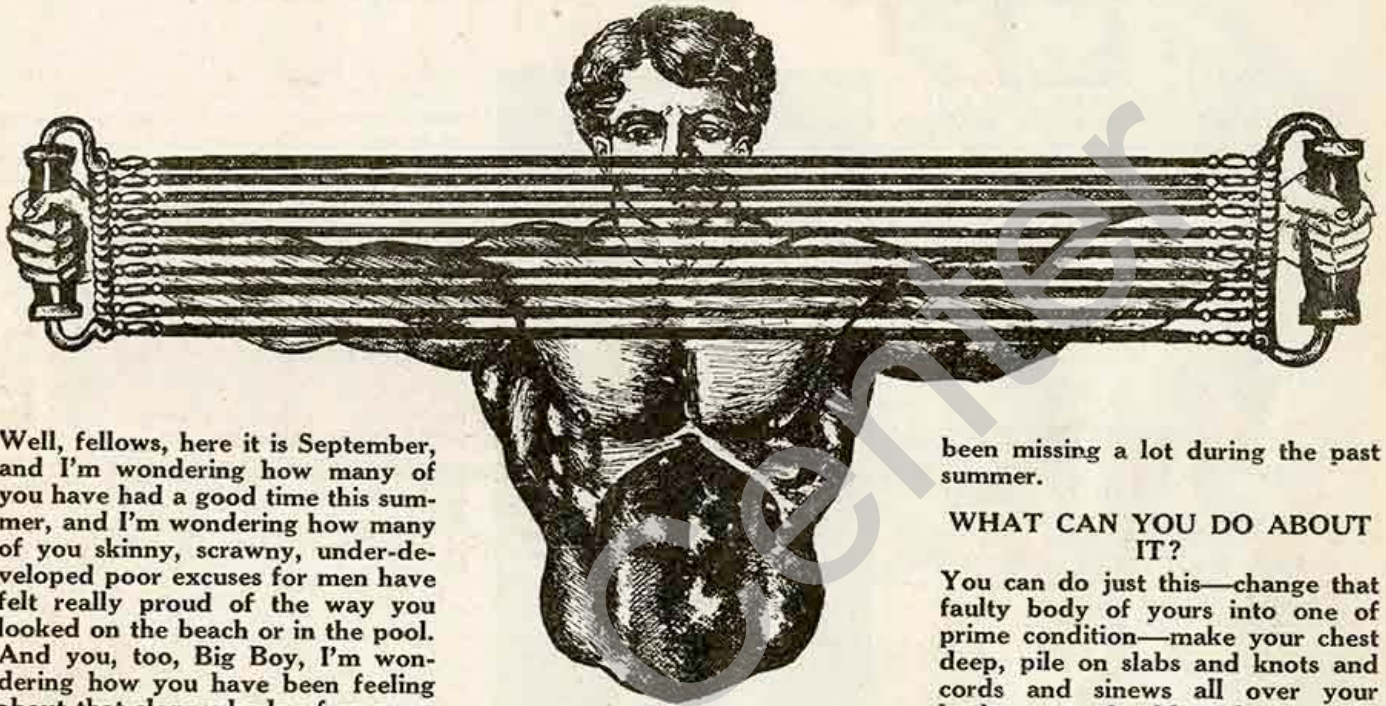
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2739 N. Palethorp St.,

Philadelphia, Pa.

Are You Ashamed of Your Body?

Let Sandow Make You Proud of It



Well, fellows, here it is September, and I'm wondering how many of you have had a good time this summer, and I'm wondering how many of you skinny, scrawny, under-developed poor excuses for men have felt really proud of the way you looked on the beach or in the pool. And you, too, Big Boy, I'm wondering how you have been feeling about that sloppy body of yours—have you been trying to kid yourself that all the girls and fellows who turned to look a second time at you were admiring you? Well, take it from me, they were—not. Do you get what I mean? I'll say you do—here, you have loafed all summer long when you could have put in a few minutes daily with one of my exercisers and literally re-

made that freakish physique of yours over into a real he-man's body. You may say you don't care, and all that, and you may fool some people, but you can't fool me and you can't fool yourselves—you do care, you are ashamed of your "ugly duckling" body, and because of it you have

been missing a lot during the past summer.

WHAT CAN YOU DO ABOUT IT?

You can do just this—change that faulty body of yours into one of prime condition—make your chest deep, pile on slabs and knots and cords and sinews all over your back, arms, shoulders, legs, trunk; make yourself a real he-man. YOU can make yourself attractive to the opposite sex and admired in the eyes of men.

IT IS NOT TOO LATE—NOW
If you start now by using the coupon in the corner you can get the results you want. But don't delay —NOW is the time to start.

You Can't
BEAT →
This Bargain

5-Cable Outfit, 100 lbs. Resistance . . .	\$3.00
10-Cable Outfit, 200 lbs. Resistance . . .	5.00
15-Cable Outfit, 300 lbs. Resistance . . .	8.00
20-Cable Outfit, 400 lbs. Resistance . . .	11.00

The above prices are ALL you have to pay. I include free my wonderful twelve weeks' course, fully illustrated and explained, absolutely without charge, and I pay all transportation charges direct to your door.

JACK SANDOW

Room S-10-28, Federal Life Building

Michigan Ave. and Randolph St

Chicago, Ill.

JACK SANDOW,
Room S-10-28, Federal Life Building,
Michigan Ave. and Randolph St.
Chicago, Ill.

Dear Sir: Please find enclosed
 \$3.00 for your 5-Cable Exerciser and 12 Weeks' Course.
 \$5.00 for your 10-Cable Exerciser and 12 Weeks' Course.
 \$8.00 for your 15-Cable Exerciser and 12 Weeks' Course.
 \$11.00 for your 20-Cable Exerciser and 12 Weeks' Course.

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A True Story

Of the Life of THE WORLD'S STRONGEST MAN

NOW \$1.00 Postpaid

Each and every man and boy should read this true story about the world's strongest man. Whether you want to become a strong-man yourself or are interested in gaining only fair strength and development or just take pride in the strength of men with no personal desires to be strong you should read this book.

Every man and boy inwardly, at least, worships man power. Therefore, no one of the masculine gender should miss this treat. The book is written like a novel, but is true. The fact that the strongest man in the world was quite eccentric as well as mighty, makes the narrative of his life, exploits and feats of strength unusually interesting and easy to read. Although, this book is read largely for pleasure there is, nevertheless, a wealth of useful information to be gleaned from it without study or practice.

As you read on through the pages of this book you follow Cyr to England, where he drops like a thunderbolt among them. You feel that you are sitting next to Sandow among the great throng of strong men, and as Sandow's record one arm lift is beaten you gasp. "Eugene gripped the sides of the chair in which he sat until the knuckles gleamed whitely through the skin. . . ." "In excitement, Prof. Szalay rose and was drawn forward as by the magnetism of a mesmerist's hands." His famous match with August Johnson, in Chicago. The greatest in history. His strength contest against four horses in Sohmer Park, before 10,000 people. Your eyebrows raise as you read of his two defeats, but not by man. His record performing rage in Boston and Chicago. Prof. Desbonnet staggered at sight of him. Picture a man with a pair of 33-inch thighs, 20-inch calf, and 59-inch chest.

I never will forget the first time I met him. It was very incidental and came at an age when first impressions are etched with vivid distinction upon the mind. You never forget. I had been standing at the corner of one of the



cross streets of Notre Dame, about a block away from Place D'Armes, for about fifteen minutes, waiting for a pal who showed no signs of turning up. In fact, he had told me not to wait any later than eight o'clock, and it was then ten minutes after. Why I stood there so long I do not know. The night was cold, and the street so ill lit that it was almost in complete darkness. I guess I was in one of those retrospective moods of mine with nothing to do and all night to do it in. When I arrived I had noticed across the way what looked to be the end of a lighted cigar stuck in someone's mouth. The person was so hidden by the greater darkness of the doorway in which he stood that I could not see who it was, or what it was. In consequence, the lighted cigar appeared glaringly visible. I would watch it gleam and dull as the smoker puffed and relaxed on it, and all the time my interest grew. I can remember as though it was today, how I stood trying to pierce the darkness with a curiosity that made me think of what Ella Wheeler Wilcox said about the fascination in all human beings to raise the veil to peer into the unseen. Perhaps this reads queerly to you, as you may wonder what on earth is there to the lighted end of a cigar. Not much, as a rule, I'll admit, but there was this time. The light vanished and I still lingered. Presently a voice spoke—"Bon Soir, M'sier. Quelle heure est-il?" (which apart from bidding you a good night means he wants to know the time). I told him; then he asked me for a light, and I had to apologize for not having one. When I told the stranger I did not smoke he asked me with a friendly laugh if I were an athlete. Well, you can figure what happened after that. One thing led to another, which climaxed with his asking me if I knew personally the great Louis Cyr, with whom he was well acquainted. Up until then I had never seen Cyr, as I was quite young." From here the writer goes on to relate his meeting with the great Cyr which is one of the many interesting incidents in this great book.

It Is One of the Most Enjoyable Books of It's Kind

We next find Cyr back in America, drawing the eyes of the world to his great back-lifting feat, on May 27th, 1895, at the museum of Austin and Stones in Boston, Mass. Previously he had made the statement that on this night he was going to outlift any back-lift record he had ever made, and the weight would not be under four thousand pounds. The place was so crowded that many people were turned away unable to get any further than the entrance.

The hour arrived, and the indomitable Cyr ascended the stairs leading to the exhibition platform with a firm step, his heart light, and his general demeanor that of a man imbued with the idea that he was about to perform the most remarkable feat of his life. He paused as the cheering ceased and cast a cursory glance over the audience. His eyes fell upon one giant form here, and another there, and still another, until eighteen bulky men were called out and stood beside the champion. Most men would have weakened at the task before them, but the Canadian wore the same self-satisfied smile as he motioned the men to take up their appointed place upon the lifting platform. I remember a Boston press report of that night, stating that as Cyr got beneath the load everything became so tensed in silence that the munching of a diminutive monkey up in one corner of the hall could be plainly heard—it is strange how these incidental things will impress themselves upon your mind on such memorable occasions, but they do, very vividly.

The Milo Publishing Co.
2739 N. Palethorp Street
Philadelphia, Pa.

Dept. S-10-28

Gentlemen:

Please find enclosed \$1.00 for which send me the book "The Strongest Man That Ever Lived." This covers the cost of wrapping and mailing.

Name

Address

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50,000 Words

Illustrations Galore

Grips You From the First Word
to the Last

What Would I Think of Your Physique?

The other day I was riding in a subway train with nothing much to think about. Naturally, I began looking at the faces and physiques of my fellow passengers.

What did I find?

Why, taking them as a whole, they were a shapeless mass of humanity, especially the men. With my experience building thousands of shapeless bodies to attractive proportions I was able to look through their clothes, as it were, and see their physiques as they actually were.

I really felt ashamed of the majority of them. To think that they were no doubt every inch men in every respect, except in physical development and strength, sickened me. They called themselves men, but they weren't whole ones.

If you had been in that subway car what would have been my opinion of you, as a man?

Would I have seen a fellow who stood out from the rest—a fellow whose physique attracted attention wherever he went? That is how you will look when I take you in hand.

Here Is What Everybody Will Think of Your Body

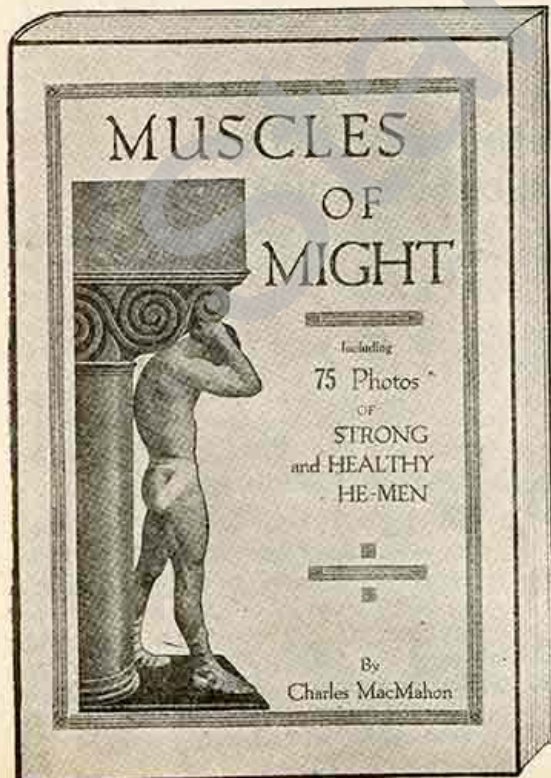
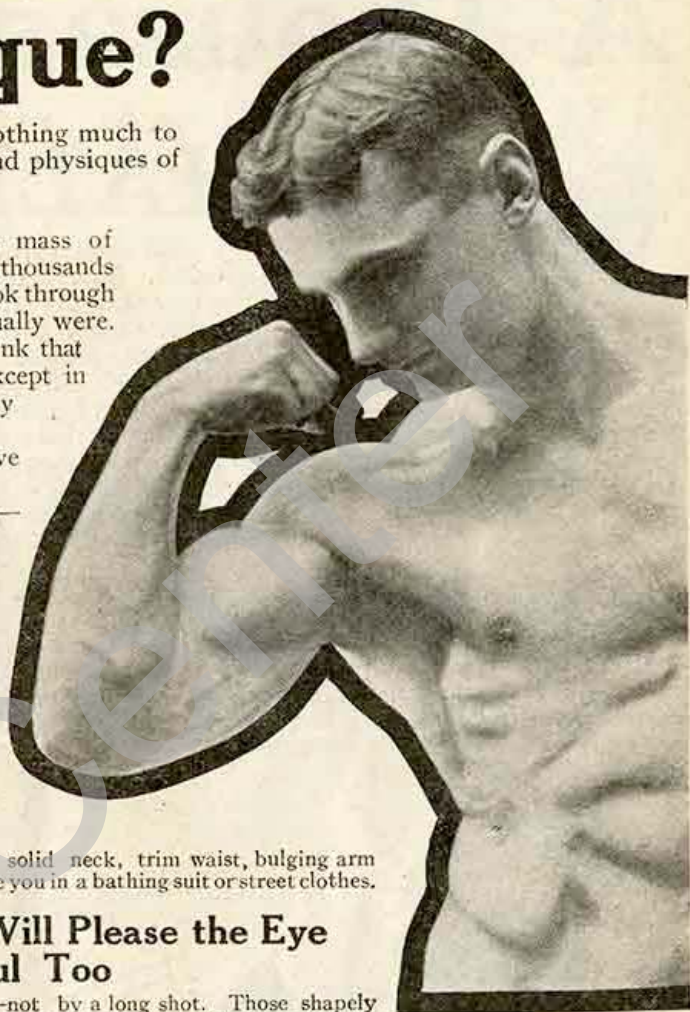
Let me take charge of your physical rebuilding and folks will see a real man when they cast their eyes your way. They will say to themselves "Ah! At last, there's a fine specimen. He's a credit to mankind. Wish to Heaven there were more like him than there are."

When I get through with you your broad, thick shoulders, large solid neck, trim waist, bulging arm muscles and sturdy, shapely legs will impress everyone whether they see you in a bathing suit or street clothes.

I'll Cover You With Muscles That Will Please the Eye and They'll Be Powerful Too

But muscular development and shapeliness is not all I'll get you—not by a long shot. Those shapely muscles will possess real power—not just better than the average, but strength that will put you miles ahead of the mob.

Furthermore I'll teach you how to use your great strength and fine muscles. The man that knows how to properly use his strength is always stronger than the others who don't, even when their powers are equal. I can do it for you and I will do it.



Let's Get Going—Right Now!

My 96-Page Booklet Is

Free!

There are in this book over 75 photos illustrating the muscles I develop for my pupils. There are also illustrations of my own muscular development. No matter how thin or weak you are now you must get this 96-page proof of how I have developed and strengthened the thin, weak and stout and how I can develop and strengthen you. Fellows—it's a booklet that will make you want to be extremely strong and well built and it will show you how. SEND NOW!

Yours Is Waiting!

Charles MacMahon, S-2-28
180 W. Somerset Street, Philadelphia, Pa.

I am anxious to see one of your 96-page booklets containing pictures of muscular pupils and information concerning your methods. This does not obligate me in any way.

Name
Address
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**DON'T
MISS IT!!**

THE BOOK OF A Thousand Wonders

AT

HALF PRICE



This book is truly that—a book of physical training wonders. The exercises therein are not merely new ones, but new ones that are more efficient than most old ones. The body and strength building qualities of these exercises are unequaled.

The reason they are the best is, because they are not the results of theories only. These exercises, in fact, everything in this great book, have been tested by years of practice by the author himself. These exercises and advanced methods of lifting were very greatly responsible for his own fine development, enormous power and success.

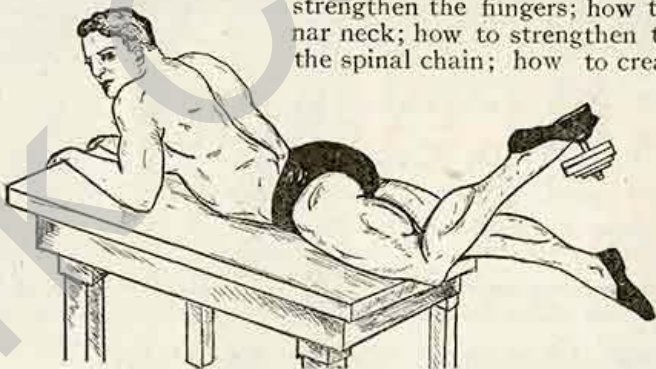
\$1.75 Postpaid

We pay the mailing and wrapping costs so that all you pay is the first price of \$1.75. Send this amount in to us now while the low price remains.

Full of Wonder Exercises

There are over 300 pages in "The Key to Might and Muscle" and that means 60,000 words. In these 60,000 words you will find wonder exercises on how to build a mighty chest; how to develop stubborn muscles, especially the calf and forearm muscles; how to strengthen the grip and wrists and thicken the wrists; how to strengthen the fingers; how to develop a columnar neck; how to strengthen the weakest link of the spinal chain; how to create intense vitality

by abdominal exercises; how to banish round shoulders and protruding blades; How to develop superb hips and thighs; how to build a shapely arm, many others.



New Methods of Lifting

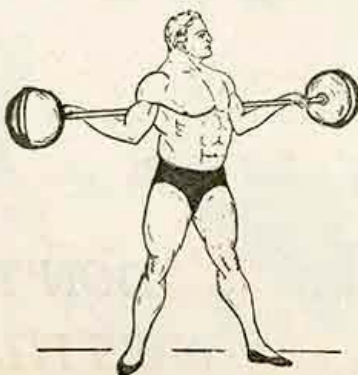
THAT QUICKLY INCREASE YOUR RECORDS

The author also has many new and practical ideas in lifting weights that will help you to quickly increase your records. In this book there are also many instructive narratives taken from the actual lives of famous strongmen.

There is, however, much more to this book than we can tell you about here. For instance, the non bar bell user will also find plenty to help him improve his physical condition. Everyone needs this book and especially you. **Send today while the price is reduced.**

Illustrated By Many Halftones and Line Cuts

Besides, consisting of 60,000 words and over 300 pages there are a hundred or more line cuts showing the exact positions of the exercises. Then there are several photo sections of noted strongmen shown by halftone cuts. It is beautifully bound and has unusual quality and quantity.



Order Now While This Price Lasts.

Fill In the Coupon Below For Prompt Delivery

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Gentlemen:—Please find enclosed \$1.75, for which send me promptly a copy of "The Key to Might and Muscle."

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You Have No Excuse Now For Not Being Well Built, Muscular, Strong and Energetic Because This Exerciser Will Do That For You and IT IS FREE

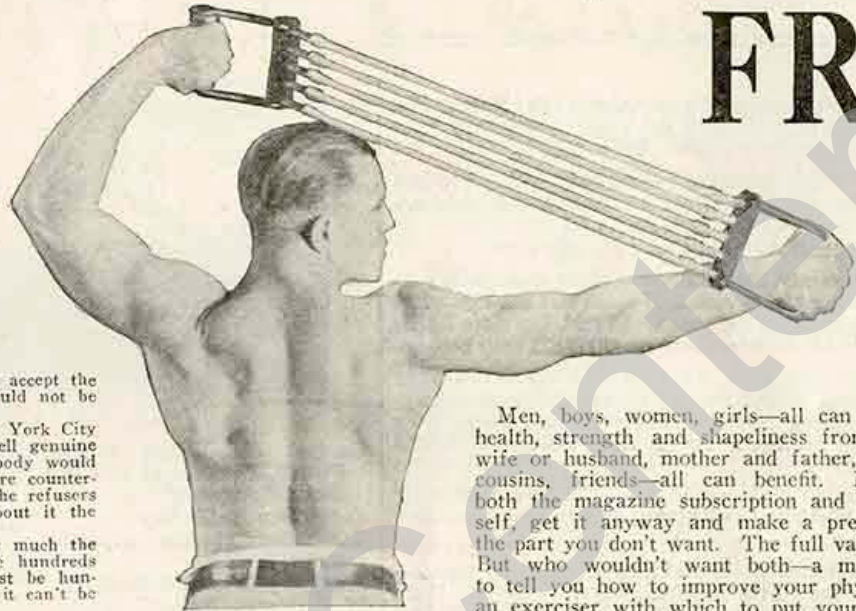
HAVE YOU Heard These True Stories

There is a story that you probably all remember reading or hearing—we don't remember where it happened and it doesn't matter—about a man who stood on a bridge at the busiest time of the day and offered the passersby gold coins for nothing.

The story states that no one would accept the coins, because they thought they could not be free and genuine at the same time.

The same thing was tried in New York City not long ago. A man offered to sell genuine ten-dollar bills for one dollar. Nobody would take a chance, thinking the tens were counterfeit or stage money. How foolish the refusers must have felt when they read about it the next day.

We feel that this offer is having much the same effect on our readers. While hundreds have already accepted it, there must be hundreds who want it and still believe it can't be genuine. Don't be foolish.



Men, boys, women, girls—all can use and benefit in health, strength and shapeliness from this offer. Your wife or husband, mother and father, sister and brother, cousins, friends—all can benefit. If you don't want both the magazine subscription and the exerciser yourself, get it anyway and make a present to someone of the part you don't want. The full value is in either half. But who wouldn't want both—a magazine and course to tell you how to improve your physical condition and an exerciser with which to put your new-found knowledge into practice is desired by everyone interested in his or her physical, mental and financial welfare.

THIS FREE EXERCISER

Will Develop a Physique That Will Command
Attention

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

Your muscles will fairly bulge under your coat. You will be compelled to buy larger collars. We're sorry, but it's a fact. You will probably have to have the buttons on your vest moved back in order to give room for your additional chest development. Either that or buy a new suit.

NOT A TOY—A STRONG EXERCISER

This is not a child's or lady's exerciser, but it's a real he-man proposition. The ladies might use it with one cable attached, but that lets them out until they gain additional strength. Two or three of these cables are plenty for the average fellow to exercise with. This leaves two cables for advancing purposes. It's a real strong one, fellows.

We Pay All Mailing Charges

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

The Milo Publishing Co., Stands Back of This Exerciser

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

THAT'S ALL \$2.50

1 5-Cable Exerciser. 1 Cable Course. 1 Year's Subscription
to "STRENGTH"

Strength



A SUBSCRIPTION TO
"STRENGTH"

WILL ENTITLE YOU

FREE

TO THE BIG
MUSCLE
GETTER
ABOVE

"His Tail Between His Legs"

What most men would see if they could see themselves

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

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

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

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

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

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

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

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

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

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

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

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

Fill In the Blanks is the science of applied psychology, which has shown the force of a religion. It is a fact that more than **SEVEN MILLIONS** have become Pelmanists—all over the civilized world.

THE MILO PUBLISHING COMPANY has awakened powers in them they did not know they possessed.
Book Dept. S-10-28.
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Gentlemen:—Please find enclosed which send me promptly a copy of "The Science of Applied Psychology, or the World Advocate Pelmanism, men of Might and Muscle."

Name **Frank P. Walsh,**
Former Chairman of National War Labor Board.
Address **Thomas K. Jerome, Novelist.**

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General Sir Robert Baden-Powell, Founder of the Boy Scout Movement.
Judge Ben B. Lindsey, Founder of the Juvenile Court, Denver.
Sir Harry Lauder, Comedian.
W. L. George, Author.

Gen. Sir Frederick Maurice, Director of Military Operations, Imperial General Staff.
Admiral Lord Beresford, G. C. B., G. C. V. O.
Baroness Orczy, Author.
Prince Charles of Sweden.

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

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

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

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

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

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

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City State

Editorial

The Value of Strength

WE get a real thrill out of the he-man fiction which is coming to dominate the news stands in the past year. No one can doubt that their own personal strength is a fine possession, and the real proof of the strength of any man is that man's ability to use his strength to win out over obstacles.

After all, we should be able to excel under any circumstances if the foundation on which our strength is built is a real one. For that reason we have always been interested in cross-country and obstacle racing as real tests of runner's ability.

The man who has to have a cinder track to be able to win a race is not really a strong runner. At that, some of our sprinters go all to pieces when the track is about 80% perfect, and to our mind the training which produces such results is of little real value.

There is more to being able to paddle a canoe, shoot rapids, carry a pack, sleep in the open and repeat the story the next day than we altogether realize.

Of course, no man will beat a world's record at anything unless conditions are right, but a good competitor should be able to give a good account of himself under any conditions.

When the four best men in the world get together in a hundred yard dash at the Olympics, there is not enough to choose between them for anyone to be surprised at the victory of anyone of the four. To that extent chance must enter, but no one of the four should be outclassed.

The same thing applies to an even greater degree in the marathon runners. When you have to travel over twenty-five miles you can lose a half mile without undue trouble.

The man who is physically strong can perform at his best in many other things besides athletics. There is no real job in which the strength of its holder is not occasionally put to the test.

We all know of weak men physically who have been able, by force of will, to make themselves stand up under great nervous and even

great physical strain. But we all know that the danger of such a man cracking is much greater than the same danger in his stronger brother.

So true is this that more employers are thinking of the physical welfare of their employees all the time. The next logical step is to recognize good health as one of the assets really necessary for promotion, and this step is already taken in many cases.

In other words, sports are not the only field in which a man's success depends upon more than his mere mechanical ability to do a job well under ordinary circumstances.

Some day a fighter is called upon to give his best in a boiling sun or even in a shower of rain; a track man has to compete on a soft track; a man has to be able to stick at his job under pressure, and the surest preparation for such a crisis is to build for yourself a strong and able body.

It is a commonplace thing for the inspirational magazines to say that ordinary intelligence plus hard work will surely result in financial success. Whether or not there is a large factor of luck in an assured financial success is for them to determine, but we are sure that any man, who is organically sound, can make a physical success of himself, by the intelligent use of exercise.

It does not matter whether his aim is to make a body that he can use for pole vaulting, for football, or to be of the greatest assistance to him in building his own future in the world of work. He can build the sort of body that he wants, if he will work for it.

Our bodies can be improved and the only thing necessary to start the improvement is a real desire. By that we mean a desire that will make you work. Male or female, fat or thin, weak or strong, your body can be made over to suit yourself, if you really want to make it over.

Every month, in this magazine, you see cases where this very thing has been done, and no one need fear that they are exceptions, or that luck will stand in their way. You work within well defined rules, and real work will bring real results.

Get Into the Bathing Beauty Class

Stop Worrying About Your Weight. Study Yourself and Find Out Just What Your Defects Are. Then Begin Doing Something to Correct Them.

By *Margaret Sargent*

NOW that vacations are over everyone should be getting ready to follow some sort of exercising program throughout the fall and winter months.

For the girl or woman who seriously wants to either build up or reduce her body, now is a splendid time to begin.

Build up your body to its best, and your correct weight will eventually be what it should be. Can any woman, by her own efforts and will-power, acquire a healthy, strong, proportionately-built body? Well, just to illustrate that you can, let me relate the story of one girl who did—to show you what you, too, can do.

We had been idling our time away on the beach when who passed by us but a man who really did look funny. His bathing suit dated back to the kind worn about fifteen years ago.

One of the members of our group—Florence—who was of a very stout build, but very jolly, cried out without stopping to think, "Oh, my, look at that man's bathing suit! Doesn't he look funny?"

The gentleman in question suddenly turned around, placed his hands on his hips, and in one glance took Florence's build in from head to foot.

"I wonder if you realize, young lady, what a funny picture you make sitting there. Did anyone ever tell you that you are actually rolling in fat? It is a wonder you wouldn't do something about it instead of wasting your time ridiculing other people."

Before Florence had a chance to apologize, the man turned away furiously angry.

Silence reigned—Florence, being of a good-natured disposition, passed the incident off as a joke.

A few hours later, after we had returned home, I heard someone sobbing in the next room. Thinking, perhaps, it was my imagination I listened again for a few minutes. No—I was not wrong. Someone was really crying.

I hurriedly made my way into the bedroom and who



Fig. 2

Fig. 1

should I see lying across the bed sobbing but our friend Florence. After a while she confided in me, saying that she always realized she was fat but never for one minute thought that other people noticed it.

"I have tried, diet, reducing pills, and what not, but to no avail," she cried.

When I suggested exercise as a way out of her troubles she laughed. "Do you mean to say that by going through a lot of silly motions it will make me thin?"

"It will not necessarily make you thin," I assured her. "But it will reduce your weight considerably. Hundreds of other girls and women have, so there is no reason why you cannot."

"Well, as far as I am concerned," she answered, "exercise is out of the question. In the future I am going to forget that I am fat."

Months passed and before long another summer rolled around. The same old crowd were again congregated with the exception of Florence. When I inquired about her, a few remarked that they hadn't seen her for months.

After a while my gaze fell upon someone rushing toward us.

"Surely this cannot be Florence," I said, at which everyone turned around.

Yes it was Florence. But instead of seeing about sixty pounds of excess flesh, there stood before us one hundred and thirty pounds, which was about right for her height of five feet four and one-half inches.

How did she do it? Well, that was one of the first questions each and every one of us shot at her.

Florence seemed very much amused as she looked at each one of us.

"Make yourselves comfortable," she said. "And I will tell you the story of my life since I last saw you all." After we had prepared ourselves to hear "the story" Florence began:

"Perhaps some of you remember the embarrassing incident which happened to me on the beach last year—the man who actually told me I was rolling in fat?"

"At the time I passed it off as a joke, but all the time I was trying my best to keep back the tears.

"The following day I resolved that something *must* and *could* be done. I then and there commenced to study myself, and so came to the conclusion that I was not a helpless case.

"I had often read about physical culture, but it never occurred to me to give it a try. First of all, I studied my diet. I had been gorging myself with too many sweets, such as candy, ice cream, pastries, etc. So I arranged to eliminate as much as possible sweets and starchy foods from my diet. For lunch, I confined my diet to a sandwich and some fruit.

"I owe my symmetry of figure to a series of exercises which I practiced daily. My list of exercises included every part of the body."

And so you see that if you are persistent in whatever you undertake you, too, can be another Florence. The only sanest and safe method for reducing adipose flesh is by adopting exercise together with a regulated diet. The same applies to

Fig. 4 the thin, undeveloped girl. It seems

strange, doesn't it, that exercise will reduce the stout girl and build up the thin girl? However, it is a true and proven fact—and is being done every day.

Of course, you must always bear in mind that it will take a long time to work off that flesh—you cannot do it in two or three months' time.

Now turning to the exercises illustrated herein, you will note that I have given several exercises for reducing the waist and hips. When

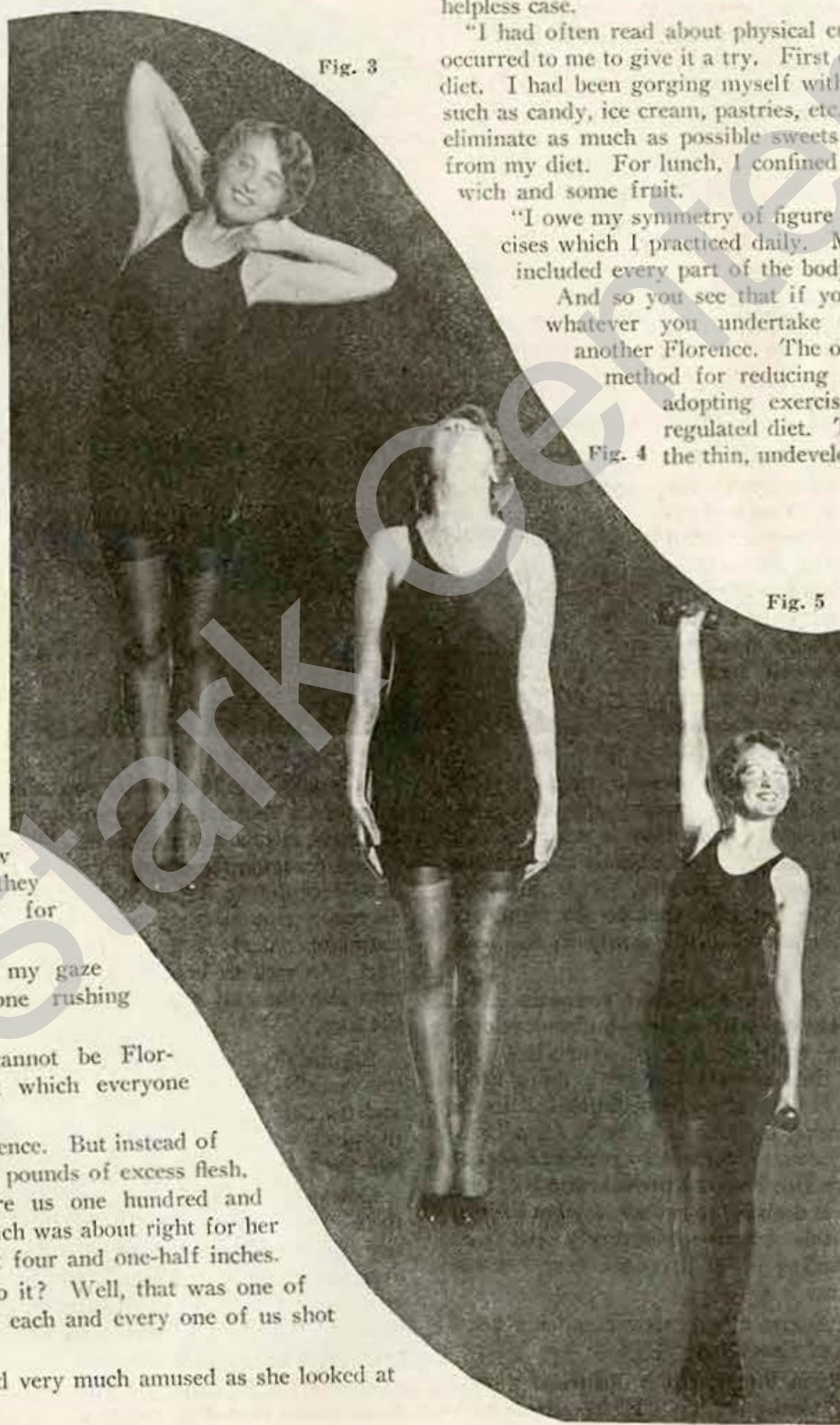


Fig. 3

Fig. 5

one starts to put on weight, the chances are that the fat first accumulates around these parts, and it takes time and hard work to acquire desired results.

Figure No. 1 shows an exercise for the waist, hips and back muscles. This is an excellent exercise if performed correctly. You first begin this exercise by lying flat on the floor with arms straight down at sides, toes pointed. Now come up to a sitting position and at the same time touch the toes with the tips of your fingers. Return to the original position of lying flat on your back and repeat. You might rest your feet on some object for support until you have become more accustomed to the exercise.

Figure No. 2. Another exercise to reduce that excess flesh around your abdomen is illustrated herein. Stand with feet together; now bend over to one side without leaning forward. As you bend you let the hand on that side go down toward the floor as much as possible. You will find this exercise rather difficult to perform without the aid of a chair or some other object for support. To get the most benefit from it, first practice it by resting the fingertips on a chair for support. When performing this exercise you can feel the muscles around the waist pull, which proves that it is beneficial.

Still another exercise for the hips and waist is illustrated in Figure No. 3. Stand erect, clasp hands behind head, heels together. Now bend at the waist directly to the right, come back to position and repeat the movement to the left. Bend as far each way as much as you possibly can, and be sure to keep the knees stiff and bend only at the waist. As you bend to the sides you inhale, and as you come back to position you exhale. This is a very good exercise for keeping the hips in good shape.

Figure No. 4. If your neck shows an excess of fatty tissue, or if it has that thin and scrawny appearance, the best exercise to correct the condition is neck circling. Take the position as illustrated. The hands can be either held on the hips or down at the sides. Now throw the neck backwards, to the left side, then to the right, and forward. That is, rotate the neck slowly in the form of a circle.

The majority of girls and women complain about either an over-developed bust or an under-developed bust. Arm circling with the aid of dumb-bells has proven to be one of the best exercises for building up or reducing the bust. Hold a five-pound dumb-bell in the right hand. Now swing the arm in as wide a backward circle as you possibly can. Alternate by performing with the left arm. Figure No. 5 shows the exercise half way completed. For those desiring to reduce, I would advise that you perform this exercise vigorously and with speed; for those wanting to build up the bust I would advise you to perform it slowly.

All arm circling and arm raising movements are beneficial for the chest and shoulders.

The exercise shown in Figure No. 6 illustrates a good movement for straightening one up. Extend arms high

at the shoulders in back of you. Then force them downward and at the same time inhale deeply and rising high on toes. The final position is shown here. Relax and repeat until tired.

Fig. 6

Fig. 8

Fig. 7



It would benefit those of you who work at a desk for hours at a time or those who sit for any length of time throughout the day to practice this exercise frequently. It is a common thing these days to see stooped or round shoulders due to sitting in a slumped position. This is especially true of our younger folks. This exercise is an excellent remedy and can be practiced throughout the day. As well as benefiting the shoulders it also brings into play the calf muscles as a result of rising high on the toes.

Figure No. 7 illustrates an exercise for the legs. Take the position shown with the weight on the right foot and the left leg thrown backward; then quickly change the position so that your right leg is stretched backward and the left bent under you.

Quite a number of girls complain about having skinny undeveloped calves or too much development in this region. An excellent exercise which gives these muscles a vigorous work-out is performed as follows: Fold the arms over the chest; now squat on the heels, and walk heel and toe around the room. Due to lack of space I am unable to illustrate this exercise.

Figure No. 8 is an exercise for the trunk of the body. Arms are extended at shoulder (*Continued on Page 77*)

Are We Yankees Slipping?

Do Our Failures in the Running Events of the Amsterdam Meet Indicate a National Physical Decline?

By Jim Barrett

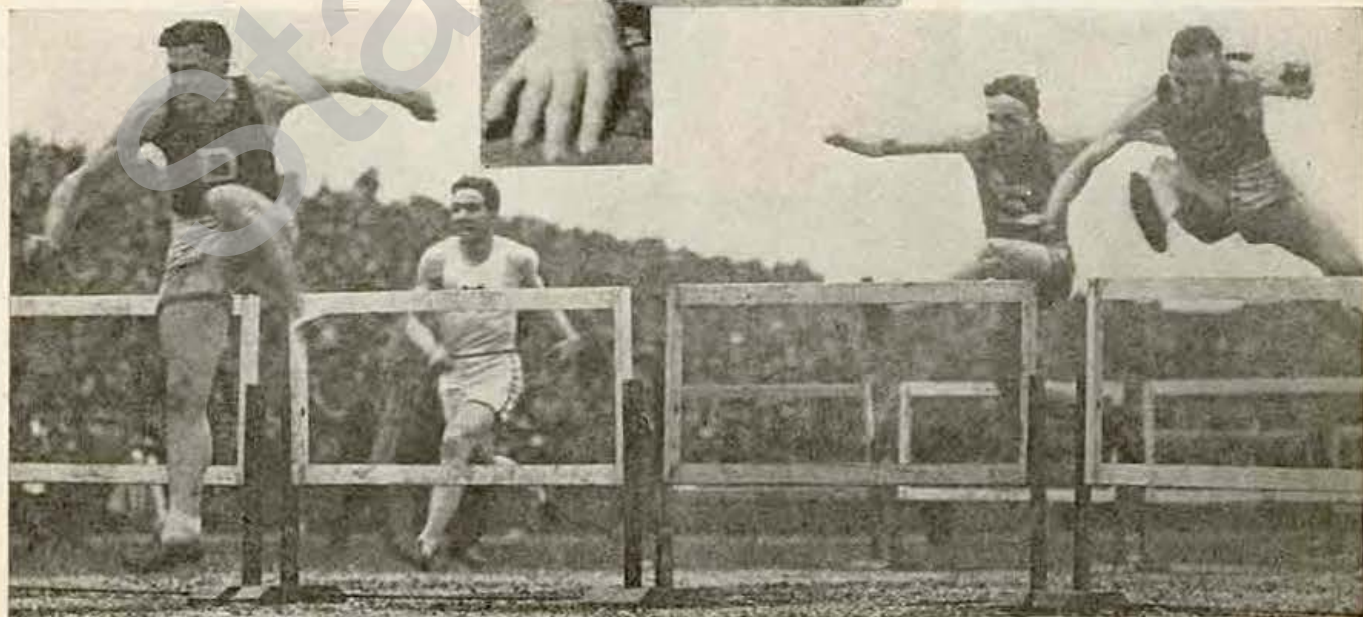
LOOKING at the question from a physical standpoint only, the recent Olympic Games seem to prove that we Yankees are slipping in physical ability. But, using the slump of the Yankee athletes, competing in the past Olympic Games as an indication that the physical powers of the entire population of the U. S. are going blooey, reminds me of that war joke. You no doubt recall it. The war is over, and a veteran who had been in the thick of the fighting for many months is home and very much soured on war, peace, prohibition, bonuses and things in general. One of the patriotic, non-combatants of the home town says to the veteran upon his arrival, "Well, Jack, old boy, we won the war at last, didn't we?"

"Yes, the war is won," sarcastically replies the veteran, "but who the h— is *we*."

So it is with the Olympic Games. If we non-contestants do not actually help our boys to win, how can we be blamed or even compare with

them when they lose. On the other hand, our athletes are the pick of the country and, therefore, represent our national athletic ability.

Of course, you will likely repeat one or all of the excuses in defense of our athletes such as: better competition than ever before, the sea trip, the lack of proper training facilities, the lack of sufficient training time after arriving, the slow track, our athletes' combined efforts to get rid of the steamer's grub-stake before it spoiled, etc., which certainly would be patriotic; or if not that, very nice of you. And one or all of those excuses would have some weight but for the fact that they are shot full of holes by the success of our swimmers, oarsmen and field athletes, who certainly were subjected to the same conditions. Furthermore, the real failures (our runners) did not equal the times of our athletes in the 1912 Olympic Games. This would seem to prove that we are at least slipping as runners if not in other branches of sports.



At top—Johnnie Weismueller, who swam true to his usual form. Below—a hurdle race, a disappointment for America in the recent Olympiad.

If that be so there are many reasons for it. First: every day sees us becoming more and more of a riding nation due to the automobile and other up-to-date means of transportation. This condition breeds in the younger generation a dislike for walking not to mention running. And when we do run we seem to like the shorter distances in preference to the longer ones. Our youths do not seem inclined to like the long races, and consequently we have none who are really the class of the world.

A second reason may be in what one or two of our experts say about our running failures—our athletes do not run long enough. That is, they run while in college and then quit entirely; while European runners, especially those of the longer distance running, keep it up for years. The Yankees appear to run for the sport of it, while the expert Europeans practically make running their life career.

The lure of the dollar is probably the downfall of American runners or rather the reason why they don't do better. As soon as a man gets out of college he must begin to make a fortune, and he cannot do it in running races. Right there we may have the answer to the U. S. Olympic Boxing Team's failure. All our good boys turn professional leaving the amateur ranks poor. Among the boxers in other countries, who cannot hold a candle to our professional boxers, we find much better material in the amateur class, because it is not drained by the professional class.

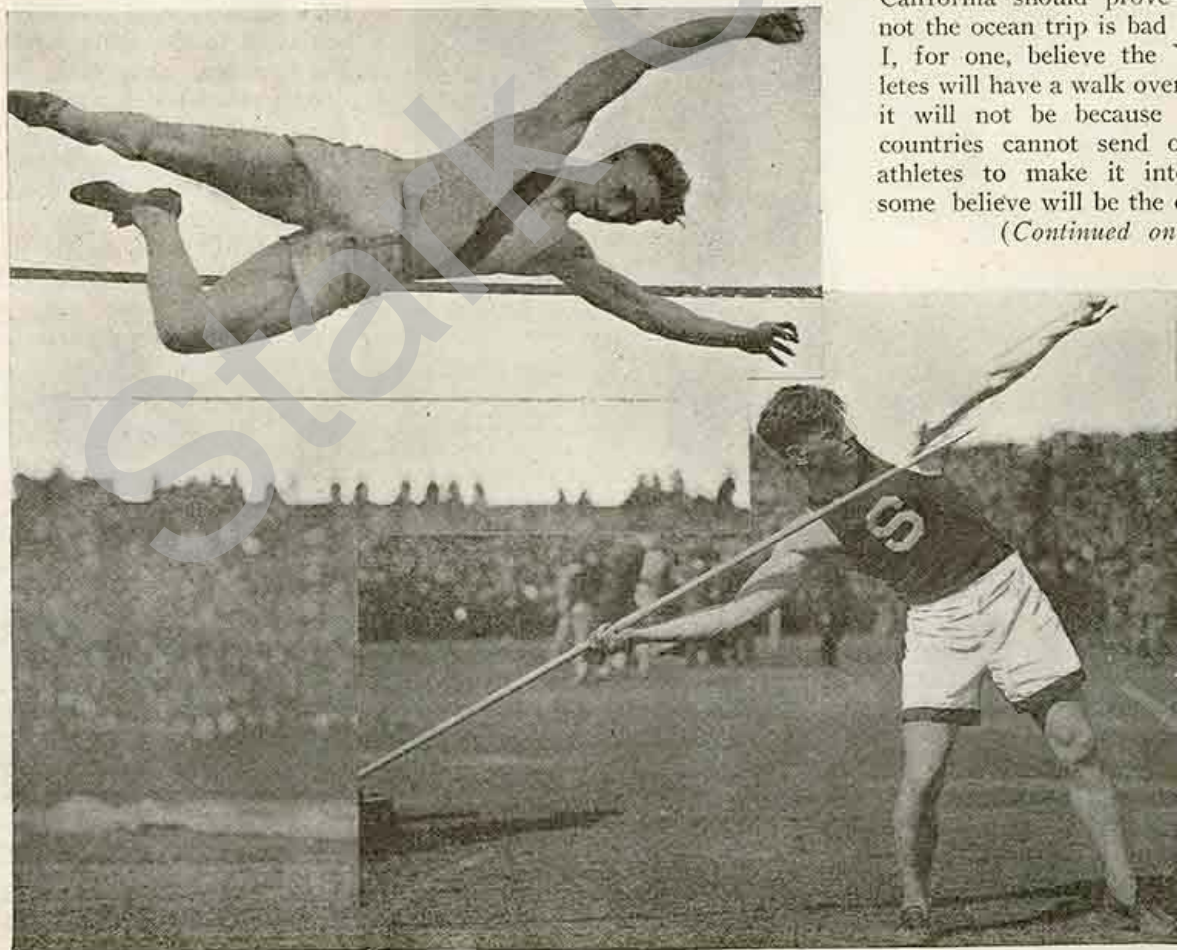
Foreign athletes are surely improving in all field and

track events, but if they can improve why cannot our athletes improve also. The answer to that one may be that, after all, a man is a man the world over and the only reason the Yankees have excelled is because they got the jump on their foreign cousin by reaching the heights of athletic ability first. Certainly no human being under the present running conditions will ever cut much time from the 100 yd. dash record. Many experts believe this particular time will never be lessened. So there we have a definite case in which the height of athletic ability has been reached, and as the other nations' runners gradually improve, competition is sure to increase in this particular event. Then the race will go to the athlete who is in the best shape on the day the race is run or to the athlete who gets off to the best start.

In the longer distances, records are still being broken as in most field events. Certainly there were enough broken in Amsterdam, but even these record-smashings must cease sometime. You could never expect any athlete to put a 16-lb. shot 75 feet. So the limit must be reached at sometime, and then again we will have the same condition we now have in the 100-yd. or metre dash. Our athletes will probably reach the limit first and then continue to win until other countries draw it to us.

Looking at it in that light we are no better physically than the people of other countries—we are merely quicker in getting to the peak. Of course, this is all theory which may be proved or disproved in the next Olympiad, especially if it is held in this country. Holding the games in California should prove whether or not the ocean trip is bad for athletes. I, for one, believe the Yankee athletes will have a walk over, but I hope it will not be because the foreign countries cannot send over enough athletes to make it interesting, as some believe will be the case.

(Continued on Page 76)



Top—the high, a win for the Yankees. Below—javelin throw, an event in which we usually trail the Finns.

The Romance of Strength

The Genuinely Interesting World Travels of a Professional Strong Man Whose Experiences Read Like the Pages of a Novel

By Mark H. Berry



Joe Lambert, in Gladiator costume. Born into the show world, he has performed with many of the greatest, and has long been one of the best lightweights in the game.

first rank, who knows the strong man business by heart; he just simply must know it from A to Z. Still, the average lifter, if he has heard of Joe Lambert at all, will mention having heard something of him being a lightweight strong man. There is the pity of it; some men gain a reputation in a couple of years without any really valuable background, while this man with a lifetime crammed full of experience and knowledge is practically unknown, principally because he has been content to keep in the dark and has traveled the world under various show names.

YOU who live and breathe the subject of physical culture every waking moment, and dream it all over again in your sleep, should become better acquainted with Mr. Joe Lambert. To many of the readers of *STRENGTH*, the romance of strength is a veritable Klondike of the imagination. Without actually experiencing any part of it, you dream of the possibilities of some day becoming a part of the great living novel of the deeds of men of iron. But so far as the average follower of the "Iron Game" is concerned, the doors of reality seldom open upon the magic stage, so they must continue to read and dream of its heroes.

If you have ever longed for the personal acquaintance and companionship of the luminaries of strength, imagining yourself an important part of the living drama, you can well imagine the actual life of Joe Lambert. For here is a man to whom all your fancied experiences have been daily occurrences. Having spent his life among strength athletes, he has hob-nobbed with some of the greatest, now dead and revered, and has lived a life which can very aptly be referred to as the "Romance of Strength." Taken all in all, the strange tale of this bar bell man is possibly the most interesting and absorbing one in the entire annals of strength lore.

Why, just think of it, here is a man whom very few present day physical culturists know much about. Yet he has lived a life so romantic as to give him a background for wonderful tales of experience. The majority of young weight lifters would consider his life history as absolutely priceless; would it not be worth giving several years of your life just to live among the tents, sawdust, side shows, circuses and the personages one must know in such a life? Possibly some of you fellows wouldn't openly admit this fact, but I feel sure a great number of you would prefer a life of that kind to anything you may have lived or hope to live. Most of us haven't any chance to experience the things which have happened in the life of Joe Lambert; we weren't born in the business the way he was.

As I started out to say just now, here is a man, an athlete of the



Joe and Grace—husband and wife. Both first-class strength athletes, unexcelled in showmanship

You may have heard the old fairy tale, sometimes mentioned to scare you, that strong men never have strong children. We, who are closely connected with the game, know the fallacy of this statement, as we are personally acquainted with countless refutations of this silly notion. This brings us to the point that the father of Joe Lambert was a famous European professional strong man, Karl Lambert. The elder Lambert was a mighty giant in size, a native of Alsace-Lorraine, six feet six inches in height and three hundred and ten pounds of mighty brawn. Known as the possessor of the largest pair of arms in all Europe, the tape measure read twenty-four inches around his flexed biceps.

Karl Witzelberger, a 268-pound giant of Austria, was his partner, and together they toured giving exhibitions of great strength. Karl Lambert owned a small circus of six wagons and twelve horses and visited all parts of Europe. His feature act was to lift a small sail boat with fifteen men in it. His travels finally led him to the United States, landing in Boston, Mass. Joe Lambert was born in his father's circus tent on April 7th, 1880, with four feet of snow outside the tent. His mother, a native of Hamburg, Germany, died the same day. His father died while Joe was very young, and the first thing he can remember is his travels with a troupe of gypsies who had kidnapped him.

Although born into the circus and strong man life, the gypsies were responsible for training him to be an athlete and weight lifter. He was taught to do trapeze work on a broom stick hanging from a tree, and with the lifting of weights was trained by these wandering people to become a child prodigy of strength, so that later a good-sized price could be placed on his head. The troupe traveled from town to town with a big bear, with which they danced for the amusement of the town-folk. When finally it was decided the boy was capable of lifting exceptional weights, he was auctioned off to the highest bidder.

You might say that instead of training him to become a strong man, they beat him and sent him to bed hungry after a severe flogging whenever he failed to accomplish a task. In describing the day of his sale, Joe tells of the camp being cleaned

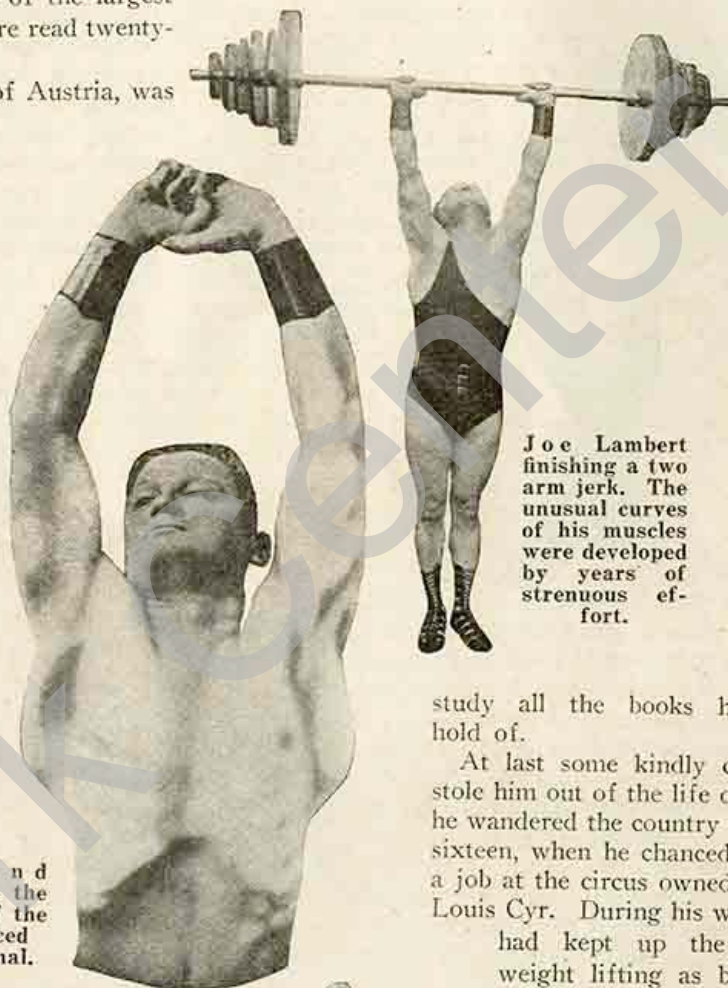
up, he was fed extra well at breakfast, and dressed in a new corduroy uniform. Around noon seven burly circus men began bidding on the "World's Youngest Weight Lifter," and he was being auctioned off for forty dollars. Becoming part of a small wagon circus, he worked as all-round chore boy, door boy, bell boy and candy boy. In his act he lifted fifty pounds over head with one hand, but his master informed him he must become a bare back rider and "sawdust ring" acrobat and clown. He states, "I was first taught to do a back somersault, the learning of which in those days was a hazardous stunt. In that

era of circusdom they had none of the mechanic devices now used in the teaching of dangerous stunts, and the falls and hurts I suffered were many and gruesome." He came to have a bitter attitude concerning the world, but was

keen to study all the books he could get hold of.

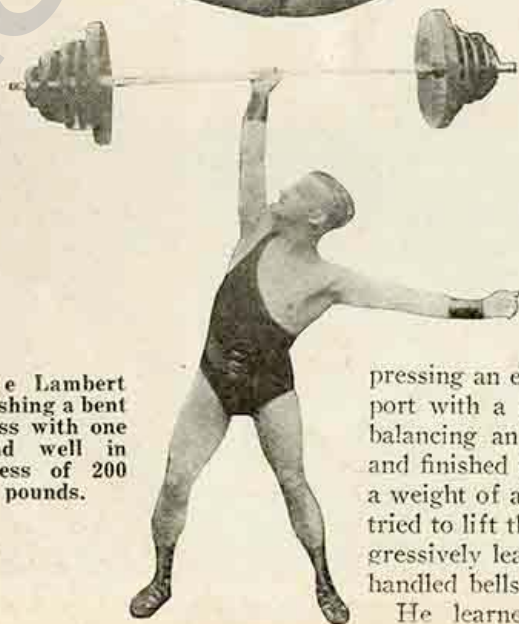
At last some kindly circus woman stole him out of the life of slavery and he wandered the country till the age of sixteen, when he chanced to apply for a job at the circus owned by the great Louis Cyr. During his wanderings, he had kept up the practice of weight lifting as best he could, practicing with heavy stones when nothing better was to be had. He entertained ambitions of becoming a great strong man, and as his idol and inspiration kept in his mind the enormous physique of Cyr. One can well imagine his great pleasure on being hired by the circus owned by the great Louis. His act in the Cyr show consisted of bent pressing an eighty pound bell; a wrestler bridge support with a two hundred pound man on his chest; balancing an eighty pound cart wheel on his chin, and finished the act with lifting five men on his feet, a weight of around 825 pounds. While with Cyr, he tried to lift the massive bells used by Louis, and progressively learned to handle some of the heavy thick handled bells.

He learned much with the Cyr show which



Joe Lambert finishing a two arm jerk. The unusual curves of his muscles were developed by years of strenuous effort.

Control and display — the muscles of the experienced professional.



Joe Lambert finishing a bent press with one hand well in excess of 200 pounds.



Massimo and Lambert, a novel feat performed by this fine team of strong men when they toured together. Clevio Massimo is doing the heavy work.

has later been of great value to him. After that show closed, he went to New York and joined the Four Waltons Troupe, in a hand to hand and tumbling act. They rehearsed six weeks at Brown's Gymnasium (one of the old athletic landmarks), and then sailed for Hamburg, Germany; they played that city ten weeks, then ten weeks in Berlin and the same time in Breslau, afterwards touring in vaudeville in less important places. The part played by Lambert in this act was to wear a blonde wig with long curls hanging down to the shoulders, with a girl costume. He was top-mounter and was capable of feats no girl could perform, such as planches and slow pushes up to hand stands. Returning to

States Vaudeville Houses, and four circuses, Hagenback and Wallace, John Robinson, Sells Brothers and Forepaugh, and the Walter L. Main Circus.

In 1910 Joe formed a new act, "The Four La Pearl Walton Troupe," in a high trapeze specialty. This act consisted of three ladies and himself. The feature was performed by Joe supporting with his teeth a total weight of 385 pounds, this consisting of the three ladies hanging by their teeth and revolving. This troupe journeyed to Australia, playing twenty-seven weeks with the Wirth Circus, touring all principal cities. They returned to New York, and that ended his touring as a trapeze performer.

Ever since, Joe has been giving strong man exhibitions in circuses, side shows, carnivals and theatres. Besides working with Louis Cyr, he has been with the Saxon Brothers. In 1913, he toured vaudeville with Clevio Massimo, one of the finest built strong men in the game. Joe has spent many seasons at Coney Island. He ran a gymnasium in Buffalo, N. Y., for two winters, and another gym in Grand Rapids, Mich., for one year. He also owned a small circus of his own, which toured for several seasons. Years back, whenever he would be in New York City during the winter, Joe was connected with Prof. Louis Attila at his studio of weight lifting and physical culture. This studio was the most famous rendezvous for strong men in America from 1890 to 1920. As you know, the good work and atmosphere of that studio have since been carried on by Siegmund Klein.



Joe Lambert lifting nine men, a total weight of 1500 pounds, on his feet. It takes exceptionally fine legs to perform this feat. He has regularly lifted twelve men in his act.

Berlin, they played eight more weeks, then eight weeks in Hindenberg, Germany; next four weeks in Bremen, ten weeks in Brussels, Belgium, ten weeks in Vienna, Austria, and eight weeks in Paris. Always playing the best houses, the Walton Troupe visited most of the large European cities.

Returning to New York, they played several leading vaudeville circuits: Keith and Proctor, Pantages, Orpheum and Sullivan and Considine circuits. Following that, the Four Waltons worked the Barnum and Bailey Circus for three seasons, and two seasons with Ringling Brothers Circus.

In the year 1904 the Four Waltons sailed to South America. Just remember, Joe Lambert was but twenty-four at this time, and had already put in a long list of engagements. In South America, they worked thirty-seven weeks with the Publionne Circus, doubling up on two distinct acts, a casting act (overhead flying trapeze work) and a hand to hand balancing act. In the casting act, Joe did the flying work while wearing his girl costume. In 1905 they spent eighteen weeks in Cuba with the Santos and Artigas Circus, from there returning to New York.

In 1906 they sailed to England and played their casting act on the Strool Tours Empire Circuit, visiting the larger cities during the two years. Coming back again to New York, the Four Waltons split up. Joe then organized his own act, known as The Walton Trio, which included two ladies and himself, performing feats of strength, contortion, tumbling and statuary posing. This trio played the leading United



The Lamberts, Joe, and his wife, Grace, in one of their specialties.

Joe Lambert has always expressed his willingness to meet all comers wherever he went. In proof of his ability to back up his claims, it might be interesting to relate a few incidents which have taken place during his travels. One of the small photos we are using to illustrate the present story shows him lifting a small brass cannon overhead with two arms. While playing the Silvers Circus in Kalamazoo, Mich., two men brought the cannon up to the circus in a wheel barrow. Hunting up Joe, they remarked that he might be strong but couldn't lift their cannon. Making a test lift off the ground, Joe realized immediately that he was capable of putting it overhead. One word led to another, but Joe held back a little, fearing he might get hurt, owing to the odd shape of the object plus its weight of 234 pounds. Finally, the men offered to bet fifty (\$50.00) dollars, and putting up the sum, Joe at once covered their bet. It was decided to make the attempt at the evening performance. Mr. Bert Silvers, proprietor of the circus, announced to the fifteen hundred people present that Joe was to have three attempts to lift the brass cannon. He went through with his regular act, then tightened his belt, put rosin on his hands and at the first attempt put it overhead with a Two Arm Jerk. Exalted over his easy mastery of the clumsy object, he walked about thirty feet in front of the audience, holding the cannon at arms' length. Throwing it to the ground from a standing position, the cannon sank six inches into the ground. The crowd gave him a great hand, as he received the hundred (\$100.00) dollars bet money. Both snapshots showing Joe and the cannon were taken the next morning before the circus left for the next town. He also succeeded in pressing it while lying on his back.

On other occasion he had the pleasure of making an odd sort of lift. It was in Madison, Wisconsin, with the John Robinson Circus. The circus ground was near a small lake where row boats could be hired for



Reading from top to bottom: Joe Lambert balancing 153 pounds on his chin. If you are looking for a capital neck exercise, nothing could be better. A bent press of 218 pounds. This is some bar bell, we would say. Finishing a back press with a 234-pound cannon. The 234-pound cannon jerked to arms' length overhead.

bersome rocks or pieces of iron. With this show were quite a number of strong athletes, ring performers and hand balancers. Seeing the row boats, Joe got it into his head he could put one overhead; he imparted this idea to the assembled show men, but was ridiculed and laughed at, as they computed the weight of the boats



at 350 pounds each. Joe lifted one of the boats from the ground and figured that it weighed far under 300 pounds. Two hand balancers, George Martin and Joe Morris, succeeded in lifting it together, one at each end. Still they laughed at

the suggestion of Joe being able to lift it alone. He agreed to do so, if anyone would put up some money. A sum of twenty (\$20.00) dollars was made up to bet against him. It was agreed that he could go about the lifting in any way, so long as he did it without help. Always having a Kodak with him for interesting photos, he had his partner, Robert De Peron, get ready to snap the picture. (Lambert was then a member of the De Peron Brothers Trio, in an act of weight lifting and balancing). The boat being fifteen feet long, Joe placed one end against a large rock, then lifted the boat on end to an almost perpendicular position. There being a seat in the center of the boat, he set the boat seat on top of his head and taking hold of the sides of the boat, jerked it to arm's length, a weight of 282 pounds. Holding it aloft thirty seconds, the men announced their satisfaction. Four others tried the feat, but none could even get the boat on end.

Returning again to the subject of Karl Lambert, father of Joe, we are sorry to be unable to show you any photos of him at the present time, but hope to print at least one at a future date. In a hotel fire in Boston, in 1913, Joe lost two trunks containing twelve hundred photographs. He is trying to borrow some photos of his father from a friend, and when these are received you may be sure we will let you see them. Joe tells us he used to own one of his father's bar bells, which was seven feet long with a three inch solid steel shaft, (Continued on Page 79)



twenty - five cents per hour. On this particular day many of the show performers were gathered at the small lakeside park. Wherever Lambert went he was always trying to lift cum-



Anyone who rises from a "good" breakfast of a steak and two eggs, or a couple of chops or sausages—with the fruit, cereal, toast and potatoes that supplement them—has been flirting joyfully with the nurse.

What Do You Know About Digestion?

What Are the Effects of Worry, Fear or Anger on Our Digestive System?
What Foods Create Strength and What Foods Build Endurance?

By H. H. Rubin, M. D.

THE process of converting food into substances that can be utilized by the system, either as building material or to yield heat and energy, is an exceedingly complicated one. Indeed, many of its processes are still mooted questions, for the obvious reason that it is extremely difficult to detect exactly what occurs in the alimentary canal of the living animal, under the complex condition in which all organic life is carried on.

So many of these influences may operate to retard or altogether hinder certain phases of digestion, as, for instance, the well-known effect of a sudden nervous shock. Everyone knows how grief, worry, fear, anger, may operate to such an extent as to completely restrict the flow of digestive juices, and seemingly to facilitate fermentative changes, as witness the "sour stomach" so frequently met with in individuals suffering from nervous dyspepsia.

First, however, let us again define the various groups of food, and consider in some detail their relative importance.

All varieties of food are important, but perhaps the most important are the proteids. This is not alone because of the work they accomplish in building up and

repairing tissue waste, but also for the possibilities of harm developed if their "end-products" are not removed from the system after their parent substances have been utilized.

Proteid degeneration is capable of producing more highly poisonous products than can be developed from degeneration of any other food substance. Hence the advisability of insuring proper digestion of proteid material, by favoring those forms of proteids most readily digested. These are beef, eggs, and milk. Lamb, chicken, and certain other animals foods are digested by certain individuals quite as readily as is beef. But with the majority of people, the utilization of beef is more complete than it is with any other protein form.

Only 2.8 per cent of beef is lost in its passage through the alimentary canal; 2.9 per cent of eggs, and 5.7 per cent of milk, as against 80 per cent of the protein of oats. It is this difficulty of digesting oatmeal to which I have previously referred, and which I have pointed out as a prime cause of the digestive trouble of Carlyle, and many hundreds of thousands of misguided people who have been led to believe that oatmeal is a highly nutritious, easily digested and wholesome food.

Yet albumen or nitrogenous foods, such as meat, eggs,

fish, milk, should not be used to excess. Certain dietitians have claimed that we require from 100 to 125 grams (a gram is 15 grains) of protein daily in order to replace tissue waste. Yet if the reports of the great Danish physiologist, Hindhede, are correct, and opinion is leaning in this direction lately, we actually require only 25 grams of protein a day to replace our worn-out body cells.

Some of the experiments by which Professor Hindhede arrived at these conclusions are most interesting. It would be time well spent for us to consider them carefully and ponder them well.

Dr. Hindhede engaged a group of men in active exercise, and fed them daily a minimum diet of 25 to 30 grams of albumen. This was furnished in the form of three pounds of potatoes to which was added about six ounces of oleomargarine, to complete the fuel supply. On this small quantity of vegetable albumen (which is identical in repair power with meat albumen, provided it is properly digested and assimilated) the men maintained perfect health and vigor.

At the end of a year one of these subjects won a 262-mile race, completing the distance in 99 hours. Another was a regular hippopotamus for work, so much so that on Sundays and holidays he would cheerfully dig up the entire garden, just for exercise.

Dr. Hindhede as a result of his investigations concluded that a very much smaller amount of albumen is necessary in a balanced dietary than has hitherto been believed. The worthy doctor says: "A diet low in albumen increases endurance. I have never heard of a great meat eater winning a long-distance race."

Dr. Chittenden, of Yale, and many other authorities, after elaborate experimentation with squads of men put through endurance tests on varying amounts of protein, have come to similar conclusions.

Most people nowadays eat meat only once a day, or at most twice a day. But many of us, not so very old, either, can remember the time when a fair-size breakfast consisted of half of a pound of steak or a couple of lamb chops, or possibly a few pork chops, each of which was surmounted by a couple of fried eggs and flanked by a liberal portion of fried potatoes, with possibly three or four griddle cakes, butter and syrup to "top off" on.

This dietary has been largely discarded in favor of the sensible one of eating perhaps one fried egg and a few strips of bacon, together with one piece of toast, all of which is preceded by a glass of orange juice or half a grapefruit, accompanied by one cup of coffee.

People who eat after the big-meal fashion are eating from four to five times more nitrogen than they require. They are buying four or five times as much meat and eggs as they have any physiological use for, paying an exorbitant price in bad health for the same.

Anyone who rises from a "good" breakfast of a steak and two eggs or a couple of chops or sausages—with the fruit, cereal, toast, and potatoes that supplement them—has been flirting joyfully with the nurse.

When he heaves a complacent post-luncheon sigh—having partaken of a thick cut of cold meat or inspiring chicken salad—and when after a few short hours he chews and chews his way through a six-course dinner, he is wig-wagging vigorously for the undertaker.

Therefore, it will pay us in dollars and cents, as well as in health and longevity, to adopt a restrictive diet,

especially as regards the protein part of the diet.

Sugars and starches are also important food elements, although even these are not required to anything like the extent that was formerly thought necessary. The excessive use of sugars and starches may, indeed, be a very serious offense against health, because of two facts:

First, they generate excessive quantities of pathological acids in the process of fermentation; and, secondly, they tend to rob the protein foods of the oxygen required for the complete conversion of the protein food and the burning up or oxidation of proteid "end products."

Finally, fats are necessary, up to the capacity of the secretions of the liver and the glands of the intestines to break them up into fine emulsion for absorption into the lacteal glands. This refers especially to animal fats, while the vegetable fats are converted by secretions of the liver and the pancreatic gland into soap and glycerine before they can be utilized for the requirements of the body. In conjunction with acid salts from the bile, they furnish the natural stimulant to intestinal action, thereby correcting any tendency toward constipation.

The digestive processes in which the various foods are finally transformed into material that can be used for building and heating the body are exceedingly complex and intricate. The various secretions and ferments act and react upon one another and upon the foods submitted to them, until finally the food products are changed into the forms necessary in order to fit them for assimilation into the system and for the process of metabolism which they must undergo.

Thorough mastication is the first aid to good digestion, for the thorough trituration or grinding of the food facilitates and expedites its thorough mixing with the saliva—the digestive fluid secreted by the salivary glands in the mouth. The digestive ferment in the saliva is known as ptyalin and plays the most important part in the digestion of starches. Starch is converted into sugar or maltose by the action of the ptyalin. Later, in the intestinal canal this is finally converted into glucose, in which form it passes through the intestinal canal, there to be taken up by the blood—the only form in which starch can be utilized in the body. Naturally, the saliva acts also as a lubricant, making it possible for us to swallow mouthfuls of food without choking.

Another important function of the saliva is that it excites the flow of gastric secretion in the stomach. This it does by reason of its alkalinity, the alkaline fluid stimulating in the stomach an outpouring of acid secretion. It may be here remarked that the reverse of this law is true in respect to alkaline secreting membranes, such as the upper intestines, the alkaline secretions of which are stimulated by the influence of the acid juices of the stomach during the passage of food into the small intestine.

The next most important step in digestion is the action of the hydrochloric acid secretion of the stomach. The stomach, it may be understood, is merely a three-pint water bottle of muscle, the chief function of which is to mix and churn the food so that the secretion of the stomach glands, the pepsin and hydrochloric acid, can mingle thoroughly with the food and change it into peptones.

Dr. Porter has described this process by pointing out that the hydrochloric acid, which is the true acid secretion of the gastric juice, (*Continued on Page 64*)

One 94 Year Old Boy

An Old-Timer Who is the Possessor of a Most Enduring Bodily Physique—the Result of Out-door Life.

By Zora Sterns

IT is one thing to grow old, quite another to age gracefully, and the only way is by keeping fit. To reach ninety-four is one thing, but to mount the crest in good prime, in keen senses, morally, mentally and physically, *why, I say*, look up to it. "How?" you may ask. Well, if you please, to the Hoosier specimen, Mr. Poland. I speak first hand for my friend, for I'm no paid reporter to air the facts by applying a gas valve. All the rules of his life might be heeded by anyone, but likely won't be, even though I do declare him a living example of them.

His one secret to keep young is to be active. Go to it with a lively gait. Let work, business, cares, interests move you along daily like a flood; let them bestir you like joys, for they are your real living joys. He is head of a home, and, with his other half of ninety-odd summers, asks favors of none. Out of bed by daylight, the chores are rounded up with a glib step and a happy cheer in good time. Then to town for mail, marketing, news, and the gossiping of many mingling friends, the half-mile being clipped off gladly in zero or icy weather without grunt or grumble. This constitutional he takes without fail. Not riding, but walking is his tonic for the day and usually without a cane. Walking, and walking as an exercise, is followed by a diversion of some sort, as it should be for us all; so his recreation for the afternoon is learning to type on a typewriter.

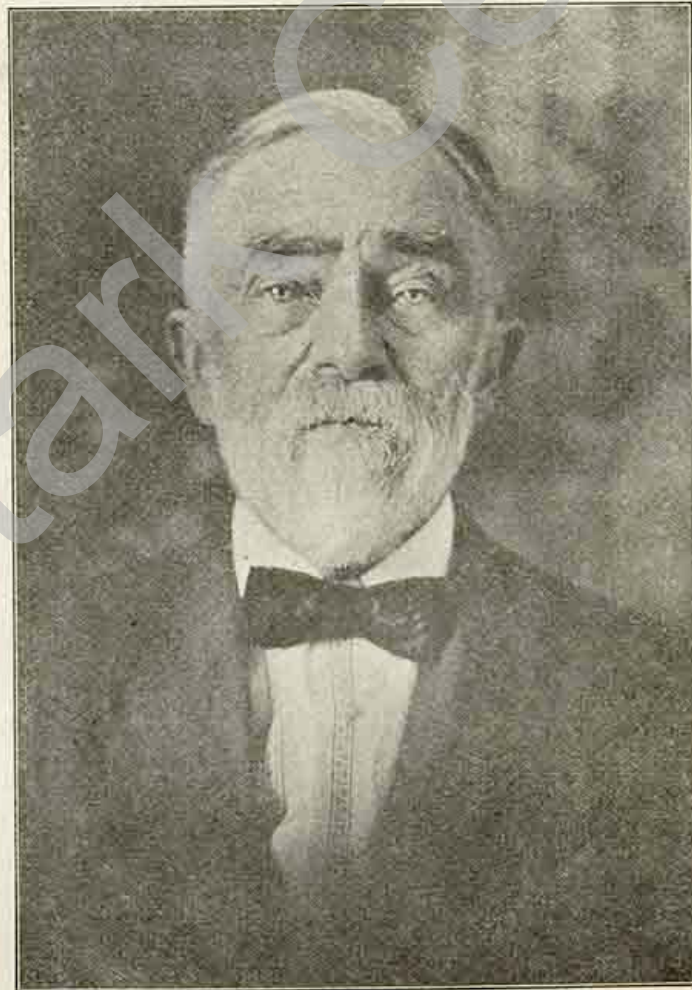
His diet is a simple affair, for he is a moderate eater, eating only the most common wholesome foods, such as potatoes,

apples, meat, milk and breads, and drinks no coffee, if you please. Rarely does he indulge in sweets or knick-knacks, and, in the main, prides himself on the regularity of his meals and sleeping hours.

Punctuality in these habits, as with all others, is his automaton of life. Worries roll from him like shells down a great fort, scarcely leaving a scar. He sets a pace and keeps to it. If work betides, or pleasure or what-not, he sets a time, a definite program, a calculation of well-matched strength and moves to it—never to the point of complete exhaustion, but borne, as we said before, as by a flood. Aye! the work of man done by a *Man* in a manly manner, a delight to your soul to see,

not fussy, not nervous, nor shirking from cares, but rather of a cheerful, industrious contentment, which bespeaks a keen and peaceful mind in a well-kept, nourished body, for he looks and acts like one of seventy in good state.

So much for a mind and body at ease and natural as against our day of rush and hurry for bread and pell-mell conditions in every way, all of which impair sleep, destroy nervous energy, up-end the digestive tract—and, with the over-taxed burdens of life, both real and imaginary, where are we? So the fires are burnt out long before their time in these latter days. Thus we are producing the spindling type, nervous wrecks, ready for rest cures, mental derangements, ready for asylums, and suicides by the millions ready for—what? For shame! for shame! Sick in body or soul? Did the older generations pro-
(Continued on Page 67)



Mr. Poland, who is still active at the age of ninety-four. Walking (without the aid of a cane) is one of his daily pastimes.

Your Hip Muscles

Many Men as Well as Women Neglect Exercises for Their Hips.
It is Just as Important for You to Exercise Your Hips
as it is Your Legs, Shoulders or Arms.

By Charles MacMahon

FOR the sake of brevity this article is given the above title, but it really deals with the region of the hips. The region of the hips in this case means the lower trunk muscles, (comprising the small of the back, the lower side muscles and lower abdomen) all the hip muscles and the upper parts of the thighs.

The condition of this region is very important to everyone in the matter of general health. Furthermore, the development of this region is important to the young man and beginner in physical training; yet many neglect it for the arms and other more conspicuous parts. Lastly, attention to this region is important to the older man, because it is this part of the body that starts to deteriorate first.

The man over thirty will soon begin to notice the slow but sure bulging of the lower abdomen, the fattening of the hips and upper thighs. This is due to too much food and to the lessening of physical activity that men of this age generally get into.

So, we see that everyone (and that does not exclude the ladies) should really be even more interested in keeping this region fit and firm than in keeping the arms muscular.

Putting the region of the hips in fine condition and keeping it there is not as easy as

doing the same with the arms or some other parts of the body. This, I believe, is one of the reasons why many prefer to exercise the arms more than the hips. There is no denying the fact that it takes more energy to put this region in condition. It is not, however, because the hips are more difficult to develop than the arms, but because, as I said before, the exercise consumes more energy. Consequently, many folks do not like to develop

these parts as well as they do the arms. Proper exercising of the hip region will thoroughly fatigue one all over, whereas, when exercising, the effects are felt only in the arms themselves.

Hip exercises performed within reason will do you more good than arm exercises. Keep that in mind whenever you feel inclined to renege on the hip exercises. And also remember that the lack of desire for hip exercises is akin to laziness—and don't forget that

laziness produces the deteriorating condition of this region.

Besides the menace to your health and pep, nothing ruins your general shape and appearance more than a neglected hip region. It will rob you of youthful appearance, so keep it in condition above all other parts.

Of course you understand I do not mean to exercise only the hip region and do nothing at all for the re-



Fig. 1



Fig. 2

maining parts. That would be absurd; but give the hips as much or a little more attention than your other parts.

I have always noticed that even among the host of well developed men of the present time there is a lack, in many cases, of full hip region development. In these cases it is probably due to the thoughtless belief that the muscles of this region will take care of themselves rather than to intentional neglect or laziness.

No muscles take care of themselves. If they are not exercised they will not develop and strengthen. Many methods of physical training, for instance, pay little or no attention to direct exercise for the neck muscles.

That is entirely wrong. Unless you want a freak development, consisting of broad, thick shoulders, a deep chest and powerful arms topped by a thin, weak looking neck, you must exercise it just as thoroughly as you do the arms.

The exercises to follow cover the entire region of the hips. They all affect this entire group somewhat, but each exercise has its particular duty to perform; that is, each exercise is beneficial for a certain muscle or group of this region. Get it straight in your mind which exercise belongs, as it were, to which muscle.

Every beginner should first learn what muscles are most directly affected by certain exercises. It is a part of physical developing success. If you do not know what muscles a certain movement developed most, you can usually determine it by trying the movement and taking particular notice which muscle or group feel it the most or, in other words, tire the most.

For example you may be performing an exercise that tires the deltoids and the pectoral muscles on the chest. If this exercise tires the deltoids the most, it is then a deltoid exercise and not really a pectoral exercise. If the opposite is the case then the movement is a pectoral exercise and not a deltoid one. The idea is that direct exercise for certain muscles will produce better results than indirect exercise. Furthermore,

why think you are developing a certain muscle when in reality you are developing another group more.

Getting down to business, we will take first exercise illustration in Fig. 1. In this one you can support yourself by grasping a chair back or any other available and suitable object. If you can perform it with a support so much the better but it makes little difference whether you use the support or not.

If the left hand is used first as the supporting hand, then your weight should be entirely on your left leg so you can raise the right leg easily. The right arm must be free also.

Now you next raise the right leg directly out to the side, and as it comes up slowly the trunk should be bent at the waist line towards the right, and the right hand should reach down past the leg as far as possible. When you have slowly raised the leg as high as you can and reached down as far as you can, you slowly come back to the original position and repeat until the hip muscles right on the outside point become thoroughly fatigued.

By raising the leg slowly and bending over in this manner you get the highest possible contraction of the hip muscles. Of course, the surrounding muscles will be affected also, but if you do this one correctly the hip muscles will be more greatly affected. You will feel it somewhat in the left leg, too.

As shown in the illustration the leg must be kept straight.

After exercising the right hip reverse the positions and exercise the left hip. You can perform this one for the hip by raising the leg without bending to the side, but it makes a more efficient exercise when done as outlined above.

Next we have a very fine all-round exercise. That is, it affects practically all the muscles of the body, arms and legs, but like all these exercises it affects the muscles of the hip region the most. This being a fact, it should be used as a hip region exercise and not as an exercise for other parts of the body.

The muscles affected most by this one are the



Fig. 3



Fig. 5



Fig. 4

hip, buttock, lower back and thigh muscles, especially the under thigh muscles.

In doing this movement, shown in Fig. 2, stand erect and then raise one leg forward and up. When the leg, which is held as straight as possible, is about to the level of the hips, bend over at the waist and grasp the leg under the knee and pull up on it until you can touch your head on the top of the same knee.

Repeat this movement by returning to the original position and raising the leg again. If you are supple you can allow the head to pass inside the knee, which in turn lets the leg come up higher and the head down lower. That will throw more work on the muscles involved.

If you cannot balance on one leg you can lean against a wall by touching the back of the buttocks to it, but it is best without support, so work to that end. Don't forget the other leg.

In Fig. 3, we have a hip region exercise that is difficult for the beginner to perform properly without support. It is also an exercise that must be done properly or no results will be forthcoming.

Again stand erect. If you are going to start with the right leg, support yourself by grasping some stationary article with the left hand. The right should be placed on the right hip.

Now while standing on the left leg raise the right leg to the side as high as possible and begin to form a circle in the air with the foot. The tendency will be to allow the leg to drop, but prevent this by keeping it up. You will find a small circle about two feet in diameter easier than a larger one.

Another point to bear in mind is to keep the body erect and chest out, preventing a slump forward. It does not matter which way you swing the leg in the circle—whichever is the most natural for you.

When the right leg, or right hip muscles, are thoroughly tired, reverse the position and exercise the left leg in the same way.

Exercise No. 4 is the same as Number 3, except that the circle is formed in front instead of at the side. Where



Fig. 6

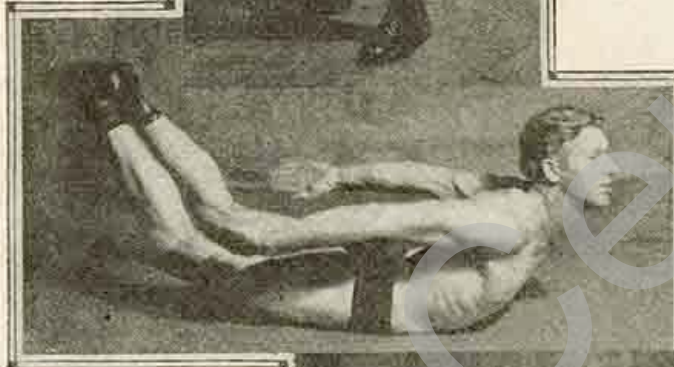


Fig. 7

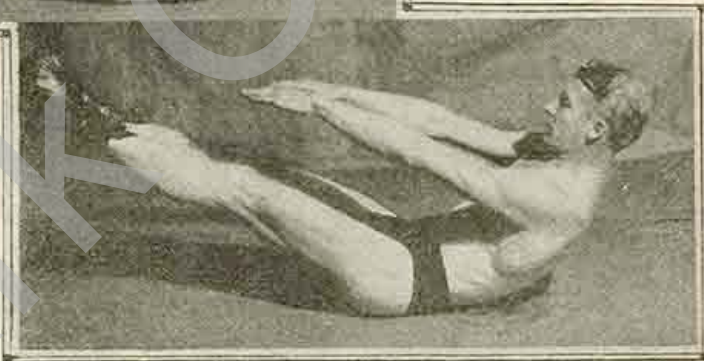


Fig. 8

the previous one exercises the muscles of the sides of the hips and thighs, this one gets the muscles in front of the hips and thighs.

Both these movements develop and strengthen those often neglected muscles just above the hips on the lower sides and abdomen.

Fig. 5 illustrates a movement that exercises the muscles of the back of the hip region and subsequently makes the front muscles more elastic and supple.

Again you stand erect and raise one leg back and up. This time you allow the leg to bend. As you raise the leg you bend backward at the waist and reach backward with the hand on that side and try to grasp the ankle. When you have done this or come as near to it as possible, you return to the first position and repeat. You can turn the head slightly and look back at the raised leg, but don't twist too much.

You will find this one hard on the backs of the thighs. It also affects all the back muscles of the hip region, which includes the back of the thighs, the buttocks, and the lower back. This one and the following will help build those ridges along both sides of the spinal column that always denote strength.

besides making a fine looking back.

I was always impressed by these back muscles whenever I looked at a back picture of Eugen Sandow's marvelous physique.

The exercise in Fig. 6 is much like the preceding one. The difference is that you don't raise the leg, and you twist the upper trunk as much as you possibly can.

Stand erect on both feet. Bend backward as you twist to the right and reach back and downward with the right hand. Reach down as far as you can by bending backward and to the sides. You will find you can bend farther this way than when you raise the leg. Repeat this one until tired, then try the other side.

This exercise is chiefly for those back muscles along the spine; in fact, it hardly affects any other muscles.

Fig. 7 shows another exercise which calls into strenuous play all the muscles of the back of the hip region.

Lie on the floor with your face down. Now raise the head and shoulders and at the same time raise the legs and reach back with both hands and try to grasp the ankle. Don't just bend the legs at the knees, try to raise the thighs off the floor, too. This, when done correctly, will find you resting only on (Continued on Page 70)

'Ain't' (Human) Nature Grand!

Being the 'off-Hours' Remarks of Two Physicians,
as Recorded by

James Lawton

"HELLO, Jimmy, you're just the fellow I want to see. Come over here a minute." A well-known physician of Philadelphia was speaking, but it is hardly possible that you would have recognized him as such, had you seen him at the moment. Arrayed in nothing more extensive than a pair of trunks and gym shoes, Dr. (let us call him thus) Jenkinson was busily engaged in making things interesting for the other three-fourths of a very lively doubles game of handball. His partner was another prominent physician, and their opponents were a successful lawyer and a "big business man" who was nothing like as big (about the waist) as most b. b. men are supposed to be. It was five o'clock on a hot July afternoon, and most men would surely look for a pleasant hour in an easy chair beneath an electric fan, but not these wise fellows. Here they were on their regular three-days-a-week program of getting together in friendly exercises of a competitive nature and actually enjoying working like longshoremen on a hot afternoon.

The game was just ending to the tune of a close score, and as I finished depositing myself in a chair by an open window the two physicians joined me. "Well, Jimmy," Dr. Jenkinson continued, "you seem to be feeling fine in spite of the weather—I guess you have taken up a little exercise now and then as I have so often advised you. You have? And you like it? Great; I tried to tell you there's nothing like it for keeping an old man young, and a young man peppy. But, say, I didn't intend to give you a lecture when I called you over—what I want is this: you know, being a physician I see a great deal more of the real natures of men and women than do most men, and I have often thought of writing a story or even a book about my experiences in this line. But that would take a great deal of time, and even then professional ethics would stand in the way. I am sure, however, it would do no one any harm if I should tell you of some cases that have come under my observation in the past. The fact is that Dr. Roberts, here, and I were discussing this very thing just before you came in, and we decided that between us we ought to be able to furnish you with enough material for an article for your magazine on the general topic of the foolishness of human beings regarding common sense matters, especially when these matters concern the relation of pleasure with health."

The idea sounded "great" to me, for a story of a real happening is always much more interesting than one that has transpired only in the mind of a writer, however

capable he may be, so I fished out a pencil and note pad and told them to shoot. Dr. Roberts spoke up, "Say, Jenkinson, suppose we make this different from 'just a story,' suppose we discuss with each other some of our star cases, and let Jimmy here take down notes on what we say; then tomorrow he can re-vamp the thing to suit himself. But something tells me it will be 'different' if he writes it as the conversation between two physicians instead of writing it as an ordinary article."

Dr. Jenkinson: "Great idea, Roberts. And since I have the floor I suppose I'll just begin by telling my own case. You recollect that about four years ago I was getting somewhat 'middle aged' in appearance—you know, slightly corpulent, and with that 'run-down' look on my face. I was only forty then, but I had already begun debating the relative merits of a full beard, a Van Dyke, and a goatee. Already I had become accustomed to being mentioned as 'too old' for this and that, but it did not suit me a particle. Well, being a physician I knew as well as anyone what was really wrong with my body and just what alone could remedy the condition, but, being human, I postponed adopting a program of sensible diet and exercise as long as I possibly could. But there finally came a time when I could no longer escape either 'paying the fiddler or quitting dancing,' so I 'quit dancing.' In other words, with about as much gusto as one would take a dose of castor oil, I joined this gymnasium, began a system of exercising and the practice of 'girth control,' and so here I am. Next month I'll be forty-four, and while I do not make any claims to being a Grecian Adonis, at least I am in good shape physically, my internal organs are as active as they should be, my complexion is good, my appetite is normal, and my general disposition has improved considerably. And another thing—it has been a long time since anyone called me 'old,' and I have not thought in ages of acquiring a goatee or other chin adornment."

Dr. Roberts: "A simple story, well told, Jenkinson. And now I want to tell about the richest thing I have encountered in some time. About ten days ago a neat looking chap some forty-five years of age came to me for consultation and examination. He was troubled with a slight impediment in his speech and, being a salesman as he explained, he was most anxious to overcome it. Briefly, he stated his case about this way: 'Always, even as a child, I have had some harmless habit—sniffing through my nose, shrugging my shoulders, blinking my eyes, twisting my nose, and so on. Of course, I had only one of these traits at a time, and even then not con-

tinuously. In fact, some times for months on end I would be entirely free of such habits. But of late years (the past three or four, to be more exact) I have developed a most annoying habit of grunting or a sort of yodeling interspersed with my speech. At times, especially if I overeat, it is more pronounced, and I seem unable to refrain from the habit even when alone and not talking. Being a salesman, this habit is doubly inconvenient and embarrassing.

"Another thing troubling me is that for several years I have been bothered with heartburn unless I eliminate acid fruits and sweets and eat very little. I find I can eat a bowl of prepared cereal or two soft boiled eggs and a glass of hot milk for breakfast, no lunch, and a bowl of soup and a slice or two of whole wheat bread for the evening meal and get along fine—I have more pep, and although the grunting habit remains it is not so bad. Sometimes, however, I overeat, develop sour stomach, take soda and force myself to vomit, thereby relieving the stomach; but making my grunting decidedly worse. For the past four weeks I have refrained from alcohol (have been a rather heavy periodical drinker) and have adopted a series of exercises including body twisting, squatting, bending, exhaling and inhaling deeply, etc., and can see an improvement in my mental and physical well-being, but nevertheless the habit mentioned continues to be evident.

"I am 41 years old and have always led a more or less active life, mostly out of doors, being an outside salesman, and apart from my stomach trouble just mentioned I seem to be in good shape physically. I almost forgot, but my tongue is coated pretty well every morning, and my bowels are none too regular unless I eat bran, cereals, etc."

"Gentlemen, that man was a gem among perfect examples of foolish human beings. My conversation with him disclosed the fact that he was 'up' on baseball, boxing, politics, and what-not, but when it came to his body, he was 'all wet.' Just take note of what he said—he had diagnosed his own troubles to perfection and had discovered for himself the best and simplest remedies for them. But why did he not use these remedies and gain relief from his troubles? Huh. Nothing could be more easily answered—you see, he was only human, and he did not want to give up the pleasure he found in eating in order to keep well. Instead, he came to me, expecting me to give him some magic potion that would enable him to regain his normal physical condition in order to stuff and gorge himself more than ever with 'junk.' This chap was most concerned regarding his grunting habit, and while, of course, it was aggravated by his lack of physical tone it nevertheless remained a habit pure and simple, and as such was subject to the only sure cure for habits—exercise of will power. But he did not want to put out the effort necessary for a cure; instead, he wanted some wonderful prescription that would 'fix him up' in a jiffy without any effort on his part aside from that entailed in handing over the necessary fee.

"Again, this man admitted being something of a patron of J. Barleycorn, and he had already found a 'vacation' of four weeks of benefit as have been the exercises he had been taking for a short time. I should have told him he is a fool for the want of good sense, that 'pre-war' is bad enough on a man's stomach, but that the stuff available today, which may be anything from con-

centrated lye or dilute sulphuric acid to a compromise between the two, is worse and more of it. Yes, sir, what this baby needed can be summed up in a few words—control of diet, both as regards quantity and quality, avoidance of acid fruits and sweets, a protracted ride on the 'water wagon,' and plenty of exercise. These, plus some mental effort directed at overcoming his pet habit, would remake him in sixty days.

"But did I—could I—tell him all this? Jimmy, you may think so, but you are no physician. You know, Jenkinson, what I had to do, and how carefully I had to approach the delicate subject of telling him that he was the cause of all his troubles. First, I had to tell him that he should be commended for making such a good effort toward determining the causes of his condition, then in a very mild way I had to 'advise' him to avoid acid fruits and sweets and to follow a diet I outlined for him. (This diet, by the way, was a list of 'do's and don'ts' exactly as he had called them off to me). His system of exercises should be continued, I told him, and I 'suggested' that he refrain from imbibing any more 'canned lightning,' etc. The diet I wrote out for him 'featured' vegetables, greens, some fruits, and whole wheat bread and cereals in order to get his stomach and bowels in good order, but he would not rest until I gave him a prescription for a liver tonic, which, I assure you, was much more severe to the tongue and taste than to the liver.

"Then I had to give him a mild lecture about the necessity of using will power to overcome a habit, and to help him and his imagination along I gave him another prescription that served to make him think the power his habit had held over him would soon be broken. And, say, three times during the consultation I had to refuse flatly to give him a prescription for a quart of 'pure stuff.' That showed how thoroughly desirous he was of overcoming his ailments.

"Jimmy, you may think I have exaggerated matters, but if anything is amiss I have forgotten about half of his tale of woe, and Jenkinson knows I am telling the truth."

Dr. Jenkinson: "Absolutely, Jimmie, he hasn't enlarged upon a single detail of his patient's story. Why, I have had any number just as outrageously foolish come to me for assistance when the facts were such that they alone could help themselves. Of course, some of them did not know this, but most of them did know it, and the worst part of the whole business is that they would come to me hoping against hope that I would tell them that what they knew to be a fact was wrong, hoping that I might be able to repair their bodies in some fashion without the individuals themselves having to undergo any changes in their modes of living. But Nature just doesn't work that way, as all such cases eventually find out. Some cut out their foolish ways and learn to their pleasure that there is something to life besides eating, drinking and dissipating; others continue headlong in their ways, carried along by the wild hope that they may somehow escape having to pay the penalty, only to learn to their sorrow that Nature is one judge that cannot be 'bought.'

"But there is another class to which I wish to call the especial attention of your readers, Jimmy, and that is the group who are chronically ill from imaginary complaints. You know the type well, Roberts—the men and women who are always ill or nearly (Continued on Page 64)

He Cured a Disease that was Born with Him

Under the Guidance of a Competent Physical Instructor the Young Man About Whom This Article is Written Began to Regain His Health At the Age of Twenty.

By Jack Wooten

SUFFERING from a nerve racked body at birth, dodged by boys and girls of his town at the age of fourteen because of a terrible skin eruption caused from chronic constipation, nothing but skin and bones at the age of twenty, James Spence, of Columbia, S. C., through proper dieting and exercises has brought his health up to the point where he now considers life something much more than a mere existence.

Say anything against exercise to this young man and you have a fight on your hands. He believed in it so strongly that he paid a visit to the East a short time ago so that he might consult with its national known followers and learn more about its crusade for right living and clean thinking. He tells his friends and acquaintances of its healing powers, and through him some have come to see the light that shines from the unmistakable health glow of this great science.

James Spence is a living example of a man, who, with will power and common sense, can convert a dissipated and diseased body into a strong, healthy temple of the soul.

"If I had been an average man when I first began to practice physical culture I believe that today I could class myself with many of the famous strong men of this generation. But," he adds truthfully, "I was an abnormal human being when I was brought face to face with the principles of this invigorating master science of health, and through the practice of its teachings one day after the other I have only been able to bring myself up to the point where I can class myself as an average

healthy man. In three more years, however, it will be a different story. If I can only progress half as much over that period as I have during the past three years I should be a super-man."

One look at young Spence, and you will quickly see a very fine specimen of manhood. Contrast his height of six feet and weight of 170 pounds today with his height of six feet and weight of 125 pounds three years ago, and you will see what Physical Culture has done for him.

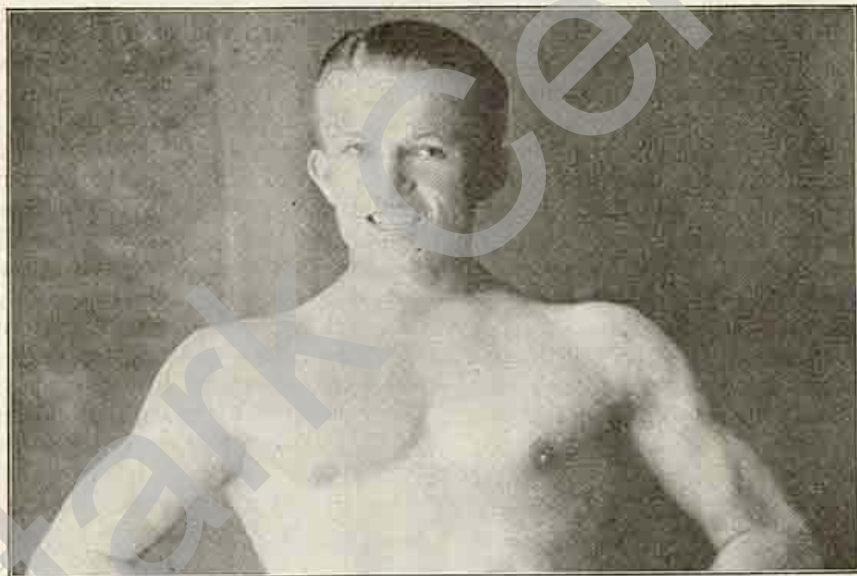
Take a look at his clear skin and determined eyes today. Turn back the pages of life a bit and note the large skin eruptions and haggard face of only a trio of years ago. These comparisons give only a slight idea of how he has changed.

Young Spence suffered from the time he was born until he was twenty years old with

a diseased, nerve racked body. At the age of two years he took infantile paralysis, and his parents were told by the doctor in charge that if he lived he would always be an invalid. For months he could not move any part of his body except his head, but the good God was kind and he pulled through the disease with no deformity. His nerves, however, were seriously affected from the paralysis, and from the time he was able to run around until he reached the age of twenty he was nothing but a nervous wreck.

The child was taken out of school time and time again on account of these nerves. He couldn't learn anything scarcely, and what little he was able to take in from his studying at home was soon forgotten when the teacher called on him to recite.

Thinking possibly the youngster's trouble was in his



James Spence, of Columbia, S. C., brought back his lost health and vigor through proper diet and exercise.

throat and nose, young Spence's parents had his tonsils and adenoids removed with the hopes that this might straighten out his nervous condition. But apparently the operation had no welcome effects.

The boy drifted along until he was about fourteen years old and then he fell victim to chronic constipation, which caused bleeding piles. From that moment on he gradually slipped back. Large skin eruptions came all over him. He was a pitiful sight. Boys and girls would dodge him. No one seemed to want to be around him. He was embarrassed thousands of times, and there was one thought uppermost in his mind as he experienced these shy glances from the fellows and their girls. He would rather be dead than to be in the condition he was in.

At the age of twenty, this miserable young man, in the prime of life, discouraged with everything in the world, was on the verge of giving up his search for relief and was almost willing to die. He had been treated by specialists of every kind, with no results. He was on his last legs—wobbly legs, at that. He was six feet tall, with large bones. He weighed 125 pounds—just skin and bones, that was all. He could hardly keep going.

Having already spent many a dollar in quest of health, James Spence finally went to a specialist who was considered one of the best in the South. He was given an examination from head to heels, and was told that his condition was of such a long standing and that he was so thoroughly poisoned that he could not do anything for him.

Dark, gloomy news, wasn't it? Nothing left now but for him to die! All around him were men and women enjoying life. Happiness passed him on the street every hour of the day, but refused to speak to him. Life was still with him, but hope was gone. Encouragement hid itself around every corner for several days after the examination at the specialist's office, and then . . .

But let this miserable creature of that day tell the rest of the story. He finally met encouragement, who later introduced him to hope, and who in turn gave him life

as a companion. Life? Yes, the kind of life he had never known before—the life that knew health, happiness and comfort.

All right. Broadcasting from Station LIFE. James Spence is the announcer. Listen to him, please! His subject is "Hope, Happiness and Health, These Three, but the Greatest of All is Health."

Well, the darkest part of the night is just before the dawn. So I met a Physical Training instructor who at that time was just opening a studio in my home town. My, but he sure did look strong and healthy, with great courage and nerve. Smiling and happy at all times. So much different from everybody else. He always looked on the bright side of life. So much different from the slow, serious looking, complaining people who fill this old world.

This man told me that since I had been doped with drugs, serums and vaccines and just about killed, that, if I really wanted to get well and enjoy perfect health with all the pleasures that go with it, he would take me under his wing. He promised me that if I did not put any more poisons in my system in the form of drugs, wrong eating and drinking, and abide by the laws of nature, the poisons that were in me would get out of my system. A drowning man will grab at a straw. I had been given up by everybody else. There was nothing to lose and everything to gain.

I had no money and he told me he needed money the same as every other poor man, but what he really wanted to do was to get me on the right road to health. Then if I could give him a few dollars after I had gotten strong and healthy that would be all right, and if I didn't present him with any greenbacks or silver that also would be all right.

I had been smoking cigarettes from the time I was a kid. I drank dopes, ate hot dogs and lived just about the same dissipating life the average man does. Therefore, when my instructor told me it was physically impossible to enjoy perfect health and have a strong body at all times unless I gave these things up, I said to him: "I'll stick with you. It's certain I can't live long at the rate I'm going now. So if I die, I, at least, would like to be on the right road—living a clean life anyway."

My mind was made up, and I realized half of the battle for health and happiness had been won.

The doctors had told me to never eat fruits or anything with acid in it because it would make my skin worse. My instructor told me that what he wanted me to do was to eat nothing but fruits for three weeks. He said the natural acids would counteract and kill the poisonous acids that were formed from eating what I should not have eaten, and that since my bowels had not been moving regularly to throw the poisons off they naturally had been coming through my skin. He declared that the fruits and exercises he would give me would regulate my bowels, and it wouldn't be long before my skin would clear up and I would get larger and stronger.

Sure enough, after (Continued on Page 63)



Young Spence increased his bodyweight from 125 pounds to 170 pounds through the practice of physical culture. He suffered from the time he was born until he was twenty years old with a diseased, nerve racked body.

Tommy Loughran—Next Heavy Champion

A Review of the South Philadelphian's Record, and a Comparison of Him with the Heavyweights of Today

By Robert L. Jones

THE story is handed down from the recent war of a Southern "gem-mun" of decidedly dusky hue, who had a very fine record as a mule breaker in an army encampment. So great was his ability in making fractious mules submit to harness and directions that his fame spread far and wide; and so it was that a particularly mule-headed mule, one that had resisted all efforts on the part of other trainers to control him, was delivered to him for "treatment." He approached the said mule from the proper direction for the maximum of safety, but somehow or other the mule beat him to the draw and kicked him into the middle of the next week. When he came to after a lengthy sojourn in the land of strumming harps and singing birds, he was aboard a hospital cot, beside which one of his ebony-complexioned companions had been sitting in considerable anxiety for some time. Seeing the victim open his eyes and seemingly return from the dead, the latter party attempted to be as cheerful as possible, about as follows: "Boy, how yu' wuz? An' say, how come dat mule got yu', anyhow? Thought yu' had de repputation uv bein' de bes' mule bustuh in de country?"

The reply, direct from a heart and a pride both of which had been greatly damaged in the encounter, came slowly: "G'wan; I guess dat mule jes' hadn't never heard uv my repputation."

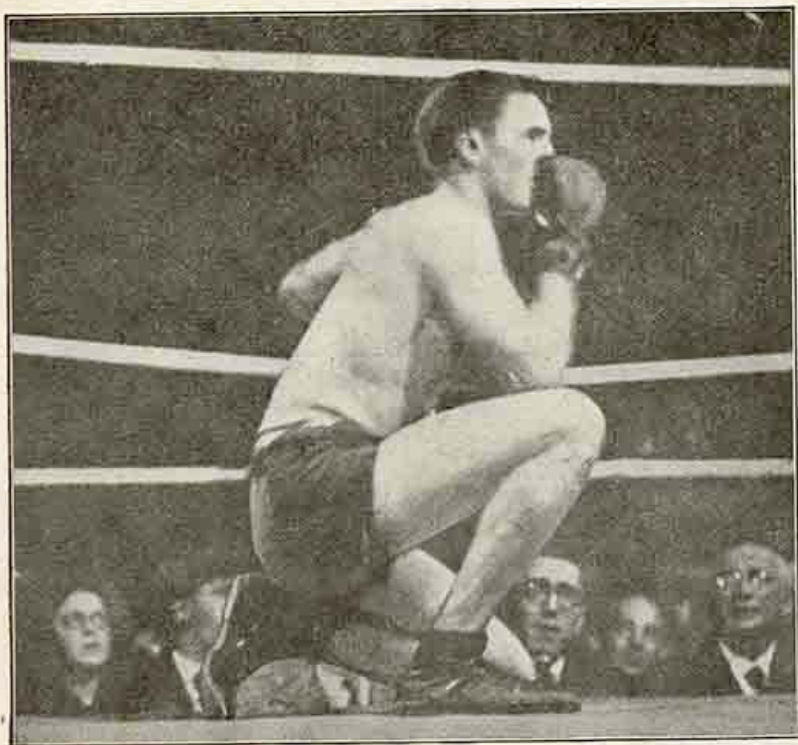
Perhaps Tommy Loughran, undisputed king of the light-heavyweights and generally conceded as the most promising prospect for the title of king of

the whole works, has never heard this story, but, whether or not, he can certainly tell from his own experiences a tale closely parallel with it. He could start with:

"Once upon a time there was a young chap in South Philadelphia who thought he could box, etc." And then he could go on to say that this chap who thought he could box started out in 1919 and continued through something like 104 matches until he met and defeated the world's champion in his class in New York on October 7, 1927. Then he further clinched the title by defeating two other boxers, one of whom, Jimmy Slattery, had been reckoned by some as his master. So, one night in January, 1928, we find this said chap in the ring with another contender, awaiting the call of time. This first chap was Tommy Loughran and his opponent was a guy named Lomski, Leo Lomski. Now, according to Hoyle and the Marquis of Queensbury, Loughran was the undisputed light-heavyweight champion of the world, and a man with the reputation of being "there" as a boxer. But, somehow or other, this fellow Lomski seemed never to have heard of that reputation, for, at the sound of the bell, he rushed headlong into the clever man who opposed him and crashed a terrific sock to his jaw. "Bang!" said the glove to the jaw, and "Boom!" said the proper part of the socked person's anatomy to the canvas. The referee said, "Nine!" and the stricken one arose, only to stop another of those pile-driver punches. Came another sojourn on the canvas for the allotted nine



The smile that lasts, as portrayed by Tommy Loughran, Light-heavyweight Champion of the World.



"Gene, how could you?" Loughran down for the count of nine from a right-hander in the first round of his only fight with Tunney. Should they ever meet again would this happen once more, or would it be the other way about?

seconds of grace; then, having regained a vertical position after a fashion, this thoroughly enlightened and considerably shaken boxer proceeded to make one of the greatest uphill fights ever seen in any ring, to win the match that seemed hopelessly lost to him. Thus it was that Tommy Loughran (for he won that match clearly) proved to his followers and to the rest of the world as well that he is game, that he is clever, that he is a good ring general, and that he can absorb no little punishment and still carry on.

Since this fight with Lomski (it went 15 rounds in Madison Square Garden), Loughran has crossed gloves with the following knights of the squared circle: Joe Sekyra, 10 rounds in Louisville, Ky., in May; Pete Latzo, 15 rounds in Brooklyn, in June; Armand Emanuel, 10 rounds in "the Garden," on June 28th, and Latzo again, 10 rounds in Wilkes-Barre, Pa., on July 16. The first fight was at catchweights and the title was not at stake, but nevertheless Loughran won handily. The fight with Latzo furnished room for arguments, some claiming that Latzo should have had the decision, others that Tommy earned the victory. A similar greeting met his victory over Armand Emanuel, the Jewish socker from the West Coast, but since the latter was overweight, the title was not at stake.

And now that Gene Tunney has resigned his claims to the title of champion of the heavies, Loughran looms on the horizon as one of the most logical contenders, if not actually the most logical, of the whole kit and boodle of the boys over 175 at 3.00 P. M. Not a small number of authorities rank Loughran as superior to any and all those generally regarded as likely successors to Gene,

and Tommy himself feels that way about it. He has put in his claims with the proper authorities, boards, etc., and has further announced his entire willingness to meet any and all who think themselves more capable than himself of holding the mystic sceptre. Action, it is logical to believe, will soon take place.

Now the question arises, how capable is Loughran, and what are his real prospects as a heavyweight? Tommy Loughran will be 26 years old November 29th, this year. He is of Irish-American persuasion and weighs, trained to the last notch, just under the limit of his class, 175 pounds. That means that he could fight at about 180 pounds and be, if anything, better than he is as a light-heavyweight. As for his measurements, they compare favorably with the measurements a heavy champion



Tommy's fighting pose. "Get that left"; his opponents do—plenty!

should possess—height 5 feet 11 inches, reach 6 feet 1 inch, neck 16½, chest normal 38, expanded 42, waist 31, and his arms and legs are in proportion. He is of a fairly small-boned type but his frame is sufficiently broad to carry fifteen or twenty pounds of additional weight with ease, weight that could be easily taken on in the form of solid muscle should Loughran find it necessary in order to make certain success in his quest for the greatest honor in the fight racket. His ability as a boxer has never been questioned, but it must be admitted that his punch can stand further development. Since he began fighting in '19 he has knocked out but sixteen men (1, 6, 4, 0, 1, 2, 1, 1, for '19 to '26, inclusive), and none of them were of high calibre. But, on the other hand, if you believe a champion *must* have a punch, just ask Mr. J. Dempsey about what happened to him once in Philly and an encore in Chicago. It was that left jab of Tunney's that completely spoiled two might-have-been-pleasant evenings for Mr. Dempsey, and I mean it was that left jab of Loughran's that spoiled many an evening for some other gentlemen of the cauliflower crew. While we are speaking of Loughran's jab, just let it be said that it is head and shoulders above all competition—only Tunney's offering is equal, or, if possible, superior, to it. Did you ever see Tommy use that weapon? No? Well, some writers say it is like a rapier, others that it is like a fencer's foil, and so on; but if you have ever seen a poisonous snake strike at an object, you have seen a much better motion with which to compare that Loughran jab. One sees his left in the proper boxing position, then there's a slight blur, the other fellow's head bobs, and the glove is again in its usual position. I have seen "slow-motion" of a snake striking, and the similarity between the strike and the jab is very marked. In either case, the motion is so fast the eye cannot follow it. You see the thing, then a blur for what must be only a hundredth part of a second, then once again the thing is in its accustomed position. That is all there is to it, unless you happen to be on the receiving end of the works. Again, ask Lomski, or Latzo, or any other of the fellows Loughran has met.

"But a championship cannot be won on mere jabbing and boxing ability," is heard here and there. The answer is that if a fellow can outbox and outjab his opponent at long range he has nothing to fear until that party gets in close. When a fellow gets in close for the heavy works, he is in proper position to be tied up, and that is another department of the game in which Tommy excels. It is said that during Dempsey's training period for his first fight with Tunney, Loughran served as sparring partner

to him, and Dempsey is reported to have given him (Loughran) credit for being "much of a problem," that it was impossible to do him any damage "in close" because of his defensive ability in that style of milling.

All in all, Loughran seems to be "there" as a candidate for Gene's now vacant title. He has in his favor youth,



Loughran standing at ease. Notice the powerful shoulders, broad and deep chest, and the capable arms.



This is how Tommy looks to the other half of a bout, just before business begins to get brisk.

condition (he is always in shape, has never touched tobacco or booze, and does not dissipate in any way), a good defense for close fighting, and the greatest weapon in the world of fighters for the long-range stuff; he has the physique and, don't overlook this one, the fighting heart. Witness that Lomski fight—down twice before he landed a blow, yet he came back and won the decision. He told a newspaper reporter friend after the fight that he knew nothing after being hit the first time until the finish of the fifth round. He was out on his feet, yet his courage carried him on, and no one among the spectators, nor even Lomski himself, realized how seriously he had been damaged. A fighting heart? Well, you wouldn't call that anything else, would you?

It has been said that his weight of about 180 as a heavyweight at this time is not enough for a champion—do you know that Tunney was at times down to 176 to 180 while training for his first Dempsey fight? And do you know that he weighed only something like 186 or so when he so decisively cared for the "Manassa Mauler" in Philadelphia in that meeting?

On the other side of the fence, what do we find? We find only a muddle of fighters. (Continued on Page 74)



A member of the Wire Mill team before Hotel Springfield.

First Aid and Exercise in Industry

How the Minnequa Plant, Colorado Fuel and Iron Company, Takes Care to Keep Its Men in Good Shape and Even Build Them Up Physically.

By G. M. Eberling

THE great steel mill was roaring and fuming. steam hissed; red-hot rails slid obediently from the rolls; in the nail mill the deafening chatter of the machines was constant. Men worked with cotton in their ears to shut out the roar. In the barb-shop the clatter of the spools of barbed-wire was deafening. Over in the wire mill the wire came down from the blocks to be drawn to its proper size. In the galvanizing room the wire glided with a hiss through the hot metal pans. In the machine shops the lathes, shapers, and drill presses hummed incessantly. Down in the field fence department all kinds of wire netting unrolled in an endless stream. At the open hearth and blast furnaces the molten metal writhed and twisted like an imprisoned giant, as, indeed it was. Here was the real melting pot of the mill. In the coke plant the stench of gas arose as the by-products were made into useful things for man's use. And switch engines, slag pot trains, and empty and filled cars bustled back and forth, back and forth. Over in the rod mill, though, a deathly silence reigned. Stopped were the huge machines, stilled was their clatter.

Men were gathered around a young fellow who lay on the floor. He had taken a short

cut (forbidden by the company) between his post of duty and the table where the red-hot rods come hurtling out to be shaped as they run from roll to roll. He had done this before. Most of the men had. You simply had to be quick, watch your step, and slip through before a hot rod came blazing across. But this time he had not been quick enough. Perhaps his thoughts were elsewhere—for some unknown reason he did not beat the red-hot rod. It pierced his thigh.

As his fellow workmen gathered around him, while waiting for the ambulance to arrive, he felt his life blood spurting away from the severed femoral artery.

"Boys," he gasped, "I shall never see my wife and baby again."

The ambulance rushed up, tender hands lifted him into the car, he was hurried to the hospital (which is only five or six blocks from the mill), but he died before he ever reached it.

The doctor said, "He died from loss of blood. If only someone had known how to check the bleeding from the artery, he would be alive, for the burn was not serious enough to have caused death."



International Meet held at Springfield, Ill., August, 1925

Accidents like that and others more or less serious had always been happening in the steel mill. When a man left his home in the morning he was not sure he should ever return to it. But all that is changed now. Oh, they still have accidents—to wholly prevent accidents in a place like the mill is impossible—but now men are trained to give instant and efficient aid to all injured. The officials of the company decided that something must be done. It was too terribly tragic to think of men going out into eternity, leaving widows and orphans, just because no one knew how to check bleeding from an artery or vein, or how to give artificial respiration, treat for shock, dress wounds or burns, splint fractures, or replace dislocated members.

"First-aid" was not unknown. Mines all over the country had practiced it, eastern plants had trained teams who gave first-aid to injured workmen, and so first-aid came to Minnequa plant.

An instructor was employed, a young Welshman, David Davies by name, who had received his training in the mines. He possessed a knowledge of his work, a great enthusiasm for it, and a personality that endeared him to the men.

Soon each department in the mill (and they are legion) had first and second teams organized.

A team consists of the captain, a patient, and four other men, two to work on the upper part of the body, two on the lower.

The mill had long known the value of competitive teamwork. Baseball was a favorite sport, each department having its team and rooting desperately for it. Volley ball, indoor baseball, and bowling teams contended in the splendid steel "Y" where so many of the young men employees also roomed, getting their meals in the "Y" cafeteria.

The officials of the company encouraged these competitive teams. They knew that sound bodies make good workmen and teams recruited from the various departments made men loyal, also, to their own mill. But first-aid appealed to the men as no other competitive teamwork had ever done.



Part of the field where the Dawson meet was held. Note the cars and hills in the distance.



Mine Team—Dawson N. Mix. Note judge.

In order to stimulate interest the company officials announced that all teams were to drill an hour or two one day each week, then each year there would be an elimination contest between the teams. Sometimes this contest has been held on July 4th, when a great family picnic of steel men is always held. Other years the contest has been held at evening in the roomy gymnasium of the "Y."

As a further incentive to interest them, prizes were to be awarded to the first four teams; after the best team from the mill was chosen, it met the winning team from the mines (for the Colorado Fuel and Iron Company has its own coal mines in Southern Colorado and in Wyoming).

The winning team in this contest was to be sent to the great International First-Aid Contest which meets every year in some large city of our country.

If anything had been needed to arouse interest in First-Aid, this would have done it. The men drilled faithfully. Sometimes they stayed after work to drill an extra hour on their own time. Sometimes they drilled at nights. Hardly a day passed that some team did not get a call to attend a real case.

A man lost his finger; quick work on the part of trained men meant that the wound was dressed and the patient made more comfortable by the time the ambulance arrived.

Often serious and painful cuts were



Community Day—First-Aid Contest.

dressed, and burns were a frequent occurrence. A man fell from a high platform. His arm was doubled under him. It was found to be dislocated. A member of the Wire Mill team was called. The arm was soon in place, bandaged, put in a sling. The doctor at the hospital was so pleased with this work that he wrote to the "Bulletin," a steel mill publication, saying that the quick and expert care of the arm saved the man months of pain and idleness. He was back at work in a few weeks. That saves the company, too.

The men chosen for the teams are the pick of the mill physically, mentally, and morally. No drinkers are wanted. Indeed, the mill itself gets rid of its drinkers. A man must have steady hands and a clear head to dress bleeding, painful wounds.

No triflers are desired. Only those who consider their work seriously are chosen.

These men must keep themselves physically fit. They do this in various ways. Many of them take regular exercise in the steel "Y." Here they may swim, bowl, play volley ball, indoor baseball, billiards, or engage in regular setting-up exercises under an instructor in the "gym."

Some of them go through a regular set of exercises taken from current magazines. The team member of our family does this; each month he either adds to his list of exercises or gets an entirely new list.

Very few, indeed, are the men who do not take their work seriously. Glad are they to have the opportunity to serve their fellows, glad to relieve pain and often to save a life. One young team member has two lives to his credit. He was on the spot soon after the accidents occurred. He knew what to do, and he did it.

Just recently a very tall young man (six feet three) passed under a high voltage line. He came in touch with the aerial wire which was carrying twenty-nine thousand five hundred volts. The electricity arced to the top of

his head. He was thrown against a railing. This formed a ground and a hole was burned below his heart, while his hat showed five burns.

A call was sent out to the first-aid captain of the electrical team. He, together with another trained man, worked over this patient for forty-five minutes. They gave artificial respiration, three minutes at a time each one worked, changing places with each other deftly, quickly, without loss of rhythm, as they had been taught to do with their patient on the team. At last the heart took up the work, the man was removed to the hospital, several hours later he recovered complete consciousness, in a few weeks he was back at work.

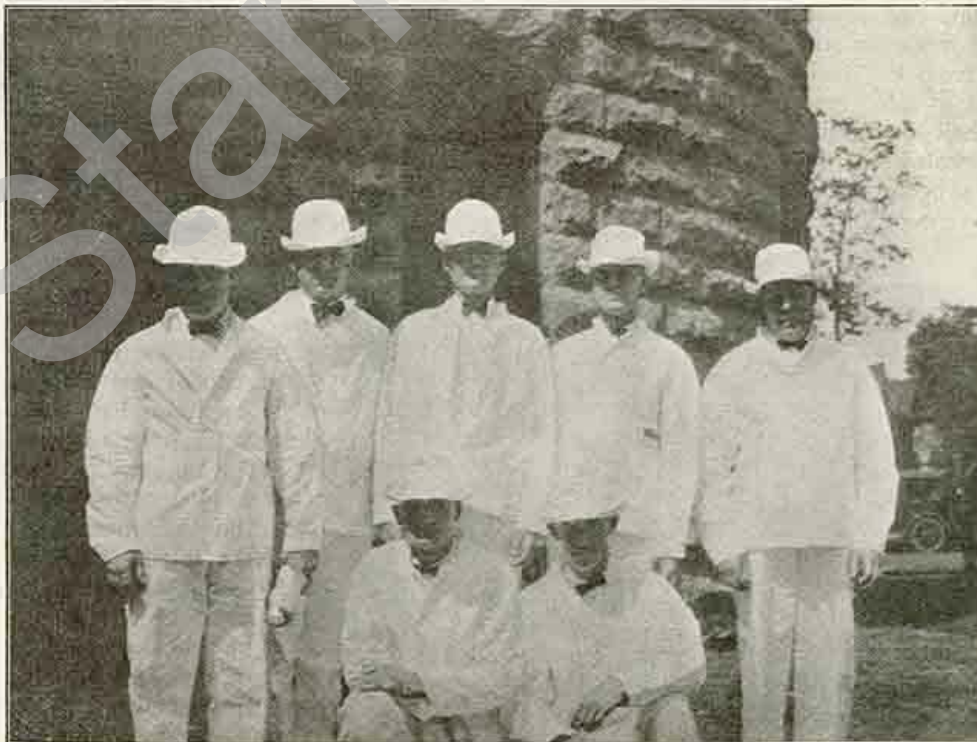
Cases like this one are repaying the company for any money spent on First-Aid prizes and trips, for compensation must be paid out for these fatal accidents, work is held up, time lost, and time is money.

I dare say that young man will duck whenever he sees any kind of a wire line. Perhaps the company will raise that high voltage line far beyond the reach of even the tallest man.

As the time neared for the first elimination contest, great excitement prevailed among the men. A large crowd of steel workers, their wives and sweethearts, their children, as well as many outsiders interested in the work, came to see the contest.

The Wire Mill first team, composed of A. C. Armstrong, captain; Albert Genelli, patient; Wm. F. Eberling, H. Moody, H. Pike, and J. Baker, won. They were given beautiful watches as well as the trip to Springfield, Illinois, to compete in the International Contest.

Although it was their first experience at an International meet, and although at that time they had been drilling only a few months, they took fourth place. And as they stood beside the great Lincoln's tomb in beautiful Oakridge Cemetery, as they saw his home, and walked the streets that he had. (Continued on Page 66)



Wire Mill Team, twice sent to International Meet.

Nature's Method

Consult the Osteopathic Physician
Health Queries Answered

By *Dr. D. E. Stombaugh*

QUESTION: For the past year I have been continually bothered with what appears to be shadows which pass continually before my eyes and in addition sensations similar to those experienced when the head is placed low, a sort of dizziness, mental confusion, etc. This trouble with my vision is never absent, but is much worse some days than others, and in addition I also see spots which are always moving about, which, however, do not interfere with my sight as they generally appear around the edge of the field of vision. I have been to some twenty doctors and specialists, paid each a heavy fee, and have received in return no benefit. Each gives me a different name for the malady, but no relief, so you cannot blame me for beginning to lose faith with the medical profession. Eye specialists say my eyes are sound except for a slight hypermetropia (long-sightedness) which can be ignored.

I am 30 years old, single, non-smoker, do not drink, and have always led a clean life. I have never had a serious illness. My father died at the age of 65, with diabetes, and my mother at 68 with cancer. My brothers and sisters are all normal and healthy. At the age of 12 I suffered about a year from attacks of dizziness, but they subsided, and while I have always experienced the peculiar condition in my vision I thought it due to a slight eye defect and ignored it. Have been examined and pronounced organically sound, blood pressure is 22 high, eyes nearly always red or pink, and bloodshot.

I have taken a very considerable variety and amount of medicine to no avail. My opinion is that the blood pressure or whatever is causing it to be high is at the bottom of the trouble. My urine, blood test, bowels are O.K. and unless it is the blood pressure I am at a total loss as to what could possibly be my trouble. My pulse is slow, usually 52 or 53.

S. S., Panama.

ANSWER: I think you are right to some extent and I believe you have a direct cause for the trouble. There seems to be a disturbance of the flow of blood to and from the brain. A lesion in the upper part of the spine could easily be responsible.

You should consult an osteopathic physician for treatment. If such a condition as that mentioned exists, he could easily locate and correct it.

QUESTION: I am running an engine for the Union Pacific Railway here in the State of Utah and also

Nevada, where there is plenty of dust and desert sage brush. There are ever so many of my fellow workmen who have hayfever, and I dread the idea of ever catching it myself.

So far I have had no symptoms, but am writing to ask that you please give me some good method of procedure as a safeguard against infection.

W. S. L. C., Utah.

ANSWER: I am sorry that I can give you no standardized remedy or preventive for hayfever—there just isn't any such thing, due to the fact that treatment depends entirely upon the cause in each case. A solution of warm salt water (a teaspoonful of salt to a pint of water) used as a nasal douche is as good a preventive as anything.

QUESTION: At times during the night I grit and grind my teeth. Also, during the past few weeks, I have been troubled with a dull ache around my left shoulder blade and in front of my heart. Would these symptoms be caused by too much exercise, or is it just nervousness? I have been exercising only every other day but have been taking a fairly hard work-out.

G. S., Ill.

ANSWER: There is always some positive underlying nervous condition for such trouble as yours, and I recommend you consult an osteopathic physician for examination and treatment. He could also aid in overcoming the pain you mention in the left shoulder and about the heart. The latter is likely due to stomach or bowel inactivity.

QUESTION: I have an eruption which is called eczema. It is in my eyebrows, on the side of my chin, and on the cheek near the ear. I have used ointments with no results, and seem to find most relief bathing it with bay rum.

I am 65 years of age, and have had to use purgatives for years to induce sufficient activity of my bowels.

Please give me your advice for overcoming my condition.

P. R., Indiana.

ANSWER: Steam your face daily and apply any good toilet water having a high percentage of alcohol. I also recommend ultra violet ray light and the use of high frequency current.

For your constipation you must vary your diet to include plenty of vegetables, greens, fresh and stewed fruits, etc., and whole wheat bread. Also, drink plenty of water between meals. Take some sort of exercise, preferably the bending, twisting and stretching exercises for the trunk. Try olive oil

WE realize that many persons prefer to consult a non-medical physician when they are ill or have some problem of health to be solved.

In view of this fact, **Strength** is including a health column conducted by an Osteopath physician. It is the policy of **Strength** to be of as much service to readers as possible, so we invite you to write this department if you have a health question which you believe should be answered by a non-medical practitioner.

enemas, retaining same overnight, and also use mineral oil internally for a short time until you establish healthy activity on the part of the bowels.

QUESTION: Am 42 years old, and for the past 8 years have been troubled with a distended, diseased colon at right side near appendix, very tender, very easily irritated, and unable to empty itself. Have chronic constipation, chronic appendicitis, headache, backache, am very weak and have dizzy spells, mental dullness, and very poor memory. I can't think clearly, am underweight, nervous and rundown. My system seems full of poison, there are pimples on my face and head, my legs ache from the knees down.

My bowels do not move without help, and the least rough food—bran or any drug calculated to affect the bowels—irritates the right side of the colon terribly and floods poison all through my system and I have to go to bed. This same effect is caused by vegetables, such as cabbage, etc. My diet, therefore, must consist of the softest foods such as eggs, milk, fruit, potatoes, white bread and a little fresh meat. Can use no vinegar, alcohol, pepper, factory or bakery foods.

If I start using enemas I have to keep them up, as the bowels refuse to act after using the enema until I take another, and on the other hand, repeated enemas seem to flood the colon contents up into the small intestine, with the aforementioned result of flooding the poison throughout my system.

So far the best help I can find is Nyal, plus some bending exercises. Together they help, but do not relieve my trouble. Can you give me any suggestions as to a definite system of treating this condition with a view of overcoming it completely? Is there any system by which I can obtain relief without having to submit to an operation?

E. R., Ohio.

ANSWER: I am very sorry to inform you that there is but one course of treatment for you to follow, and that is to have your diseased appendix removed. This organ seems to be the cause of your troubles, aggravated, perhaps, by possible adhesions of the intestines.

You should have your appendix removed as soon as possible, then follow a good diet and system of exercises such as your physician can outline. Of course, if you insist on trying something other than removal you might take recourse to high colonic irrigations and the use of mineral oil internally, but such treatment would not remove the infection of the appendix or the intestinal adhesions.

QUESTION: For the past six months I have been troubled with a stiffness of the knee joint which becomes worse than ever in rainy or frosty weather. In walking any distance my leg becomes very stiff and pains considerably.

Also, I have had trouble with gas in the lower intestines for about six years, which, the doctors claim, is due to a receded stomach.

By way of exercise, I walk about five miles daily and attend classes at the "Y" about four nights per week.

P. B., Conn.

ANSWER: You should have yourself examined for some focus of infection, such as abscessed teeth, diseased tonsils, inflamed appendix, etc.

The pain in your knee may be a result of some of the above conditions, and exercise should be omitted until a diagnosis is obtained. It would also be helpful to have the knee X-rayed. Also, your stomach and intestines should be examined by X-ray to determine whether a ptosed condition exists.

QUESTION: I am 20 years old, six feet tall, and weigh 165 pounds, but I do not feel quite well and am coming to you for advice.

About two months ago a doctor diagnosed my trouble as gastro-intestinal catarrh, auto-intoxication, torpid liver and

general debility. When told that I almost "fell over," because I had always kept myself free from constipation by having a bowel action daily.

I have been troubled with pains in my stomach since I was fourteen, and it was because of this I consulted the above-mentioned doctor for examination.

Also, I have been bothered with pimples, a few at a time, for ages, and all sorts of fasts, diets, exercise, and so on do not make me feel better or cause the pimples to discontinue appearing.

Please give me your opinion as how best to overcome my condition.

H. C., Ohio.

ANSWER: I agree with your doctor that your trouble is in the stomach and intestines. Because your bowels move daily is no indication that all is well there, as it is highly possible that the action is delayed longer than is desirable.

You should vary your diet to include principally vegetables, greens, fresh and stewed fruits, etc., and drink plenty of water between meals. Also take the various bending and twisting exercises for the trunk as given in *STRENGTH* from time to time. Try using mineral oil internally for a short time, and take recourse to olive oil enemas, retaining same overnight, if necessary.

The above troubles are doubtless responsible for your pimples; however, you can aid in removing them by steaming the face, pressing out the eruptions, and applying a good facial lotion.

QUESTION: I am a girl, 15 years old, and since childhood have been bothered with a black substance on my teeth, not on all of them, but just on the molars. Is there any remedy for it—I use a good toothpaste twice daily but still am unable to make it disappear.

I try to take good care of myself, exercise every day, watch my diet, and do not eat very much sweet stuff, candy, etc.

N. N. Y. M., Minn.

ANSWER: The black substance you speak of is found in many cases, and requires the services of a dentist to remove it. Of course, there are some preparations that are supposed to do the work, but they are not always reliable or safe.

Your dentist should be able to remove the substance and prescribe a treatment calculated to prevent its return.

QUESTION: I am in good condition except my eyes. They are failing fast for my age as a result of an attack of measles I had some four months ago. They are weak, and they hurt when I use them to read or write or even try to look at anything. In the morning upon arising they are dry and I can't see anything for some ten minutes. I am strong and healthy, weigh 168 pounds and am six feet one inch tall. Please tell me what to do about this trouble.

C. H., Texas.

ANSWER: The condition you mention is common following attacks of measles. Rest is the principal thing needed, plus treatment at the hands of a good eye specialist or reliable eye clinic. Do not put off having your eyes looked after by competent hands.

QUESTION: I am suffering from mucous colitis and have been for nearly a month. During this time I have eaten but very little solid food, have had mostly soups, broth, milk, buttermilk and ice cream. Solid food causes me so much distress that I have to omit it entirely. Also, in addition to the colitis, I have a constant pain in the pit of the stomach.

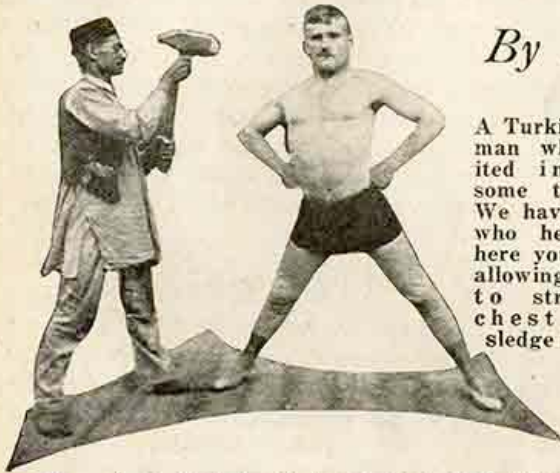
Two years ago I had my appendix removed and the gall bladder drained. The doctor who attended me said I had inflammation of the liver of long standing at that time. My back is very sore in the morning, (Continued on Page 76)

The Mat

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

The Two Arm Curl, with Variations; The Two Dumb-bells Anyhow; Training Programs Further Discussed.

By Mark H. Berry



A Turkish strong man who exhibited in India some time ago. We have no idea who he is, but here you see him allowing a man to strike his chest with a sledge hammer.

As a means of developing and strengthening the biceps of the upper arm, the Two Arm Curl is recognized as a standard. In point of use, curling in one form or another, single or double handed, with either light or heavy means of resistance, is undoubtedly the most popular among all developing exercises.

The serious minded physical culturist realizes the necessity of using considerable resistance, if results are to be expected. He is quite certain to employ the Two Arm Curl with a bar bell of moderate weight to exercise his arms.

Though the biceps are chiefly brought into play, other important muscle groups are greatly benefited by this exercise when the proper amount of resistance is used. The large muscles on the inner side of the forearm work in unison with the biceps. The muscles of the small of the back and buttocks work vigorously to keep the body erect, and, of course, the legs play some part, as they always do when a weight of any size is handled by the hands.

As in everything else, there are right and wrong ways of curling. Satisfactory results can hardly be expected unless attention is paid to certain necessary details.

For exercise purposes, the position shown in Fig. "A" gives you the right idea. The body is held erect, the bell should hang in front of the thighs, with

Dr. C. C. Lawrence, of Manilla, Iowa—known as "Pickle" Lawrence, while Captain of the Ames College Wrestling Squad, and one of the best collegiate grapplers in the country. Being a Mat Fan and bar bell advocate, he stands six feet and weighs 185 stripped.



arms straight. Then in a rather slow manner the bell is curled to the upper chest by bending the arms without bending or swaying the body. For best results, the elbows should be kept as nearly stationary as possible; try to confine the movement entirely to the arms below the elbows.

Notice that the model has his wrists slightly bent, the hands being turned in toward the forearm. This flexion of the wrist makes the exercise very valuable for the muscles of the forearm; you should hold the wrists in that position throughout the exercise, both during the bending of the arms and while lowering the bell back to the starting position.

Figure "B" shows a position you should not get into when performing the curling exercise. This is in reality a pose for muscular display, submitted by one of the *Mat* fans, Rumolt Szewczyk; however, it shows a common method of curling employed by those who attempt to handle more weight than they should really be using. Starting from such a position, with the body bent forward and the arms set in a partly flexed position, they force the complete flexion of the arms by straightening the body till the weight reaches the sticking point halfway up; then to complete the movement, the body is bent backward. True, more weight can be handled, but the benefit is lost, and no rules of lifting would permit such a method of curling; so, in fact, the fellow gains nothing, unless to impress someone who knew nothing of lifting.

As an official lift, it is essential under present rules that the heels be kept together and the body held rigidly erect throughout the complete curling movement. No swaying of the body, whatsoever, is permitted. The curl must be started from a dead hang position of the arms, holding the bell in front of the thighs. No mention can be found in existing rules concerning the position of the elbows. Those in close touch with lifting methods, scientific and otherwise, know that the real intention of the official ruling calls for a stationary position of the elbows, or at least as slight movement as possible. Nevertheless, on occasion the rules have been interpreted to permit complete freedom of action, so far as the elbows are concerned.

The method of curling to which I refer

is principally performed as follows: The lifter stands in the correct preparatory position, with bell hanging at a dead hang; instead of keeping the upper arms immobile and moving the forearms upon the elbows, the bell is raised straight upwards, close to the body, by raising the elbows upwards and backwards.

Fig. "C" gives you an idea of this part of the movement; after reaching the sticking point in this direction, the arms are thrust forward and upward to the finishing position, as shown in Fig. "D." In the first half of the movement, instead of the strain being placed upon the biceps and forearms, the rear part of the deltoids are brought into play to assist the muscles which otherwise would have to bear the strain alone. In the second half of the movement, the front of the deltoids and pectorals are brought very forcibly into use, in the forward thrust. Try this way of curling and see if you can't handle a slightly heavier poundage than if the bell is curled in the usual manner.

Possibly we shouldn't say that this interpretation is not legitimate, as it is certainly true there is no mention in the rule of a stationary position of the elbows. This is simply a little matter which has not been carefully considered. We are merely calling your attention to the weakness in lifting rules. And, of course, something must be done about it. Something will be done about it, so far as American rules are concerned.

Probably the rule should state that this method is legitimate, and thereby close the matter. What we propose is this: Let the American lifters learn the extent to which the rules can be stretched, then we might consider the opinions of a number of close students of lifting, providing they are sufficiently interested to state their opinions. In the meantime we expect to consult our Rules Committee, Bob Snyder and Ben Yates, and then finally come to an understanding.

Another way of curling, which would not come strictly within the true inten-

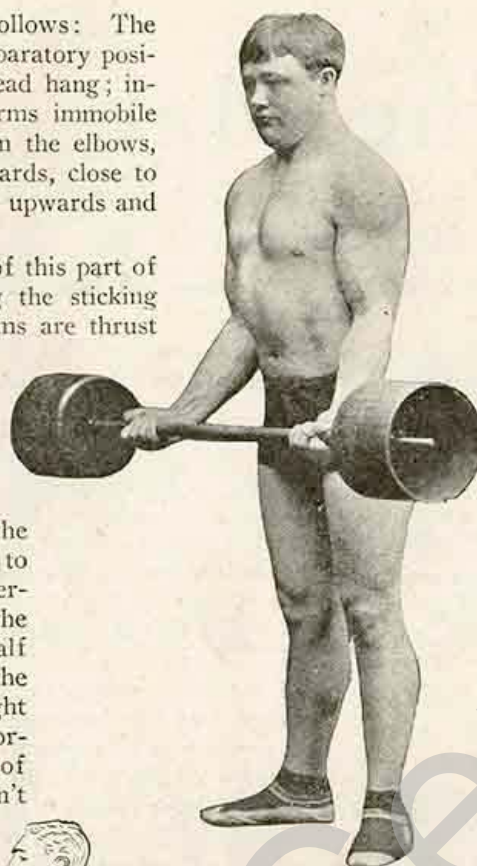


Figure A. The correct position for the "Two Arm Curl" when used as an exercise. The bell should be raised to the upper chest by moving the forearms only, keeping the elbows stationary.



Figure C. Illustrating a clever trick by which a lifter may handle more weight in the "Two Arm Curl" lift. Read The Mat for explanation.



Figure D. The second stage of the curling trick. The arms are thrust forward to this position from Figure C. When correctly performed the elbows should remain in the position here shown, during the entire curling motion.

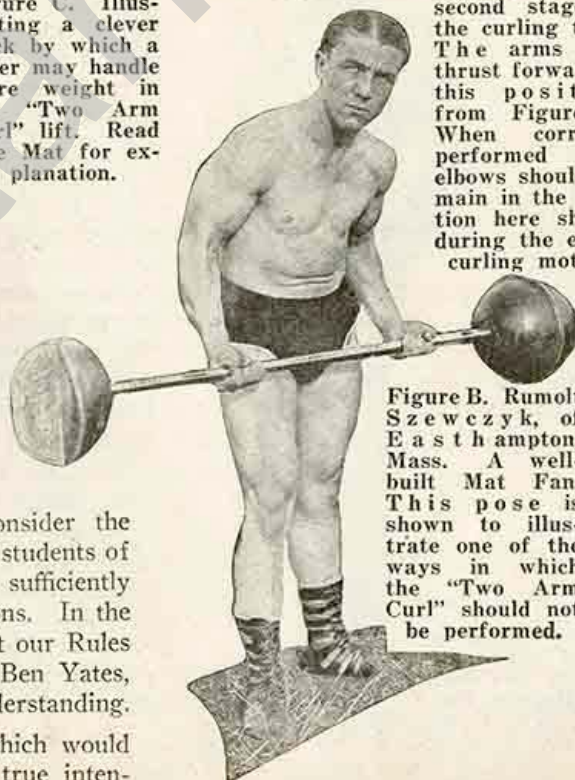


Figure B. Rumolt Szezechy, of Easthampton, Mass. A well-built Mat Fan. This pose is shown to illustrate one of the ways in which the "Two Arm Curl" should not be performed.

tions of the rules, is to curl while resting the elbows on the hip bones. However, we fail to see where any great assistance is derived from this support, and for many fellows it is impossible to curl in this manner. This method, we believe, should not be allowed, but as in the other case to which we drew your attention, the rules fail to cover the point.

The value of the Two Arm Curl, both as a lift and exercise, especially the latter, cannot be overestimated. There is nothing to be gained by specialization upon the curl, but a fairly generous practice of this movement has great value. From five to fifteen repetitions with a weight within the strength limit, repeated three times weekly, should be sufficient for all ordinary purposes.

Two Dumb-bells Anyhow

If you have been earnestly desirous of becoming expert on the Two Dumb-bells Anyhow lift, you surely have put in the past month practising the dumb-bell bent press. Last month that lift was very thoroughly described. Now you should be in a position to take up the further details of the combined lifting of two bells.

Refer to the first illustration and you will see the athlete (Harry Hall) making the preparatory bent press; note that the small bell should be lying in a position directly in front of him, where he can step forward after getting the big bell to arms' length.

This is the method followed by Hall, who is one of the best and most consistent performers on this particular lift. Some athletes have the bell at the side near either of their feet. But, at least, you must know where the bell is and be in a free position to take hold of it.

Please note that Harry Hall is left-handed; however, most of you will probably be right-handed, so in order to avoid confusion no reference will be made to either the lifting or assisting arm as being right or left.

After finishing the press with the big bell, step forward till you are straddling the small bell, meanwhile being sure of the balance by keeping your eyes on the bell overhead. From now on do not fail to keep your eyes glued

upon the bell overhead. Carefully bend over and reach for the light bell; hold it securely and stand erect; make certain of your balance, then swing the assisting arm backward to some extent, giving some little impetus to the small bell for the movement to the shoulder. You are going to make a rather exaggerated curl with the light bell, the purpose of the swing and the movements which are to immediately follow will make it possible to handle a heavier bell than you can possibly raise by a pure curling motion.

As the bell swings upward, bend the knees slightly and bring the small bell in to the shoulders. The third illustration shows this part of the lift.

With the bell in to the shoulder, rest it thereon and bring the heels together. You may then press the lighter bell to arms' length overhead, meanwhile making certain of your balance, as the unequal weights will tend to make the upright position difficult. Immediately after you finish pressing the small bell, bring both bells together to insure holding them for the count of "two."

It is best to have assistants trained to take both bells away from you, as one of the most difficult parts of the lift is letting the bells down without damage to yourself or the floor. Some lifters prefer to drop the lighter bell on a mat, as they become too nervous and shaky to make it safe for either themselves or others to have someone come near them.

In case you may begin to wonder about the relative sizes of the bells, we might begin by saying that the weight of the small bell will be limited by your ability to press a weight in the military position with the assisting arm while holding a weight overhead with the other arm.

With some men this may mean forty pounds, while in some few cases the man may be capable of shoving up a hundred pounds. This is the easiest part to determine; you must then work on the bent press to find your limit with your stronger arm. Always make sure of what you are doing and never fear the consequences.

We feel certain the method just described covers the Two Dumb-bells Anyhow in a manner to make it possible for the average lifter to learn the lift with relative ease and every possible safety. However, do not get the idea in your head that the lift is as easy as the printed instructions would lead you to believe. It is a hard lift, requiring all kinds of practice. It is a lift calling for strength, skill, balance, endurance, grit, and good judgment. But most of all you need plenty of patience and perseverance.

Let us introduce you, fellow *Mat* fans, to Dr. C. C. Lawrence, of Manilla, Iowa, whose likeness you will find among the illustrations



sent this country. Rule has never been beaten. Dr. Lawrence has been practising Veterinary Medicine for the past year and considers himself through with amateur wrestling. But he is not going to neglect himself physically, having started back at training with the old reliable weights.

QUESTION: About a month ago I severely sprained my wrist or rather the back of my hand. It does not seem to get any better and, of course, I have been unable to do any exercises that cause me to use the hand to any great extent.

Now do you think I should give it complete rest or should I try to exercise it? I can not seem to find anything suitable to use as a support.

Here is a question in regard to exercise I would like you to answer: Give me your definition of intense exercise. According to Webster, intense means strained. It seems to me that a strained movement would involve lots of nervous energy. By a seeming mental contraction of the muscles involved, an exercise can be made harder to perform. Is this intense movement? You used the term in a recent article. C. E., Illinois.

ANSWER: I would say that if your wrist is badly sprained it would be a good idea to give it a complete rest, but if it is not giving you a great deal of trouble you can continue certain exercises, but be sure not to place a great amount of strain upon the injured part. The appli- (Continued on Page 58)



The progressive stages of the Two Dumb-Bells Anyhow Lift. The dumb-bell Bent Press was described in *The Mat* for September. Here you see the large bell being pressed; next picking up the small bell, then swinging the small bell to shoulder, next in position at shoulder, and finally both bells at arms' length overhead.



in this department. He stands six feet in height and weighs 185 lbs. stripped. Our reason for bringing him to your notice is due to his record as a collegiate wrestler, after having strengthened himself by bar bell exercise.

Previous to entering Ames College in 1923, he spent several months training with the graded weights. He had never been on a wrestling mat before taking up the sport in college. As a freshman, he wrestled a little and the next year made the varsity team, thereafter taking part in all the leading meets until he graduated, in 1927.

He worked in both the light-heavy and heavy-weight classes as captain of the 1927 squad.

The Ames wrestling team has lost only three meets in the last seven years, which is a fair record, we should say, considering the fact that they engaged all the leading collegiate teams of the country. Full credit should be given their coach, Hugo Otopalik.

In the year 1925, Ames beat the Navy, at Annapolis; West Virginia, and Penn State.

Three days after that eastern trip they lost to the Oklahoma Aggies, and Lawrence lost his first and only dual meet to George Rule in extra periods. The following year these two athletes wrestled extra periods to a draw in Oklahoma. In that meet, Lawrence dislocated his shoulder, and a few weeks later George Rule won the National A. A. U. 175-pound title.

This year Rule won the National Intercollegiate championship in the 175-pound class, and has made the trip to the Olympic Games to represent

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

DEAR MISS HEATHCOTE:
I am a constant reader of *STRENGTH* and enjoy *Our Girls' Circle* immensely.
Miss Heathcote, could you please tell me of some good, hard exercises for reducing the sur-

plus fat on my hips? They are much too large in proportion to the rest of my body.

My legs are too thin. Would you please tell me what I can do to develop them more?

I am 5 feet 2 inches tall and weigh 116 pounds. What should my weight and measurements be?

I thank you, Miss Heathcote, in advance.

R. M.
Nashua, N. H.

ANSWER:
By following a consistent program of exercises you should be successful in reducing any excess flesh

around your hips and at the same time develop the thighs and calves of your legs.

I personally know a young lady who brought down her hips to pleasing proportions and at the same time developed her legs (which were quite thin) and chest.

To develop your calves, practice the following exercises:

First try squatting flat-footed. While in this position raise yourself on your toes; then lower yourself back to your heels. Repeat until tired, and don't forget to remain in the squatting position all through the exercise.

Here is another one: Stand on your heels and rest your toes on some object a few inches above the floor. Raise yourself as high on the toes as possible, and then slowly lower yourself back to your former position.

Books would be the best thing for this exercise, gradually increasing the size or the number used. Be sure you don't forget that when you no longer feel the "pull" you need more repetitions or a higher book.

For your thighs try the following exercise: Take the position as you would in the floor dip. Now raise the left leg off the floor (being sure to keep the knee perfectly straight), and then the right. This is an excellent exercise for the thigh muscles.

In the June issue of *STRENGTH* there appeared an article by Bernice Page entitled "Reducing Adipose Hips." This article contains some of the best exercises known for reducing the hips. I would advise you to practice the exercises given therein



Dainty Aileen Rigin, known as widely for her classical dancing as for her diving, at which she is an Olympic Champion. The two prove a happy combination, the grace of one benefiting the form of the other, and she is here seen preceding her dip at Long Beach, L. I., with a little aerial swimming.

F. & A. Photos.

together with the few exercises I have outlined for you, and I am sure you will acquire the desired results.

But, here let me give you a tip—be faithful in your exercise program. If possible, do not let a day slip by. The trouble with most girls is that once they let up on their exercises the chances are they never get back to them again.

Your measurements should run something like this: neck 12 in., chest 28 in., waist 23¾ in., biceps 10 in., forearm 8¾ in., wrist 5¾ in., hips 34 in., thigh 20¾ in., calf 13 in., weight 112 pounds.

DEAR MISS HEATHCOTE:

I have enjoyed reading your department so much and have derived so much good from it. I weigh 156 pounds, am 5 feet 4½ inches tall (without shoes). Measurements are as follows: thigh 18 in., knee 15 in., calf 13 in., ankle 8¾ in., biceps 11 in., forearm 8½ in., wrist 6 in., bust 36 in.

The calves and inner muscles of my thighs and legs need developing badly; the fact of the matter is, my thighs and legs need developing all over—also my busts. Will it be too much trouble for you to outline the exercises for me that will develop these parts? Right now I do kicking backwards, forwards, and sideways, fifty times with each leg, besides some of the dance steps, and also the squat about seventy-five times, but I can't see that my thighs have developed any. However, I think that my calves and knees have improved considerably.

I would be so happy, too, if my busts were several inches bigger. I see where some exercises you outlined for one girl increased her busts two inches, and her thighs an inch and a quarter, as well as her calves.

Trusting I have not asked you too many questions, and assuring you my deepest appreciation for any information you can give me, I am
Okla. City, Okla.

Mrs. E. L. McG.

P. S. I have been exercising four months.

ANSWER: First of all, I want you to read the advice given to R. M., Nashua, N. H., above. Practice

the exercises given for the thighs and calves. Also include rope-skipping in your exercising program. Rope-skipping is an indispensable exercise for the legs. Many girls owe their good leg development to the rope-skipping they did when children.

I note what you say regarding kicking and results derived therefrom. Kicking is an excellent exercise for the hip and waist muscles, but only affects the leg muscles slightly. I believe that if you specialize on leg exercises for a few months you ought to begin to see a favorable change.

For your calves you might also try walking around the room on tip-toes about fifty times.

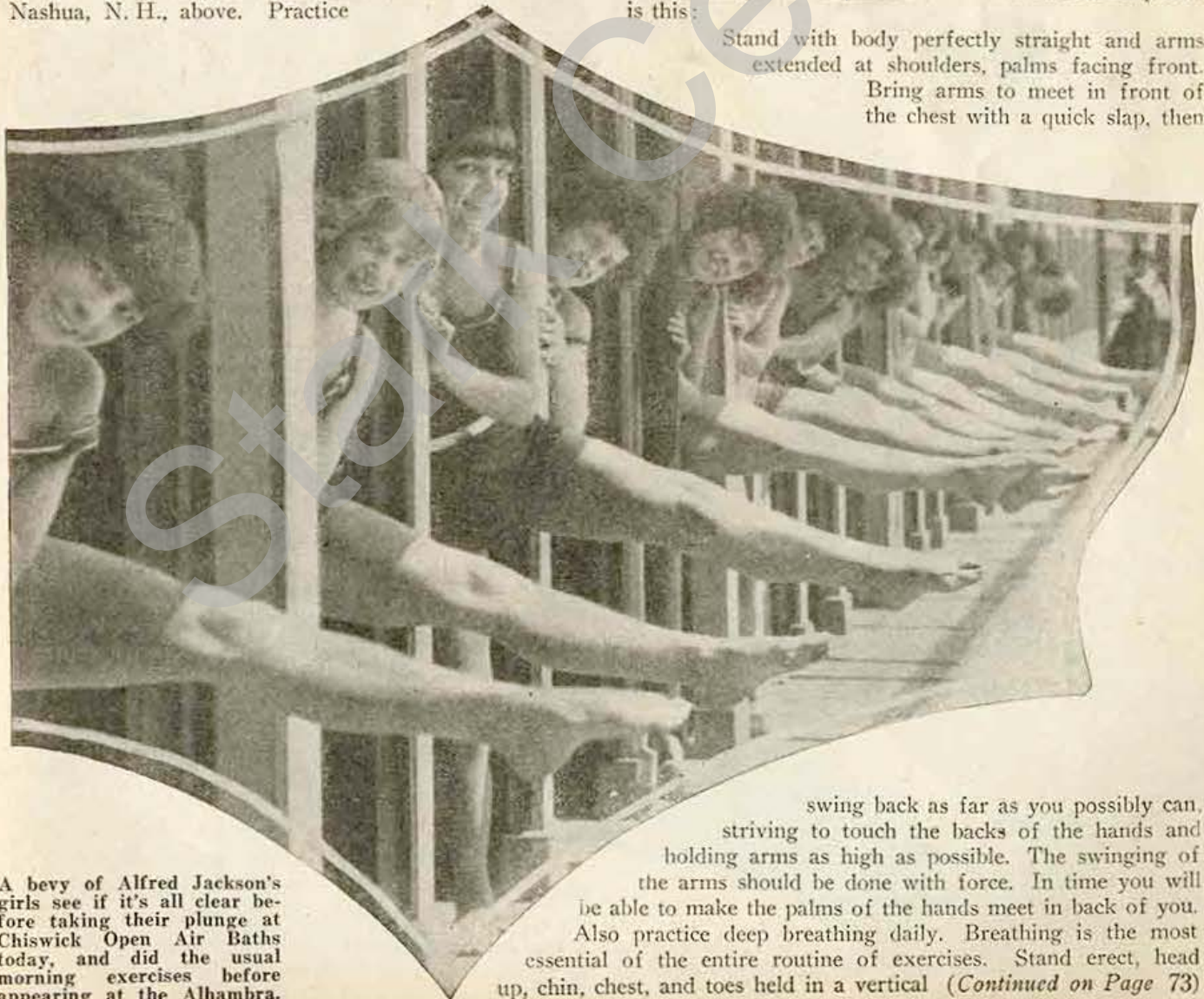
Swimming is perhaps one of the best all-round chest developers. If you do not swim frequently, I would advise you to do so. You very seldom see a good swimmer who is flat-chested.

You might also add the following bust exercises to your program:

To get the most benefit from this exercise, it must be performed with a pair of five-pound iron dumb bells. Hold the dumb bell in your right hand. Now swing the arm five times in as wide a backward circle as you possibly can. Alternate with the left arm. As well as a good bust developer, this exercise is excellent for correcting round or stooped shoulders.

Another good exercise for chest and bust development is this:

Stand with body perfectly straight and arms extended at shoulders, palms facing front. Bring arms to meet in front of the chest with a quick slap, then



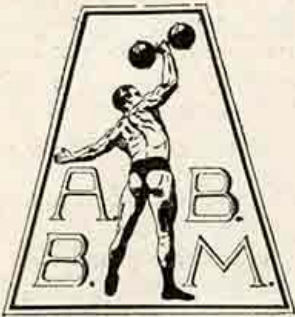
A bevy of Alfred Jackson's girls see if it's all clear before taking their plunge at Chiswick Open Air Baths today, and did the usual morning exercises before appearing at the Alhambra.
(Keystone View)

swing back as far as you possibly can, striving to touch the backs of the hands and holding arms as high as possible. The swinging of the arms should be done with force. In time you will be able to make the palms of the hands meet in back of you. Also practice deep breathing daily. Breathing is the most essential of the entire routine of exercises. Stand erect, head up, chin, chest, and toes held in a vertical (Continued on Page 73)

Association Notes

Olympic Games Lifting Results; Great Improvements in All Classes; Germany Takes Team Honors; Egypt, France, Austria, Germany Win First Places; Other Important Notes.

By Mike Drummond



THE gold medal given for first place in the monthly Posing Contest is captured this month by Jacob Baxt, of St. John, N. B. This splendidly built young athlete keeps trying and has been collecting awards fairly regularly. The silver medal for second place goes to Mr. E. W. Mattson, of Pleasantville, N. J. This man has only recently become a physical culturist, and since taking regularly to bar bell work, he has made very satisfactory improvement.

There is a chance for any fellow to collect a medal in

this contest. It is really a very easy thing to become a winner. Submit a photo or two and find out for yourself.

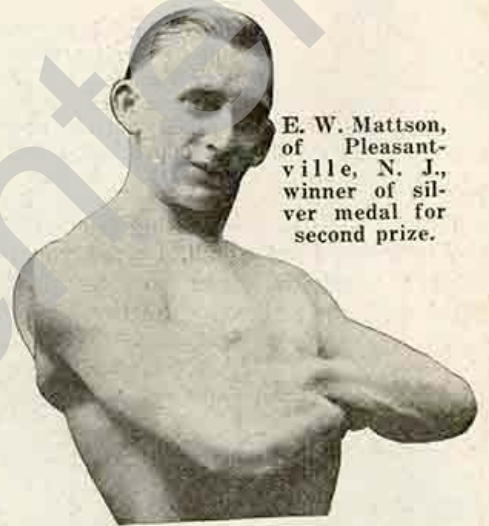
Professionals are not eligible, so if you come under this heading, try to get in please do not on it. This

does not mean that we will not be pleased to receive photos from professionals, as all good photographs are welcomed, and if satisfactory, will be used whenever the opportunity arises.

We are announcing the appointment of some new directors of the Association of Bar Bell Men. The new names were submitted for a vote among the old directors, and it was unanimously agreed to accept the names of the new nominees. These are Charles Durner, of Allentown, Pa.; J. L. Dill, of Portland, Oregon, and Dr. Collister M. Wheeler, of Portland, Oregon. There was also unanimous agreement on the appointment of two others, Robert Snyder, and Ben F. Yates, both of Hagerstown, Md. The last two gentlemen are to be considered a Committee on Rules. In time, their functions will be more clear, when we have a chance to consider certain differences and misunderstandings on lifting rules. One of these open places in existing rules is to be mentioned by the Editor of *The Mat*, in one of his coming Mat talks. It concerns the Two Arm Curl. Watch for it.

With the men just mentioned, the complete list of directors of the A. B. B. M. includes a total of ten: Warren L. Travis, Siegmund Klein, Arnold Schiemann, Charles MacMahon, Dr. C. M. Wheeler, J. L. Dill, Ben F. Yates, Robert Snyder, Charles Durner, and Mark H. Berry.

It is with great regret that we are unable to announce anything definite in reference to recognition of our Association by the International Federation of Lifting. We feel



E. W. Mattson, of Pleasantville, N. J., winner of silver medal for second prize.



Jacob Baxt, of St. John, N. B., winner of gold medal for first prize in the posing contest for this month.

certain that by next month we will have complete details.

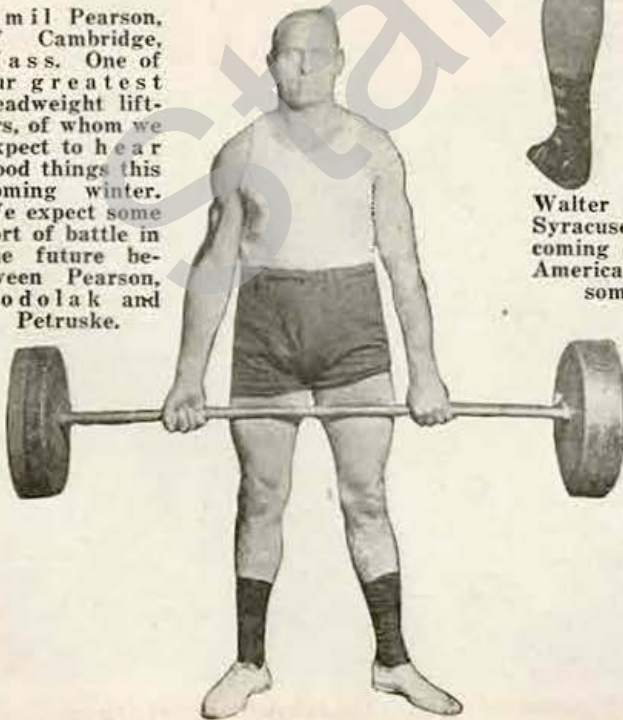
A short time ago Jerome B. Flick, of Du Bois, Pa., made a featherweight Teeth Lift Record of 202 pounds. His body-weight was 125 pounds. Ralph Dodson, weighing 133½ pounds, also of Du Bois, made a One Finger Lift of 227½ pounds, an amateur lightweight record.

As it should be of interest, we are listing the measurements of Frank Petruske, of Grand Rapids, Michigan, holder of the heavyweight world's amateur Dead Lift record: Age 36, height 5 feet, 10 inches, weight 192, neck 17½, normal chest 45, expanded chest 48, waist 36, hips 41, thigh 23½, calf 15½, biceps, 15½, forearm 12½, wrist 7½, ankle 9½.

We are glad to be able to give our readers some of the important points concerning the lifting competition at the Olympic Games in Amsterdam, Holland.

As we expected, some very startling performances were witnessed, and there were a few big upsets when the winners were finally decided. Weight lifting was the first event on the program, immediately following the opening ceremony. The featherweight and lightweight classes were decided on Saturday, July 28th, and the other three classes the following day, Sunday, July 29th. Our correspondent at the games was quite baffled in attempting to translate kilograms into poundages, so sent us the results in kilos. We have figured the poundages out in round numbers, so that each total will be off about ¼ or ½ pound. Otherwise every total would have ½ or ¼ behind it. Due to the great number of entries, our reporter found it necessary to eliminate the individual lifts and send only the totals for each competitor. You may expect more complete details in the next issue, and at that time we hope to

Emil Pearson, of Cambridge, Mass. One of our greatest deadweight lifters, of whom we expect to hear good things this coming winter. We expect some sort of battle in the future between Pearson, Podolak and Petruske.



Walter Podolak, of Syracuse, N. Y., the coming champion of America, sure has some back.



Frank Dennis, great American middleweight, who is ever breaking records. He is here shown lifting De Witt Eckels.

give you the figures on each lift.

Nationally, the team representing Germany took first honors only by scoring the largest number of runner-up positions, one first, one tie for first place, and one tie for second place.

We are not sure of the method of computing team scores used in this particular instance, so cannot say definitely at this time whether France or Austria placed second, as these two nations finished almost neck and neck. Austria won one first and tied for another first, besides tying for fourth place in one of the classes; France took a first, second, third and fifth. Italy, who won first place in three classes at the last games, failed to place a winner.

The individual winners were as follows, the three lifts being: Two Hands Slow Press, Two Hands Snatch, and Two Hands Clean and Jerk; the totals for the three lifts are given in pounds.

Featherweight Class (under 132¾ pounds)

- 1st. Andrysek (Austria), 634 pounds.
- 2nd. Tie between Gabetti (Italy) and Woelfert (Germany), 623 pounds.
- 4th. Centra (Italy), 612 pounds.
- 5th. Reinmann (Switzerland), 606 pounds.
- 6th. Stadler (Austria), 590 pounds.
- 7th. Baudrant (France), 584 pounds.
- 8th. Tie between Djemal (Turkey) and Vabek (Czechoslovakia), 579 pounds.
- 10th. Ribiere (France), 573 pounds.
- 11th. Tie between Peirire (Portugal), Renier (Belgium), and Muhlberger (Germany), 562 pounds.
- 14th. Tie between Hask (Estonia) and Tissot (Switzerland), 551 pounds.
- 16th. Tie between De Wolfe (Holland), and Maes (Belgium), 548 pounds.

gium), 546 pounds.
 18th. Baxter (England), 529 pounds.
 19th. Compter (Holland), 524 pounds.
 20th. Hopkins (England), 502 pounds.
 21st. Vega (Argentina), 490 pounds.

Lightweight Class

(148 $\frac{3}{4}$ pounds)

1st. Tie between Haas (Austria) and Helbig (Germany), 711 pounds.

3rd. Arnout (France), 667 pounds.

4th. Aeschmann (Switzerland), 656 pounds.

5th. Reinfrank (Germany), 650 lbs.

6th. Messe (Fr.), 645 pounds.

7th. Hengel (Austria), 634 pounds.

8th. Pierini (Italy), 623 pounds.

9th. Jaquenoud (Switzerland), 606 pounds.

10th. Tabbak (Holland), 595 pounds.

11th. Marejcek (Czecho-Slovakia), 584 pounds.

12th. Van Holme (Belgium), 579 pounds.

13th. Pozzackio (Luxembourg), 573 pounds.

14th. Roos (Holland), 562 pounds.

15th. Sjergren (Sweden), 567 pounds.

16th. Nilssen (Sweden), 540 pounds.

Middleweight Class (165 pounds)

1st. Roger Francois (France), 740 pounds.

2nd. Golimberti (Italy), 734 pounds.

3rd. Scheffer (Holland), 723 pounds.

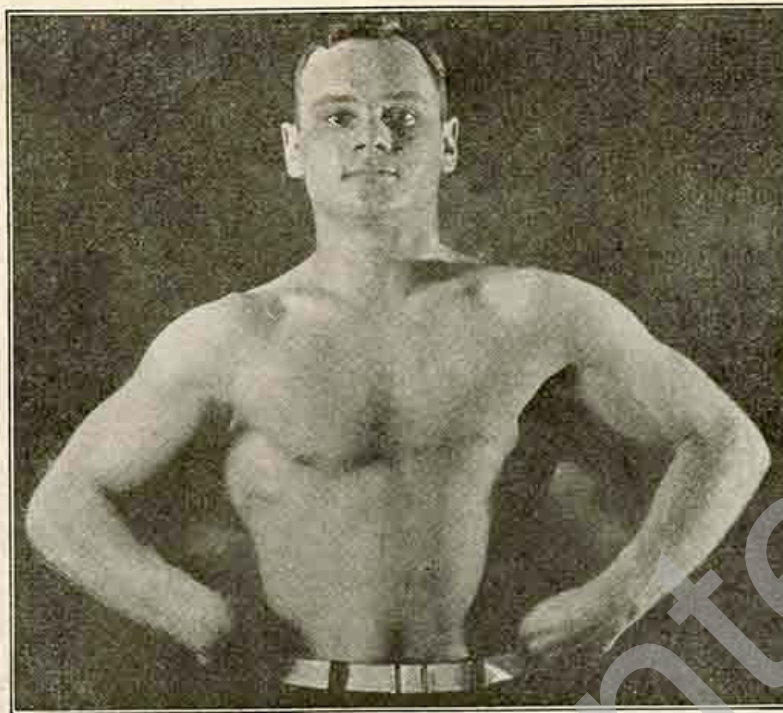
4th. Zimmer (Germany), 712 pounds.

5th. LePut (France), 690 pounds.

6th. Hoffmann (Germany), 673 pounds.

7th. Hussein (Egypt), 667 pounds.

8th. Rompseuy (Belgium), 645 pounds.



Vurnard Hilliard, of Memphis, Tenn. Besides being a bar bell man, he is an all-around athlete and physical culturist.

6th. Freiburger (Austria), 712 pounds.

7th. Zeeman (Austria), 694 pounds.

8th. Vibert (France), 694 pounds.

9th. Bierwirth (Germany), 694 pounds.

10th. Garnus (Switzerland), 678 pounds.

11th. Luiga (Esthonia), 672 pounds.

12th. Tholen (Holland), 656 pounds.

13th. Vander Goten (Belgium), 645 pounds.

14th. Sheitlet (Luxembourg), 606 pounds.

15th. Donze (Switzerland), 457 pounds.

Heavyweight Class

1st. Strassberger (Germany), 821 pounds.

2nd. Luhaar (Esthonia), 794 pounds.

3rd. Skobla (Czecho-Slovakia), 788 pounds.

4th. Tie between Shilberg (Austria) and Leilands (Lettonia), 782 pounds.

(Continued on Page 70)

9th. Tie between Pismta (Argentina) and Zalm (Luxembourg), 628 pounds.

11th. Tie between Goten (Belgium) and Kostba (Czecho-Slovakia), 617 pounds.

13th. Tie between Kukk (Esthonia) and Attenborough (England), 612 pounds.

15th. Tie between Pranas (Lithuania), and Frinkler (Switzerland), 606 pounds.

17th. Tooley (England), 579 pounds.

Light-Heavyweight Class (182 pounds)

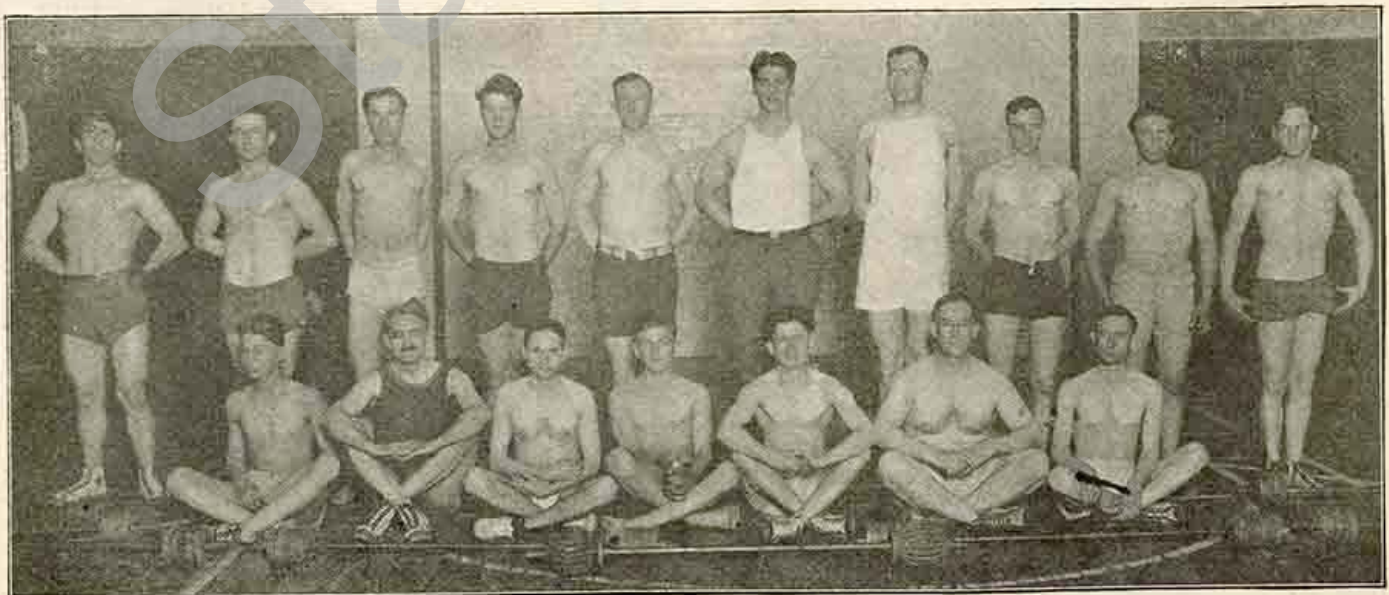
1st. Nosseir (Egypt), 784 pounds.

2nd. Hostin (France), 777 pounds.

3rd. Verbeyen (Holland), 744 pounds.

4th. Vogt (Germany), 738 pounds.

5th. Psenika (Czecho-Slovakia), 716 pounds.



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Which freezes quickest—water, mercury, alcohol?
Do fish sleep?
What is a pentameter?
Who wrote *Virginius Puerisque*?
What nation first divided time into months, weeks, hours, minutes, and seconds?
Where was the Pantheon?
Why is glass transparent?

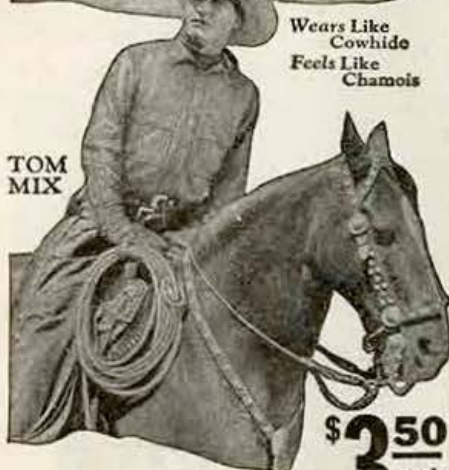
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The Mat

(Continued from page 51)

cation of hot water and strong liniment should be of benefit. The use of liniment does not work a miracle of any kind, but it keeps you from feeling the pain and tends to stimulate the circulation in that part.

I would suggest that you look in a large Webster dictionary, that is, the unabridged edition, for "intense" exercise, and analyze the definition. Intense, as to apply it to exercise, can mean in an extreme degree or an extreme effort from strong and sustained stimulation. It would not be necessary to imply that a man was abusing himself by an undue strain when we refer to intense exercise. On the other hand, you must give it a different implication and understand it to mean extremely vigorous exercise or exertion.

In fact, I would say that we could even allow intense to mean strain as applied to exercise without implying that the man was damaging himself in any way by over-exertion. I maintain, and I am sure anyone else who has considered the matter in a very thorough manner will bear me out, that it is necessary to use a great deal of energy, and the efforts must be of the intense variety if we are to get the best results either in the way of development, strength, or endurance.

It is only possible to develop the highest degree of either strength, speed, or endurance by making the efforts of a rather strenuous nature. There is no champion athlete in any branch of sport, or, in fact, there is no man who ever attained much in a mental way, who did not force himself to the limit. It is possible to develop oneself to a high degree without ever using anywhere near the limit, but those men who have passed into the class of super-men physically, regardless of what line of sports or physical endeavors they may be interested in, those men have gotten there by reason of having trained on movements which require their utmost. This would not necessarily mean that an effort was made by the will to make the movement hard, but, on the other hand, it would be a case of the will overcoming the obstacle. I would say that, contrary to the opinion expressed by you, it would not be necessary to use an excess of nervous energy to accomplish an extreme exertion, but if the exertion was con-

tinued unduly, then it would call for an over-expenditure of nervous energy. As, for instance, you could make from one to three presses with a bar bell using something near your limit without any undue expenditure of energy. However, were you to use a lighter weight and attempt to make from twenty-five to fifty repetitions, then you would be using excess energy. It is my opinion that it would be a mistake to attempt to develop or strengthen oneself by unduly prolonging the repetition. The ideal way to gain development and develop strength is to perform a medium amount of repetitions with a weight well within the strength limits. However, to cultivate the possession of strength to the limit and to acquire a superfine physique, it is necessary at times to use movements which involve intense efforts, as, for instance, in the practice of lifting movements wherein you use the limit of your capacity and perform the movements once. It would be possible for you to acquire a satisfactory degree of development and strength without ever exerting yourself near the limit, but if you are to get into the class of super-men physically, you must at times practice movements which require you to really exert yourself.

QUESTION: I am interested in *The Mat* Department and read it thoroughly every month. A friend of mine bought a large size bar bell. It sure is a dandy and it builds muscle faster than any other physical culture course that I have ever seen. I built three bar bells of my own by using broom handles and tying rocks to the ends for weights. One weighs twenty-five pounds, which I use for abdominal, chest, and deltoid exercises. Another weighs thirty-five pounds, which I use for the muscles of the side of my body and the calf muscles. The other weighs fifty pounds, which I use for the two arms curl, two hands press overhead, deep knee bending, trapezius muscle, and muscles of the back.

I increase one repetition every second exercise night, and exercise with weights three or four times a week. When I can repeat the repetitions a certain number of times, I increase the weight of the bar bell five or ten pounds by tying on more rocks. As I am doing these exercises which I got out of *STRENGTH* Magazines, and from my friend, without a physical instructor, I would like to ask your opinion of them. Probably you would be able to give me a few more exercises for the parts of my body that I neglect to exercise.

(Continued on Page 60)

To Men Getting Bald I Say!

No matter how fast your hair is falling out—no matter how much of it is already gone—I make this amazing guarantee! I'll end dandruff—stop falling hair—grow new hair in 30 days—or you don't pay me a cent! No strings attached! No "Ifs," "Ands" or "Maybes"! New hair or no pay! And you are the sole judge!



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are designed
like the illustration above.
You will be proud to wear them

I am five feet nine and a half inches tall, weigh one hundred and forty pounds, having increased my bodyweight ten pounds in two and a half months. I also made a total increase of 15¼ inches for the A. B. B. M. diploma. My neck increased 1¼ inches, normal chest 2½, biceps 1 inch on each arm, forearms each ¾ of an inch, thighs each 3 inches, and calves 1¼ inches each.

I am able to chin eighteen times, and do the push-up exercise fifty times.

Nearly everybody who feels my muscle exclaims: "Gosh! feel how strong this feller is." I am seventeen years of age.

H. G., Washington.

ANSWER: Talk about crude methods! And then notice the results this fellow has gotten out of his homemade "bar bells." Ten pounds added to the bodyweight may not be so much in ten weeks' time, but he made some sort of gains in measurements. Considering the tools he had to work with, he wasn't such a failure. Consider that he weighed only 130 at a height of 5 feet 9½ inches, when he started. With a proper sort of outfit and individual instructions mapped out for his needs, he should have gained twenty-five to thirty pounds, to say the least.

To print a chart of exercises herein is out of the question, so I must refer him to some already printed chart or book for exercise illustrations.

Probably the most glaring fault is the use of a poundage for the legs and back which he uses for exercising the biceps and triceps. I would therefore suggest that he make another "bar bell" of 75 to 100 pounds weight for the deep knee bend, straddle lift, shoulder shrug, and bending movements for the back. Outside of this, you are held back by having an apparatus which cannot be properly increased in regular jumps; also, your assortment of "bells" does not permit of a sufficient range in weights to exercise different parts of the body proportionately.

We have, during the past several months, outlined in *The Mat* exercises for various muscles of the body.

By looking up the back copies of **STRENGTH**, you can lay out a course including exceptional exercises for the back, thighs, calf muscles, abdomen, pectorals and deltoids, and the neck. Besides those mentioned, it would only be necessary for you to add the curl, single and double arm presses, rowing motion for chest, with a possible few others for variety sake.

(Continued on page 63)

If YOU Were Down and Out



AND I agreed to start you in a big, new, money-making business of your own—WITHOUT CAPITAL OR EXPERIENCE—a business in which I have helped other ambitious men and women double, triple and QUADRUPLER their earnings, would you jump at it? You BET YOU WOULD!

Well, you may not be down and out. But if you are earning A CENT LESS than \$100 a week—\$5,000 a year—here is your chance to break into real estate MY WAY—build a big profit business of your own—right at home—in your spare time—without capital or experience. My free book tells the whole story. Get it now!

From Failure to Success

I like to get hold of the down-hearted—the discouraged—the “has-beens” and the “also-rans.” It gives me a big “kick”—a real thrill—every time I help a man or woman who felt they were failures. It's easy enough to make successful men more successful. But give me the man who is struggling along—trying to make both ends meet—who has never had a real “look-in” on business success. The most fun I get out of life is turning such men into happy, contented, prosperous, independent business men. And I'm doing it right along! There's E. G. Baum, past 50, lost his job as bookkeeper, sick, discouraged, down-hearted. I got Baum started and he cleaned up \$8,000.00 his first year. And J. M. Patterson. He'd just landed in Texas with a baby, a sick wife and only \$10.20 in his pocket. He started to use my Successful Real Estate System, and writes me that he will clean up \$20,000.00 in profits this year. Send for my free book. Learn how I am helping others—and how I can help you—win big business success.

New Lives for Old

I teach ambitious men and women my way of making big money in the Real Estate Business, without capital or previous experience. I give them new lives for old. I transform them from low-salaried employees to successful employers—in business for themselves—independent—prosperous—contented—men and women from 21 to 79—from all walks of life—former mill-hands, clerks, railroad men, barbers, hotel employees, grocers, salesmen, bookkeepers, teachers, ministers, printers, musicians, insurance solicitors, etc., etc. Take “Bill” Dakin for example. He worked for fifty years in Buffalo, N. Y., steel plant. Never had any schooling to speak of. Never had any real estate experience. Bill jumped at my offer. Writes me that last month he earned \$1,125.00 my way. Write for a free copy of my book today. Learn how wide-awake men and women are changing their jobs—trading old lives for new—with my System for Becoming a Real Estate Specialist. Address President, American Business Builders, Inc., Dept. 24-10, 18 East 18 St., New York.

Amazing Profits

\$17,000 IN ONE DEAL

Eugene Walrath, formerly in the clothing business. Got my scientific System for making money in real estate. Cleaned up \$17,000 in one deal. Free book tells how he did it.

\$5,500 IN 1 WEEK

Evalynn Balster, Chicago widow, school teacher, three children to support, got my System, made \$5,500 in one week on her first real estate deal. Free book tells how.

\$8,500 IN 17 WEEKS

That's the big money Chas. F. Worthen Fall River, Mass., made with my successful Real Estate System. Free book tells you how I helped him to do it!

\$14,400 IN 6 MONTHS

That's the fat profit H. G. Stewart, Baltimore, Md., made with my remarkable System for making big money in real estate. Stewart is a live wire. Are you? Get my free book and find out!

\$248 FIRST PROFIT

That's the first pin-money Mrs. J. H. Hastings, Jackson, Mich., made with my System for Becoming a Real Estate Specialist. She has a fine business lined up. Free book tells how.

200% MORE MONEY

Alfred J. Bennett, Ford Salesman, was earning \$300 a month. Got my Real Estate System. Increased income 200%. Has well equipped office. Just bought new Chrysler Sedan. Free book tells how!

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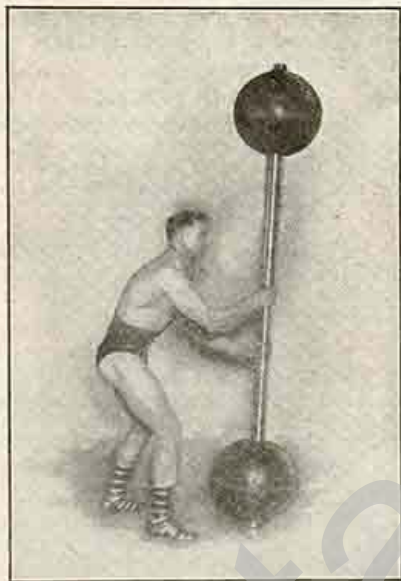
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Then we also offer two of the above three books at \$1.90. These two books are entitled "Super-Strength" and "The Strongest Man That Ever Lived." You should be well acquainted with both of these books by this time.



"Super-Strength" has been selling to the readers of "Strength" and other magazines for years and is still greatly in demand. It has been proclaimed one of the two greatest books on the muscle and strength culture subjects, the other book is "The Key to Might and Muscle" which we are also offering at a reduced rate.

"The Strongest Man That Ever Lived" is somewhat different

from "Super-Strength." While it contains much useful information on the habits of this particular strongman it is, however, more in narrative form than the other book, "Super-Strength." You will enjoy its delightful paragraphs from the first word, and while enjoying it, reap a harvest of valuable information which may help you with your own physical training problems.

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Book Dept. S-10-28

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of TWO BOOKS

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The third combination is made up of the two biggest selling body and strength culture books published. That fact is proof that they are all that we claim them to be. The authors are, no doubt, the two greatest authorities on the subject of scientific developing of strength, muscles, shape and health of the present time.

Consequently you can look for real stuff when you start reading either or both of these books.

The books in this combination are "Super-Strength" and "The Key to Might and Muscle." The combination price is approximately 30 per cent. lower than the price of either one of the books sold for originally. Imagine that, fellows—two great books for less than one book originally cost. Better grab this, or better still, the above offer of the entire three books.



As to the contents of these three books there is little that can be said that is not already familiar to all "Strength" readers.

Our advice to you and everyone is to get these books and get them quickly. Whether you are a weight lifter of advanced ability; just a beginner at weight lifting; only a bar bell man of a few weeks standing; or one who has never seen a bar bell, you have very much to gain by reading these books.

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Further we guarantee you prompt delivery of these books. There will be no waiting. You will get them immediately.

We Are Awaiting Your Orders

Increase on repetitions every week, and on poundages about once in five weeks. An average of from five to ten repetitions for arm and shoulder exercises and twice that number for back and leg movements should be about right.

We have printed the above letter for the chief reason of showing the methods employed by some fellows

to get results. It only goes to show that there is always a way out, when you have sufficient will to do so.

A fellow such as our friend above will get there no matter what it takes to do so.

Certainly he is terribly handicapped and is not getting the best out of his efforts, but a little progress is better than none.

He Cured a Disease that was Born with Him

(Continued from page 40)

the first three weeks, my skin started clearing up. I took on a more healthy color. My bowels were regulated, and I felt better than I could remember ever feeling before. It seemed as though I was waking up from some dope or drug.

When I told my instructor what a change I was feeling, he laughed and said: "Well, you have been doped and half alive with such poisons as you have been eating, drinking and allowing to be shot into your veins so long that I wonder you are alive at all."

I gradually got larger and stronger. I went from 125 pounds to 170 pounds, and all of it solid muscles, built from clean living. I haven't taken a dose of medicine since I changed my way of living, and haven't been sick a minute.

To those who have never practiced the arts and parts of this science known as Physical Culture, I might say that I have long since realized that if we stop eating pastries, white flour products and all other refined foods which have been robbed and changed from their natural state—if we would drink nothing but pure water, milk and fruit juices—we can build our bodies and store up reserve energy to where we will be immune from disease. We should all know that disease is evil—that it is brought about from wrong living. Get it out of your heads that it is a powerful enemy, apt to strike at any minute regardless of how we live. Also, don't feel that because you

were born with some disease that you are destined to die with it, or that your father had it and died and therefore you inherited it and also will pass away because it too is stored up in your body. In other words, just because it is in the family, don't let it stay there. Live clean lives, live the life you were intended to live, and you will build health and a body that will kill any and all diseases. Do this for your future generation. Drive the poisons and dissipations out of this generation, and the next will be strong and healthy.

Remember, the body is the temple of your soul and that you should give your soul a clean, healthy place in which to live. While you are forming habits, don't forget that it is just as easy to form good ones as it is bad ones.

The Physical Culturist lives and roams in a world of his own. He never has to worry about disease. He has found health by following the right path. He has happiness because he has lived the life he was intended to live.

Signing off from Station LIFE. The young man who has just spoken is still studying how to live the clean and healthy life. Having been born with a disease, he has conquered it by practicing just what he has been preaching. And now his thoughts are turned to greater things—the development of a human body worthy of housing the greatest soul!

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Have You These Symptoms of NERVE Exhaustion?

Do you get excited easily?
Do you become fatigued
after slight exertion?

Are your hands and feet
cold?

Do you suffer from consti-
pation or stomach
trouble?

Is your sleep disturbed by
troubled dreams?

Have you spells of ir-
ritability?

Are you often gloomy and pessimistic?

Do you suffer from heart palpitation, cold
sweats, ringing in the ears, dizzy spells?



These are only a few of the signs of weak, un-
healthy nerves that are steadily robbing thou-
sands of people of their youth and health.

What Causes Sick Nerves?

WOMEN In women this is largely due to
over-active emotions, and to the
constant turmoil in their domestic and marital
relations.

MEN In men, these signs of nerve exhaustion
are produced as a result of worries,
intense concentration, excesses and vices. The
mad pace at which we are traveling is wrecking
the entire Nervous Organization.

How to Strengthen Your Nerves

No tonic or magic system of exercise can ever
restore the health and vigor to weak, sick, un-
balanced nerves. To regenerate lost nerve force,
to build up strong, sound nerves, requires an
understanding of the action and abuses of nerves.
It needs a knowledge of the natural laws of
nerve fatigue, of mental and physical relaxation
and nerve metabolism. And it is only through
the application of these laws that stubborn cases
of Nerve Exhaustion can be overcome.

Read This Wonder Book

Based upon many years of intensive experience
and study, the famous author, Richard Black-
stone, has written a remarkable book, entitled
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gives certain easy-to-follow rules that have
enabled thousands of men and women to regain
their lost nervous energy and to acquire glowing
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'Ain't' (Human) Nature Grand!

(Continued from page 38)

so solely because they imagine them-
selves in that condition. They just
wish themselves sick, so to speak.
Why, it's a fact that many a patient
comes to me suffering from nothing
under the sun in the way of a phys-
ical ill or trouble, yet they display on
the surface all the symptoms of some
disease or other. And it's a funny
thing—most of these cases are suf-
fering from the latest or most popu-
lar afflictions; just let some new dis-
ease be discovered, or a new name
given to an old malady, and as soon
as the public press informs the nation
of the nature, symptoms and effects
of the said disease every doctor's
office fills up rapidly with willing vic-
tims of the new disease. Really,
their treatment is more a problem for
a psychologist than for a physician.
But, being a physician I must do as a
physician is expected to do—I must
look grave and concerned, mutter,
'Yes, yes,' at the proper time and
'a-hem-m-m' deeply, then prescribe
something as harmless as possible to
keep some poor fool from imagin-
ing himself to death. What I want
to do and what really should be done
—tell the party he is half crazy to be-
gin with and instruct him to cut out
his fooling around with his health,
to eat sensible foods and to take a
little exercise now and then, and to
sleep eight or nine hours daily—I
cannot do, for the public is not yet
ready to receive believingly in open
arms a doctor whose mission is to
prevent and kill disease rather than
cover it up and let it develop as if in

a hot-house. For a long time the
men of the medical profession have
known this to be true, and today we
are working harder and more boldly
than ever to make the public realize
the exact nature of the causes and
cures of diseases, and we hope
eventually to be able to throw com-
pletely aside the cloaks of mystery
we are forced to wear, and after that
we may become friend and fellow to
all mankind.

"Yes, it is true that most people
feel awed and ill at ease in the pres-
ence of a physician because they
credit him with super-human attri-
butes and powers. The physician in
turn must 'play up' to the part to
some extent else the public will not
accept him as strictly first class. For
instance, just a few days ago I had a
peculiar case of this nature come to
my attention. A certain party, mem-
ber of a well-known local family
came to me in a highly nervous state
of mind and began telling me a whole
'rigamarole' about this and that.

"But, say, look at that clock—it's
nearly seven, and I have an engage-
ment at eight sharp. Jimmy, you and
Roberts will have to excuse me, and
I promise to tell you this story the
next time I see you. Day after to-
morrow, at this time? Fine! There's
nothing like three evenings per week
in a gym to keep an 'old fellow' like
me young, and young chap like you
peppy.

"So long, Jimmy, we'll see you
again."

What Do You Know About Digestion?

(Continued from page 32)

attacks all forms of albuminous and
nitrogenous compounds, whether from
vegetable or animal sources, and
changes them from this condition into
an acid albumen.

The reason this change is necessary
is because the pepsin can operate best
only on an acid albumen. The pepsin
produces a gradual and peculiar gela-
tinization, in which the semi-solid
syntonin is transformed, first, into
what is known as a "pro-peptone,"
then into albumoses, and finally into
a liquid and readily diffused peptone,
the only form in which albumen is
taken up into the system. It is esti-
mated that 25 to 35 per cent of the
substances peptonized in the stomach

may be absorbed by the stomach.

It should here be emphasized, how-
ever, that the action of the stomach is
relatively slow and weak in the func-
tion of peptonizing food. As a result
of this weakness, only a small portion
of the albumen is completely trans-
formed in the stomach into diffusible
peptone.

The digestive juices of the stomach
exert but little action upon sugars,
starches, and fats. However, all of
the nitrogenous envelope of the starch
granule or the fat globule may be
digested away, thus setting free the
granulose and the oil. This process
has been called "the starch-hydrating
and fat-freeing action of the



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stomach."

After the stomach, in its muscular action and through the contraction of its walls, has churned the food around for a varying length of time, depending upon the character of the food taken, the quantity ingested and the physical capacity of the individual who is digesting the food, it passes through the lower opening of the stomach (the pylorus) into the small intestine. Here the really important work of digestion is found. Through a most complicated process of action and inter-action of the secretions and ferments, the digestion of the albumen is proceeded with until finally it arrives at its final state, forming what is known as "amino-acids." These are the "building blocks" of the system, to which I have frequently referred in these pages, and are the only form in which albumen products can be utilized in the repair of tissue or in the building up of cell structure.

Meanwhile, the bile, which is the secretion of the liver, and amylopsin, the ferment from the pancreas, is active with the sugars and starches. These foods are changed into maltose, in which form they are ready for their final conversion by the intestinal fluids into dextrose. It is in this form alone that they are capable of being absorbed by the system and utilized, as I have before stated.

Fats are acted upon by the bile, pancreatic juice, and by certain secretions from the intestinal gland. First they are changed into a fluid. In this form the steapsin of the pancreas is much more readily separated into fatty acid and glycerin. This glycerin is soluble. The fatty acid is acted upon by the bile salts and by various alkaline compounds in the intestines. These give off a certain amount of soda, which changes the fat into soap, by the well-known action of alkalies on fats.

So fat, in brief, is digested merely by being split into finer and finer subdivisions, the fat globules being broken up into such minute droplets as to permit the little villi—the fleshy pumps on the inside of the intestinal walls—to pump the emulsified fluid out of the lymph spaces and finally carry it into the general circulation.

This, in a very sketchy way, is the method by which foodstuff is converted into nutriment and fuel. If the process were a perfect one, and if the debris and the utilized products could be completely burned up or else



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Do you want to be able to put the gloves on with any of your pals, and more than hold your own? Do you want to know how to defend yourself if attacked? Do you want to be able to use the blows and guards developed by the top-notchers of the ring?—the Benny Leonard Triple Blow, the Jack Dempsey Triple, the Mike Donovan Leverage Guard, etc.? In short, do you want to be a good boxer in a very short time and at a very little cost?

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Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At least the question is answered. See "Safe Counsel" Page 159.

Are You Afraid To Love?

Has true love come into your life—or didn't you recognize it when it came? Are you afraid now of the baffling, perplexing mysteries of sex relationship? Are you discontented with the stupid lies and furtive ashamed answers the world gives you in place of the naked, fearless truth you desire? Do you want some safe, sane, unashamed advice on sex questions? Do you hesitate asking your doctor certain questions? Clip coupon below, send it today without any money and in a few days you will receive the most startling surprise of your life.

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gotten rid of through the avenues of excretion of the body, the fountain of youth might be found.

For, theoretically, if this cycle could ever be made perfect, the human being could live as long as he wished to live. However, Nature slows up her activities in certain di-

rections and the result is the development of those acid products within the system, the accumulation of which sooner or later brings an end to the activities of this organism, and an opportunity for the individual to try to do better on the next plane of existence.

First Aid and Exercise in Industry

(Continued from page 46)

once trod, they must have thrilled to realize that they, too, in their humble way, were serving their fellow-man, were trying to aid others, even as Lincoln had done.

Renewed interest was given to the work after that. The second contest came. Again the Wire Mill, first team, won. This time they went to San Francisco to compete with teams from all over the United States and a few from Europe. Again they made a splendid showing.

They stood on the shores of the mighty Pacific and thought of the ocean of life, and were proud to think of the small craft that were still sailing that sea of life, who would not be had it not been for first-aid and their efforts.

Out in beautiful Golden Gate Park they gazed on the lovely white "Portals of the Past" and thought of the lives that had gone through eternity's soundless portals before. First-aid had come to the mill to turn back and keep here, on the shores of time, the injured.

Their hearts swelled like the tide as gratitude filled them to think they could be of use to their fellows. A life of service is a satisfying sort of life.

The third year a team from the mines captured first place and a trip to Pittsburgh. There they did their best. Again the Colorado Fuel and Iron Company had no cause to be ashamed of their team. They visited the immense anthracite mines, saw the vast steel mills, wandered through the twilight which is Pittsburgh's normal day, went on to Chicago and saw the millions surge up and down State Street and Michigan Boulevard, and came home again to their little camp to go on building up their bodies, keeping themselves fit, and rendering first-aid to their comrades.

The finest spirit of coöperation has been developed among the men. The company fosters this in every way. When the mill has its local contest, men from the mines come to act as

judges, their expenses and their day's wage being paid by the company. When the mines have their contest men from the mill teams are sent to act as judges. In the camps the contests are usually held on Community Day and the whole town turns out "enmasse." They have a parade, a ball game, the first-aid contest, and a big basket picnic at noon. Everyone has a fine time.

The judges (and their wives, who usually go, too) do not soon forget the fine chicken dinner which they receive as the guests of the camp.

The contest is held out-of-doors in the camps. The teams occupy a roped-off space. Cars line the sides, wives and children gather near to watch their team, and the cloudless blue sky arches over all. The men usually wear overall suits for their local contest. Some dress in this way for the International, although most of them wear white suits at the latter time.

Since First-Aid came to Minnequa Plant, safety is stressed more than ever before. Everywhere you look you see a sign, "I will be careful," or "Safety First." The men wear little watch fobs that remind them of "safety first." Here and there a huge poster proclaims that no accident has occurred for thirty days to cause loss of time.

Each department vies with every other department to reduce accidents and to keep their record clean.

Recently Mr. Davies, the instructor, resigned to accept a more lucrative position, and such rapid strides has first-aid made in the mill that his place is to be filled by one of the men whom he has trained. Other men were eligible and competent. It was a difficult matter to choose his successor from the well-trained ranks of the teams.

So the work goes on. No longer do men stand helpless and watch the life blood ebb away when a comrade is injured. Now five alert, trained men spring to his side. He is made comfortable. The artery or vein is

located. If it is a cut, pressure is applied. A tourniquet is adjusted, bandages put on, artificial respiration is given if necessary, broken limbs are splinted, and over and over the doctors and nurses at the company hospital praise the quick and efficient work that makes a man more comfortable or even saves a life.

And almost any day somewhere in the mill you will hear brisk commands given: "Team attention," "team march," "team halt," and they stand there, erect, clean, wholesome specimens of manhood. Sound minds in sound bodies, ready and eager to minister to the sick, the hurt, sometimes the dying.

Often on the highways members of the teams have rendered first-aid to victims of automobile accidents. So it is not only at their work that their skill is used.

Best of all, the first-aid work is making not only the team members but men all over the mill realize that to help others, one must keep fit. To be able to render instant aid, a man must keep himself in first-class physical trim, and more and more men are devoting more time and care to building up their bodies.

One day if the work continues, and it will, Minnequa Plant will be famous for the splendidly developed men it employs.

One 94 Year Old Boy

(Continued from page 33)

duce stronger bodies or stronger souls? They earned a living at ease and fought the battle to its finish. What a price, Modern Living, you do exact of the people! A great big agricultural country heaping its teeming millions city-wards, when every roadside bespeaks health and pleasure, a living at leisure, with sunshine without measure to all of America's millions. We are not a crowded country, only cities are overdone. We are not a sickly race; the stock is a sturdy cross. We ought not to be sick of soul; we were religious born. Why should we be threatened to the very core in heart and health and homes? Away with Sophistication! Down Aristocracy! Let us live like common people. Let us be happy, healthy, and contented, not wild to exasperation in our super-abundance.

Well, to get back to the subject, Daddy Poland has a very remarkable mind and a most enduring bodily physique, the product of an outdoor

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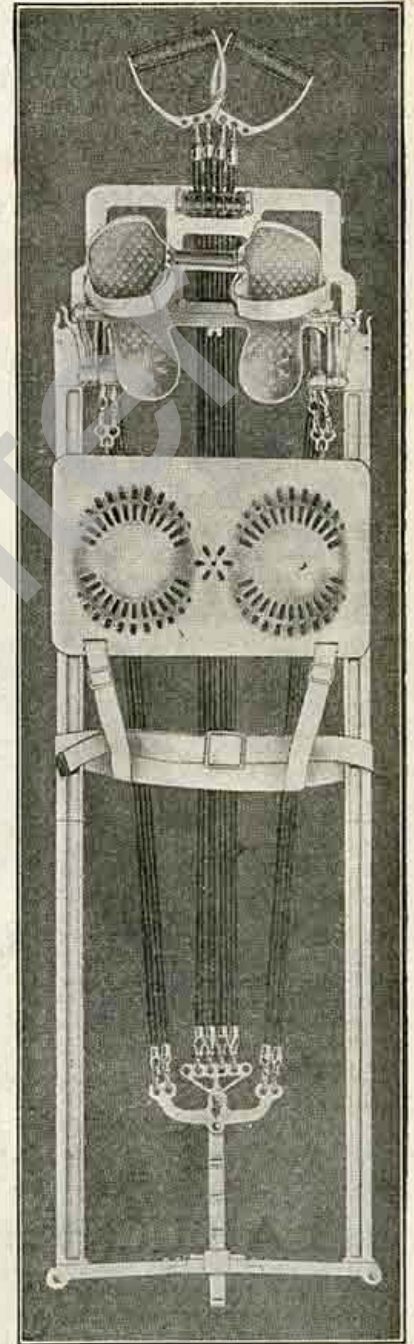
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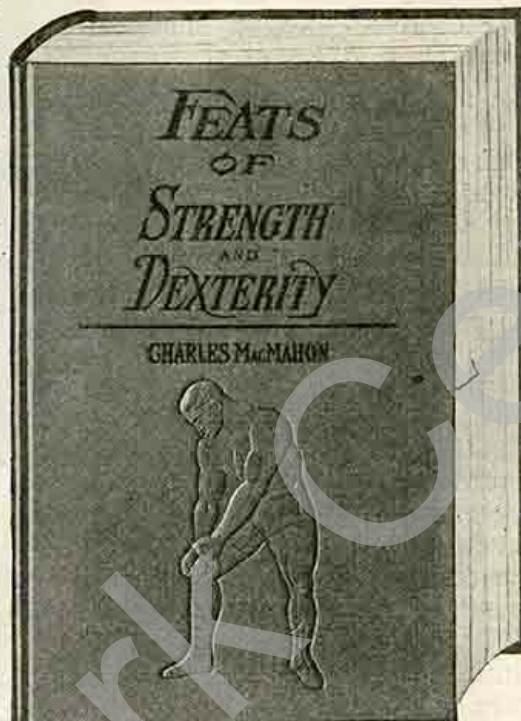
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life. His form is well padded in flesh, his hair is abundant and not very gray. The voice and eyes are fair. He reads quite a lot—so much in the Bible every day, mostly aloud, taken by turns with the wife to spare the eyes. The papers are daily scanned and church papers are read every month. But no effort is wasted on what he terms useless or harmful matter. Could we not conserve our strength by turning our energies into right channels? Americans are such prodigious wasters everywhere. The one who throws away the most is the biggest dog of the pack.

Out of these conservative habits has grown a memory that is a veritable record. It is wonderful to hear him read chapter after chapter of the Old Book and sing most all the old religious songs out of memory's store house, repeating even their number or page in the hymn book, along with the names of the composers also. And besides these, there comes a flow of humorous yarns spun to fit the point at hand, a rare wit, rich and vividly pointed. Our youths are so immersed in trivial readings, such as the dailies, the magazines, the floods of printing, all passing us hourly and want to be forgotten. We would be in a pretty fix if we couldn't; nevertheless, it weakens memory, for these daily devoured necessarily shut out the better things built to keep.

Americans are adventurous and not stable. Our youth like dash and daring; consequently, they take to the movies, business, politics, and all else that stirs the imagination to the limit, creating a taste in us to be different, to live the novel, in short, to experience the new and thrilling. And all of these to the point of excess make us to be superficial, dreamy, lazy (in physical labor), slack of principles, lax in morals, money-mad, amusement-crazy—in one word, criminals—especially those of us of light principles, tender natures, who are easily carried with the tide. Thus we have drifted mentally and morally to the crime-wave, and physically have exchanged the hardy pioneer body for a nervous wreck.

Daddy is sturdy of principle, therefore staid in body and soul. Here is, conclusively, one who is almost immune to crime and disease alike. Every Sunday, regardless of weather, he is at his post as Presbyter over the Communion table, giving forth in sincerity his tit-bit of moral and religious suasion to church circles. No

one need question for a moment but that his dauntless courage and peace of soul has promoted health and longevity of life. As he puts it, he has done no badness.

Do any of my readers know of a criminal who has reached such an age in serenity and poise, smiling back at the world and still ready to do his bit to help it along? Please write me, if you do. From the nature of things he would be out of place, of course. God's protection to others is to bring his work to a quick finish. Our shortened lives is God's equality of things. In our day life's wreckless darings bring ravenous death.

But this is not the day when health and religion have the pre-eminence. No business is preserving the health of its employees to any great extent. Rather, the employed are wrecked within a few years and the family forced to live on a life insurance, not an honest industrial production out of his labor and health. The life of a human body is oftentimes measured by the power and life of some electrical machine. If the human machine breaks first, let her go—the electrical is better anyway. So goes our sense of values.

A single human life is often considered worth, probably, ten cents, a bottle of carbolic acid—and sometimes even less—an old rope, or the river, may cost less—even in health, I say, as is often the case. Then what is the question—food, shelter, and clothing? In comparison with other nations and ages and people, we, the common people, fare like kings and queens. "Give us this day our daily bread" means daily bread. To have more than food, shelter, and clothing, is luxury. Surely, America has too much luxury in her lap already. She has had a mushroom growth that proves to be so unsightly and painful she is unable to look at herself. *Certainly* we ought not to think more highly of luxury than of life.

The human body is the temple of the spirit. And where is the soul so shriveled by the love of money as to lose sight of the little temple, the little casket so wonderfully wrought and placed in our individual care, that he will not cherish it and protect it? A human body is a constant demand to keep fit in duty to yourself, to your fellowman, and to God, that it may serve the ends for which it was created. One like Daddy's capable through long, long service, because of

wisdom, and strength, and blessing, is a joy and comfort to see, and fills us with awe.

His one long stickler is temperance, or kindness to the body. His code is simple common sense—no drink, no tobacco, no feasting to excess, no over-dressing, no under-dressing—just the proper amount to keep the body warm and comfortable, but not enough to burden to inactivity. Seldom does he wear an overcoat or scarf or cap; never arctics, merely rubbers. The idea is freedom and use in comfort. Many of the present day diseases are the direct results of our intemperance in one way or another. T. B., the digestive ailments, and nervous-mental ailments coming almost entirely from our lack of care in the proper food, dress, sleep, sunshine, or air.

In these last days of his the joke turns on Daddy. He is just as young in his love as the youths of twenty. It so happened (purposely) that his last marriage was a runaway, an elopement with his bride in the night, their ages being then eighty-nine and eighty-three, respectively; nevertheless, their joy is complete. They are like two kittens—where one is, the other is also. No domestic affair there; it's a fifty-fifty basis of money and love. Neither is there a loss for recreation. Two years ago they sped away with bag and baggage on a thousand-mile trip, to return after three or four months as fresh as birdies in the springtime. So, I say, "Here's to the health and wealth of an Old-Timer. Away with your Moderns, but give me a little more simplicity of life for brain and brawn and morals."

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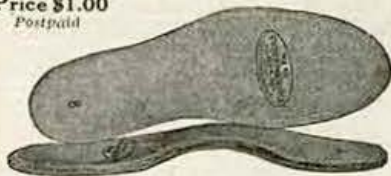
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Your Hip Muscles

(Continued from Page 36)

the front of the hips.

After you have raised both ends as high as possible, slowly sink to the first position prone on the floor and repeat the exercise.

The last is another reclining exercise, but for the front muscles. Lie on your back on the floor and raise the head and shoulders from the floor, while at the same time raise the legs and reach for the toes with straight arms. The legs in this case must be kept fairly straight. Repeat as in the previous exercise.

If you cannot touch the toes in this way, then do as well as you can. When properly done the only part of your anatomy touching the floor is the buttocks, that is, when the head and feet are raised.

This exercise is great for the abdomen and front of the thighs, as well as for the hip muscles.

Perform these exercises faithfully and properly for a few weeks, and you will begin to notice a change for the better in the region of your hips as well as in the way you feel.

Association Notes

(Continued from Page 56)

- 6th. Tonani (Italy), 777 pounds.
- 7th. Volz (Germany), 750 pounds.
- 8th. Dutrieve (France), 728 pounds.
- 9th. Tie between Dumoudin (France) and Mercoli (Italy), 723 pounds.
- 11th. D. Verheyen (Holland), 716 pounds.
- 12th. Wood (England), 694 pounds.
- 13th. Riederer (Switzerland), 661 pounds.
- 14th. Panen (Belgium), 617 pounds.
- 15th. Gasser (Switzerland), 590 pounds.

In the Light-Heavyweight Class, the 7th, 8th, and 9th place winners all scored the same totals, as you will notice. We have received no word explaining this. In such cases the usual practice is to have a lift-off on the Two Hands Clean and Jerk. Evidently these three men broke the tie in the customary manner, while the lifters in the other classes were unable to do so.

The best jerk in the Lightweight Class was 297½, and 303 was attempted without success. These poundages are sufficient to bring out the best in our heavyweights.

In the Light-Heavyweight Class, Nossier made a new world's record of 248 pounds on the Two Hands Snatch, and set a new Olympic record of 314 pounds on the Two Hands

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Clean and Jerk. The standard of lifting was far ahead of the performances of previous Games. It is not quite so easy to make comparisons, as there were five lifts on the program of 1924, two single-handed lifts in addition to the same three double-handed lifts. However, comparing the poundages of 1924 on those three lifts with the present marks, we see a great improvement. In several cases, athletes who competed in both Olympiads showed great improvement, but still were unable to win out. In the Heavyweight Class, Tonani, of Italy, was the winner in 1924, but placed sixth this year; a giant in size, he is essentially a two-handed lifter, and though he improved almost twenty-five pounds on his total, he was over forty pounds behind Strassberger.

Leylands, of Leetonia, placed fifth in 1924 (his total tied the third and fourth men but he lost out in the lift-off to break the tie); his total on the three lifts at that time was 731½, against 782 for this year, an improvement of fifty pounds, which only earned him a tie for fourth and fifth places.

Dutrieve, of France, placed eighth in both contests, though his total this time was forty-six pounds higher. Charles Rigoulot, of France, won the Light-Heavyweight honors in 1924; his total on the present three lifts was 709½, just about seventy-five pounds under the total of Nosseir, the Egyptian. Four years ago, Rigoulot could not possibly have equaled the total of the present winner.

Just notice that the two winners of the Lightweight Class exceeded the total of Rigoulot and lifted equally as much on the Two Hands Jerk.

Freiberger, of Austria, who placed fourth in 1924, had 698½ against his 712 to win sixth place this time.

In the Middleweight Class, Galimberti, of Italy, was first in 1924, but second this time, while Francois, the present winner, was fifth in 1924. In the previous Games Galimberti scored a total of 704 on the three lifts, to 643½ for Francois. So you see, the former has improved thirty pounds, to about a hundred for the latter. Notice that the total on the three lifts made by the Italian in 1924 pretty nearly equaled the poundage made by Rigoulot.

In the Featherweight Class Italy took another set-back, when Gabetti, winner in 1924, was tied for second place by the German Woelfert, and

Andrysek, of Austria, was able to beat both for top honors. In 1924 Andrysek had a lot of bad luck and failed completely on the Two Hands Jerk, finishing up in 19th place. Gabetti improved fifty pounds on his total but still was not good enough. Stadler, of Austria, also improved over fifty pounds but finished in sixth place, whereas he finished second in 1924. Two other instances of boys who made big improvements to no avail are Djemal, the Turk, who added 62 pounds to his total but could only move up from 14th to a tie for 8th place, and Maes, of Belgium, who added 45 pounds to his total and dropped from 13th place in 1924 to a tie for 16th place this year.

All the improvements mentioned in these cases cannot be attributed to the fact that there were three lifts in this competition, whereas there were five in the previous contests. In the case of most lifters, the two single-handed lifts will detract little, if any, from their ability on the three double-handed lifts. At the most, there would be only a few pounds difference, if the athletes were affected. The lifting has simply improved to a fair degree and the fellow who wins must get along a little better than the majority.

Let us review our comparisons with a few more comments. The greatest total in 1924 on the three lifts was that of Tonani, the Italian Heavyweight, who made 753½, which is practically seventy pounds under the winner's total for this year, and seventh place winner came near equaling it, while two lighter men also passed that total.

The winning total of Rigoulot in 1924 was passed by twelve men this year in the Lightheavy, Middle, and Lightweight Classes.

Among the Middleweights, Galimberti far outclassed the field with 704, which would have earned him only fifth place this time.

Among the Lightweights the previous winning total of Decottignies, 610½, would have placed him ninth, while the present winner was over a hundred pounds above that figure. The best total made by a Featherweight was 572, by Gabetti, which is one pound less than the tenth place winner this year. In other words, on three lifts performed with two arms, there was an improvement of 62 pounds in the Featherweight Class, 100½ pounds in the Lightweight Class, 36 pounds in the Middleweight

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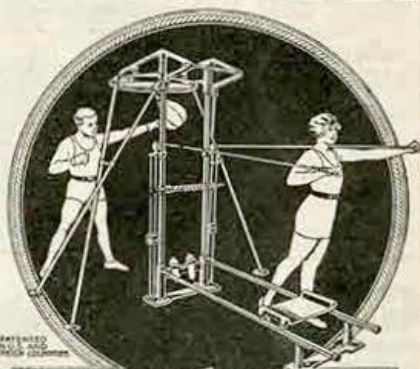
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even in an apparent robust physical state listlessness, unusual fatigue, unnatural tendencies to nervousness and worry, obscure aches and pains, urinary disturbances, indigestion, constipation all have underlying **CAUSES** which must be determined and corrected else vital organs may be permanently damaged and an incurable state result.

HUNDREDS OF MEN—

yearly are becoming incapacitated, undergoing dangerous surgical operations, even losing their lives. Most of them could have been spared all this but for neglect or improper treatment.

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can be checked and the Removal of the Gland Prevented. High Blood Pressure CAN be reduced; damage to the heart, kidneys and other vital organs avoided if proper measures are taken in time. Varicoceles, hydroceles, ruptures, piles, focal infections, **MUST** be taken care of if perfect health is desired.

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and those whose happiness is dependent upon your well-being. **DON'T** take unnecessary chances. Insure your future against useless regrets. Send for our free book "YOUR HEALTH" postpaid, which contains vital facts not generally known and of utmost importance to men past middle life. **TODAY** is not too soon.



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Class, 75 pounds in the Light-Heavy-weight Class, and 67 1/2 pounds in the Heavyweight Class.

Worth noting is the showing made by the representatives of England. Alf Baxter, their best Lightweight, made a surprisingly poor showing, as he was expected to place fairly high, considering past performances. Hopkins is really too light a fellow for the European Featherweights, but should have placed higher. Attenborough has always been regarded as a high-class Middleweight, but the best he did was to tie for 13th. Harold Wood, the British Heavyweight Champ, who is about on a par with our best "big boys" among the amateurs, could do no better than place twelfth.

We keep improving in this country and honestly have hopes of getting on a par with the Europeans and North Africans. We shouldn't forget to salute the boys from the northern part of the dark continent, for one of them captured one of the most important lifting classes and another ran away with the marathon. It seems as though the old races have not wholly died out, as some persons might believe. They must still be breeding a good quality of manhood in that part of the world.

It is becoming harder for Americans to cope with the rugged boys who lead the simple life, especially in this day of too much automobile riding, theaters, dances, and other distractions to keep our youth out of bed and make them soft. The fact that we can never capture the distance runs, and now have fallen down on the sprints, would tend to strengthen this conviction. Very few people have to walk in this grand country nowadays, much less run; running is becoming a lost art. The boys who are accustomed to the simple life have us beaten all hollow. Which might also explain a few of our comparative deficiencies at lifting weights. Yet, we have fond hopes for 1932 at the next Olympics.

Bar bell enthusiasts in Washington, D. C., should get in touch with Mr. Thomas E. Kelley, 1700 Eye Street, N. W. He is interested in starting a club.

It is a queer fact that not one lifter in the entire U. S. A. took a chance to win a gold medal by trying to equal the total made by the third place men in the Olympic lifting. Some time ago, the A. B. B. M. agreed to award a gold medal to any lifter who would equal the third place total for his



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bodyweight class. The failure of our iron men to try for the awards would tend to assure us that the boys were willing to take our word that the Olympic lifting would be well beyond the abilities of our fellows. Careful observation of the Olympic results will show how true our predictions were. But we are confident that by the time of the next Games our boys will be capable of giving battle to the world's best. Proper training methods will have to be observed if we are to live up to this bit of high hopes, but the pages of STRENGTH Magazine will continue to carry information of vital importance to bar bell tossers.

Health—Strength—Beauty (Continued from page 53)

line, arms outstretched and feet together. Raise arms up sideways, palms out, and rise slowly on toes, at the same time inhaling deeply. Then bring arms slowly down and lower the body at the same time, exhaling forcibly.

DEAR MISS HEATHCOTE:

I am an interested reader of STRENGTH. I exercise regularly and would like you to tell me how nearly correct my measurements are.

I am 17 years old, 5 feet 4 inches tall, and weigh 115 pounds. Am I anywhere near right? Bust 33 in., waist 26 in., hips 34 in., thigh 20 in., knee 13½ in., calf 13½ in., ankle 8 in., neck 12 in., wrist 6 in.

Could you suggest something to clear up my complexion?

M. M.

ANSWER: For your height, you are about ten pounds underweight. However, your measurements, on the whole, are rather good, and they come quite close to the standard table of measurements, with the exception of your hips and thighs. They could stand a little more development.

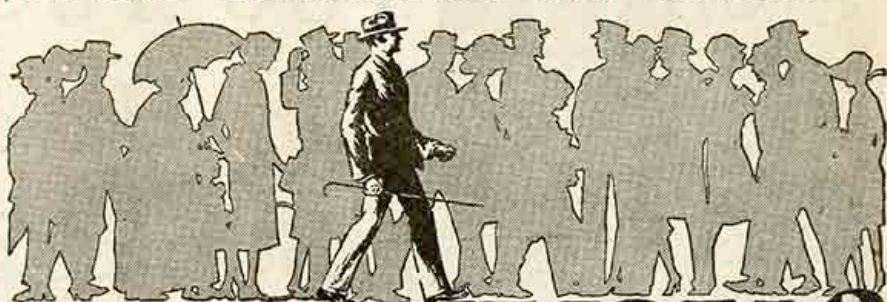
Visit any physician regarding your complexion and the first thing he tells you is to eat plenty of fresh greens, vegetables, and fruits, and exclude from your diet all fried foods, rich pastries, and candies. You are evidently eating the wrong kinds of foods. Try to keep away from sweets as much as you possibly can.

A good, sensible diet, together with a daily program of exercises, ought to give you a clear, sparkling complexion.

DEAR MISS HEATHCOTE:

I am a constant reader of STRENGTH, especially *Our Girls' Circle*, for I am very much interested in physical culture.

In the Crowd on the Street—



Who are YOU?

ARE you one of the crowd in a sea of felt hats, moving along the street only half awake, half-heartedly seeking enough money to keep most of your bills paid? Do men and women look at you without ever seeing you—without knowing you exist? Could they remember you ten minutes later?

Or do you stand out from the crowd? Does your bearing, your step, your manner, set you apart; do heads turn and eyes follow you as you pass; are you just another person or are you a personality?

There are over a hundred million people in the United States, all of them important—to themselves. How important are YOU? How important do you want to be?

There is a way to stand out! There is a way to make your name known! There is a way to fire the eyes of those about you with admiration and respect. You can do it and you can begin tonight, NOW! Nothing can stop you. Nothing can slow you up. You can command respectful attention whenever you want to—in any company. You can demand the confidence of men among men, the friendship, love, and devotion of men and women. You can sway the will and opinions of others—you can persuade, convince, RULE when you learn to control the giant within you—that colossal power that is now asleep! All the good things of life are within your grasp—all the luxury you crave can be yours.

Why did starving, bleeding France rise and follow Joan of Arc? Why did a beaten and footsore army freeze and suffer without complaint for George Washington? Why did multitudes on three continents weep or laugh, as she designed, when Sarah Bernhardt walked on the stage? Why did a nation mourn when Abraham Lincoln was assassinated? Why did thousands of men seek the honor of dying for the Emperor Napoleon? What was their secret? What did these men and women possess that made millions their worshipping slaves?

From the very soles of their feet to the crowns of their heads—they radiated personality.

No single element on earth can match this for sheer power. Not even gold itself is so valuable. In a feeble attempt to measure

its worth we say this man or that "has a million dollars' worth of personality." A million—the value of personality is immeasurable. And now this secret is yours.

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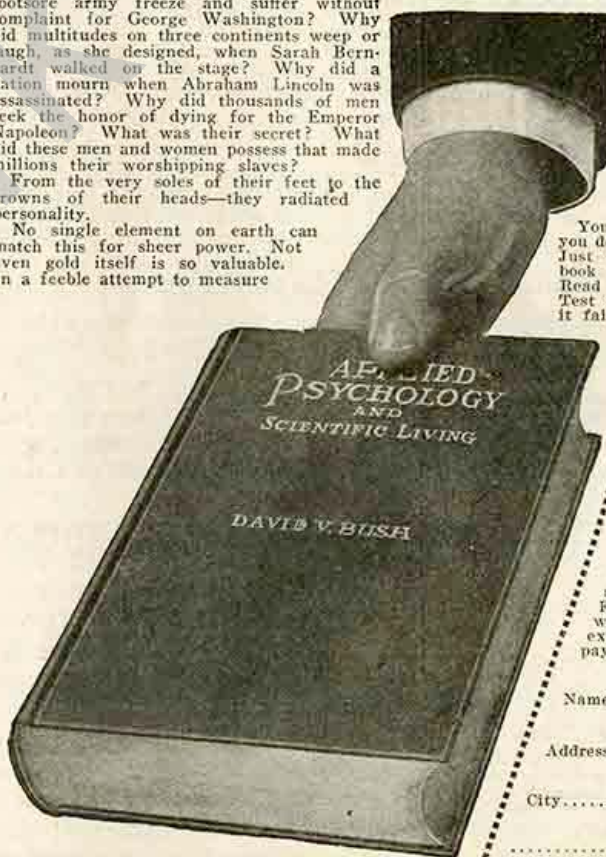
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To be beautiful is within the reach of every woman. The modern man wants his sweetheart and wife to be attractive, and you cannot keep fit by merely doing housework—you need something more strenuous, and that is exercise.

In days when clothes hid the form to a considerable extent, women did not have to worry about their figures, but today, with our one-piece bathing suits, short skirts, etc., women cannot conceal their bodily defects so easily.

Regardless of how much you spend on clothes, they cannot look well on a poorly shaped body.

The modern woman wants to be beautiful and can be beautiful. If you are this type, mail check, money order, or cash right now—today. Do not delay. Mail coupon now.

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Michigan Ave. & Randolph St., Chicago, Illinois.

Room 5, 10-28.

Dear Sir:—Enclosed please find \$1.00, for which send me immediately Jack Sandow's Health Course for Women.

Name

Address

City and State

I am 5 feet 4½ inches tall. Will you kindly tell me what my correct measurements and weight should be?

I would also like to have a few exercises for developing my arms and for correcting a stooped back.

Thanking you in advance for your kind answer, I am
Philippine Islands. Miss F. A.

ANSWER: Chinning is very good for the arms. First practice it with a bar not too high above the head, so that you can start with the elbows considerably bent. After you can do it several times that way, you can try it with the arms a little straighter. Concentrate your mind on the thought of pulling your elbows down.

The floor dip is another indispensable exercise for the arms. If you find it too difficult to perform on the floor, try it first with the aid of a chair.

Lie down upon the floor with the feet against something for support. Place the palms of the hands upon the floor about eighteen inches apart. Then slowly raise the body, allowing the hands and toes only to touch the floor, trying to keep the body in a straight line. Then slowly lower the body until the chin touches the floor, and repeat. Of course, at first you will only be able to do it once or twice.

Your measurements should run close to the following: neck 12½ in., chest 29½ in., waist 25¼ in., biceps 10¾ in., forearm 8¾ in., wrist 6 in., hips 36 in., thigh 22¼ in., calf 13¾ in., weight 125 pounds.

Tommy Loughran—Next Heavy Champion

(Continued from page 43)

none of whom are even "ears above" the rest. One or two have a lot of weight, one or two have a punch, but not a one of the lot combines punch, weight, and ability. Also, some of the "logical contenders" are looked upon as lacking the real "fighting heart." Take the whole bunch of them, and we find an "A beats B, B beats C, C beats A" arrangement, and not a one of them merits serious consideration in the grand scramble for the crown. Their respective records are nothing of which to boast, while, on the other hand, Loughran's record is both extensive and impressive. He has never been knocked out, and has been knocked down but a few times. His first trip to the canvas was in the first round of his fight with Tunney in Philadelphia, when he took the

count of nine after receiving a clip on the jaw. Then Lomski floored him twice, as already mentioned, but that about sums up his forced landings. It is true that very early in his career one Johnny Vigi cracked two of his ribs in an exhibition in a Philadelphia ball park, whereupon the referee stopped the fight. To me however, it had not been kayoed.

Speaking again of Tunney, much has been said about the outcome of a possible fight between him and Loughran, and many are of the opinion that it would be "all Loughran." On the other hand, others point out that Tunney has (at this time) everything Loughran has—speed, science, condition, experience—plus two things else—weight and a punch—and they opine that such a fight might be "experience" for Tommy. In their first and only meeting, which occurred in Philadelphia in 1922, Tunney took the newspaper decision in eight rounds, although some few thought a draw would have been more nearly correct. Referring to that fight, a prominent newspaper reporter told me this yarn: "At the time of that fight," he said, "I was using a typewriter, and would watch the fight a minute, then pound the keys a while. Well, every time I looked up into the ring, Tommy had his left glove in Gene's face, so naturally I thought he was winning, and gave my opinion accordingly in my write-up. Hum-m-m. Later I found I was one of about three people who thought that way, the other two being Tommy himself and his manager, Joe Smith."

Loughran began fighting a number of years ago, and the records give his first fight as having occurred in 1919. He received much of his training from the late Willie Fitzgerald, formerly of Brooklyn, who began instructing him very early in his career, while he was little more than a "kid." Later he came under the wing of Joseph B. Smith, one-time boxer, manager, and follower of the art, and his career has been molded by Smith as his manager. Since his first fight he has fought 111 times, has won 55 bouts (16 by K. O.), drawn 4, lost 6, and fought 42 no-decision contests. Taken by years, his record stands thus:

Year	Won by K. O.	No Decision	Won	Lost	Draw
'19.....	1
'20.....	6	7
'21.....	4	14	3
'22.....	..	10	2
'23.....	6	3	3	2	..
'24.....	1	2	2	2	2
'25.....	..	7	7	2	2
'26.....	4	12	12
'27.....	7
'28.....	5
Totals:	—	—	—	—	—
109 bouts	16	42	39	6	4

The six bouts lost were to Greb (twice in 1923, 15 and 10 rounds), to Jack Delaney (10 rounds) and Young Stribling (6 rounds), 1924, and to Stribling (10 rounds) and Ad Stone (10 rounds), in 1925.

Those which terminated in draws were with Ad Stone and Harry Greb (10 rounds each), in 1924, and Buck Holley (6 rounds) and Jack Delaney (10 rounds), in 1925.

Of the bouts listed as no-decision contests, his eight-rounder with Tunney occurred in 1922, as well as one of the same length with Greb and a ten-round mill with McTigue. The following year he again met Greb and McTigue in 10 and 12 rounds, respectively, in no-decision contests.

It is worth noting that the men who gave him most trouble were later "attended to" properly by him. In 1926 he defeated Stone, Carpentier, and Risko in ten rounds each, as he had done Greb in ten rounds in '23 and Johnny Wilson in another ten in '24. McTigue he defeated only last year for the grand title.

In closing, the writer wishes to state that the facts presented here and the opinions are not only his personal views—they are also the opinions of a number of sports writers and authorities high in the boxing game, men well acquainted with boxing and boxers, who have kindly lent their assistance in order that the readers of STRENGTH may be given a clear view into the heavyweight situation today.

And again, let it be said that this is not a "press agent" story for Loughran—it is presented to you as a part of the great American public purely as facts and not as "ballyhoo." There is no "baksheek" headed toward ye scribe from the Loughran camp, no "Annie Oakley-ed" pasteboards to his next fight, and not even an autographed photo. So you may accept the information given as being that from unbiased sources, and coming through an unbiased medium.

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Nature's Method

(Continued from page 48)

and it and my intestines hurt me with every breath.

I am a young lady, and work as a bookkeeper every day.

T. H. P., Mich.

ANSWER: For your condition I would advise high colonic irrigations three times weekly for a time. As for the pain in the stomach, it could be due to a number of conditions, and the information given in your letter is insufficient to warrant a definite statement as to its exact nature and cause. I would advise that you have this trouble investigated by a competent physician and treat it according to his instructions. An osteopathic physician should be able to advise you correctly in this matter.

QUESTION: I was deeply interested in your reply to the letter of "M. L. C., Wisconsin," in the June, 1928, issue of STRENGTH.

My experience has been almost exactly the same as his, our weights and heights are identical, and I am 25 years of age.

My trouble first became noticeable about six years ago, and since that time I have consulted the best local physicians and have made one trip to the Mayo Clinic in Minnesota. In spite of the fact that I have suffered discomfort continually since that time, the Mayo physicians declared there was nothing wrong with me after a complete examination and X-raying, although others have said I have nervous indigestion due to a disturbance of the vasomotor system.

I have had my tonsils removed, my teeth X-rayed, and have tried various diets without gaining a pound of weight or a particle of relief. For the past six months I have been taking osteopathic treatments three times with but little, if any, improvement.

After reading the letter mentioned above it occurred to me that possibly my trouble might be due to abdominal or intestinal ptosis, so I am writing to ask your opinion of the matter.

S. T., Okla.

ANSWER: I know of no better than the Mayo Clinic, and you can rely absolutely upon their findings.

But did they X-ray you for a posed condition of the internal organs—you do not state in your letter, and, in fact, your letter rather leads me to believe that such an examination was not made.

Your symptoms indicate very strongly that such a condition exists; however, only X-ray examination will disclose it definitely, and you should have such made as soon as possible. Then the proper course of treatment could be outlined.

QUESTION: I am seventeen years old, five feet six and a half inches tall, and weigh 142 pounds in street clothes. Now, I want to take up exercise and am writing to ask whether you think I am too young to start such business, also, whether there is any chance of overdoing it.

Another thing: I seem well enough all the time, but nevertheless have heavy dark circles under my eyes. What is the cause, and how can I cure this trouble.

P. L., Texas.

ANSWER: Most certainly you are not too young to take up exercise—in fact, you are just entering the period of life in which exercise is most beneficial toward building up a sturdy physique. As for exercising too much, such a thing is possible, and the individual must use common sense in avoiding such a mistake. Heavy exercise taken every other day is all right, and when exercising continue until well tired, but do not allow yourself to become thoroughly and completely exhausted.

As to the trouble with dark circles under the eyes, a number of possible causes exist. You, at your age, should sleep from 8½ to 9 hours per night, you should eat plenty of vegetables, greens and fresh and stewed fruits, etc., also take plenty of exercise, to avoid constipation and to aid in keeping the body in good condition. Bad habits—cigarettes, drinking, abuse of the sexual organs, etc.—also contribute to the condition mentioned.

Are We Yankees Slipping?

(Continued from page 26)

It was certainly encouraging how our swimmers and divers came through after our disappointments on the track. However, it looked to me as if Weismueller and Borg, who are considered the two fastest swimmers in the world today, evaded each other. Each of these fellows appeared to be

backward about meeting the other at his pet distances. Borg won the longer races, while Weismueller played around with the polo team. When Weismueller came in for the shorter distances, Borg dropped out after pulling a boner and losing a race he should have won.

Continued on Page 79)

Snubbed Into Popularity...

How a Humiliating Incident Ended My Wallflower Days Forever

"WOULD you care to have this number, Irene?"

"I'd love to, Tom, but George was just asking me for this dance—weren't you, George?"

"Why—er—yes," stammered George.

"Of course you were. You made me promise that I'd save you the next three dances," she said, giving him a nudge.

I saw the nudge and daylight at the same time. What a boob I had been. And Irene's weak excuse was nothing more than a snub. Suddenly I remembered some remarks my room-mate had made a short while ago. "Tom, if you could only see yourself *try* to dance, you'd scream. You hold yourself so stiff and look so serious. And what a mess you make of pivoting. I'll bet your grandfather taught you those steps you do. Why in the world don't you write to Arthur Murray and let him teach you some new steps. I'll wager that he makes a good dancer out of you inside of a month's time."

Naturally, at the time I thought my room-mate was kidding. For I knew that Arthur Murray taught dancing by mail. So I just laughed. But no more. Then and there I resolved to pin my faith on Arthur Murray—to see if he could possibly make me a popular dancer.

A Pleasant Surprise

The next day I wrote to Arthur Murray, America's foremost dancing instructor. He had five lessons in dancing by correspondence that he offered free.

The lessons were a revelation and I lost no time in sending off for Arthur Murray's full course of lessons. The lessons showed me how many mistakes I had been making in dancing. I had been holding my partner wrong—leading wrong—pivoting wrong—doing the simplest steps incorrectly. And as for the modern style of dancing—I was utterly ignorant of it.

In no time I had learned all the wonderful modern dances that had always been a mystery to me—without music, partner or teacher. Why, I was so tickled that, scarcely a month



"I'd love to, Tom, but George was just asking me for this dance—weren't you, George?"

later, I attended a "prom" and I didn't miss one single dance the whole night. Now I know why good dancers are always popular.

Will YOU Accept 5 Free Lessons?

Don't wait until *you* are snubbed into popularity. No matter how poorly you dance now—no matter if you've never even been on a dance floor in your life—Arthur Murray's method makes you a finished dancer in 10 days, or you don't have to pay a penny. To prove it, he is willing to send you five lessons from his remarkable course absolutely free! Just mail 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 book, "The Short Cut to Popularity." Mail coupon NOW! Arthur Murray, Studio 834, 7 East 43rd Street, New York City.

Arthur Murray, Studio 834
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.....

Get Into the Bathing Beauty Class

(Continued from Page 24)

level. Now twist around first one way and then the other.

The above exercising program takes in practically those parts of the body which seem to put on the most fat. The cool weather will be approaching shortly, and there is nothing more beneficial to your system than to arise early in the morning and

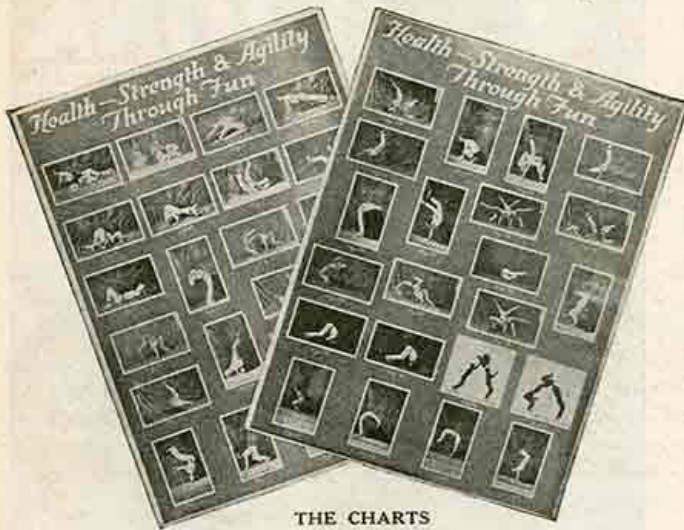
go through your daily dozen. By just reading about physical culture will not get you anywhere. There is such a class of people, you know. They read about the excellent results to be derived from exercise and say to themselves, "I think I will give it a try when I have more time." The chances are they never find the time, and so from year to year they allow their bodies to put on excess flesh or lose weight, which in either case is detrimental to their health.

For the working girl or the housewife, the one and only means by which she can keep in trim throughout the winter months is by exercise. Most of us do not find the time to indulge in winter sports, and many of us cannot afford to.

And so, dear readers, it wholly rests with yourselves whether or not you want to be like the Florence in our story.

The Great Weyer Tumbling Course

IS AGAIN AVAILABLE
TO THOSE WHO LIKE TUMBLING



THE CHARTS

DOUBLE AND TRIPLE EXPOSURE ILLUSTRATIONS

These illustrations show the complicated feats in a much plainer way because of the double and triple exposures, which show several positions of the feats, taken from actual performances. They are far superior to the single exposure snapshot for teaching purposes.

THE AUTHOR AN EXPERT TUMBLER

Mr. Weyer not only knows the tumbling game from beginning to end, but he is a practical teacher who can perform all the feats outlined in this course in perfect form. He has been tumbling for years and what he doesn't know about it does not exist. It will pay any one who likes this game to get this course and it will pay them highly, while they are at it, to get all three propositions.

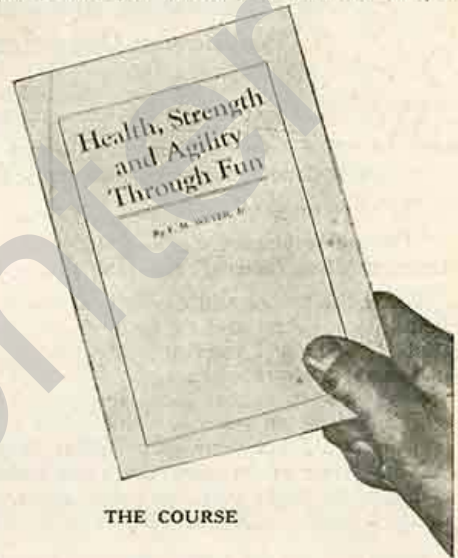
The Weyer course in tumbling entitled "Health, Strength and Agility Through Fun" is not new to the readers of *Strength* Magazine. This course when last advertised was spectacularly popular. There's a reason. All lovers of tumbling feats, whether beginners or experts, cannot afford to be without this one.

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Four combinations are offered you, ranging from \$2.00 to \$8.50. The famed Weyer Tumbling Course with illustration charts are yours at a price of \$2.00; *Strength* for a year and the Weyer Course complete at \$3.75; the Weyer Special Tumbling Belt and the Weyer Course complete at \$7.00; *Strength* for a year, the Belt and Course complete at \$8.50. They are all worth considerably more.

TUMBLING STUNTS

There are 193 tumbling feats and routines in this course. Many of them are illustrated by the charts. The art of hand standing is also included in the 193 feats. When you thoroughly complete this course you will be a better tumbler than most stage performers.



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Furthermore, you will save money on the magazine itself, on any of these propositions, against purchasing it monthly from the newsstands. The newsstand copies cost you 25 cents each, compared with only 12½ cents when obtained on this offer. Besides, the 12 issues will be delivered to your door, free of charge.

IT'S A BARGAIN



THE WEYER LUNGE BELT

is strongly made, well-padded, and handsomely designed. It is a great aid to beginners in all tumbling stunts and also an aid to others who are about to attempt a difficult stunt for the first time. Somersaults are more quickly and safely learned with the Weyer Lunge Belts.

MAIL THE COUPON TODAY

(Continued from Page 76)

However, the point is that our swimmers and divers "cleaned up," and yet they were on the same boat going over as were the losing track athletes. That looks like it may be inefficient trainers that caused the track failures.

There is one thing that has puzzled me and that is the success of our swimming teams in the last few Olympiads compared with the miserable failures of our water polo teams. Of course, the polo teams are not made up of our champion swimmers. Weismueller was the only polo player swimming champion. The others are fine swimmers but not our fastest. It may be because we Yankees don't "go in" for that game very much that we seldom win at it.

Our oarsmen must have had better training than the track team, too, judging by the way they came through. Meyers, our singles sculler, reached the finals which was more than was expected of him. I believe he was beaten by a man who was better only because he was a bigger and more rangy man. You have read of the Yankee victories—the doubles, four-oared and eight-oared crews, which gave America the lion's share of the sculling honors.

But with all our victories the Yankees did not fare so well, taking all branches of the Olympics into consideration; in fact, they never did.

Most of us who are interested in the outcome of each Olympiad heed only our success and failures in the

track and field, swimming and rowing events. Those comprise the Olympiad as far as most of us are concerned. Although it is a fact that those sports are the most important, and success in them the most cherished, they are by no means the entire affair. Out of about twelve or fifteen sports on the program the Yankees won only three and tied one. Some of these sports are the field and track, swimming, boxing, wrestling, rowing, weight lifting, fencing, water polo, soccer, winter sports, horsemanship, lacrosse and several others.

We lost in boxing, wrestling, fencing, water polo, winter sports, horsemanship and the other lesser-known events. However, if I remember correctly, we did as well as any other nation figuring on this basis. You can see that if boxing, wrestling and say horsemanship were the three favorites instead of rowing, field, track and swimming, we wouldn't be considered so good.

So much for the Olympic events themselves. The question really was when we began this little discussion, are we Yankees slipping in a physical way? I personally don't believe we are. In fact, I think we are improving physically as a nation every year. Physical culture, which is reaching more people every year, is largely responsible for this, along with the wider spread of athletics in general. If we fail in future Olympiads it will be largely because of the rest of the world's improvements rather than our decline.

The Romance of Strength

(Continued from page 30)

with two grips cut in for two hand lifts. This bell had eighteen-inch spheres, and weighed three hundred and fifty-three pounds. Joe was unable to do anything with the bell, so sold it to Albert Auvry, a 240-pound strong man of Cincinnati, Ohio.

During his career he engaged in a total of eight matches for the professional lightweight championship. The two most famous matches were with Hector Prince and George Simard. The match with Prince took place in Manchester, N. H., lifting on eight lifts; Lambert weighed 133, Prince 152. Mentioning the lifts of Lambert first in each case, they fought it out as follows:

- 1—One Arm Swing—133, 141½.
- 2—One Arm Bent Press—203, 233¾.

- 3—Two Arm Continental Push—203, 208.
 - 4—Teeth Lift—397, 322¼.
 - 5—Two Hands Anyhow—237½, 217.
 - 6—Balancing Weight on Chin—188, failure.
 - 7—Two Arm Jerk with Dumb-Bells—212, 224¾.
 - 8—Wrestler Bridge—192, 201.
- Totals — Lambert, 1765½; Prince, 1548¼. Prince missed three times on the feat of balancing a weight on his chin, failing each time to hold the weight fifteen seconds and not being able to remove his hands from the pole. He also failed twice on the Two Hands Anyhow with 243½.

In his other feature match, contesting with George Simard, at Detroit, Mich., in 1916, there were six lifts. Lambert weighed 136½, Simard 138. With the lifts of Lambert mentioned first, the results were:

- 1—One Arm Bent Press—191, 189.

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Do you know that your jaw muscles are one of the strongest sets of muscles in your whole body? It's so and that is the reason for the growing popularity of teeth lifting and pulling. The desire to test the strength of the jaw muscles has created a demand for a teeth lifting apparatus.

This Teeth Lifting Apparatus Consists of

A leather mouth piece which allows all the teeth, lower and upper, to assist in pulling or lifting. Besides, this leather mouth piece has two leather heels securely attached to each side. These heels keep the mouth piece from slipping. On one end is an iron ring to which several feet of strong chain is attached. The chain has a hook on the lower end for fastening to weights or other objects. Very sensational feats can be performed with this apparatus.

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Name.....

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- 2—Two Arm Continental Jerk—239½, 234.
 - 3—One Arm Jerk—151, 163¾.
 - 4—Two Arm Press in Shoulder Bridge—248, 260½.
 - 5—Two Hands Anyhow—218, 205½.
 - 6—Kneel, Shoulder Bar and Push Overhead—167¾, 151½.
- Totals — Lambert, 1215¼; Simard, 1204¼.

The best performances of Lambert on popular lifts are:

One Arm Military Press	82
One Arm Swing	136
One Arm Snatch	132
One Arm Clean and Jerk	156
One Arm Bent Press	236
Two Arm Continental Press	203
Two Arm Clean and Jerk	220
Two Arm Snatch	156
Two Dumb-Bells Jerk	210
Wrestler Bridge Support.....	850
Balance on Chin.....	224
Back Lift	3000

Lying on Back, press with feet a platform and twelve men, computed weight of2000

Joe Lambert is a stylist at lifting, and never wastes any time, but goes through the movement quickly with neatness and precision. He is a complete master of the bent press, which he completes with no loss of time. You are, no doubt, interested in his physical measurements. All of his muscles have a pleasing, well-rounded appearance, his legs especially being unusually rounded, with a well-defined curve which you cannot help noticing. Standing five feet, four inches, he weighs around 136 in trim condition, sometimes slightly more without looking at all fat or overweight. His neck and calf each measure 16½, chest (normal) 36, chest (expanded) 42, thigh 21½, biceps 15, wrist and ankle each 7 inches.

We are certain, beyond question, that you would be proud to number this splendid athlete among your acquaintances. Why not consider him as a personal friend after meeting him in these pages, and if you ever hear of him visiting your locality, go to see him and walk right up and shake. We know he will be glad to meet you. At present, his act consists of lifting, wheel spinning and balancing, taking on the atmosphere of Roman Gladiator Days. The past summer was spent at Revere Beach, outside of Boston, Mass. You will find Joe Lambert to be the last word in modesty among athletes. Having spent his life in the strenuous business of strength feats, he is still active at an age when professional athletes in other branches of endeavor have long since sung their

You Collect a Dollar

AND

KEEP IT!

You collect only one dollar each from your customers (and everybody is a customer for this proposition). Just think of that—one dollar down payment for a year's subscription to this growing magazine STRENGTH and a strong 5-cable exerciser and cable course. On page 19 you will see a complete description of this peer-of-all-physical-training offers.

This dollar you collect goes right into your own pocket the minute you take it from your customer's hand.

Where do we come in? Why, as soon as you send in your customers' orders we will mail the cable course and exerciser to them C. O. D. Upon receiving these shipments your customers pay the postman \$1.50, plus a few cents' postage costs. The first issues of the STRENGTH subscriptions go forward at the same time the exerciser does and monthly thereafter until the subscription expires.

It's the Quickest Seller In the Physical Training Field and Means Money In Your Pockets

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swan song. Like many other athletes who have spent years in lifting, he is well-preserved and gives no evidence of his true age.

This story would not be complete without some mention of his wife, Grace Stevens Lambert. The daughter of another old-timer in the strong man game, Leo Stevens, she is a lady strength performer and all around athlete. While showing in Dreamland Park, Coney Island, this past summer, Mrs. Lambert issued a challenge to all strong women and female athletes.

It is our closing wish that this strength couple may continue to enjoy strength, health and happiness for many years to come.

The story of Joe Lambert is truly a romance of strength in more ways than one.

Energy and the Hour

By Ralph Hale

A French medical journal states that a physician observed the hour of death of 2,880 persons of all ages in a mixed population and during a period of several years. He found that the maximum hour of death is from

5 to 6 A. M.; minimum 9 to 11 A. M. From 10 A. M. to 3 P. M. the mortality is not high, and the most fatal hours are from 3 to 6 A. M. The conclusion is that death usually comes when attention of attendants is most apt to be lax and when bodily vitality is at its lowest ebb.

Even to the casual observer it must have been noticeable that the bodily powers vary greatly in the course of twenty-four hours. The energy used in our bodies for the work of circulation, respiration, digestion and keeping up the temperature is equal in one day to raising 2,800 tons one foot high. We are constantly manufacturing energy, and to know something of the ebb and flow of this vital force is knowledge of much practical value. Within my own personal observation, ignorance of the body's energy-laws has caused considerable misdirected effort and not a little illness.

I have been in a peculiarly suitable position to study the bodily energies as they vary with the hour. My two lines of work are writing and physical culture, one mental the other physical, and in seeking how best to adjust my vocations, the one to the

other, I have of necessity learned some useful facts.

Admitting that there are exceptions, at least 90 per cent of people will find morning the best time for mental work. A student gets his lessons more easily in the morning, but if he infers from this that he can put the shot farther or run a 100-yard dash in his best time at that hour, he will find on trial that he has jumped to a false conclusion. In teaching physical culture I have never permitted pupils to exert themselves severely in the early morning. Gentle exercise, like a walk or breathing movements, is all right, beneficial; but wrestling, lifting, etc., are far less effective than in the afternoon—if not actually dangerous.

The general rule, as I have found it, seems to be that the physical energies increase gradually as the day advances—though with quite a percentage there is a slight falling off after mid-afternoon. At the same time the mental powers of application, perception and receptivity decrease. Just how much of this reduction is due to extraneous modifica-

(Continued on page 88)



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to exercise in this delightful, new way—you really just *love* it! It is such a pleasure that you simply *can't* leave off exercising for even a single day, and soon you find those extra pounds all melted away, or those unsightly hollows filled out with firm, smooth flesh. And as you improve your personal appearance so much you develop grace, poise and skill in the greatest and most sought after of all modern arts—

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Prize Contest

WITH the January issue we began to award each month two prizes of Five Dollars (\$5.00) each for the best criticisms under two hundred words:

1. Of the article in this issue which you believe to be the best and most worth while.
2. Of the article in this issue which you find the least interesting and informative.

The Best and the Worst

The kind of articles you would like to see more of, and the kind you would like eliminated, and why. There are no conditions and no requirements. Simply write your criticisms and send them to us. The contest will close on the 20th of each month. The prizes will be awarded on the 25th, and the winning criticisms will be published in the second month following. That is, the contest for the October issue will close on October 20th; the prizes will be awarded on October 25th, and the prize-winning criticisms will appear in the November issue.

It is not necessary to be a writer to win one of these prizes. Literary merit is not the first essential. The reasons why you like or do not like a certain article are of more importance than the way you express your likes or dislikes.

Everyone wins in this contest, there are no losers. Even if you should not win one of the cash prizes, you will be amply repaid by seeing in STRENGTH the articles you want and feel the need of.

Let's hear why you like or dislike the articles, and the reason for your preference.

The contest will be held each month, but remember the September contest will close on Sept. 20, 1928. Address Contest Editor, 2741 N. Palethorp Street, Philadelphia, Pa.

We never received a more interesting lot of contest letters than the ones we are receiving this month. The most popular article in the August issue was "The Husky Class," by Mark H. Berry, and the letter about it which gets the first prize follows:

CONTEST EDITOR,

Dear Sir:—I want to take this opportunity to thank the Editorial Staff of STRENGTH Magazine for what the magazine has meant to me in the way of an inspiration to "carry on." I have in my possession at this time every issue of this excellent publication since February, 1923. Practically all my encouragement and inspiration to "keep on" have come through the pages of this magazine. It has served as a guide and has spurred me to action many, many times when I became discouraged. I look forward just as eagerly now to the coming of each issue as when I first became interested in body building. I happen to live in a locality where very little interest is shown in the principles as expounded by your publication, and my inspiration had to come from another source and I found it in your magazine. This is why I am for STRENGTH now and all the time, and I hope you will continue to carry the message of health and strength to those who need it as I did. The principles of body building as discussed in the pages of STRENGTH have formed a big part of my study for the past four years, and this study has been the means of transforming me from a weakling into a strong healthy individual, far beyond my expectations. Yet, I feel that I am only in the beginning. Sorry that I do not have any recent photos to send to prove my contentions.

As to the best article published in the August issue, I would like to say that I think Mark Berry's article on "The Husky Class" is the most inspiring and interesting. Mr. Berry's articles are always instructive and conducive to encouragement in acquiring a better built body. The pictures in this article should be a source of inspiration to every reader of this magazine to strive for better health and a better development, regardless of age. If these men have found it worth while to acquire such development and strength, every man may do the same. But it takes courage and will power to do such a thing like that, and don't forget it. Mr. Mill's picture is especially interesting, since he started training at the age when most fellows begin to get soft and on the decline in health and strength. From this age upward should be the best years of a man's life, and they can be. Most men of this age seem to be afraid to start a schedule of physical training because for some reason, I know not why, they have been told that it is dangerous. I sometimes wonder if it is not merely an alibi, because they do not have the backbone and ambition to get in and do what is required to become really physically fit. Mr. Mills'



Must Men Suffer after 40?

A WELL-KNOWN scientist's new book about old age reveals facts which to many men will be amazing. Did you know that two-thirds of all men past middle age are said to have a certain seldom mentioned disorder? Do you know the frequent cause of this decline in vitality?

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Prostate trouble is now reached immediately by a new kind of safe home hygiene that goes directly to the gland itself, without drugs, medicine, massage, or application of electricity. Absolutely safe. 40,000 men have used it to restore the prostate gland to normal functioning. The principle involved is recommended by many physicians. Amazing recoveries often made in six days. Another grateful effect is usually the immediate disappearance of chronic constipation. Usually the entire body is toned up. Either you feel ten years younger in six days or the treatment costs nothing.

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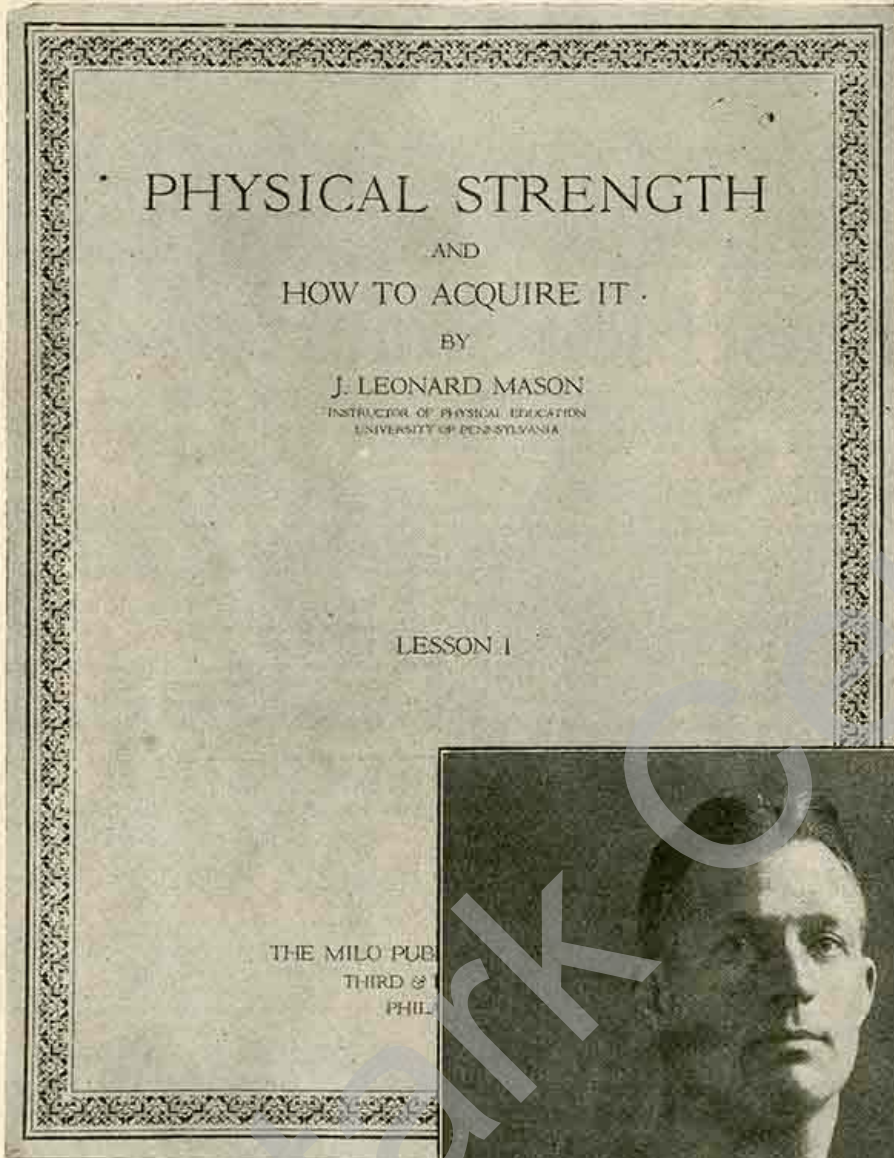
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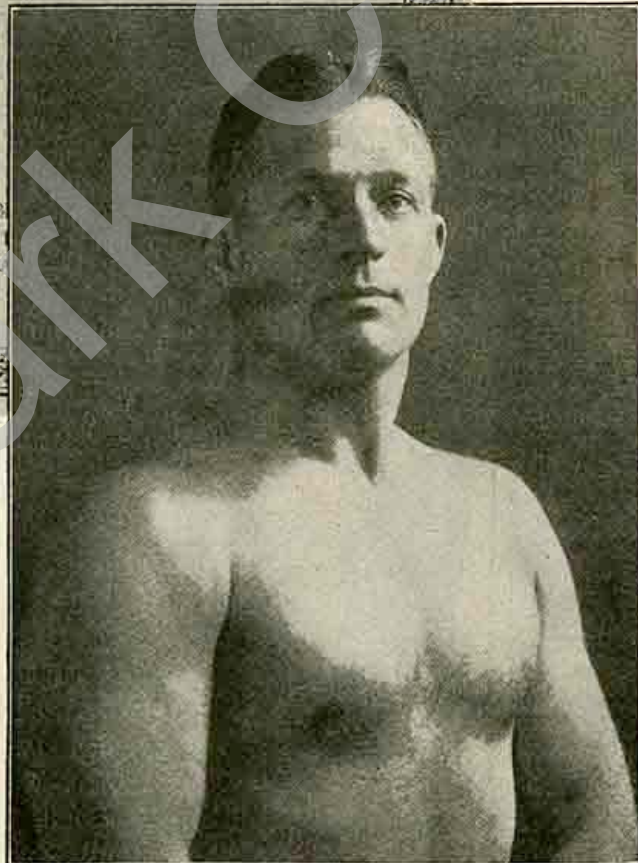
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Philadelphia, Pa.

case, as that of many others, some even older, disproves this theory, and I believe any man under proper training, even after passing middle age, can secure and retain to a ripe old age good health and a splendid development. Of course, it requires the proper exercise and the right mental attitude toward exercise to accomplish results.

Give us more articles on strength feats, and more pictures of well developed amateur athletes.

I have one criticism to make of your magazine in general, and that is it seems you do not use enough pictures of young amateurs but use over and over again time worn pictures of professionals. I note you are making some improvement in this respect, however, as a number of new pictures were printed in the August issue. By creating an interest in this line by possibly frequent contests in posing, I believe you would receive more and better photos of amateur athletes to illustrate your article, which would leave the impression that there are other well developed men in the world than those that are used so much.

Wishing you every success, believe me to be ever

Your sincere friend and co-worker,

R. A. GLOSUP,
Box 1094, Dallas, Texas.

We are also printing excerpts from several other letters, whose authors selected "The Husky Class" as the best article in STRENGTH.

"The men who win distinction for their possession of strength and perfection of physique are, nine times out of ten, the type who have developed themselves from the ranks of ordinary individuals or built themselves up from mere weaklings," as quoted from "The Husky Class." I had that same experience and know of numerous others who were weaklings and developed themselves to be quiet, fine specimens of manhood. Although I am not a 'Sandow,' I am fairly well developed, spending an hour or so in the gym every day. I am not trying to be the strongest man in the world, but try and keep a uniform strength throughout my body.

"Perhaps I am getting off the subject and hasten to say that all through Mr. Berry's article, I find it the most interesting of any that I have read in some time. Let's have more of Mr. Berry's articles as well as all the rest. They are all mighty good. 'The Shape That Shames' is also good, if I may mention it.

"I would like very much if STRENGTH would print photos and descriptions of the different muscles and how to acquire them. But I won't kick if it just continues as it has in the past. I get my money's worth and I don't mean 'maybe.'

"Wishing STRENGTH and its staff the best of luck and enduring success, I remain,"

III.

R. L. H.

CONTEST EDITOR:

"Mark Berry has them shut out this month again. I enjoyed his article immensely. He seems to know just what facts the reader is searching for and supplies his wants at once.

"His mentioning the names of some fine specimens of manhood greatly helped the article, especially by telling of some of them in detail. Another thing that boosted his article was the abundance of fine photographs. These furnished much proof to his article.

STRENGTH is getting better every month and more useful information is appearing. I read several of our leading magazines of the time, but none do I enjoy as much as STRENGTH."

Sincerely,

Peason, La.

J. S., Jr.

It is just as easy to learn how our readers like our covers as it is to learn their attitude on fiction. Some do and some don't. These letters will give you a better idea of their feelings than we can give.

"As a writer, Mr. Berry leads all the contributors to your magazine. The heading of the article said, 'Follow the Example of These Men and You Can Become Their Equal.' There's food and thought there. Almost every reader of STRENGTH is interested in the development of his or her body. Hundreds of these readers have become discouraged with their poor progress towards their goals. It is nice to look at the photo of some fine physical specimen, but hundreds, who, knowing the amount of time and work it will take to make their own bodies the equal of their dreams, become discouraged. Mr. Berry, without doubt, did not know the appeal he made when he wrote this article. To 'The Husky Class' possibly this article did not make any appeal, but it was to the weaker class and those between that it made a special appeal.

"A good fiction story or serial about a strong man's adventures would go great and relieve the monotony of the informative articles. Like most people, I love a good story and they are usually the first that I read.

"Why not use the front inside cover for a large photo with a small 'ad' below it so that it could be cut out and tacked up on the wall? I think that a large photo of this type would go better than the present 'ad' and serve two purposes at one time.

"As to fiction—well, the least said about it the better. When stories become more interesting than articles written on real flesh and blood athletes, then let us have fiction in our magazine. We shall never see that day. Continue the department for women. Judging from the inquiries this section receives they must be interested in it.

"Now for a few suggestions. Why not have a special section for advertisements and let articles have a special section instead of continuing them in

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100 Names for 1 Disease

Mucus causes catarrh of the eyes (conjunctivitis), of the nose (rhinitis), of the ears (otitis, deafness), of the bronchial tubes (bronchitis, asthma), of the lungs (tuberculosis), of the stomach (gastritis), of the appendix (appendicitis), of gall bladder (gall stones), of gums (pyorrhoea), etc.

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"I have my candy on sale in two stores. It sells like hot cakes. I have saved \$350 in a few months, besides filling my wardrobe with pretty frocks. All of it due to you." Maysel McClanahan, Lanham, W. Va.

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the back of the magazine. Have a department where bar bell men may converse with each other. Tell us more of the foreign athletes. I would appreciate it very much if just one of these suggestions was accepted.

"First I must compliment Miss Pearl Chern on her 'He Man Hurdler' cover of the August issue. It seems to me that a male figure is best for STRENGTH's cover, as a female figure, even though well developed, does not seem to fit the name.

"Concerning your August issue, this was the best ever. The cover design was perfect, and am glad to know you are getting away from the shrieking red colors you have been using in the past year. The articles are very interesting, especially The Mat and Association Notes.

"Eliminate your doctor's column, questions and answers, and if any of your readers desire information of this nature why I think that a letter in reply would answer their requirements, so the balance of your readers do not wish to know how to get well, but how to get strong and keep strong."

The last letter will also serve to introduce our "Nature's Method" to your attention. Our general correspondence proves its hold on some of our readers at least.

Quite a few general suggestions of interest were made this month. What do you think of them?

"I think that if you had a real photographic cover, it would be just the thing for framing. The size and quality of the cover would be just right, and if you could get a fine pose photograph of some of the leading physical culturists to take the place of the one which you now have, I think it would be a great improvement."

London, Eng. J. J. G.
"Won't you prevail upon Mr. Berry to devote an article on the possible development of the tall, slender or "skinny" fellows? The overweights seem to get all the attention."
Seattle, Wash. R. T. M.

"A wise man has said, 'Thin people are generally the world's workers.' Show us thin fellows how others of our type did it. Many instructors say, 'I suggest you adopt a vegetarian diet; eat plenty of good meat.' But they never tell you what they eat themselves. I would like to know for an example what manager during this fast progress to the top usually ate."
Phila., Pa. S. A.

"Another suggestion is that we could do with more articles on 'Before and After.' I think they are wonderfully encouraging, and inspiring to those who are out to gain a perfect physique."
Oakland, Calif. A. W. J.

"The August STRENGTH is the first I have seen in years. I was amazed at the growth and improvement. Briefly, it appeals to three classes: those average fellows who had not seriously thought of development; those who are well advanced, and women. I especially like articles covering the first—how we average fellows can become 'husky' men.

"The diversified contents are stimulating. May I request articles on common remedies for minor ills and an article on odd, time-proven remedies of plainmen and woodsmen for first-aid and such."

Santa Monica, Calif. B. C. B.

"What's wrong with a boxing course instead of so many tumbling articles?"

Perhaps this letter came from one of the three women readers mentioned above:

"The best article in the August issue is 'Radiant Health—Make It Yours.' At least that is my opinion since I am a girl and am interested in every article that will help to make a healthy and well developed body."

"I notice many complain of the women's section. I believe your magazine would be incomplete without it. I would like to see more encouragement given to swimming. I believe it is the greatest of all health building sports and the one sport in which the greatest number may practice."

Oakland, Calif. Wm. L.

"Personally, I would like to see more articles on boxing in your magazine, as that is what I am really interested in.

"But as far as I can see you cover nearly everything pertaining to sports in the course of a year without crowding any real strength articles out.

"As for the girl's articles, keep them in. There is no reason why girls should not be interested in real health and strength as well as men."

Intake, Montana. J. E. B.

The Woman Question

Whether to leave them in or to throw them out is still one of our largest sources of mail. For instance:

"Can't you backpedal a little on the girl's columns, since your magazine is supposed to be primarily for men? My newsstand dealer says he has never sold more than one or two magazines per month to women, and the chances are they were buying them for their husbands, sons, or brothers."

P. N.

But if you think this shows a difference of opinion, wait till you see what we have left.

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Why go on wishing for a raise? Why keep on working for small pay? Why—when every city, town and farming community is pleading for men trained in electricity—trained as McSweeney students are trained, to know electricity from "A" to "Z". In 12 short weeks my shop plan or working on actual machines will make you fit to fill a big pay job in the electrical field.

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Dear Mac:
Without obligating me send me a copy of your big book on ELECTRICITY; also Railroad Fare Offer, and details of Employment Service

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"The article I like the best in the August issue is: 'How I Found Health and Strength and Motherhood in a Wild West Rodeo Show.' The one article I never care for is 'Nature's Method.' If the article previously mentioned appeared under that heading, then I would say, the nail was hit on the head."

Camden, N. J. G. A.

That sounds as though the women are winning and so do their letters.

"Mrs. Dick Shelton's story was one of the best I have ever read."

Hornbeck, La. F. C.

"Your magazine seems to be mostly for men; still I (a woman) always read and enjoy it, and there are, doubtless, others who do the same. Therefore, I want to tell you how much the article entitled, 'How I Found Health and Strength and Motherhood in a Wild West Rodeo Show' was enjoyed in our household. It was read aloud, and the man of the house enjoyed it quite as much as the rest."

Thomaston, Me. E. W. V.

But listen to the letter that takes the prize for the least interesting article:

"Horses, horses, horses—the only reliable method of bringing a little Dick

Shelton into this world is by crossing from one side of the saddle of a madly galloping horse, underneath his belly, over to the other side and thence erect again in the saddle.

"And this is for the information of bar bell men from a magazine dedicated to the interests of weight lifters. Even the hardened stomach of a confession story reader would be turned by the assortment of slush and hoey contained in, 'How I Found Health and Strength and Motherhood in a Wild West Rodeo Show,' which is by overwhelming odds the worst article ever published in STRENGTH.

"Another source of pain was the extreme length of this story. When I think of how this space could have been utilized by filling it with instructive, or merely interesting reading matter, I begin to wonder, do editors think?

"Granting that Mrs. Shelton can do a number of amusing tricks on a horse, and that she has a son named Dick, Jr., but who cares? Very few bar bell men have horses, and still fewer have babies.

"Are you actually under the impression that the average weight lifter is even slightly interested in whether Mrs. Shelton, while expecting little Dick, spent the time with her good Aunt Sarah, or lived in a tent making corn bread for her husband? I assure you, he is not.

"To prevent disillusionment, I like to believe it is all a terrible mistake. That

the article was really intended for some magazine that makes a practice of that sort of thing, and through some grievous error was published in STRENGTH.

"If STRENGTH would devote several pages to full page pictures of beautifully formed men and, if necessary, women, it would come very close to being perfect, providing it contained no articles by Mrs. Shelton."

Very sincerely,

J. B. Kersting.

710 Ann Ave., St. Louis, Mo.

If honesty counts for anything, then that last letter ought to outweigh several of the letters preceding it. He does take a little of the story out by the last paragraph, but we are left with the impression that one of our readers is convinced about our policy and it is easy to see what his conviction is. We are calling for help, and we hope to get it next month.

We thank you all for your letters, and are sorry that time does not permit us to acknowledge them in any way except this. We are just as much indebted to the readers whose letters appear above, and we hope to continue to hear from you all.

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(Continued from Page 81)

tions—the intrusion of foreign thoughts and miscellaneous activities of the average day—I cannot say; but several experiments on myself, attempting to retain the same mental condition that I started with in the early morning, have indicated that most of the diminution comes from an actual "running down" of the cranial clock.

If I have a particularly difficult piece of literary work to do, I get at my desk an hour earlier than usual, and I find that it always pays. I can get work out of myself then that would be impossible for me at night. But when I desire to test my physical strength I use the hour of 4 P. M. With one exception, this is my best hour for any physical test. The exception: In a respiratory test I have never registered more than 320 cubic inches in the early morning, but have many times blown 350 at 10 P. M.—something I cannot do to save my life in the afternoon.

Dr. M. H. Johnson, in his study of the recuperative effects of sleep, found that nineteen persons out of twenty grew stronger and more efficient, physically, as the day advanced.

Wyatt and Fraser, British investigators along the same line, found that the output of women factory workers increases steadily for the first two and a half to three hours of labor, the net gain in pieces per hour being about 17 per cent. The peak of production in this operation occurred about one and a half hours before the end of the working day.

Fatigue acts like other narcotic agents, such as the derivatives of opium. Just before bedtime some activities are not depressed until one approaches physical exhaustion. Just after arising time, on the other hand, the average person lacks exciting agents, whether due to fatigue or other causes; and hence is not at his best physically until something is supplied, as may be readily furnished in the form of setting-up exercises or other mild muscular activity.

Of course, food, rest and exercise are the makers of energy. The diet phase has been pretty well thrashed out; but the other two prime elements are not so well understood. The hour of eating may easily have a great deal to do with one's store of energy. The person who eats a heavy meal just before he has to take strenuous exercise—either as exercise or as labor—may be actually weaker for that meal.

Business people, too, have found that the light luncheon at noon is conducive to greater energy for the afternoon.

My specialty as a writer is not diet, but from much experience in physical training, I do know that many people diminish their physical and mental energy by overeating. Digestion requires a surprising amount of energy, and if a meal is so heavy, either in quantity or quality, as to require several hours for its digestion—and if these meals number three or four a day—there is never an hour of the twenty-four when the owner of that overworked stomach is really energetic; even his best energy-hour is far below what it might be.

A certain gentleman of my acquaintance suspects that he sleeps too much; it makes him "dopey," he says. The longer one sleeps the slower he is to get started the next day, but the more capable he becomes later in the day. In other words, as Dr. Johnson says, "during the night he sets up a habit of relaxation which may require some hours of activity to overcome. Meantime, he is not so fit for immediate work, although he may have built up a greater margin of endurance by storing in his body cells a larger reserve of fuel and by eliminating waste products from them."

There are exceptions, but speaking generally, the more sleep one gets, within reasonable limits, the more energy one has. While I approve of mild exercise in the morning, I am sure that physical educators of the old school depleted the energy of many pupils by advocating heavy exercise such as lifting, wrestling, etc., "before breakfast." This work, followed by an icy shower whether the constitution was adapted to it or not, prejudiced many people against the entire business of exercising for energy.

The best course for the individual is to find out what hour of the day he is strongest and take his exercise at that time. It is a law of physical development that exercise, to be constructive, must not use up all the strength. The person who takes very vigorous exercise and does it on a haphazard time-plan will experience many profitless days, to say the least. If, for instance, 4 P. M. is his energy-hour, and he takes his usual workout in the morning because he foresees too much business for the day to get away at 4 o'clock—he has probably done himself more harm than good;

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possibly depleted his store of energy by using too much when the "stock" was low. Appreciating the difference in the hours, his better course would be to skip the strenuous work and, instead, take a short walk, stretching movements or some deep breathing exercises.

Study these "tides" of human energy—as they operate in you; it is just as easy to work with nature as against her, and far more productive. Adapt your work, study, exercise, etc., to the most suitable hour, and you will have cause to thank me for these hints.

Exercise for the Lazy Man

By Jack McKenna

Laziness is such a universal quality—or affliction—that reproach upon this ground has little or no effect upon the person under disapproval. It is much harder, however, to find the person who even in this standardized and machinized age will not react to stabs at his vanity. The vast majority of people are lazy but we know of no one who has not concealed about him somewhere the makings of a little vanity. It is easy to see from this that all lazy people are vain, and since vanity is in the great number of cases attached to one's personal appearance, this combination of physical inertia with sensitiveness of soul assumes the proportions of a psychological catastrophe.

It is to the unfortunates who envy the physical vigor and proportions of Jack Delaney yet lack the incentive or ambition to undergo the training routine which made him what he is, that we address this little argument.

You have no desire—we certainly have not—to run five miles every morning before breakfast, yet we are sure that you would like to have firm, strong legs. We feel sure that you have never felt the urge to straighten horse shoes, yet were you never ashamed of the appearance of your forearms when hot weather demanded rolled-up shirt sleeves? Have you never hastened to change the subject when feats of personal strength were being discussed and you well knew that the heaviest thing you could lift was your typewriter? The lazy man in you shrugs, "Well, what difference does it make?" but the vanity in you shudders when the girl friend admires some big, blond, brute of a full-back.


We were always lazy, nor have we changed a bit. Always, within our memory, have we been inordinately vain, with reason little enough. There was a time when this combination was the cause of a very potent "inferiority complex," but we have solved the problem to our complete satisfaction, and would offer like sufferers our method, veritably the Lazy Man's Exercise.

This cure is by no means new. It is widely advertised in a number of leading publications relating to physical culture, and among all such advertisements it stands alone in that it can fulfill all the promises its protagonists make for it. The Lazy Man's Exercise is nothing more or less than the bar bell, otherwise known as the progressive weight system.

It is in this progressive feature that its charm lies. Like the golfer who does eighteen holes every day, needing no companion to give him competition, the bar bell user can each day see himself grow in strength and shapeliness, the only limit being the natural size of his bones and his own desire for increased muscular power. Diminutive stature is no handicap, nor should the supposedly confirmed "skinny" man despair, for the bar bell is equally effective for all types of development—including the man who has given up hope of ever again seeing his feet.

To the lazy man nothing is more abhorrent than the thought of bending over to touch the floor with his finger tips twenty-five times every morning, nor is anything more ridiculous. Perform the same movement five times with a twenty-five pound bar bell in your hands—result: one-fifth the trouble and five times the benefit. Boxers develop strong legs by miles of road work and hours of rope skipping—the *idea* makes us tired. Hold a twenty pound kettle bell in each hand, rise on the toes a dozen times and receive the same benefit.

The comparisons are endless, but the exercises need not be. Quit when you feel tired or whenever you like. A great variety of exercises keeps you from being bored, the rapid, and obvious progress will keep you from becoming disheartened, and once a good foundation of muscle has been laid, a half hour's work each week will keep you in a physical condition which you had never before dreamed possible—for a lazy man.



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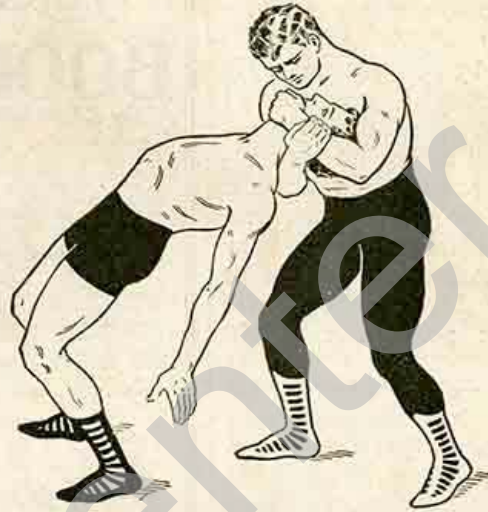
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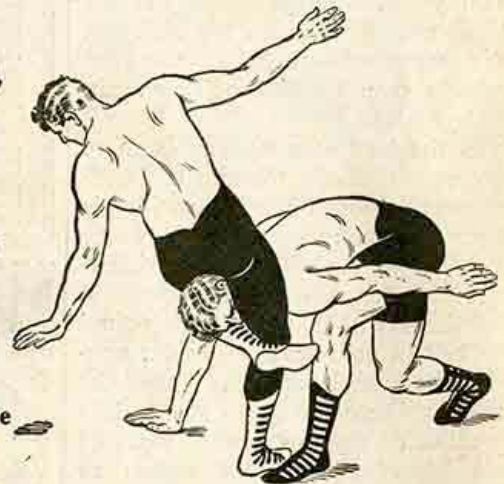
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The Perfect Back

By Ralph Simmons

"What is meant by a 'perfect back'?" writes an inquirer who knows that I write on the subject of bodily proportions. "I have seen numerous newspaper pictures of women showing their superior backs," continues the letter, "but all feminine backs look about alike to me."

My correspondent is right, in a way; perfect back contests have become nearly as common as beautiful legs contests, and those backs do, in newspaper pictures, seem to have very little individuality—as compared to arms and legs.

But in reality the back is by no means characterless, and competitions that emphasize the health value of a good back and stimulate women to strive for such a goal, are of far greater significance than "pretty legs" contests.

Generally, women have more perfectly formed backs than men, largely because their spines are more nearly normal, more mobile and resilient—less stiffened and misshaped by hard work and careless carriage. But even among women the perfect back is very rare. When women have to do extremely heavy work in back-trying positions, the evil effects are more noticeable than in men, because women are muscularly weaker. It is well to remember that structurally the spine is the weakest part of the body, and weakness in the muscles that maintain it in correct position gives unfavorable conditions a chance quickly to produce distortion.

Chiropractic associations, in their contests, judge a back wholly by the spine. Miss Virginia Parent, one of the latest winners in these "battles of the backs," has a remarkably perfect spine, but not a perfect back, as I see it. On the other hand, artists are prone to view the back only as a part of the entire torso. Mlle. Andree Dydiane, probably the most sought-after model in Paris, has the artists' perfect back. The physical culture standard should, I think, consider both spine and contour of the whole back. Kitty Gordon and Virginia Pearson were both so judged when they won prizes for perfect backs,

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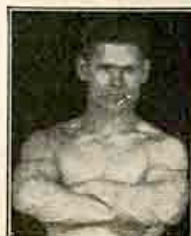
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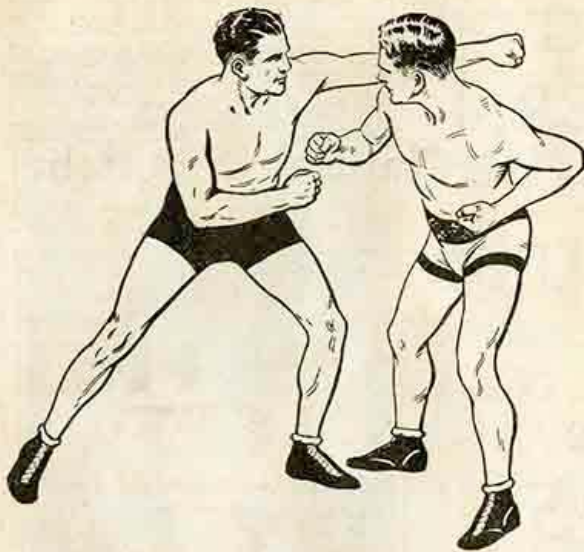
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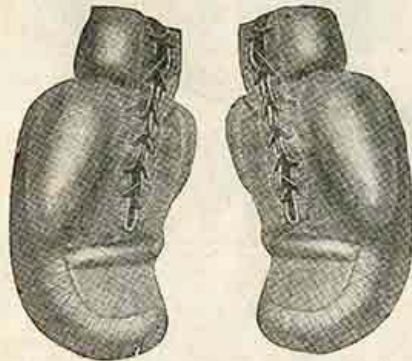
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and so was Mlle. Trude Brione, the Viennese actress, whose back, all considered, is the most perfect I have heard of.

But, because of its importance, let us discuss the spine's influence first. How straight should the spine be? Not straight at all, in the sense that a cane is straight. Really, there are four normal curves: the cervical (at base of neck), the dorsal (upper back), the lumbar (small of back), and the sacral (lower end of spine).

These frontward and backward curves are normal—without them the brain would be more or less jarred at every step and the body would be far from the graceful mechanism it is. But any lateral curvature is abnormal and cannot be a feature of our perfect back. A too straight spine has not yet been found; the error is in too much curve. The proper degree can best be determined by posture tests. This is not an article on carriage, but the perfect spine and erect, graceful bodily carriage always and necessarily go together; so if your carriage in walking and your posture in sitting are *habitually* correct, you can rest easy about your spine. (But are they?)

While an absolutely straight spine would be undesirable, both anatomically and esthetically, the ideal spine is straighter than the average, all four curves being less acute. The most distinctive feature of the feminine back, as compared to man's, is the forward curve at the waistline—lordosis, as physicians term it—and you may be easily misled in an examination of this curve. Relatively, a man is smaller in the hips and buttocks than a woman, and prominent buttocks always tend to a "sway-back" appearance. When the entire figure, nude, is viewed in profile, this lumbar curve may seem too deep, but a view that precludes the buttocks may show the same back to be well formed. Women sometimes say that lordosis makes them seem especially large in the buttocks, but usually it is the other way, and experts have to remember this in judging the perfect back. It is significant that most of the prize-winning backs are possessed by rather slender women with small hips and comparatively flat buttocks; Mlle. Trude Brione belongs to this class.

And another thing that makes some women believe the lumbar curve of their backs too great is high-heeled

shoes. This is no tirade on feminine dress, but it cannot be denied that very high heels have helped to ruin many spines. The bodily balance is so altered as to throw the abdomen unnaturally forward and bend the lumbar curve of the spine accordingly. This lordosis (using the term now pathologically) is only functional at first but in time it becomes structural and permanent, as does any other curvature when maintained repeatedly for hours at a time.

The dorsal curve is the average woman's greatest concern, with reference to her back's appearance. Beauty here is usually accompanied by well-formed shoulders and the latter are highly important to becoming evening dress. A "hump" in the dorsal spine spoils any back, no matter how flawless it may be in other sections, and here again it is a matter of carriage and posture—how you have walked and sat habitually.

The flat back has always been a conspicuous feature of the peasant women of Southern Europe, the stately, robust beauties of Andalusia in particular. The source of their enviable carriage and grace was found to be their manner of carrying burdens—water jugs and baskets—on their heads. The balance and bodily poise this required formed the habit of perfect posture. Seekers of the perfect back and graceful carriage can do nothing better than follow the example of the Spanish water carriers—place some light object requiring a nice balance on the head and walk about the room, gradually increasing the period of practice.

The cervical curve's perfection is insured by a flat upper back and correct carriage of the head. Neck exercises, so often prescribed for a weak cervical spine and head too far forward, will not effect half the benefit resulting from the water-carrying exercise, which flattens the back and retracts the head to its proper posture.

The sacral curve, being so low, is hardly within the province of this article, but it is a part of the spine. The slighter the curve here the better, for an approximately straight sacrum usually means shallow buttocks, which, as we have seen, increases the appearance of straightness in the spine. Athletically considered, too, the straight sacrum is desirable, signifying greater endurance on the feet.

(Continued next month)

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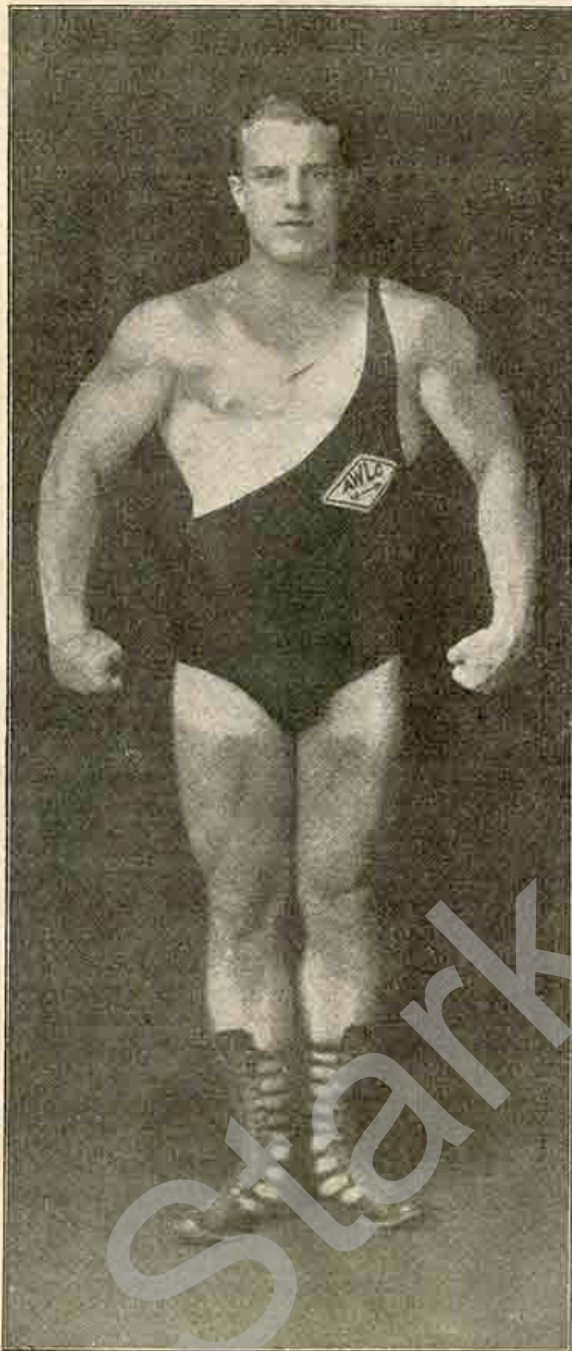
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No amount of jiggling brought it to life, either. In spite of our best efforts, all we could get from that confounded radio was such desolate howls that the girls begged us to leave the poor old thing alone.

Someone made a half-hearted suggestion of bridge. But Tom had a better plan. Pulling Joe on his feet—good old "sit-in-the-corner" Joe, whom everyone liked to pick on—he cried in a loud voice,

"Just a minute, folks! The party is saved! Joe, here, has kindly offered to enliven the proceedings with a piano solo . . ."

Loud cheering drowned out the rest. This promised to be good—for, as we all knew, Joe couldn't play a note. Naturally, we expected him to clown. . . .

Just as he sat down at the piano, Tom called out,

"Play 'The Varsity Drag'—that's a hot dance number!"

I couldn't help smiling at the thought of Joe—who had always taken a back seat at our parties—playing "hot" music. Excited whispers came from all parts of the room. "Wonder what he's going to do!"—"He doesn't know one note from another!" Suddenly someone shouted,

"Get this! Look—he's imitating a pianist!"

A Queer Thing Happens

Raising his hand melodramatically, Joe waited a moment to command silence. Then, without any more preliminaries, and to the



complete amazement of us all, he struck the first bars of—"The Varsity Drag!"

And how! With all the verve and expression of a professional! No wonder Tom's eyes almost popped out of his head! This wasn't the clowning he had expected Joe to do!

Unable to resist the tantalizing music, couple after couple glided around the floor. When Joe stopped playing the applause could have been heard around the block—only to be instantly followed by requests for more numbers.

All evening they kept Joe busy at the piano—playing jazz, popular songs, sentimental ballads, even classical stuff—every thing the crowd asked for, and they asked for plenty!

How that lad could play! I was dumbfounded. Why, it was incredible! Joe had always seemed to be a "born wallflower"—he had never displayed any talent for entertaining—yet now . . . I determined to solve the puzzle. On the way home that night I drew Joe aside and demanded,

"How on earth did you do it?"

He laughed. "Why, it was very easy! I simply took that home-study course in music your cousin told us about . . ."

"You don't mean that course that was supposed to show you how to play without a teacher, do you?" I interrupted.

"That's it! Say, it's a great course, all right!" he enthused. "There wasn't any expensive private teacher to pay—and since the lessons came by mail, I didn't have to set aside valuable hours for study. In fact, I practiced only in my spare time, a few minutes a day. And the course is thorough! Why, almost before I knew it, I was playing simple pieces by note, and . . ."

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