

VOL. VIII NO. 11 NOVEMBER 1934

Do You Drink Too Much Water

★ Strength



NOVEMBER

25¢

Country Boys vs. City Boys

Could Gotch and Hack Trim

Stecher and Lewis

Milo Bar Bells Bring True Your Dreams of Physical Perfection



L. H. CUNNINGHAM

Whose Superb Physique Should Be Proof to You
of What the Milo System Can Do.

Mail This Coupon Now!

The Milo Bar Bell Co., Dept. 707
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

Send me, without obligation, your free booklet
on Bar Bells and Strong Men.

Name

Address

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

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

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

What Is Your Desire? A Bar Bell Can Supply It

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

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

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

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

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

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

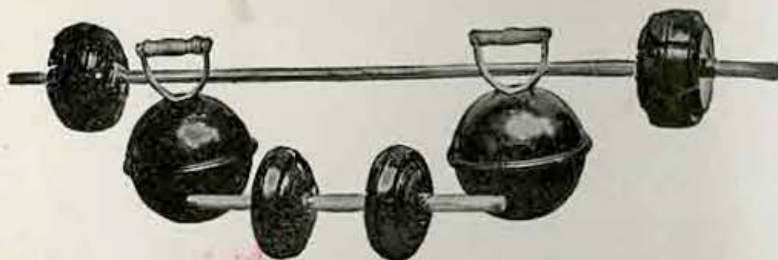
It is true that our Bells do run into the hundreds of pounds. This is so because you will eventually need greater weight to cope with your ever-increasing strength. But the Milo Bells are adjustable also. This means that no matter how puny you are now, a weight well within your present strength can be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

Our Guarantee Is the Broadest in the History of Body Culture

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

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

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



This is Milo Duplex—the Best Looking Set Made

SAY-FELLOWS-GET INTO ELECTRICITY!

I have a sure quick amazingly easy way to get into the greatest most interesting and best paid profession in the world. NOT BY CORRESPONDENCE but on ACTUAL ELECTRICAL MACHINERY. I train you in 90 days. Don't spend your life waiting for \$5⁰⁰ raises in a dull hopeless job. Let me show you how to qualify for jobs leading to \$50⁰⁰, \$60⁰⁰ AND UP PER WEEK!

You don't need any previous experience or advanced education. Many of my students EARN WHILE LEARNING-FREE EMPLOYMENT SERVICE FOR LIFE!

I've got a big 56 page book that tells my whole story. A copy IS FREE TO YOU if you fill out and mail COUPON.

DO IT TODAY!
DON'T WAIT!



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President

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ELECTRICAL SCHOOL

H. C. LEWIS, Pres., Dept. 88-82 — Established 1899
500 S. Paulina Street, Chicago

FILL OUT - MAIL TODAY!

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500 So. Paulina St., Chicago, Ill.

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

Name

Address

City State



Strength

NOVEMBER, 1928

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"How I Became Popular Overnight!"

"They used to avoid me when I asked for a dance. Some said they were tired, others had previous engagements. Even the poorest dancers preferred to sit against the wall rather than dance with me. But I didn't wake up until a partner left me standing alone in the middle of the floor.

THAT night I went home feeling pretty lonesome and mighty blue. As a social success I was a first-class failure. Then I saw your advertisement in a well-known magazine. At first I wouldn't believe that you could teach by mail because I always had the idea that one must go to a dancing class to learn. But I figured I could risk 25c—especially since you guaranteed to teach me.

"Being a good dancer has made me popular and sought after. I am invited everywhere. No more dull evenings—no bitter disappointments! My whole life is brighter and happier. And I owe it all to Arthur Murray!

"I was astonished to see how quickly one learns all the latest steps through your diagrams and simple instructions. I mastered your course in a few evenings and, believe me, I surely did give the folks around here a big surprise when I got on the floor with the best dancer and went through the dance letter perfect.

Now that I have the Murray foundation to my dancing I can lead and follow perfectly, and can master any new dance after I have seen a few of the steps.

"My sister's family have all learned to dance from the course I bought from you, and it would do your heart good to see how fine her little kiddies dance together after quickly learning from your new method of teaching dancing at home without music or partner."

Dancing Now as Easy as Walking

If you can step forward, sideways and backward there is no reason in the world why you shouldn't learn any of the latest dances in one evening and all of the newest steps and dances in a very short time. The Murray method is in no way complicated. The diagrams are so easily understood that even a very small child can learn from them, and a whole family can quickly become perfect dancers from the one set of instructions.

Learn Without Music or Partner

No longer is it necessary to go to a private dancing instructor or public dancing class. Arthur Murray's remarkable methods are so clear that you don't need any partner to help you, neither do



Posed by Jean Arthur, Pathe movie star, and Arthur Murray.

IF YOU CAN DO THIS STEP

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



SUCCESS!

He Had Never Danced Before

I received the instruction book on dancing and I must say that it is more than I expected. Last Saturday I went to a dance and as it was my first occasion I sure was surprised to find your lessons so easy and yet so interesting, that I sure will tell others about your wonderful system.—Clarence V. Mortenson, Earle, Wisc.

Receives Many Compliments

I had wonderful success with your other dances and have been complimented on my dancing since taking your lessons. I also had a surprise for my friends when I informed them that I learned from your wonderful method of teaching by mail.—Walter Rich, Chester, Mass.

Learns in Short Time

I received your course in dancing a few days ago and have been to a couple of dances already. I was much pleased with your instructions. I have a friend who took personal lessons and I am just as good a dancer now as he is.—Arthur Hosack, Flint, Mich.

you actually require music. But after you have learned the steps alone in your own room, you can dance perfectly with anyone. It will also be quite easy for you to dance in correct time on any floor to any orchestra or phonograph music.

Arthur Murray is recognized as America's foremost authority on social dancing. He was chosen to teach the U. S. Naval Academy's dancing instructors the newest ballroom steps. Many of the social leaders in America and Europe have selected Arthur Murray as their dancing instructor. In fact, dancing teachers the world over take lessons from him. And more than 400,000 people have successfully learned to become wonderful dancers through his learn-at-home system.

Five Dancing Lessons Free

So sure is Arthur Murray that you will be delighted with his amazingly simple methods of teaching that he has consented for a limited time only to send FIVE FREE LESSONS to all who sign and return the coupon.

These five free lessons are yours to keep—you need not return them. They are merely to prove that you can learn to dance without music or partner in your own home.

Write for the five lessons today—they are 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 842, 7 East 43rd Street, New York City.

Arthur Murray, Studio 842,
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.....

Give Yourself

In 30 Days!

Is this a miracle that changes men almost overnight into perfect specimens of manhood? Read how you can make yourself over—quickly, easily, in your own home!

YOU'LL get the surprise of your life when you look in your mirror this time next month! You'll see a DIFFERENT MAN! Not the chap you've known all your life as YOU, but *another man entirely!* A big, strapping, handsome fellow who looks as if he'd just been crowned CHAMPION—and is ready to go out and conquer the WORLD! You'll see a man who's fairly ALIVE with health, vitality, power! There's a flash in his eye, and a glow in his cheeks. And look at that BUILD! Those big, broad shoulders—that deep, powerful chest—that slim, athletic waist. And what MUSCLES! They stand out in huge masses on his arms—they ripple all over his body in long, lithe bands. A magnificent specimen of a MAN!

And then comes the thrill of a lifetime when you realize that it really IS you. It's YOU made over from head to foot, miraculously

transformed into this superb model of physical development. No wonder you hold your head up—no wonder there's a new spring in your step—no wonder your friends are all talking about the wonderful change in your appearance and regarding you with new respect and admiration. And no wonder the boss is saying, "*I can't understand what's come over him!*" He seems to have taken a new lease on life—he's become a human dynamo—a go-getter on wheels!"



Wear This Medal

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

Don't you BELIEVE that all this is going to happen to YOU? Does it seem too good to be true? Just take a slant at those two pictures on the opposite page. See what I did for THAT man in *thirty days!* That's what I'm going to do for YOU! You're going to be another of those Titus-made miracles in muscle that the whole physical culture world is talking about. *And friend, I don't mean maybe!*



SAXON

Many people who have seen my feats of strength on the stage have asked me what exerciser I used to develop my body and how I keep it "in the pink" now. My answer is always the same: I bought them all until I found the BEST. I bought every appliance, from dumb-bells up, but the one that gave me the panther-legs and arms is the one I got from TITUS. And today I keep fit with the same one I bought ten years ago. There isn't another instructor like Titus IN THE WORLD.
HERMAN SAXON.
(Brother of Arthur Saxon,
World's strongest man.)

WEAKLINGS TRANSFORMED INTO PANTHER-MEN

"How does Titus do it?" That's what everybody is asking. Even physical culture experts can't understand how I change men almost overnight into marvels of physical perfection.

I Don't Care What Your Age Is—or Your Condition

Mind you, many of these men were literally wrecks when they wrote to me. Some of them had let themselves run down for years and had reached the age when it seemed that nothing could help them. But, young or old, sick or well, I take them all on—and do my stuff. I don't care who they are or where they live. All I ask is a few minutes of their time a day—when they get up in the morning, before they go to bed at night, anytime at all they have 20 minutes or so to spare. If they'll just do as I tell them, I'LL GUARANTEE RESULTS.

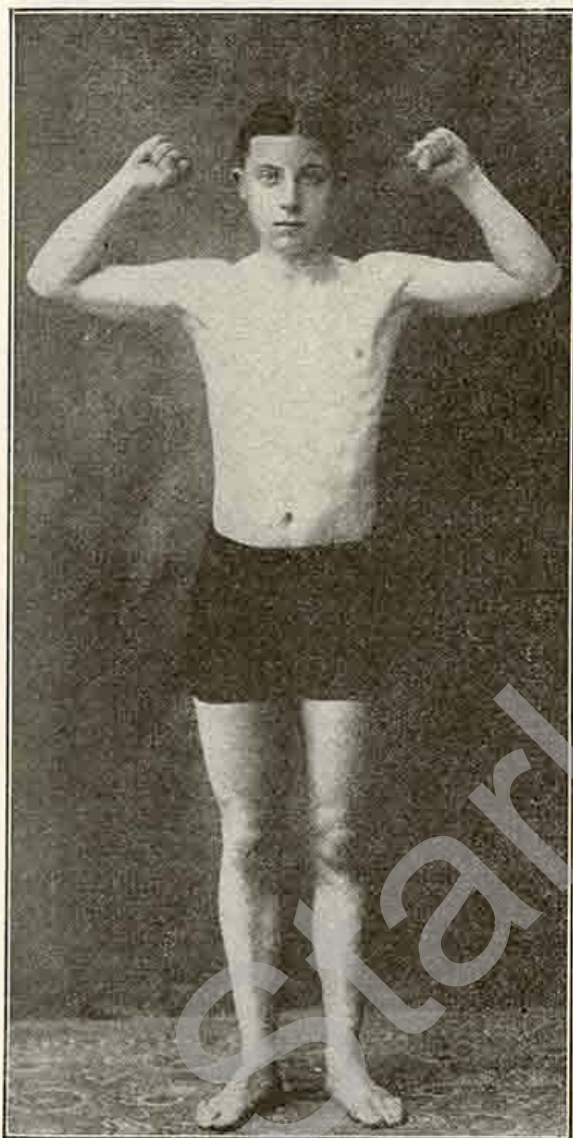
Muscles Made to Order

Now it's YOUR turn. Let me do for you what I've done for thousands. Let me build you a set of muscles that will add INCHES to your arms, your shoulders, your chest. Let me make over that body of yours right where you need it most. Let me put new strength and health into your vital organs—your lungs, your stomach, your heart. Let me give you that marvelous power of MUSCLE CONCENTRATION—that lightning-like SUPER-STRENGTH that makes PANTHER-MEN.

See that coupon on the next page? Tear it off now and mail it for my great new book that gives you the FACTS and PROOF.

**FREE—My
Amazing New
BOOK**

a New Body



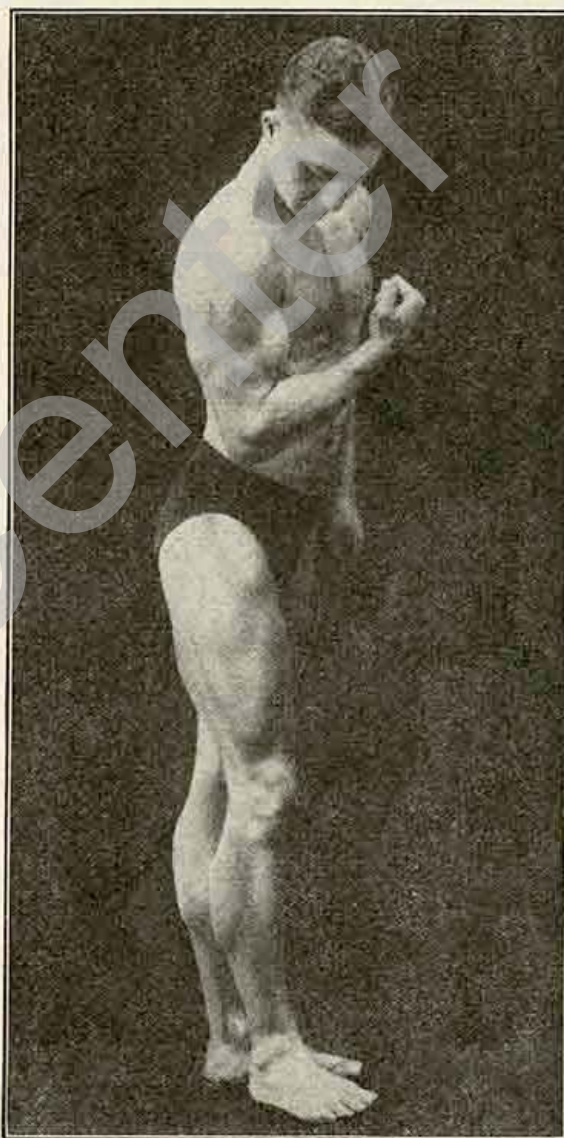
BEFORE

Look at that physical wreck at the left! You'd never think he'd ever be a Hercules, would you? He scarcely had a muscle on his body. He was thin, anemic, under-developed, generally run-down. His arms looked like chicken wings with the feathers removed. His chest was hollow, his neck scrawny. He had no pep, no ambition, no chance of ever getting anywhere or of being anybody.

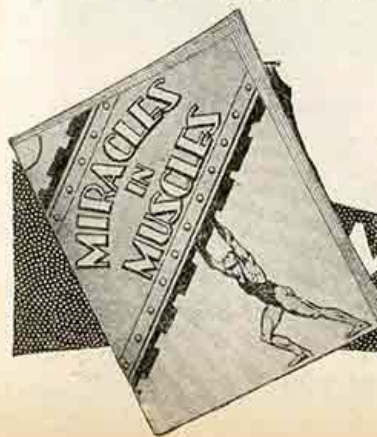


30 DAYS LATER

Now look at the picture to the right. Is it the same man! You bet it is—with a brand-new Titus-built body. In 30 days I made him over, loaded his frame with muscle, filled him chock-full of strength, vitality, power. His whole life has changed. He has become the most popular man in his set—he's making a wonderful success in business. No wonder he writes me: "No other apparatus and instruction can touch yours!"



YOU'RE NEXT---Get the Facts NOW



Is your body worth a 2c stamp? That's all it will cost you to get my big, new illustrated book. You can't afford to miss this wonderful book if you have the slightest regard for your health, your appearance, your SUCCESS in life. Take it with my compliments—it's yours FREE. Send for it NOW.

The One **TITUS** 105 E. 13th St.
And Only New York, N. Y.

TITUS, Dept. X-132,
105 East 13th St., New York, N. Y.

Hello Titus, You bet I want that big new book of yours. Send it FREE.

Name

Address

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

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Books

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

Health

Don't Starve. Feed. Improve Complexion, Ambition, nerve exhaustion, catarrh, constipation, indigestion, sex troubles, impotence, regulate weight. Booklet 10c. Vital Diet, 16, 81 N. Fourth St., Camden, New Jersey.

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Scenes from MONTMARTRE!—110 Photos of Parisian Girls, taken in Montmartre, a quarter famous in Paris, in all kinds of fascinating nude poses, finest photography, for only one dollar (the regular price is \$2.50); send 25c extra for Express charges. Address, Editions Francaise, c/o Merchants Trading Co., Dept. A, 509 Fifth Ave., New York.

19 Beautiful Art Pictures, 25c (coin). Geo. Freas, 820 Kimber St., Camden, N. J.

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

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PRETTY GIRLS EVERYWHERE, many rich, will marry. Special girls for you. Quick results. Over 1000 members. Sample list free. American Club, 412 31st St., Milwaukee, Wis.

The Ramona Correspondence Club, Box 764 Hollywood, Calif. Exclusive. Stamp particulars.

LONELY? Meet your sweetheart. Receive interesting letters. Names, addresses, descriptions, photos free. Braum, 353 W. 47th, Chicago.

MARRY—Big Directory with descriptions and photos mailed in plain wrapper for 10c. Bonafide Co., Dept. 118, Kansas City, Mo.

Nude Photos. Photographed direct from life. Absolutely untouched. Three genuine photos \$1.00, or 12 for \$3.00. Photo Institute, McAdoo, Penna.

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MEN, get Forest Ranger job: \$125-\$200 mo. and home furnished; hunt, fish, trap. For details write Norton Inst., 1543 Temple Court, Denver, Colo.

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

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

For Sale

BOOKS, MAGAZINES, Art Publications, in English, French, Spanish. Photo novelties, samples, lists, etc. 20 cents stamps. Villaverde Co., Dept. 204, Box 1320, Havana, Cuba.

For Sale—75-lb. Bar Bell, Plates, Bargain. H. J. Kosinski, 5808 W. 26th St., Cicero, Ill.

Courses for Sale

New and Used Correspondence Courses. Sold one-fourth original price. Bargain Catalog free. Also bought, exchanged. Educational Exchange Co., 710 Lafayette Building, Detroit, Michigan.

Advertising Course, \$25; cost \$100. Winter Advertising Agency, 3084 Plankinton Building, Milwaukee, Wis.

Wanted

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

Inventions Wanted

INVENTIONS WANTED—Patented, unpatented. If you have an idea for sale, write Hartley, Box 928, Bangor, Maine.

Patents

Inventions Commercialized. Patented or Unpatented. Write Adam Fisher Mfg. Co., 554 Enright, St. Louis, Mo.

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

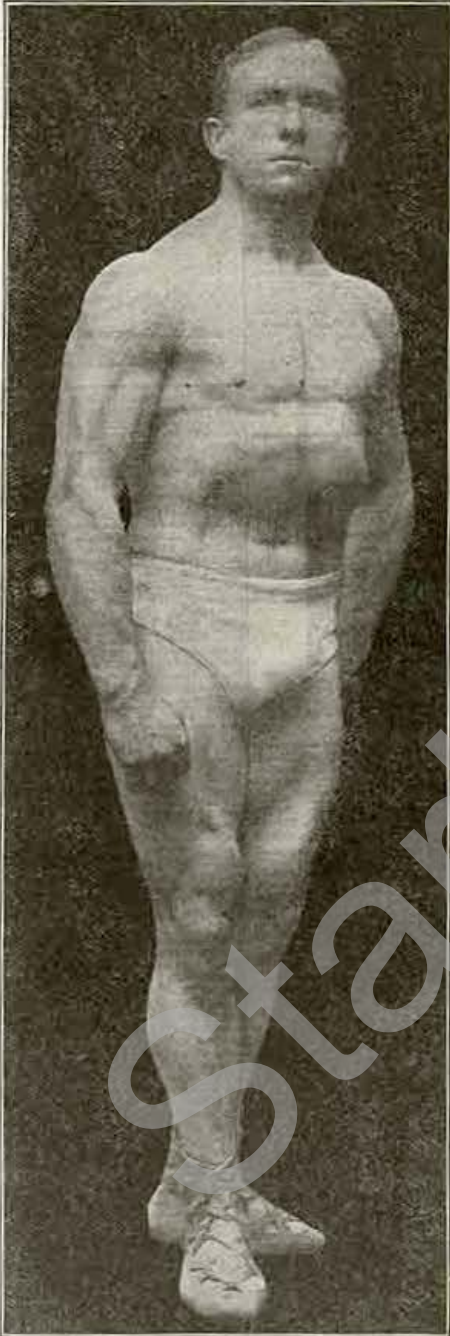
European Physical Culture

European and Continental Exercise Books. New, illustrated. "Muscle Control," by Maxick, \$1.25; "Tumbling Tricks," 75c; "Weight Lifting," by Pullum, \$2.00; "Health and Strength" Magazine, 25c. Catalog. Trevor Postal Service, 2 Highland Street, Phenix, Rhode Island.

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

Gain Dynamic Power, Vigor and Health Through Strongfortism



STRONGFORT—Builder of Men

Dr. Sargent, of Harvard University, U. S. A., declared Lionel Strongfort to be unquestionably the finest specimen of physical development he had ever seen.

have done for others, what I can do for you. It doesn't mince words. It tells plain truths. "Promotion and Conservation of Health, Strength, and Mental Energy" points the way from disease and weakness to health and strength. It is priceless. I'll send it to you on request—FREE. Write for your copy today.

STRONGFORT INSTITUTE
LIONEL STRONGFORT, DIRECTOR.
 PHYSICAL AND HEALTH SPECIALIST
 DEPT. 634 NEWARK, NEW JERSEY, U.S.A.

IF you are going to be worthy of being called a "man," you must possess manly attributes—you must be erect, with a straight back, head up; walk with a firm military step; possess a glowing color, flashing eyes, and wear a smile on your face—be defiant, courageous, **MANLY!** You won't be regarded as a real man by men or women if you are a slouching, nervous, fidgeting grouch—slinking along, afraid of your shadow, timid in company; sallow complexioned, pimply faced; with shifting, cowardly eyes; round-shouldered; with unsteady step, a cold, clammy grip—lacking pep, punch, or personality—you simply won't get anywhere. *Fellows of this type are not wanted.* If you are a weakling—sickly, nervous, and always pessimistic—you will feel your inferiority wherever you go. Men will shun you. Women will not be attracted to you. Even dogs will bark at you! *It is the penalty you pay for weakness!*—but you won't have to pay this price if you will face the facts and make up your mind you are going to go to the mat with ill-health and fight to a finish. It's up to you—to you alone.

You Can Overcome Weakness

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

STRONGFORTISM

Restores Your Manly Strength

Through **STRONGFORTISM** men, young and middle-aged, all over the world, have been rejuvenated and restored to health and strength after they have suffered untold mental and physical horrors—the inevitable result of excesses, fast living, and abuse of their physical powers. **STRONGFORTISM** has a record unparalleled—there is no other system, or method, or course that compares with it in restoring impaired human beings to virile, manly strength. **STRONGFORTISM** begins at the source to create new energy and strength by utilizing Nature's forces scientifically. It builds up the internal muscular system first and thus gets rid of constipation, dyspepsia, indigestion, private ailments, bad blood, catarrhal troubles, rheumatism, and other afflictions, increasing your energy and stamina. External muscular development follows quickly and you become a new man inside and out—a fellow to be reckoned with and envied wherever you go—a man to be admired.

No Apparatus—No Drugs—No Stimulants

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

I Want to Send You MY FREE BOOK

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

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Mr. Lionel Strongfort, Strongfort Institute, Dept 634, Newark, N. J.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

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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 constipation
or stomach
trouble?

Is your sleep disturbed by
troubled dreams?

Have you spells of irritability?

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, unhealthy nerves that are steadily robbing thousands 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, unbalanced 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 Blackstone, has written a remarkable book, entitled "New Nerves for Old." In plain language he gives certain easy-to-follow rules that have enabled thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality. It enables you to correctly diagnose your own case and shows you how to bring back your lost nervous vitality. "New Nerves for Old" is worth its weight in gold—and yet its cost is only 25c, stamps or coin. The book will prove a revelation to you. It will help you throughout your entire life; it will help you to build for yourself a solid foundation for your future success and happiness. Mail coupon for your copy today. Address, Richard Blackstone, N-211 Flatiron Building, New York.

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Men—Sell Leroy New Fall Winter Suits—Topcoats—Overcoats—\$18.75, commission \$4.00. Customer's Satisfaction Guaranteed. 6 Day Delivery. Sales Outfit Free. Write Leroy Tailoring, 892 Broadway, N. Y.

Men \$80 week. New educational invention. Proctor earned \$538 cash bonus month. Freitag \$500. McKean \$20 in half day. Playbox patented. Not sold in stores. Huge demand. Outfit Free. Parents Association, Dept. 20410, Pleasant Hill, Ohio.

I pay my agents \$90 a week just to wear and show beautiful New Freedomcoat and give away Free Hats. Write for yours. H. King, 230 So. Wells, Chicago.

Hotels Need Trained Executives. Nationwide demand for trained men and women; past experience unnecessary. We train you by mail and put you in touch with big opportunities. Write at once for particulars. Lewis Hotel Training Schools, Station BC-W661, Washington, D. C.

Large shirt company wants men to qualify as wholesalers. Exclusive territory. If you are energetic and well-known in your town, write Raleigh Hat, Inc., 156 Fifth Avenue, Desk A, New York, N. Y.

Agents \$240 month. Sell Silk Hosiery. Guaranteed 7 months. We furnish auto. Samples furnished. Free silk hosiery for your own use. Write today, state size worn. Betterknit Hosiery Co. SilK 2236, Greenfield, Ohio.

Agents wanted to advertise our goods and distribute free samples to consumers. 90c an hour; write for full particulars. American Products Co., 1926 Monmouth, Cincinnati, O.

Agents—Just Out! \$5.88 for Men's Suits! Anyone can sell! Big commission in advance! Free Sales Kit! The 888 Company, Dept. CL15, Fort Wayne, Ind.

Get Our Free Sample Case—Toilet Articles, Perfumes and Specialties. Wonderfully profitable. La Derma Co., Dept. KC, St. Louis, Mo.

A Paying Position Open to representative of character. Take orders shoes—no inventory direct to consumer income. Permanent. Write for free book "Getting Ahead." Tanners Shoe Mfg. Co., 10010 C St., Boston, Mass.

Men—\$90 weekly, \$3 an hour, with famous World's Star Hosiery. Lingerie, underwear for men, women, children. Amazing values. Big profits, repeat business, cash bonus. Free selling equipment. Write quick for territory. World's Star Knitting Co., 162 Lake St., Bay City, Mich.

Sell beautiful "Style Tailored" shirts and neckties direct to wearer at money-making factory price. May beginners earn \$50 first week in spare time. \$100 weekly full time easy. Selling outfit free. Howard Shirts, 1213 Van Buren, Fac. 27, Chicago.

Federal Distributors Get Big Pay! No capital or cash needed. Terr. being assigned. Write for application blank. Federal Pure Food Co., W 2311 Archer, Chicago. It's Legal, New and Adeptly Different! Gypsy. It's whirling wheels fascinate everybody. Merchants buy eagerly. Clear up \$100-\$150 weekly. Cigar Stores, Dept. P, Peoria, Ill.

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Men's Suits \$9.65! Look, Feel Like Wool! Wear like Iron Workmanship, etc. Guaranteed \$2.50 Commission! Free Kit! Fitz-U-Tailors, Dept. 291C, South Waltham, Ind.

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Earn—\$15.00 daily selling personal Christmas cards made to order, the most beautiful and complete line, selling at exceptional prices. High commissions paid daily; experience unnecessary; full or spare time. Write today for sample book. Big season on. Klein Co., 242 North Water, Rochester, N. Y.

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Self Candy Specialties to Stores. Big profits. Go into wholesale business and make \$18 every day. Plans free. Lawrence Free, Wee, Richmond, Va.

Make \$500 before Xmas selling personal Xmas Cards and Box Assortments. Unequaled Values. Highest Commissions. Samples Free. Doehls Co., Fitchburg, Mass.

Amazing Money-maker—\$21.99 daily. Men's suits, overcoats only \$12.50. Your commission \$3.00. Biggest value ever shown! Wonderful value Fall Winter patterns. Worthmore Tailors, 195 Greene St., N. Y.

Marcellwaver is Taking American Women by storm. Men and women representatives everywhere making biggest profits of year. \$270 a week, \$57 a day, \$17 an hour—spare or full time workers earn such amounts easily. Territories now being allotted. Full information free. Marcellwaver, Dept. 98S, Cincinnati, Ohio.

America's Greatest Tailoring Line Free: 175 Big Samples—guaranteed Pure Virgin Wool—tailored to order—sensational low price. Big commissions daily. Also cash bonus. Get outfit at once. Address Dept. 724, Goodwear, 844 Adams, Chicago.

Show wonderful new Comfort Foot-Shoes. Soft, sponge rubber rests foot, relieves aches and strains while cooking, washing, ironing, etc. Also 47 other fast-selling household specialties. Free Outfit. Write National Crafts, Dept. 1-23, 41 John St. N. Y.

I'll Start You Quickly! Be my active agent selling amazing "Hook-Fast" belts to men. Many unique features. Liberal commission. Get facts and Free Bell. Write National Crafts, Dept. 1-23, 41 John St. N. Y.

Make \$12 a day and liberal bonus selling Pioneer \$23.50 and \$33.50 all-wool Tailoring. Commissions paid daily. \$20 large cloth samples furnished. We train the inexperienced. Write Pioneer Tailoring Co., Congress & Throop, Dept. Y1272, Chicago.

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No time like today!

\$85.00 weekly—Dresses Free! Associate company of famous Real Silk Hosiery offers you remarkable opportunity to earn money. Paris styles. Below-store prices. Free equipment. Hard Road Crafts, 915 Walnut St., Indianapolis.

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Punchboard Salesman—\$250 weekly easy. 90 complete deals. \$100 machines of all kinds. Most gigantic line ever featured. Repeat comm. Beautiful 4 color catalog free. Lion Mfg. Dept. P2146 8thfield, Chicago.

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\$90 Weekly Selling nationally known, tailored-to-measure \$23.50 suits, overcoats. Quality unexcelled. Commission \$4.00, plus Profit Sharing. Powerful sales producing outfit furnished. Style-Center, Dept. PCS, Cincinnati, O.

Wavy Hair in 10 minutes. "Wave" is new wonder preparation changes straightest hair into lustrous, soft waves. Sensation of New York. Be your own hairdresser. Absolutely greaseless and harmless. Large bottle sent postpaid on receipt of \$1.00. Beauty Co., 365 H Lincoln Place, Brooklyn, N. Y.

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Don't sell for others. Employ Agents yourself. Make your own products. Toilet Articles, Household Specialties, etc. 500% profit. Valuable booklet Free. National Scientific Labs., 1929 W. Broad, Richmond, Va.

Big Pay Jobs in Automotive field. Become expert, using real equipment with real shop tools in eight weeks. Satisfaction guaranteed. Write quick for special tuition offer. Mercey Auto Schools, Dept. 21-H, Cleveland, O. and Cincinnati, O.

Learn drugless healing at home. Interesting, very profitable profession quickly learned by spare time home study. Millions of patients waiting. Practice in your own or patient's home. Earn while you learn. Quick new method of teaching by use of motion pictures. Send 4c postage for Free Introductory course. American University, 500 No. Dearborn, Chicago.

Want U. S. Gov't Position? Commence \$15-\$250 month. Men-women, 18-55, trained at home. In three weeks. Write Government's Instruction Bureau, 137, St. Louis, Mo.

Men, get Forest Rangers job; \$125-\$200 month and home furnished; hunt, fish, trap. For details, write Norton Institute, 1525 Temple Court, Denver, Colo.

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Candies, Home Made. Make big money. Few dollars starts you. We teach making and selling. Capitol Candy School, Dept. AC-545, Washington, D. C.

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Agents earn big money taking orders for our beautiful Dress Goods, Silks, Wash Fabrics, Hosiery, Fancy Goods, 1000 samples furnished. The National Importing Co., Dept. L89, 573 Broadway, New York City.

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Bankrupt—Rummage Sales make \$500 monthly. We start you, furnishing you everything. Exp. unsee. Write Robey, Dept. R-10, 1045 Wabasha Ave., Chicago.

\$90 Weekly Selling nationally known, tailored-to-measure \$23.50 suits, overcoats. Quality unexcelled. Commission \$4.00, plus Profit Sharing. Powerful sales producing outfit furnished. Style-Center, Dept. PCS, Cincinnati, O.

Wavy Hair in 10 minutes. "Wave" is new wonder preparation changes straightest hair into lustrous, soft waves. Sensation of New York. Be your own hairdresser. Absolutely greaseless and harmless. Large bottle sent postpaid on receipt of \$1.00. Beauty Co., 365 H Lincoln Place, Brooklyn, N. Y.

\$60 a week easy introducing beautiful line of women's dresses. Smartest styles. Amazingly low price gets orders immediately. Free selling outfit. Free Dresses. Fashion Frocks, Dept. X-11, Cincinnati, O.

Don't sell for others. Employ Agents yourself. Make your own products. Toilet Articles, Household Specialties, etc. 500% profit. Valuable booklet Free. National Scientific Labs., 1929 W. Broad, Richmond, Va.

Big Pay Jobs in Automotive field. Become expert, using real equipment with real shop tools in eight weeks. Satisfaction guaranteed. Write quick for special tuition offer. Mercey Auto Schools, Dept. 21-H, Cleveland, O. and Cincinnati, O.

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Men, get Forest Rangers job; \$125-\$200 month and home furnished; hunt, fish, trap. For details, write Norton Institute, 1525 Temple Court, Denver, Colo.

Men—Qualify for Railway Mail Clerk, Post Office Clerk, Carrier and Park Ranger positions. Steady work. Vacations. Particulars free. Mercey Auto Schools, Dept. 21-H, Cleveland, Ohio.

Candies, Home Made. Make big money. Few dollars starts you. We teach making and selling. Capitol Candy School, Dept. AC-545, Washington, D. C.

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Kill This Man!

THERE'S a devil inside of you. He's trying to kill you. Look out for him! He tells you not to work so hard. What's the use? The boss only piles more work on you. He tells you not to bother with your body. If you're weak—you always will be weak. Exercise is just a lot of rot. Do you recognize him? Of course you do. He's in all of us. He's a murderer of ambition. He's a liar and a fool. *Kill him!* If you don't, he will kill you.

Saved

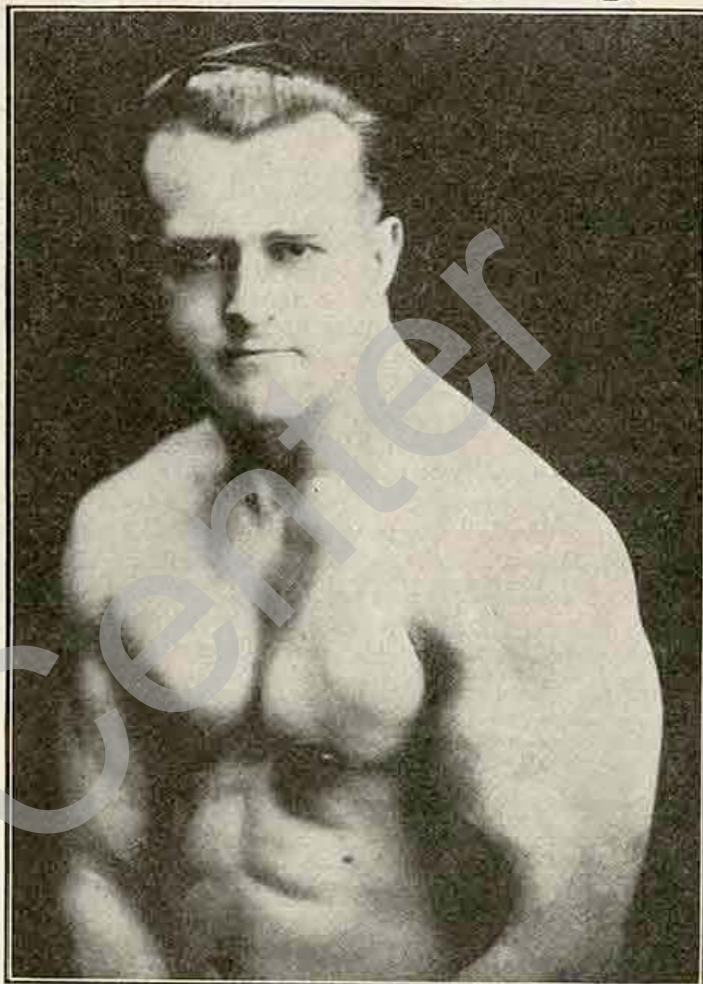
Thank your lucky stars you have another man inside of you. He's the human dynamo. He fills you full of pep and ambition. He keeps you alive—on fire. He urges you on in your daily tasks. He makes you strive for bigger and better things to do. He makes you crave for life and strength. He teaches you that the weak fall by the wayside, but the strong succeed. He shows you that exercise builds live tissue—live tissue is muscle—muscle means strength—strength is power. Power brings success! That's what you want, and gosh darn your old hide! you're going to get it.

Which Man Will It Be?

It's up to you. Set your own future. You want to be the Human Dynamo? Fine! Well, let's get busy. That's where I come in. That's my job. Here's what I'll do for you:

In just 30 days I'll increase your arm one full inch with real live, animated muscle. Yes, and I'll add two inches to your chest in the same time. Pretty good, eh? That's nothing. Now come the works. I'll build up your shoulders. I'll deepen your chest. I'll strengthen your whole body. I'll give you arms and legs like pillars. I'll literally pack muscle up your stomach and down your back. Meanwhile I'll work on those inner muscles surrounding your vital organs. You'll feel the thrill of life shooting up your old backbone and throughout your entire system. You'll feel so full of life you will shout to the world: "I'm a man, and I can prove it!"

Sounds good, what? But listen! That isn't all. I'm not just promising these things. *I guarantee them!* It's a sure bet. Oh, boy! Let's ride.



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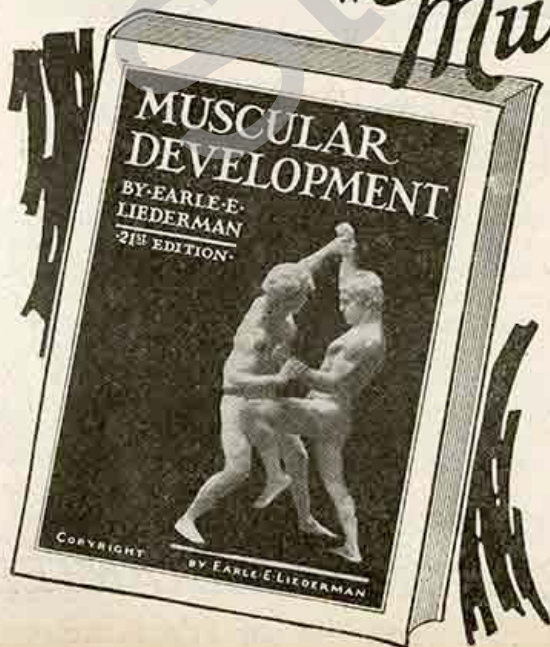
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Mr. Utzman possesses a magnificent development which he obtained by the use of the Milo Bar Bells. There are thousands who have done likewise. Why let these fellows go around with their fine muscles and unusual physical strength while you go around looking like most anything, but what you should—a high ideal of physical manhood like Mr. Utzman and our many other pupils.

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

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Gentlemen:

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

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My mail address:

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MEASUREMENTS

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

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

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

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

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

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

Hips..... Improved Health—

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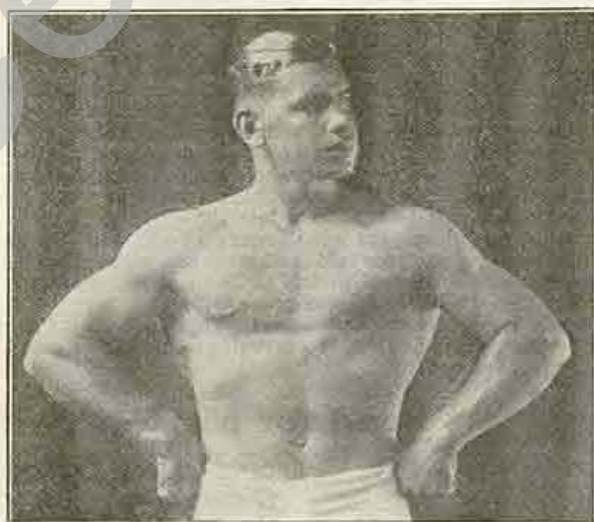
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Then "Buy Christmas Seals," for they are fighting tuberculosis every day of the year. Seal every holiday letter, every Christmas package, and every greeting card with these seals of health.

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Now at last—through the electric magic of Infra-red Rays—Science has found a startling way to grow new hair quickly.

No matter how fast your hair is falling out, no matter how much of it is gone—this is our guarantee: This amazing new electrical discovery will end your dandruff, stop falling hair and grow thick, luxuriant new hair in 4 weeks—or you pay nothing! You risk nothing. You are the judge—your own mirror will furnish the astounding evidence.

Famous Surgeon's Discovery

All observant men have noticed that their beard grows faster in hot weather than in cold. What causes that?

Simply this: Heat rays of a certain kind that stimulate and vitalize the hair-growing tissue.

Two years ago a noted surgeon, seeking to bring back his own hair—applying all his scientific knowledge to the problem—made a remarkable discovery. It is the first time a scientific man of his standing has ever entered this field of helpfulness.

He discovered a simple way in which to use life-giving invisible heat rays—known to all scientists—to restore health and normal conditions to the scalp tissues and so RESTORE HAIR in all

but certain rare instances. It ended his own baldness. Today his hair is unusually thick and luxuriant.

Called Dermo-Ray

Because of his scientific conservatism and his standing in his profession, the discoverer of Dermo-Ray made no general announcement of his startling discovery. But, as the head of his own hospital, his own case records—with hundreds of men and women—proved scientifically, conclusively, that this new discovery grows hair, when nothing else will—grows hair, ends dandruff, in NINE OUT OF TEN CASES. Now that the amazing power of Infra-red Rays is known to the entire scientific world—and DERMO-RAY has been proved to be one of the most startling scientific discoveries of recent years—now for the first time, has Dr. Theodore H. Larson permitted public announcement of his discovery to be made.

**Infra-red Rays Reach
 the Roots**

In nine out of ten so-called cases of baldness the hair roots are not dead. They are only dormant. But when you try to reach them with hair tonics, oils, massages and salves, you are obviously wasting both time and money. For you treat only the surface skin—never get to the roots.

Rough Diagram Suggesting: Left—the long-wave Infra-Red rays; right—short-wave Ultra-Violet.

Your own physician will tell you that the warm, soothing Infra-red Ray penetrates more deeply through human tissue than any other harmless heat-ray known to science. It reaches the hair root and electrically, almost magically, revitalizes it. Hair literally "sprouts" as a result.

Send No Money

You can use DERMO-RAY in any home with electricity. The warm, soothing, Infra-red Rays vitalize your scalp while you rest or read—a few minutes each day is all the time required.

In four weeks you will be free forever from the social and business embarrassment of baldness—or you pay nothing.

Complete facts about this astounding new scientific discovery, opinions of authorities, incontrovertible evidence, and details of special trial offer will be sent free, if you mail the coupon below. To forever end your scalp and hair troubles, act at once Print your name and address plainly—and mail the coupon NOW.

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Send me at once, without obligation, full particulars—in plain envelope—of your 30-day Free Trial of DERMO-RAY.

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Feel Like a New Man In Two Minutes

Amazing Restoration in SPINE-MOTION



HOBART BRADSTREET
Who defies old age

YOU never give a thought to that spine of yours, do you? If you did you might be another man altogether. You'd have twice the energy you have—twice the strength and stamina. You'd pitch into your work with the avidity of a boy for play. You'd revel in anything that meant activity. You'd be a superman compared to what you are.

But, vital as it is, you pay no attention to your spine.

What are the consequences? A word about the spine will explain.

The spine is a series of small bones placed one above the other. Between each pair of bones (vertebrae) is cartilage which acts as a cushion or shock absorber, taking up the weight and shocks thrown on the spinal column as we stand or walk. Since nothing in the ordinary activities of us humans stretches the spine, these once soft and resilient pads are flattened down, become thin and hard. One's spine then does not absorb the shocks sustained but transmits them straight to the base of the brain. Then come headaches—backaches—"nerves"—insomnia—habitual tiredness. We have not one-half the force and "pep" we should have. We do not get the joy out of work or play we should. We are only about 50 per cent efficient.

When the cartilage is worn down to a certain point, nerve impingement may result. That is, two of the vertebrae may curve so close together as to "pinch" or press upon a nerve leading from the spinal column to an organ which the nerve controls. Then there is trouble! If the impinged nerve has to do with the liver, then liver trouble. If with the stomach, stomach trouble. If with the bowels, constipation. And so on.

Why the Spine Needs Stretching

The spine needs the peculiar motion, the flexing, the laxation, it would get if we lived as man primal did, in order to loosen up the spine—to "elongate" it—to take the burden off the cartilage and the pressure off the nerves. No amount of violent exercise will do the trick, we know from experience, for often the most inveterate gymnast is a striking case of subluxation of the spine.

From his 25 years' experience with spinal mechanics, Bradstreet evolved a method of SPINE-MOTION which seems to be the answer to the problem. This method of "laxating" the spine is a simple, boiled-down formula of just five movements. Neither takes more than one minute, so the whole process means but five minutes a day. But those movements, simple as they are, bring a wonderful change—almost

instantly! Said Bradstreet, "I have had many people come to me saying they were in perfect health and wanted to try my motion just out of curiosity, only to be amazed with the feeling of new exhilaration experienced in one execution of my spinal-motions. Only the other day a prominent Chicago business man, known as a human dynamo, remarked to me after a few days of my system, 'I didn't realize until now that I was only 50 per cent alive.'"

"I have seen my spinal motions put sick people on their feet in a few days. I have seen many a chronic case of headache, nervousness, stomach trouble and constipation completely relieved in a matter of weeks. Speaking of constipation, I have one motion—a peculiar, writhing and twisting movement—that will, in fifteen minutes, in nine cases out of ten, bring a complete evacuation."

Promises You Startling Results

We know that there is something in his method for every one, and we invite everyone to try it. We invite the young and the apparently "vigorous" to see what difference spine motion will make in their energies and capacities. We invite the ailing to see the direct relation between spinal mechanics and health. We invite men who are ageing prematurely to put to test his statement that a man's powers (in every sense) by nature, should continue full flush up to the age of 60, being only a matter of a sound nerve-mechanism.

No "apparatus" is required with this method. Just a few simple instructions made doubly clear by photograph poses of the five positions.

Send No Money

The small fee of \$3 pays in full for the method. But we do not ask you to send the \$3 in advance nor to make any payment or deposit whatever on delivery. We give you 5 days' free trial wholly at our risk! See the results you get in 5 days. If you do not experience something striking in the way of new health, new appetite, new desires and new capacities, just return the material and you won't owe a penny. If you do see and feel the most wonderful benefits and wish to continue with the method, remit \$3 in 5 days and everything is yours to keep. Mail the coupon today, and get the method for 5 days' free trial.

Why You Must Keep Your Spine "ELONGATED"



How bones close in on the delicate nerves when the spine "settles," shriveling the nerves and draining vitality.



How "elongating" the spine keeps the bones apart and the nerves full and free to perform their functions.

HOBART BRADSTREET, Inc., Suite 6068,
506 S. Wabash Ave., Chicago, Ill.

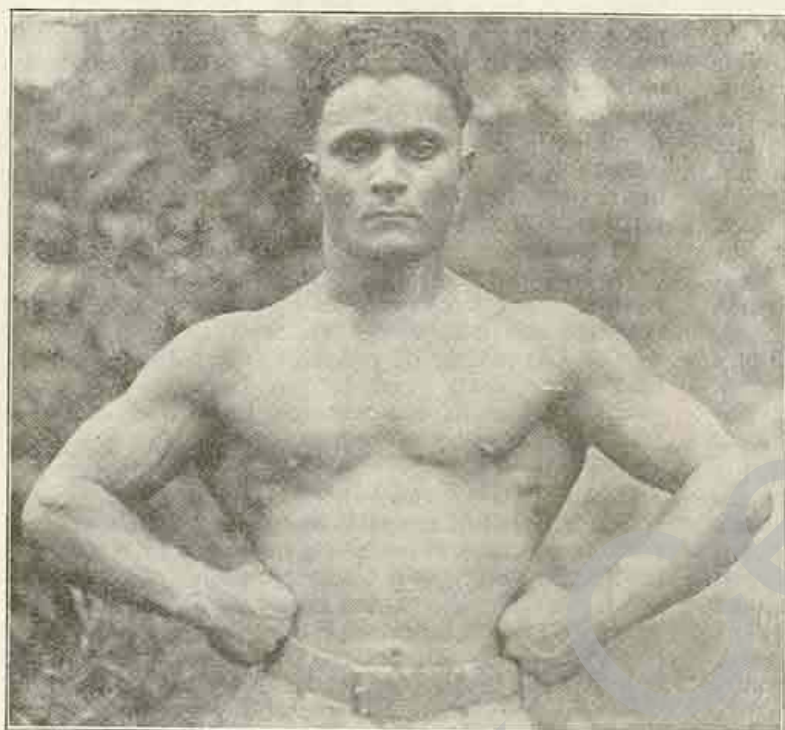
I will try your SPINE-MOTION without risk if you will provide necessary instructions. Send everything postpaid without any charge or obligation, and I will try it five days. If I find SPINE-MOTION highly beneficial I can remit just \$3 in full payment; otherwise I will return the material and will owe you nothing.

Name

Address

Would You Like to Make

Below You Will Find Extracts From a Few Reports from Pupils---



N. KHOURY—MacMahon Methods Did It

Gains 2 inches on chest in 3 weeks.

H. G. Berkowitz.

Gains 12 pounds of muscle with first two lessons.

L. Shea.

Puts 4 inches on his chest in 30 days.

I. W. Hill, Jr.

32 pounds of muscle gained in 3 months.

F. V. Bacallo.

Increases arms 2 inches in 6 weeks.

F. D. Bacallao.

Puts 2 inches on calves and 1½ inches on thighs.

H. Hunt.

His abdominal muscles now hard as rocks.

J. Barkanic.

Results noticed from first lesson.

J. E. Daniel.

The MacMahon course beats them all.

I. Rifkin.

MacMahon methods are different.

Joe D. Federico.

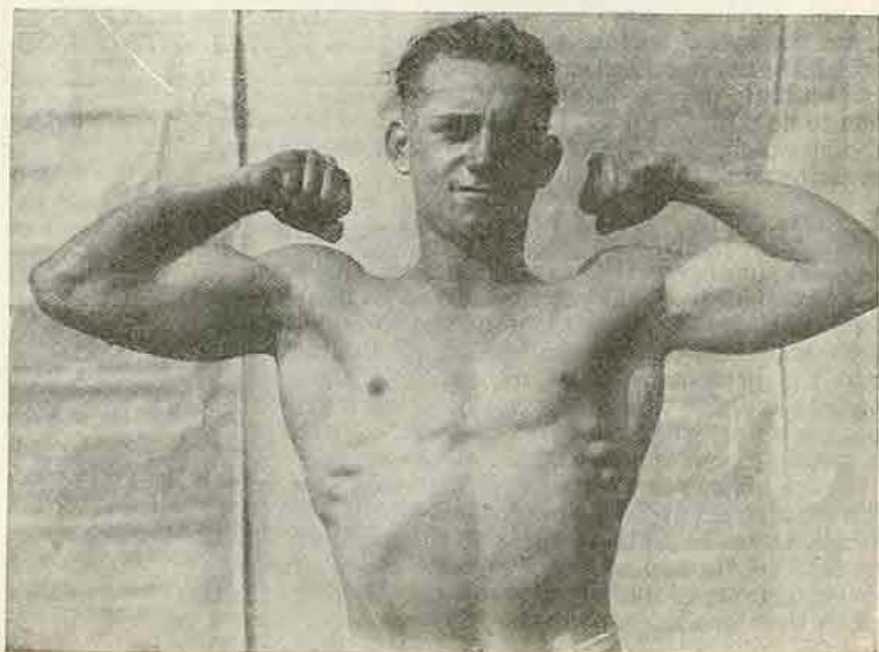
There are thousands like these in my Files and ALL ARE GENUINE.

**Sure You Want Gains Like Those Above—
and That Is the Type of Gains You Will Be Sure of From
This Newest Up-to-
Date Method**

Yes, sir, and those gains will be in the form of shapely muscles, too. No big arms and small legs or big legs and small arms. Every part of your anatomy will perfectly balance all other parts. Size of muscle is not the whole story. What is size worth without shapeliness? Not much in these times.

***I'll Quickly Show
You How***

It is easy and takes little of your time. A few minutes a day for a few weeks and you will be noticing worthwhile gains—a couple of months and you will be *made* physically. Don't worry about how it is done. Put yourself in my care and the rest is easy for both of us. A start is all you need.



ED. GEISER—Built by MacMahon

These Gains?

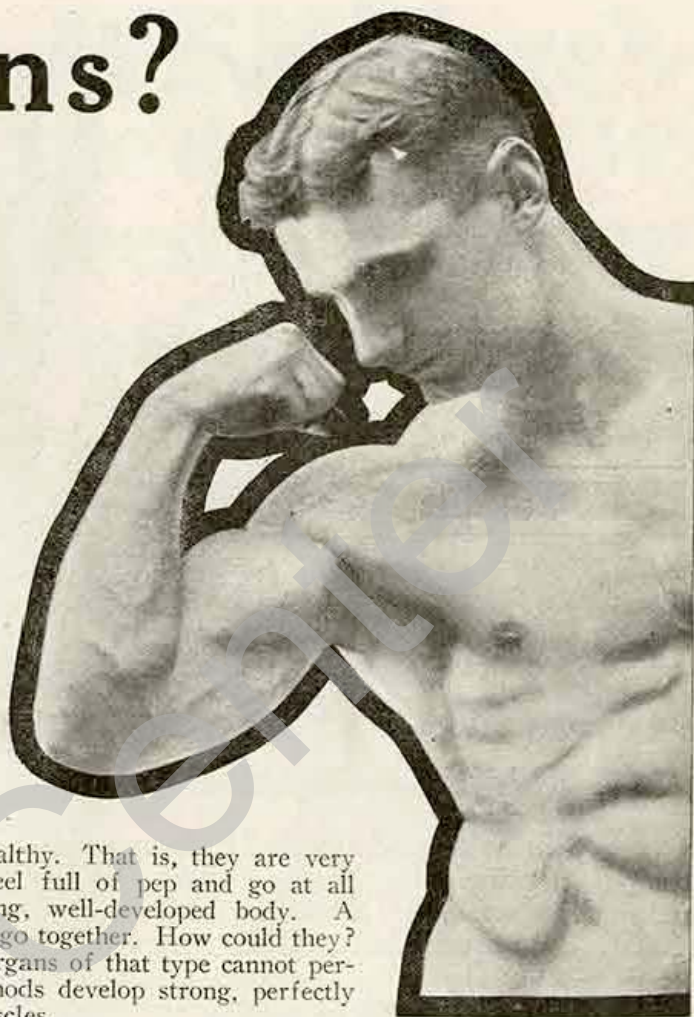
I'm going to make a healthy, two-fisted man of you and it is going to be the most enjoyable thing ever happened to you. You are going to like the way you will feel—the feel of great strength and the highest measure of health. You may feel **all right** now, boy, you but, don't know what real health is until you are under my instructions for a while. I'll purify your system from all poisons. You will feel like a child again, with pep and go that does not die out. You will sleep like a top and awake each morning feeling reborn. And you don't have to wait long, either.

Improvements the First Week

In fact, your first period with my system will leave you with a touch of that grand and glorious feeling—perfect health. You will notice a gain in endurance and suppleness before you leave the first lesson. These are the forerunners of muscle and strength that follow closely on the heels of added endurance. From then on you gain rapidly because of the progressive principle that runs through the succeeding lesson.

Health of the Highest Order

There are thousands of people who are apparently healthy. That is, they are very seldom sick, but they do not know what it means to feel full of pep and go at all times. Perfect health cannot be attained without a strong, well-developed body. A weak body and perfect health simply do not and cannot go together. How could they? Weak muscles mean weak, flabby internal organs, and organs of that type cannot perform their respective duties to the full extent. My methods develop strong, perfectly functioning internal organs as well as fine and strong muscles.



I GUARANTEE STARTLING RESULTS

The results from my methods are not of the usual mediocre type. They are far advanced from the usual run of results obtained from exercise. You cannot go wrong, so—

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!**

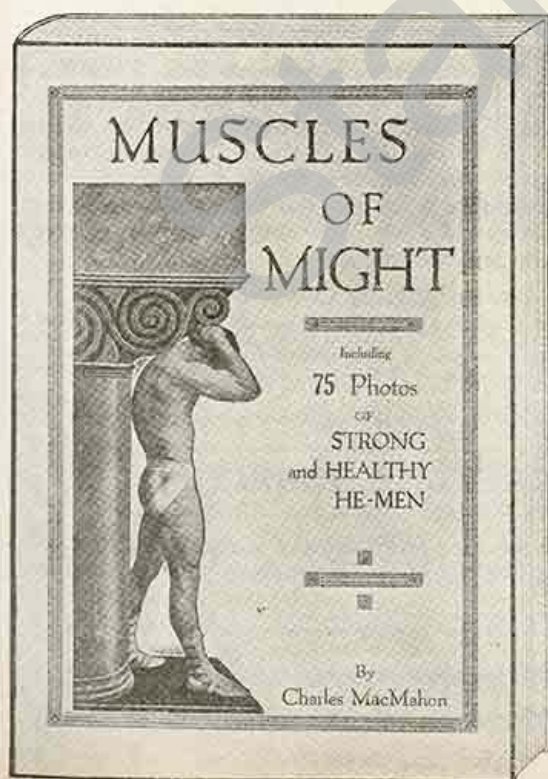
Yours Is Waiting!

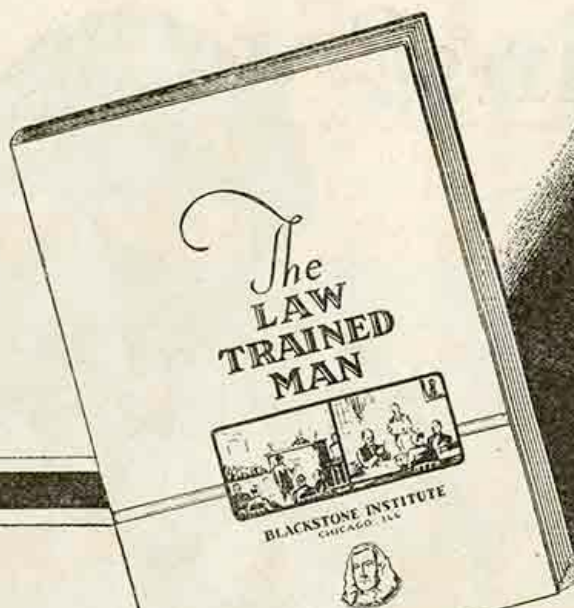
Charles MacMahon, S-4-28
180 W. Somerset Street, Philadelphia, Pa.

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

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MISS IT!!**





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Success**

*This Book
is the Key*

Send for this **FREE** book

THE LAW-TRAINED MAN—that is the name of an attractive book the Blackstone Institute has just published for complimentary distribution among those to whom a knowledge of law would be a business asset. YOU may have a copy if you desire, FREE, upon request.

All the questions you ever asked yourself about the money-making opportunities for the man trained in the law are answered in this authoritative book. Partial list of chapter headings which follows gives some idea of the scope and value of the contents:

Law and American Business—The Blackstone Method—Increasing Business Profits—Famous Law Authorities—Training Worth \$150,000—Success at the Bar—Advantages of Home Study—Now Is the Time

Frankly, we published *The Law-Trained Man* for the sole purpose of creating an interest in the Institute's internationally famous home-study law course. One section of the book, therefore, deals with a detailed description of the course—its authoritative text and case books (delivered complete at the time of enrollment) and its fascinating lesson material and effective instruction service.

Another section deals with the successes of the Institute's students, many of whom have gone on record in the book so that you might read and profit by their experiences.

More than 50,000 ambitious men and women have already enrolled, among them being corporation officials, bankers, business executives, accountants, doctors, teachers, lawyers, and others. Hundreds of these students have elected to enter the practice of law. Thousands of others have secured substantial business benefits. Graduates are awarded the LL.B. degree.

Money-Making Ideas

Blackstone Law training offers immediate money-making possibilities to business men by showing how to cut costs,

facilitate sales and collections, reduce taxes, collect damages, protect against unfair competition, safeguard contracts, and 2083 other practical money-saving ideas.

The application of one idea alone will more than cover the modest fee the Institute asks for its services, which fee, by the way, may be paid on a monthly basis.

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The business-building ideas incorporated into the Blackstone Law Course were developed by a group of 80 of the most prominent law authorities in the country. Among them are two justices of the United States Supreme Court, the deans of eight leading resident law schools, university law professors, State Supreme Court judges, practicing lawyers and practical business men.

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understandable and workable form. A small amount of your spare time for a few months will enable you to master these methods and learn how to apply them intelligently in your daily business affairs.

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With them you can build 100 different circuits—learn the "how" and "why" of practically every type of Radio set made. This kind of training fits you to step into the good jobs—sends you out an experienced Radio expert. When you complete, my Employment Department will help you get a real big Radio job like Graduate Edward Stanko, now Chief Operator of Station WGR; or Frank M. Jones, 922 Guadalupe St., San Angelo, Tex., builder and operator of Station KGFI and Manager of the best equipped Radio shop in the Southwest, or help you start a Radio business of your own like Richard Butler, 1419 No. 17th St., Phila., Pa., who made around \$300 a month compared with a small salaried, no future job as a motorman when he enrolled.

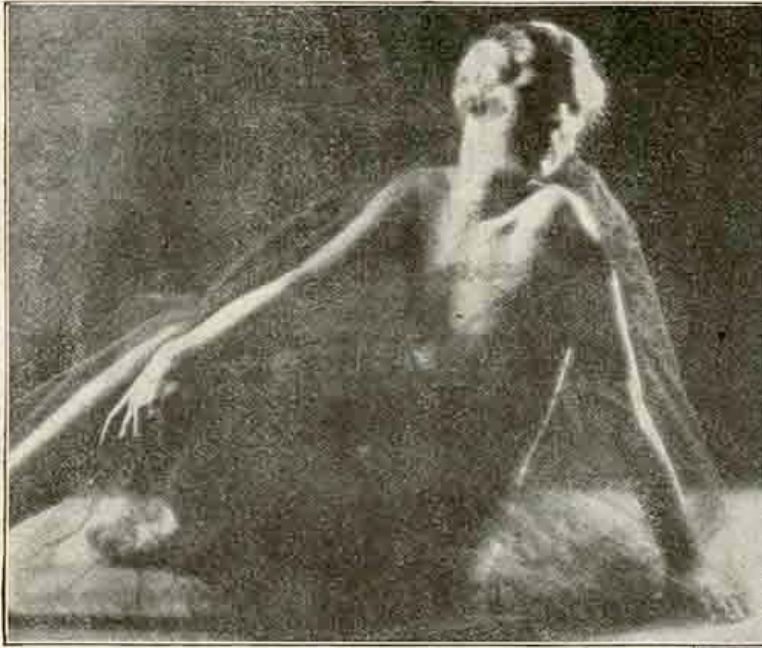
My Radio Training Is the Famous "Course That Pays for Itself"

Spare time earnings are easy in Radio almost from the time you enroll. G. W. Page, 1807 21st Ave., S., Nashville, Tenn., made \$935 in his spare time while taking this course. Al Johnson, 1409 Shelby St., Sandusky, O., \$1,000 in four months, and he didn't know the difference between a condenser and a transformer when he enrolled. I'll give you a legal contract, backed by N. R. I., pioneer and largest home-study Radio school in the world, to refund every penny of your money if you are not satisfied, upon completing, with the lessons and instructions received. Find out what Radio offers you. Get the facts. Mail coupon—RIGHT NOW.

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Now Banish FAT from any part of Body

AGAIN Electrical Science has triumphed. A way has been found to surely and quickly rid yourself of unwanted fat from any part of the body. No medication whatsoever is used. There is no restriction of diet. Starvation for obesity is ended.

And this method is utterly safe.

A Product of the Great War

Its discovery is an outgrowth of the world war, where quick restoration of tissues, nerves and glands to normal, became a necessity. These old methods were proven inadequate. Then a group of specialists—medical and electrical, devoted ten years to its perfection.

This discovery is called the Rotolizer.

First Proven by Physicians

First the Rotolizer was placed in physicians' hands. They welcomed it eagerly. Results in countless abnormal conditions were astounding. Immediate. And lasting. Now it is available for you in your own home wherever ordinary electric current is found.

No Diet Needed

Dangerous starvation against which all physicians warn, is now needless. You forego none of the dishes you like. Nor need quantity be limited. Enormous eaters report the most amazing results. Reductions of twenty-five to forty pounds or more.

No Medication

Nothing is taken internally. No drugs used externally. No belts, girdles, pads, enervating garments or baths of any sort. Every method you have ever heard about for fat reduction is replaced by Rotolizer.

Reduce Only Where Needed

Fat from the neck, shoulders, arms, chest, abdomen, hips or legs disappears, but only from the part of the body you desire. And without danger or inconvenience.

The dangerous deep seated fatty accumulations in muscles and tissues goes as readily as the more common fat deposits found in abdominal obesity. No flabbiness or wrinkles follow its use.

What Rotolizer Is

This amazing discovery is a simple electrical appliance used each day for a few minutes, in your own home. Use it anywhere electric current is available. The current is used only to operate the appliance. No electricity enters the body. It cannot harm or shock. Yet it has profoundly changed all treatment for obesity.

Age does not matter. It is for both men and women. Those requiring general reduction all over or only in certain parts of the body. And results are sure.



For over thirty years I endured all the pangs and afflictions of obesity. See photo. I have now reduced to 175 pounds. I have paid no attention to diet and operate the machine without assistance.
E. H. W.

Results Come Quickly

You will feel better from the first day. Rotolizer improves in an astounding manner the general health. It tones every organ. New life and vitality seem to follow its use in every case. Flabbiness goes. New strength comes quickly. And the entire body soon regains correct youthful proportions.

Don't Be Fat

Obesity is much more than merely inconvenient. True, excess fat is out of fashion. But it is also dangerous. Fat kills. It cuts the span of natural life. These are facts known to every one. The problem has been to be rid of fat safely—and without torture. What a boon to the obese that safe fat reduction has now been achieved.

Prove It by Trial

The Rotolizer, guaranteed to bring complete results in safe reduction, may be yours to try if you will only clip this special coupon.

ROTOUZER, INC.

Dept. 111, 729 South Wabash Avenue, Chicago, Illinois.

Please arrange for me to try the Rotolizer which is guaranteed to reduce excess fat from any part of the body and restore a normal figure.

NOTE: Mark on figure to left, part or parts where you wish reduction.

Name

Street

City and State

This is not an order. Ship nothing C. O. D.

Who Else Wants Muscles like these?

WOULDN'T YOU like muscles like these? Thousands have gotten them this new easy way. No more putting in years of strenuous exercise—punishing yourself to the breaking point. Here's a **NEW** quick way to develop big, rippling muscles in the easiest way known—used by all professional athletes. And it won't cost you a cent!

We're going to **GIVE** you a marvelous muscle builder—a big 5 Cable Exerciser—**FREE!** Think of it. One of these exercisers you've heard so much about—and it doesn't cost you a penny!

This BIG 5-CABLE EXERCIZER NOW FREE

You've seen these powerful exercisers advertised at high prices. But you didn't feel like paying as high as \$12 for one. Yet you've wanted one. You know how they can help you—the reason all the champ boxers, wrestlers and all-round athletes swear by them. Now with a year's subscription to **STRENGTH**, at no increase in the regular price, you can get the exerciser you've always wanted, **FREE!** Think of it. You can get this wonderful magazine for a whole year and one of these powerful 5-cable muscle developers—both for only the regular standard subscription price of the magazine itself—\$2.50!

This exerciser of ours is a regular **BRUTE**. Develops a kick like a mule

—just what you need to round out those powerful-hitting muscles around your arms and shoulders. You'll get a real workout when you tackle these 5 heavy Para rubber cables. They'll buck you until you buck them. By that time you won't have to take back-talk—from ANYBODY! You'll have a "K.O." wallop in either hand ready to back you up. And you'll get plenty of muscle-building tips in every issue of **STRENGTH** that comes to your house every month. They'll help you get out of the "weak sister" class. And what a difference all this will make in your personal appearance—particularly in a bathing suit.

SEND NO MONEY

Every month **STRENGTH** will bring you lots of practical articles on building a strong, handsome body—and live sports stories. Remember—\$2.50 covers everything—and you don't send us a cent now.

Just mail the coupon—with your address. When the postman delivers the exerciser, pay him \$2.50 plus a few cents postage. If it isn't a "wow" of a muscle-builder in **YOUR** opinion—not ours—send it back in 5 days, and your money will be returned, pronto.

If you keep it, there's not a cent more to pay—and you get **STRENGTH** every month for a year. Don't miss this offer. It may not appear again. When enough people accept it to increase the circulation of **STRENGTH** as much as we want to, it will be withdrawn without notice. If you want this expensive exerciser, for nothing, mail the coupon today.

What a Boy He Turned Out To Be

Follows used to say he couldn't punch his way out of a paper bag. Flat chested—spring knees—dangling arms—a typical "bag of bones." Finally he sent for one of these exercisers with its complete instruction course. And what a boy HE turned out to be! It wasn't long before he could "rough house" with any of them. Big rippling muscles all over his back—Strong, powerful neck and arms—now a **REGULAR** HE-MAN.

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Philadelphia, Pa.

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Simple Commercial Law, Business Letter Writing, Typewriting.

QUIZZES

Three volumes of entertaining Questions and Answers to supplement and enliven your Course.

NEVER before an offer like this! Never before such an opportunity for every ambitious man and woman! Never before has a High School Course been made so easy and inexpensive to acquire. Here is, truly, the chance of a life-time to make up for the training you missed—to brush up on the subjects you have forgotten—to take your place among educated, cultivated people—to increase your earning power and equip yourself for big opportunities, splendid success in business.

The Short-Cut to Knowledge

Just think of it! In a few pleasant minutes' reading a day you quickly cover the material taught in our finest modern High School. You learn such fascinating and important subjects as Chemistry, Physics, English, American History, Literature, French, Latin, Economics.

And the amazing part is that you acquire this broad fund of knowledge, the equivalent of a four years course at High School, in just your spare moments, after dinner, on the way to and from your work, whenever you have an idle minute or two.

How You Learn So Much in So Little Time

How is it possible? Because this High School Self-Teaching Course was prepared expressly for busy people. It contains the *essence* of the regular four year course, boiled down into fifty compact volumes. Any one of the volumes could be read through in an hour. Every word is right to the point—every sentence is packed with information—every volume is a masterpiece of simplicity, clarity and conciseness.

Slip one of these little books in your pocket wherever you go and you will be amazed at the amount of knowledge you will pick up.

Most Sensational Bargain in History of Education

Is \$2.98 really ALL you pay? Yes, every penny! It sounds incredible, but that is your complete expenditure for this entire 50-volume Course.

But do not judge the value of the Course by the price. You would pay \$25 to \$30 for this same amount of material if published in the ordinary text book form. You would pay perhaps \$150 for a correspondence course of instruction in the same subjects. And certainly the benefits you will derive from these volumes are easily worth THOUSANDS OF DOLLARS to you. Why, then, is such an absurdly small price asked for the Course? Because this Course is intended for the thousands who never had the opportunity to go to High School. Created under the direction of one of our country's greatest educators, who has done more toward the advancement of self-education than any other living individual, the price, it was determined, should be so low that NO ONE, no matter how limited his means, would be prevented from taking advantage of this wonderful plan.

FREE—Leather Cover

If you are prompt in mailing the coupon, you will receive with your 50-volume course a genuine Sheepskin Leather Slip Cover. Just slip the book you are reading into this cover and you have a luxurious and protective binding.

SEND NO MONEY

Just write your name and address on the attached coupon and mail it without delay. Pay only \$2.98 when your 50 lesson books arrive and they are yours to keep—without any further payment.

Can you afford to miss this golden opportunity? Can you afford to lose a single day in mailing the coupon? Do it NOW.

National Extension of Education,
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GIRARD, KANSAS

NATIONAL EXTENSION OF EDUCATION,
High School Department No. 2,
Girard, Kansas.

Please enroll me for the High School Teaching Course and forward me the 50 convenient volumes at once with FREE Leather Slip Cover. On delivery I will pay the postman \$2.98—the total and only cost to me. (Note: Enclose payment with this coupon if you prefer.)

Name

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City State

No C. O. D. orders can be sent to Canada or foreign countries; these must remit in advance by international postal money order or draft on a U. S. Bank.

Editorial

Fight Champions

WHEN Tunney defeated Dempsey in Philadelphia the unanimous opinion of the experts was that the day of great crowds at fights was over. When they fought again at Chicago, it was generally conceded that this fight would draw a great crowd and, of course, it did.

Then when Tunney fought Heeney before a rather disappointing gathering, many sport writers conceded that the day of big crowds was really gone. When Tunney retired from the ring, it was generally conceded that this settled the matter.

We believe that Tunney was a real champion and would have increased in popularity from year to year, so long as he retained the crown. Of course, elimination bouts cannot hold the interest of the fans as championship fights do, but we believe that boxing is just as big and just as good as ever.

It really makes very little difference to the average fight fan how big the gates are, provided the fights are worth while; and we believe that boxing will always interest spectators so long as men are fairly well matched.

There is only one champion at any given moment, it is true; but then there are lots of good men coming along, and who knows but what fighting will replace Dempsey and Tunney as easily as baseball has found replacements for Cobb, Collins and Speaker.

Tommy Loughran and Mickey Walker may never reach the heights, but either one with a little more weight and a little more strength and a little more punch might make the crowds forget Dempsey, just as Dempsey has made them forget old John L.

In addition amateur boxing the real basis of the sport is bigger than ever. When the colleges really get interested, boxing will just be starting to reach its peak.

Cobb-Collins-Speaker

As this editorial is being written, the Giants still have a chance to win the pennant in the National League, and the Athletics have a chance to beat out the Yankees. Neither chance looks

very good, but such as it is, it is wholly the result of a long uphill fight.

We cannot predict that either the Giants or the Athletics will come through, and regardless of which teams win in either league, the virtual passing of Cobb, Collins, and Speaker seems to us to be of about as much importance as this year's World Series.

Certainly their careers in baseball prove that it pays any man to take care of his body. It is true that Cobb, Collins, and Speaker have had to go, but it is just as true that they have played about sixty years of professional baseball without showing any unusual signs of wear and tear.

No one of them showed any particular signs of durability when he broke into the big leagues. Many bigger and stronger men have come and gone during the years that they were playing the game, and the whole secret of their durability is revealed by their characters and reputations. They took care of themselves and the result speaks for itself.

We hope that they will be even more successful in the future than they have been in the past, regardless of whether their futures are or are not connected with sports, and we know that this hope is the sincere wish of many thousands of Americans.

The Arena

STRENGTH has always tried not only to promote an interest in body-building, but also to help promote interest in all sports, because sports give a real test of the efficiency of the bodies that we have and also help us to attain better bodies than we ordinarily possess.

Athletics build bodies and they encourage thousands to use formal exercise to help make athletes of themselves. It has seemed to us for some time that there is room for an athletic magazine and so we have decided to issue "The Arena."

It will deal primarily with boxing and wrestling, and space will be given to the other sports in season. We are sure that you will recognize that it will fill a long-vacant place in magazine publishing, and we hope that you will find it entertaining and useful. (Continued on page 91)



Philadelphia's Physical Culture Venus—Miss Alice Maxwell. This honor was recently bestowed upon her.

“**W**HICH do you consider the more important—a pretty face or pretty figure?” a young lady asked me not so long ago.

Instead of answering her question I came back with, “What makes you so suddenly concerned about the beauty question?”

“Well,” she answered, “I realize that I can never be beautiful but I am sure that there is room for improvement.”

I was glad to know that here at least was one girl who realized that by building up her health and increasing the quality of her vitality she would be a thousand times more attractive.

It is quite true that we all admire a beautiful face. But what good is a pretty face when we lack the health, strength, and vitality with which we were born.

Hundreds, and even thousands, of women have beauty implanted in them but fail to realize it. You, perhaps, have heard some one exclaim at some time or another, “My, doesn't she look fine. Why she is getting prettier every day.” Did you ever investigate further and find out what is causing the sudden change in her? Nine times out of ten you have not.

To get back to our original question. Of course, we all admire beauty and would all

If You Don't Have a Beautiful Face--

Does Your Success in Life Depend on a Pretty Face or a Strong Healthy Body?

By *Margaret Sargent*

like to possess it. But if Nature did not endow you with a beautiful face, then you should look to some other means whereby beauty can be cultivated.

Health, to my mind, comes first. Without health we are helpless in whatever we undertake. There is no need for anyone to be a weakling. Some folks have to work harder than others; but regardless of what you have to do to acquire health—walk, run, swim, exercise, and many of the other hundred and one ways—you will be fully repaid for your efforts.

The beauty parlor is not the place to look for health or beauty. Hundreds, oh yes, thousands of women have the mistaken idea that the beauty parlor is the one and only place for improvement. What does the beauty parlor do for you? Perhaps by getting a facial your skin seems to feel much refreshed. But how long does that last? Within a few days your skin resumes its original texture. A beautiful complexion built upon the sound principles of exercise, correct diet, fresh air



Fig. 1

If You Don't Have a Beautiful Face--

and sunshine lasts permanently.

Thinking over the beauty question brings to mind the case of a young lady who was considered by all her friends as "plain" and married very, very well. This marriage was the talk of everyone whom she knew.

"Why, I cannot understand what a man of his position and wealth sees in her. Look at the beautiful Smith girl. I always thought he would marry her," I overheard one of her friends remark.

The Smith girl had a pretty face, I must admit, but that was about all. She lacked the pep and strength which goes to make up the modern Miss of today. Furthermore, she lacked personality. Perhaps many of you readers do not realize it, but if you are continuously irritable and unpleasant you are not liked. Your face loses its attractiveness and becomes ugly. Cultivate a pleasant disposition and those finer qualities which go to make up beauty will grow in you. Everyone flattered the Smith girl and she became self-centered. A beautiful face was the most important asset in life she thought. Never did she exert her body in a game of tennis or enjoy a swim in the ocean for fear of getting tanned. In fact, she engaged in no outdoor sports whatsoever, and exercise never entered her life. Bridge, theatres and afternoon teas were her pastimes.

Her friend was the opposite type of person. What her husband saw in her was those qualities which go to make up perfect womanhood. She possessed health—the kind of health which is the result of activity. Although she did not possess a beautiful face, she was considered beautiful in another sense. Her clear complexion was the result of fresh air, sunshine and right living. Her clear, sparkling eyes spelt health. So you see the "beautiful but dumb" sister is not always the most fortunate.

There are very few women who are actually born beautiful. But walk down any street in your own city and you must admit that you see more attractive women and girls today than ever before. Modern dress is one of the reasons for the change. The sensible ideas women have in regard to dress is due to their indulgence in sports. Just try to imagine how a girl could possibly take part in all the sports if she had to dress as her grandmother did years back!

Dress, to my mind, is a big item in the life of a woman. If you do not possess good taste you can considerably detract from your appearance. By that I mean that the stout girl should refrain from wearing the style of dress that is suited to the thin girl. So many girls make this mistake. But first of all, the stout girl should try to reduce her body. The same applies to the thin girl—she should endeavor to build up her body. What each one needs is exercise, the kind of exercise that either reduces the fatty tissue that is of no use to the human body, or builds up muscle which is of great importance to the individual.

If you are too fat you are not healthy, and the same applies to

Fig. 2



the thin girl. First consideration, therefore, is your figure. We all need to follow some sort of body building exercises in order to give us shapeliness and strength. Outdoor sports and exercises should be the second essential

Fig. 3

toward building health and consequently beauty.

The nervous individual could improve her condition considerably through exercise. How? By practicing relaxation exercises. Exercise has the most beneficial effect upon the nervous system. If you are just a bunch of nerves, you can never expect to be healthy. The nervous girl ages way before her time.

You may wonder why I suddenly jumped to the question of nerves. Well, it seems to me that we have many more nervous people



Fig. 4

than is really necessary. When anything goes wrong, you immediately blame it on your nerves. By being in a continual nervous state you are ruining your health and consequently your beauty. Most of you suffering from "nerves" can, fortunately, cure the condition yourself. Whenever you find your work getting too much for you, stop and relax. A very good exercise to practice is:

Lie down on your back on a comfortable bed and "make yourself loose." Then contract or stiffen the muscles of your back and thereby raise your hips a couple of inches from the bed, just for a moment. Then let go of the tension and let yourself drop. Don't let yourself down slowly—just drop, loose and relax. Repeat this several times.

The nervous women should get outdoors as much as possible. By taking part in outdoor sports you rest your mind. If no out-

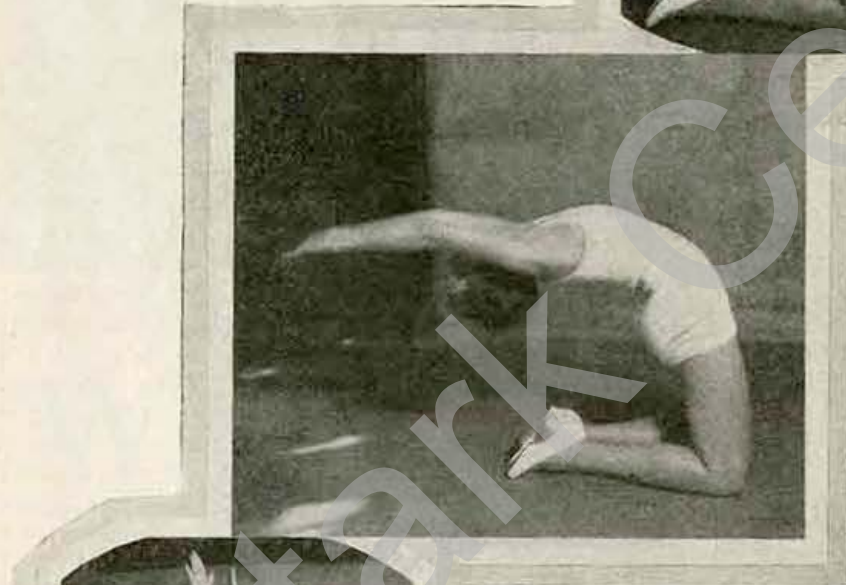


Fig. 6

door sports are available, then walk. You can at least take up walking. It refreshes the mind and puts new pep into your whole body.

Miss Alice Maxwell, who posed for this article, was recently chosen as Philadelphia's Physical Culture Venus. As her name implies,



Fig. 7



Fig. 5

Miss Maxwell is a true physical culture girl, and to be chosen as a Physical Culture Venus is indeed a great honor.

For a few minutes Miss Maxwell and I discussed the beauty question, and this is what she had to say:

"I did not enter a beauty contest, nor did I enter with the idea of winning a beauty prize. I realize that if it had been a beauty contest I would not have had a chance."

So you see, dear readers, that this young lady received as much honor as any entrant in a beauty contest could. I really do think it a great honor to be claimed the Physical Culture Venus in a city as large as Philadelphia.

As well as being able to perform the most difficult of exercises, such as bend the crab, split, etc., every one of her movements denotes grace. She accredits her health and strong body to exercise. Miss Maxwell trains a few nights a week at Hermann's Gymnasium, in Philadelphia. At present she is specializing in acrobatics. In order to retain her beautiful form, this physical culture venus realizes that she must exercise.

Now let us turn to the exercises for which Miss Maxwell posed. Figure 1 illustrates an exercise for promoting grace. Endeavor to extend the backward leg as high as possible and keep the leg which remains on the floor perfectly straight.

Figure 2 is a good exercise for the neck and chest, and at the same time benefits the shoulders. Try to bring the elbows as far downward as possible. Also throw the head backward as far as you can.

Figure 3 shows an exercise for the hips and waist. Raise the legs straight upward. Now swing them over to the left side as far as you possibly can. Return to position and swing them to the right side. Repeat several times. It would be well to hold on to something for support when you first try this exercise, for you will find it rather difficult to do as illustrated.

Figure 4. As well as benefiting the legs, this exercise calls into play the waist and hip muscles. Start this exercise by first extending arms—right arm straight out in front and left arm extended backward. Also bend the right knee. Now touch the fingertips of your right hand to the toes of your right leg. Return to original position and repeat.

Figure 5 is an excellent exercise for the back, waist, hips, and thighs. Take the position as illustrated in Figure 6. Return to position and repeat. At first you will not be able to go back (Continued on Page 72)

Do You Hate the Winter?

Read Below How You Can Learn to Like the Cold Weather
and Also Benefit in Health and Happiness by So Doing

By Ralph Hale

NOW that the hot weather is over and the cold is setting in, the majority of folks are getting ready to "hole up" for the winter. In fact, many have already "holed up" even though the weather at this time is hardly more than chilly.

Of course, you have an idea of what I mean by "holing up." In case you don't know what it means let it be understood that it is the shutting of one's self in a tightly closed house just as soon as the weather gets chilly and venturing out only when it is absolutely necessary. "Holing up" in this case really means more than penning yourself inside, it means wearing excess clothing when you do venture outdoor. And if I may draw such a fine definition of these words it means cringing from the least bit of cool air either indoors or out.

Persons who "hole up," and there are millions of them, put in a miserable five or six months of the year. Real cold weather is not so desirable, of course, but we cannot get rid of it unless we move to a more southern climate, so why not make the best of it. In making the best of it, as I intend to show you how, you will be surprised at the great amount of the real enjoyment, not to mention health, there is to be found in making yourself like the cold weather. Not only can you "harden" your body so that severe weather will have little effect upon it, but you can find pleasure in it.

When I say enjoyment I don't necessarily mean participating in winter sports; I mean you will find enjoyment in the fact that you can pit yourself against cold and even stormy weather and beat it, instead of shivering and cringing from it.

In beginning the-hardening-of-the-body process you must use discretion and not rush out into the cold in summer attire. You must remember you are not hardened to cold weather by one day or one week's time or by overdoing it. You are hardened by the right frame of mind regarding cold weather and by gradually exposing yourself to the rigors of cold weather, instead of avoiding it as much as possible.

Even though we are sur-

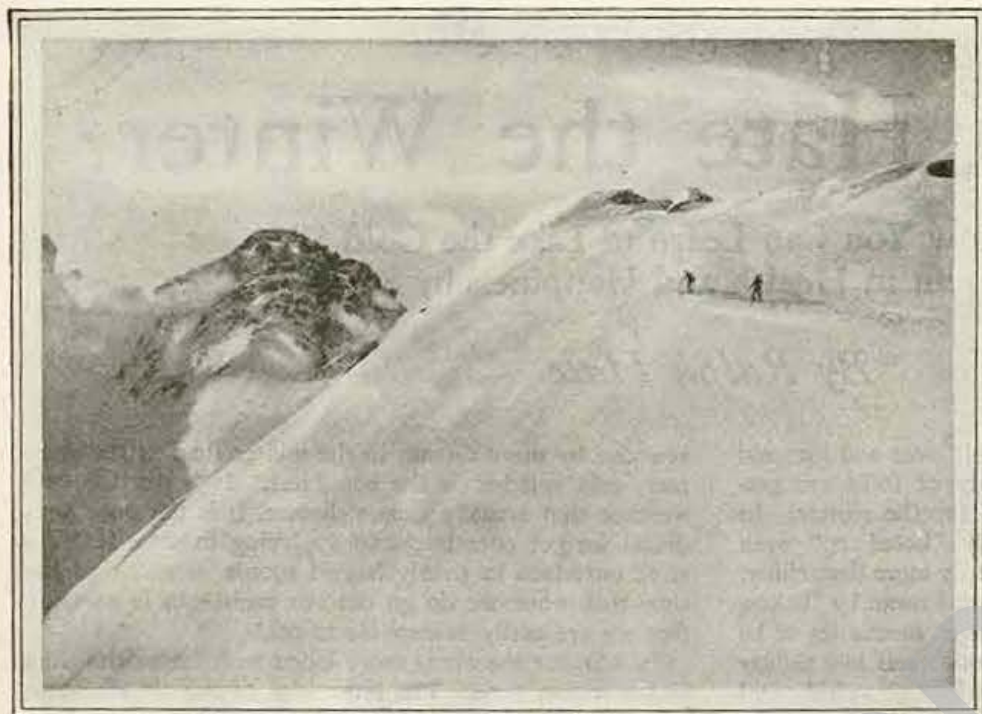
rounded by more disease in the winter than in the summer, cold weather is the healthiest. It is not the cold weather that actually causes disease, it is the poor condition we get ourselves into by trying to shun it. We stick ourselves in overly heated rooms so much of the time that when we do go out our resistance is so weak that we are easily susceptible to colds.

In summer the air is more laden with impurities than in the winter time. The impurities of the air are more numerous than you may think. Substances to be found in the air are sand, dust, soot, pollen, particles of food and clothing and micro-organism. Besides these there are gaseous impurities such as carbonic acid (whenever it exceeds .05 per cent) carbon monoxide, sulphur dioxide and other gases. In the winter we have less dust because the ground is harder and dust cannot be blown from its surface so easily. Then, too, we have the snow which also prevents the rising of dust and other impurities of the earth's surface. You certainly have noticed, when venturing forth after a snow storm, how clean, pure and invigorating the air felt.

Furthermore, we have more and stronger winds in the winter than in the summer, and winds are a great asset to personal health. Not only do they purify the air, but they do much to carry off the body's impurities



Real hunger produced by the healthy outdoor winter weather and exercise.



The beauty of winter—clear, cold air and health.

through its contact with your skin. And with all these winter aids to health we continue to huddle in a hot room where the air cannot possibly be very pure.

Make it a point this winter to get outdoors more than you have been doing in the past. Don't go out without sufficient clothing and don't bundle up excessively. Don't go from a warm house to the cold outdoors in the same amount of clothing you wear in the warm house. Many make this mistake; they are thoroughly warmed up from the hot house and then run out into the cold for a few minutes to perform some minor duty. Rapid lowering of the temperature of the body in cases like that causes cold and disease. But how, you will ask, can the cold weather be healthy when it causes these colds and other diseases? We can partly answer that with another question. Why don't cold weather always cause colds? The reason it doesn't is proof that cold weather does not produce the disease germs. In our systems there are always germs, and when our resistance is good they can do little harm. When our resistance is poor or weak all that the germs require in order to enable them to start something is the rapid change in body temperature that I just mentioned.

And here is the point I want to make. There is no better time to harden yourself and build up resistance against these germs than the winter time. You can do it in the warmer weather too, of course, by proper living and proper exercise, but you cannot do it as well as in the winter because the winter weather is harden-

ing and the summer weather is softening. I believe the diseases that overtake us in winter are the results of the summer's softening process. The cold weather can be used to build up great vitality and resistance against disease or it can be misused, in which case it will bring the lurking diseases to the surface.

If you want to be free from colds this winter look to your general health and begin the hardening process with the first chilly weather.

In looking to your general health you should bear the following points in mind: exercise sufficiently and properly, see that all poison eliminating channels are aided in the performance of their respective duties and not hindered, eat wisely and not too much, cut out tobacco and excesses of all kinds and get sufficient sleep.

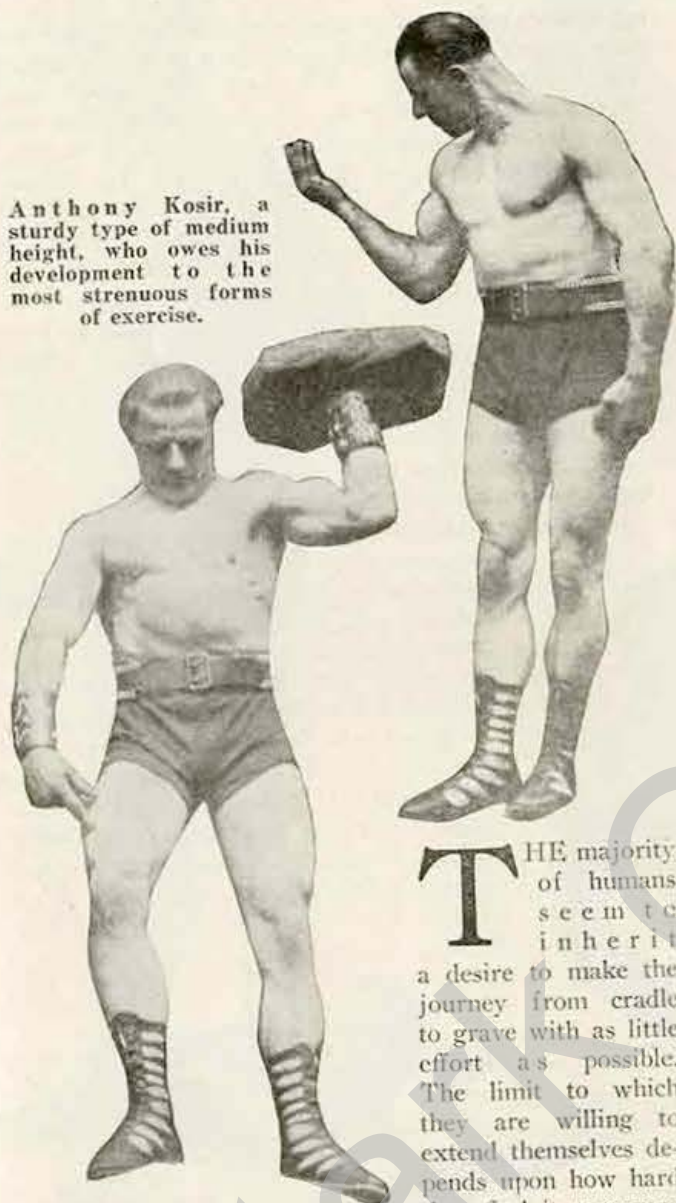
All the above are, no doubt, clear to you with the possible exception of the second one. In seeing to your elimination, drink plenty of water which generally aids the digestive organs, especially the kidneys. Exercise will aid digestion and quicken that kind of elimination. Keeping the skin clean prevents the pores from clogging and consequently the poisons eliminated through the skin are greatly lessened.

The winter hardening process should begin moderately. Keep outdoors as much as possible as the weather changes from warm to cool and from cool to cold. Try to find time to walk in the cold and snow or get into the many winter sports such as ice skating, sledding, snow shoeing and skiing, etc. Of course, I realize that all these sports are not possible to many of us. Some may find it impossible to indulge in any one of them, but you can at least walk when it is cold. (Continued on Page 90)



Cold weather has no terrors for these hardened skiers.

Anthony Kosir, a sturdy type of medium height, who owes his development to the most strenuous forms of exercise.



THE majority of humans seem to inherit a desire to make the journey from cradle to grave with as little effort as possible. The limit to which they are willing to extend themselves depends upon how hard they find it necessary

to work for a bare livelihood. The man who gets ahead of the majority is generally the one who spends a little extra energy beyond the point of earning the means of a mere existence and strives to improve his standing.

Many persons could have more of the world's goods if they would only spend a few extra hours, either daily or weekly, in an effort to advance. Such efforts must, of course, be continued over a number of years if any degree of success is to be expected. A great number experience moments when they desire to better themselves, but they lack either the energy or the perseverance to work long enough and hard enough to reach a higher rung in the ladder of life.

In the same way thousands of men and youths reach a decision to improve themselves physically. Having made up their minds that something must be done in order to acquire a normal state of health and physical efficiency, they look about them for the means toward that end. Means of exercising one's muscles are very diverse; indeed, you can find easy methods requiring practically no exertion, and even the most strenuous ones require very little effort. Out of the countless thousands, or millions, who definitely decide to practice some form of systematic exercise, only a small percentage

Why Light Methods Fail

What Results Can You Expect From Your Exercise Program?

By Mark H. Berry

attain satisfactory results. Why? There are several answers, but one of the principal reasons is that the method practiced is usually chosen with the idea in mind of avoiding exertion or any exceptional degree of effort or concentration. Others are earnest enough, but due to a lack of the proper understanding of matters pertaining to physical exercise, they fail to adopt result producing methods.

Consider the physiques of the athletes on these four pages. If you know anything at all about the development of muscle, you can hardly imagine they became so well built without exercising rather vigorously. On first thought, even after a momentary glance at this



France Peters, a Dutch youth of pleasing muscular proportions.

group of physique photos, you do not have to be told that light exercise could never have produced such splendid results.

Not one of these men has anything about him to suggest the time honored "circus strong man," whom the average citizen has come to look upon as an elephantine or beefy individual, with a foreign accent

six footer down to the rather stocky fellow of five foot three, from the lightweight up to the true heavyweight of two hundred pounds. Yet, each is proportionately symmetrical and presents an appearance of pleasing trimness. Individually and collectively they represent manly strength and virility of the highest type. The huskiest man in this group is Earl Davis, of Winston-Salem, N. C. In the present instance, I am using "huskiest" to denote the largest and most muscular physically. In point of strength, I presume he must be slightly better than the others. This statement, though, must be made reservedly, as others among the group could, without question, take his measure on certain feats of muscular power. Several in the group have strength specialties, upon the accomplishment of which they may claim distinction, therefore we might say that no one in the group stands out prominently above his fellows.

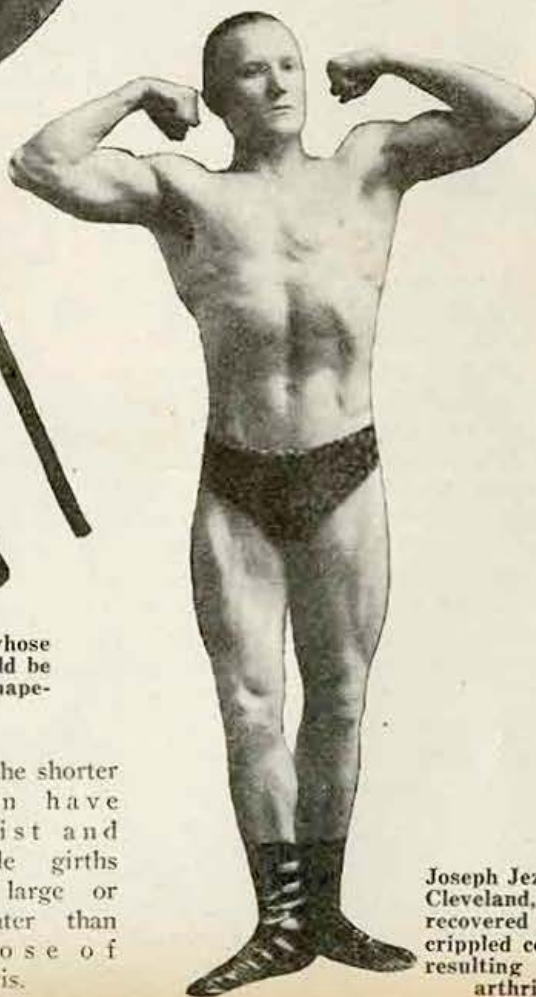
However, on the grounds of size and impressiveness we must claim Davis as the "husky" of the lot. Taking into consideration his height of six feet, you must notice his general trim appearance for a two hundred pounder. You could hardly expect him to possess the rather herculean proportions of Kosir, who is six inches shorter, or of RaNous, who lacks nine inches of having his height. If he had the build of either of the last two gentlemen, or of Peters, whose height is about average, Davis would weigh at least two hundred and fifty. You must also consider that some



Earl Davis, of Winston-Salem, N. C., a six foot, two hundred pounder who is only twenty years of age.



Robert RaNous, whose back and legs would be hard to beat for shapeliness.

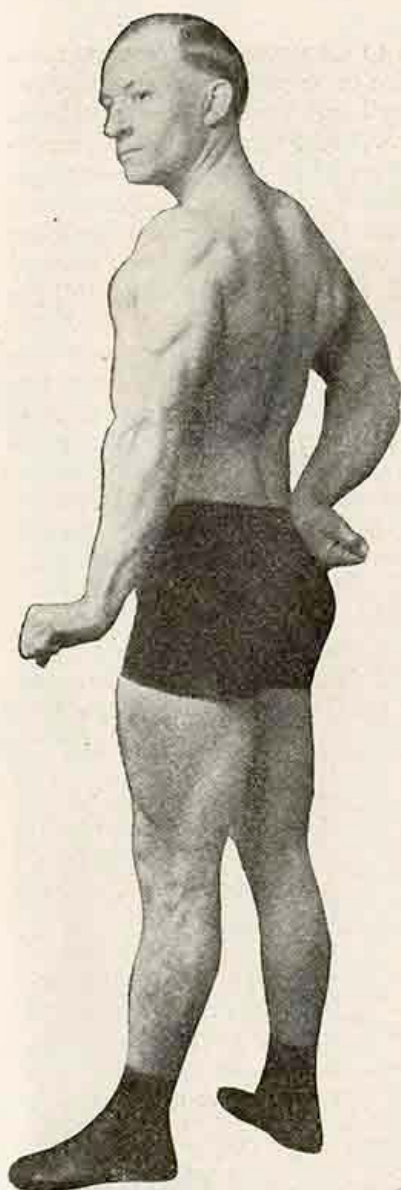


Joseph Jezeski, of Cleveland, who recovered from a crippled condition resulting from arthritis.

and fearsome looking mustache. Yet, as far as real strength and bodily power is concerned, practically every one of the group is capable of performing the feats of the average circus and side show "strong man." Three of the men here shown are first class professionals and stand pre-eminent in their line. Anthony Sansone is well known to readers of this magazine as one of the finest built of living men. Linwood Lilly, one of the younger professional instructors, is better known as a creator of lifting records. J. Candler Weaver should be remembered by older readers of STRENGTH, as at one time his likeness was used considerably to illustrate articles; having previously been a Y. M. C. A. physical director at Columbia, S. C., he has for some time been located professionally in Atlanta, Georgia.

The present group of physical marvels should serve to illustrate the developmental possibilities of a fairly wide range of natural types. In height they range from the

of the shorter men have wrist and ankle girths as large or greater than those of Davis.



A ball player who improved his playing in all departments of the game by means of bar bell exercise and heavy lifting. Emmett Paris, of Cincinnati.

Sansone, practically as tall as Davis, has a really light bony framework, with wrist and ankle girths no larger than the smallest and lightest of the group. One would be foolish to state that Sansone should equal the proportionate measurements of the shorter men. Some instructors will lead you to believe that every man is the possible possessor of a seventeen inch arm and a snug fit in a size twenty collar, which has led to considerable confusion among ambitious body culturists.

Worthy of considerable notice is the case of John Stocker, Jr. He is seventeen years of age, and began to exercise a little over a year ago. You may recall that a year ago we were conducting a posing

contest, among them was the one we are using herein. His measurements had increased to: normal chest 38½; neck 15; upper arm 14; calf 14; thigh 21½; forearm 12—pretty fair increases for a sixteen year old boy. Lately we received another letter from him telling of his present measurements. Remember, he is only seventeen and is growing rapidly in height, having added 2¼ inches to his height in the year; his normal chest is now 39¾, with somewhat smaller increases otherwise. His case would tend to disprove the foolish notion that bar bell exercise stunts the growth. We assure you that his case is not exceptional, as future articles will disclose.



John Stocker, Jr., of Kenosha, Wisc., a young lad who made quick improvement and gained 2¼ inches in height while training at vigorous exercise.

Robert RaNous is best known as the winner of the "STRENGTH 1927 Posing Contest," but in a physical

culture sense he is an accomplished athlete, always endeavoring to master the most difficult feats of balance and contortion, besides indulging in swimming, boxing and other activities. At the same time he is always striving to improve his feats of pure strength.

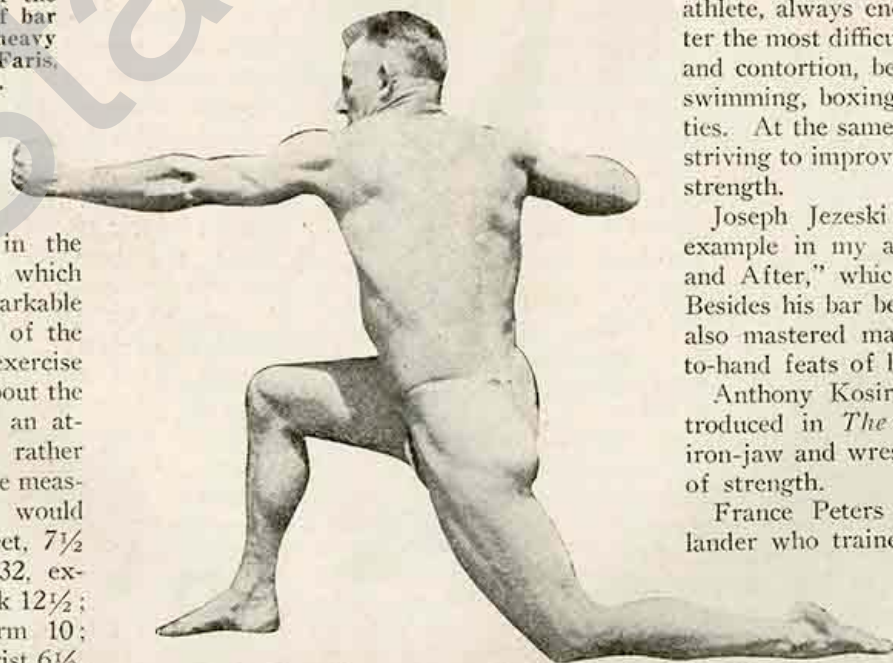
Joseph Jezeski was used as an example in my article on "Before and After," which you may recall. Besides his bar bell training, he has also mastered many difficult hand-to-hand feats of balancing.

Anthony Kosir was recently introduced in *The Mat*, performing iron-jaw and wrestler's bridge feats of strength.

France Peters is a young Hollander who trained for a considerable period under the direction of Siegmund Klein in New York City.

We expect to

for a few months' time. The photograph we are using of Stocker was entered in the contest just mentioned, which may not seem so remarkable until you hear the rest of the story. He started to exercise with a bar bell along about the latter part of July, in an attempt to improve a rather scrawny physique, as the measurements given below would indicate. Height 5 feet, 7½ inches; normal chest 32, expanded chest 33½; neck 12½; upper arm 10; forearm 10; thigh 17; calf 12½; wrist 6½. Somewhere around two or three months later we received



J. Candler Weaver, a professional physical culturist of Atlanta, Georgia, proving the graceful possibilities of the muscular physique.

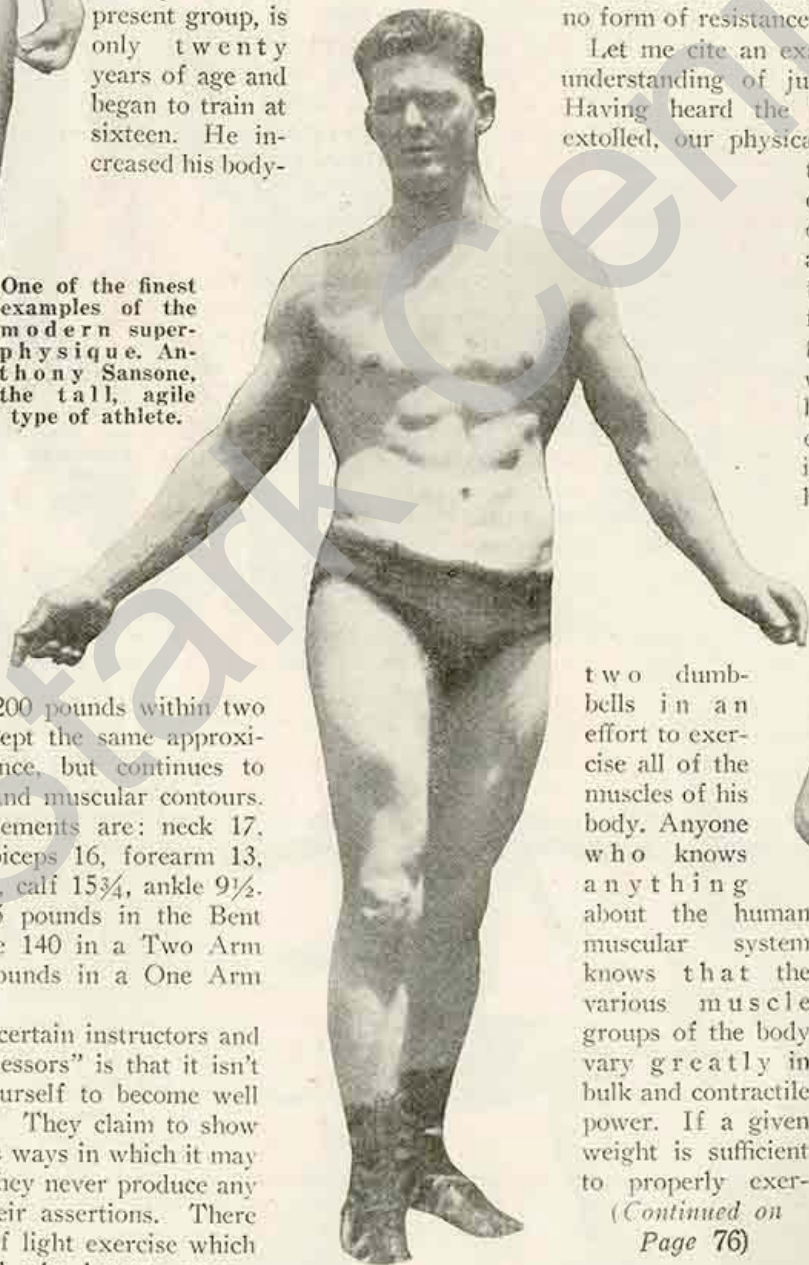


One of the finest examples of the modern super-physique. Anthony Sansone, the tall, agile type of athlete.

show you several more poses of J. Candler Weaver in some strength specialties at which he excels. They will be worth seeing, so watch for them.

Emmett Faris is an old acquaintance to the readers of *STRENGTH* and regularly sets up new lifting records. I might refer you to *The Mat Department* of this issue, where Mr. Faris tells of his experience in improving his baseball playing abilities.

Earl Davis, whom we mentioned as the "husky" of the present group, is only twenty years of age and began to train at sixteen. He increased his body-



Another pose of Earl Davis, a real young husky of North Carolina.

weight from 150 to 200 pounds within two years' time, having kept the same approximate body-weight since, but continues to improve in strength and muscular contours. Some of his measurements are: neck 17, normal chest $45\frac{1}{2}$, biceps 16, forearm 13, wrist $7\frac{3}{4}$, thigh $24\frac{1}{2}$, calf $15\frac{3}{4}$, ankle $9\frac{1}{2}$. Earl can put up 215 pounds in the Bent Press and can handle 140 in a Two Arm Pull Over and 75 pounds in a One Arm Pull Over.

Another fallacy of certain instructors and physical culture "professors" is that it isn't necessary to exert yourself to become well developed and strong. They claim to show you easy and effortless ways in which it may be accomplished, but they never produce any examples to prove their assertions. There isn't a single system of light exercise which can produce one pupil who became exceptionally well developed or unusually strong, solely through the use of light methods of exercise. This is a pretty broad statement,

and I challenge anyone to disprove it. However, there is not the slightest chance of successful contradiction, as I happen to be fairly well informed on the subject and know whereof I speak. True, some fellow of exceptional development may now be an advocate of some light exercise system, or a former pupil of such a system may have since developed himself by more vigorous methods; but there does not exist one single example who attained any degree of physical excellence by means of light exercise alone.

There is no sense in even considering the usual arm flapping and waving calisthenics practiced for from five to ten minutes in the bedroom. You could exercise along such lines all day and every day, and results would never be forthcoming. Without going to the extreme just mentioned, there are various other methods of exercise which upon casual observation may appear sensible and beneficial, but which will result in as great a waste of time as the easy exercises requiring no form of resistance.

Let me cite an example to give you a better understanding of just what I am driving at. Having heard the benefits of the dumb-bell extolled, our physical culturist makes preparations

to begin a course of exercise by purchasing iron dumb-bells. He works for a period of time but results fail to materialize, and our friend quits. Why has he failed? Regardless of whether he used dumb-bells weighing two pounds each or thirty pounds each, it must be understood that he would be using the same

two dumb-bells in an effort to exercise all of the muscles of his body. Anyone who knows anything about the human muscular system knows that the various muscle groups of the body vary greatly in bulk and contractile power. If a given weight is sufficient to properly exer-

(Continued on Page 76)

Linwood Lilly, a young professional who quickly rose to fame for strength and shapeliness.



Nature's Method

Consult the Osteopathic Physician
Health Queries Answered

By *Dr. D. E. Stombaugh*

QUESTION: I have been troubled with nasal catarrh for a long time. At times I also have a sharp pain between the eyes, and mucous comes down into my throat. In the winter I am often troubled with sore throat, etc., although a physician claims my tonsils are not diseased.

Will you please advise me how to overcome these conditions?
A. R., N. J.

ANSWER: The climate of the section in which you are living is very bad for one having such a condition as yours, and you cannot expect a permanent cure as long as you reside in your present location.

You will, however, find considerable relief in the use of nasal douches of a teaspoonful of salt to a pint of warm water. Also apply two drops of 10 per cent argyrol in each nostril night and morning. These measures will give you considerable relief.

QUESTION: What is the cause of spots floating before the eyes, and how may this condition be remedied? Aside from this condition my eyesight is perfect.

It is possible for a severe case of constipation, present over a considerable number of years, to result in thinness? My health seems to be good, with a hearty appetite and no digestive troubles, but I am unable to attain my proper weight despite the fact that I sleep on an average of nine hours per night.

What is the correct weight for my height, which is six feet? I am 27 years of age.

H. N. O., La.

ANSWER: It is highly probable that your eye condition is caused by your constipated condition, through auto-intoxication. You should, however, have a competent specialist examine the eyes to determine whether some local trouble is present.

Your weight should be in the neighborhood of 175 pounds or more, depending on whether you are of the narrow or broad frame type. Undue thinness could, and would, be easily due to constipation; and to overcome the condition you should vary your diet to include principally fresh vegetables, greens, fresh and stewed fruits, whole wheat bread, etc., and also drink plenty of water between meals. Try the various twisting and bending exercises for the trunk as given in *STRENGTH* from time to time, and you should

have no great difficulty in overcoming the condition. Temporarily, take recourse to enemas of olive oil, taken on retiring, and retained overnight, but as soon as the system regains its normal activity, dispense with the enemas.

QUESTION: I have been bothered with stomach trouble for several years and am coming to you for advice.

Three to four hours after a meal I experience a peculiar gnawing sensation in the pit of my stomach. This pain appears sooner after eating a light meal than after partaking of a heavy one, but if I eat something or take sodium bicarbonate as soon as it appears it stops immediately. Loss of sleep sometimes brings the trouble on, and in more severe form.

The condition is not always present; in fact, sometimes I go three or four weeks without an attack, and at other times the attacks occur frequently. Worry or excitement tend to aggravate the condition.

My weight is 134 pounds, height 5 feet 11 inches. Under a physician's instructions I tried a milk diet and gained ten pounds, but lost same as soon as I resumed my ordinary diet. For the past two years I have been drinking a pint of milk each morning and the same quantity between meals.

A number of doctors have given me no relief—some say I have ulcers of the stomach, others call the condition hyperacidity, but none give me a cure.

For the past three months I have exercised with light resistance and now feel somewhat improved. The condition, however, is still apparent.

DeS. T., Texas.

ANSWER: The diagnosis as hyperacidity is correct. To obtain relief you must resume your milk diet, six quarts daily, taken in equal amounts two hours apart. Also take a teaspoonful of milk of magnesia three times daily. Stay on the milk diet for some time (at least six weeks), and when you return to the regular diet do so very gradually.

QUESTION: Please give me a cure for ulcerated stomach. I have had the condition for four or five years, and so far have been unable to cure it.
T. G., Pa.

ANSWER: Follow the advice given to DeS. T., Texas, above.

QUESTION: I am 23, and a college athlete. For six years I have suffered severe depression and general lassitude, and a recent examination disclosed a ptosed condition of the transverse colon. No other organic trouble was found.

I am taking an elastic exerciser course and am doing considerable exercise for the

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.

abdominal region. Is there any harm in these exercises, and should I follow any certain diet to obtain relief?

L. R., Ill.

ANSWER: Your present exercise is too severe. Certain abdominal exercises are good, but do not take them too strenuously. They will do as much good as anything else toward correcting your posed condition. No special diet is necessary, but you should wear an abdominal belt to aid in holding the internal organs in position. Have your physician aid you in fitting same.

This posed condition is responsible for your depression and lassitude, and overcoming it will automatically overcome the latter troubles.

QUESTION: I am a young married man, 28 years of age, and weigh 147 pounds. My general health is rather poor, but my main complaint is a condition diagnosed as colitis. I have been to a number of doctors and have undergone considerable and varied treatment, but without other than temporary relief.

The symptoms are a violent dizziness and nausea accompanied by a cold sweat lasting from two to six hours, depending upon the severity of the attack. Also I am always groggy and sleepy in the morning; however, this usually wears off toward the middle of the day. A peculiar thing about my complaint is that I am comparatively free from it during the summer months. For example, I had not been bothered with it from the last of February until August 12th. The winter and spring months have always been hardest on me, the attacks occurring at intervals of two to four weeks.

I am a stone cutter by trade, which is inside work and rather dusty. I smoke rather heavily and chew a good deal, am given to sedentary habits, get but little if any exercise, and wonder whether this would tend to aggravate my condition.

N. C., Ill.

ANSWER: I believe your diagnosis as colitis is correct. Exercise involving bending and twisting the trunk will help, and you should use colonic irrigations twice per week.

Eat plenty of vegetables and fruits, and plenty of roughage such as bran, etc. You might also try Pysalla, made by the Battle Creek Food Co., Battle Creek, Mich.

QUESTION: I am a boy of fifteen, am five feet two and one-half inches tall, and weigh 125 pounds. For the past two years I have suffered considerably from stiffness and pains in my joints, particularly in the toes, hips and shoulders. Several doctors have examined me, and they say they think the trouble is rheumatism, but none of them can locate a cause; they found my heart, tonsils, teeth, blood and urine all in good shape. I have been taking a prescription, but if I stop using it I begin suffering immediately, and have so much pain in the shoulders that I cannot raise my arms overhead. As I am a young man some folks tell me I may outgrow the condition, but I am, nevertheless, worried and would like your opinion and advice. Three years ago after I played a hard game of ball, my arm would stiffen up for a day, but that would be all. However, in the summer of '26 I rode thirty miles on the deck of a boat on a cold, damp day, and have ever since been bothered with the condition mentioned above.

Liniment, etc., gives no relief. Would you recommend a development course with cables, weights, etc? Please give me your best advice, as I love sports of all types, and am anxious to be able to take part in them.

D. W., Mass.

ANSWER: There is no one capable of advising you how to remedy your condition until the cause of that condition is located and determined. Rheumatism almost always has a definite cause, and in your case may be due to intestinal disturbances. Do not wait to outgrow the condition, but instead consult a reliable physician with the view of determining the cause and thereby the remedy of the trouble.

I would advise you against any form of exercise until the condition is entirely cured.

QUESTION: 1. What is the cause of decaying teeth? Two years ago I had five teeth fixed, and now I have five more starting to decay. Can you give me the names of some foods that are good for the teeth?

2. At times when I skip rope, run or box, I get a pain on my right side near the appendix. Sometimes it occurs on the left side, too. What could be the cause of this?

What causes a blurred eye? Four months ago there was a fire at the place where I work and I inhaled a lot of smoke. The eye trouble appeared two days later, and I am wondering whether the smoke could have caused it.

I am seventeen years old, weigh 145 pounds, and am five feet eight inches tall.

S. B., Mass.

ANSWER: Foods containing lots of mineral are good for the teeth. Raw vegetables are very good.

Do not worry about the pain in the side. It is brought on by too violent exercise without the muscles being properly accustomed to it. The result is a case of muscular cramp—nothing serious.

You should have your eyes examined. It is possible that smoke could have caused the condition.

QUESTION: I am a young man, 23 years old, 5 feet 8 inches tall, and weigh 143 pounds. For some time I have been bothered with worms. They bothered me when I was a youngster, and I suppose I never completely got rid of them. Also, I have bad pains after meals, similar to indigestion. Please tell me what to do about this trouble.

L. O., Ont., Canada.

ANSWER: Make your habits regular—eat at regular hours, get plenty of sleep, and also get plenty of fresh air and some exercise. I especially recommend the bending, twisting and stretching exercises for the waist and trunk as given in STRENGTH from time to time.

Vary your diet to include principally vegetables, greens, fresh and stewed fruits, brown or whole wheat bread, and only a small amount of meat. Drink plenty of water between meals, and if necessary to induce regular bowel action take recourse to an occasional enema.

Take the juice of a lemon three times daily.

QUESTION: I am a boy, sixteen years of age, five feet nine inches tall and weigh 134 pounds. Have weighed that for the last two years.

I have infected tonsils and have been bothered with them for three years. Do you think they could be responsible for my failure to gain weight during the past two years, and could they be the cause of my joints cracking all the time?

R. C. R., Iowa.

ANSWER: Very likely your tonsils are responsible for your trouble. Have them examined, and if they are infected, have them removed. The sooner you have this done, the better your results will be.

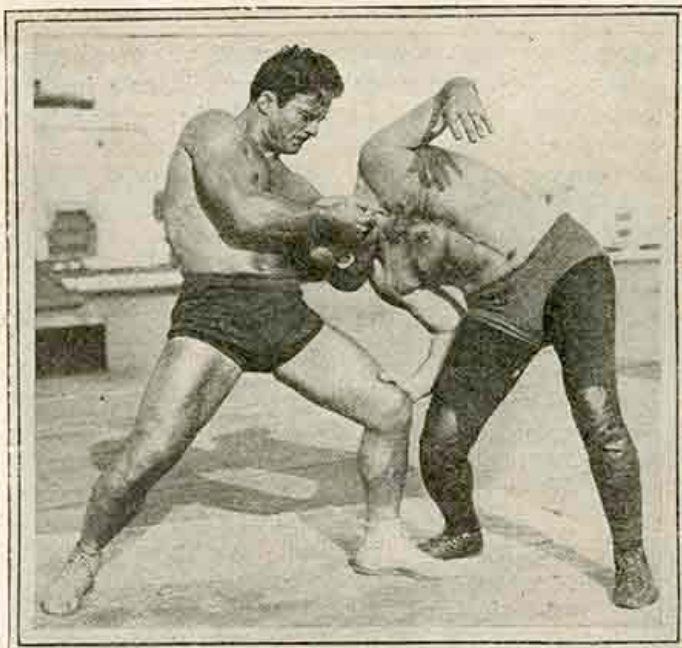
QUESTION: I am 54 years old and have had considerable trouble with my stomach. The local doctor says I have a dilated stomach and a leakage of the heart. Can you recommend something for me to do to relieve these conditions—my physician says he can do nothing.

P. R., Ind.

ANSWER: The best thing you can do is to live on a vegetable diet with as little meat as possible. Keep the bowels open with mineral oil if necessary, and in order not to exert the heart remain as quiet as possible.

QUESTION: 1. Does malted milk contain drugs? Will it benefit a prize fighter if he uses it in his diet?

2. Can a broken arm that is about two inches smaller all around be developed to its full strength again? Would an operation be of any value? (Continued on Page 79)



Jim Londos, the sensational Greek, reckoned by many as the real world's champion today, demonstrates his pet, the Japanese headlock.

AYE, truly it had been a great match! Geflopem, the Bulgarian Bone Crusher, after having cleaned up just about everything on two feet in the wrestling world, had just met his match—his master—in the person of one Twistemoff, the Russian tornado, direct from Vladivostok. Three hours, lacking but a few minutes, had been the duration of that great bout, and the final victory of the Russian had come suddenly as a climax to an evening of such wrestling as mortal eye had not witnessed in ages. Excitement had been great before and during the bout, and now that the match had become history the excitement was even higher than ever. The sports writers, the close followers of the game, the “inside” men, could not think of sleeping; they could only think and talk of wrestling, and thus it was that the wee small hours of morn found some twelve or fifteen men of all ages and descriptions gathered around a table in a certain club. There were several newspaper reporters, ever anxious to ferret out material for a story and equally as anxious to advance their opinions of matters in general and wrestling and sports in particular; there were three or four husky chaps, ears cauliflowered, shoulders hunched, and heavy muscles showing even through their clothes—wrestlers of the present crop they were, and good men, too. Then, there were two men well past middle age but with the physical appearance of a man in his prime—in their prime they had been reckoned as among the best in the world in the game of wrestling; yes, one had even been regarded as the champion for a time. A certain famous referee was present, and the tall, rangy fellow in the group was the man who had promoted some of the greatest matches in the history of the sport. Indeed, it was a crowd well able to discuss all that is wrestling past and present, and thoroughly capable of advancing well founded opinions as to what would be wrestling of the future.

Some time had passed since the little group had assembled, and for the hundredth time the major points of the match of the night had been discussed and analyzed in detail. “And then the fun began.” One of

Could Gotch and Hack Trim Stecher and Lewis?

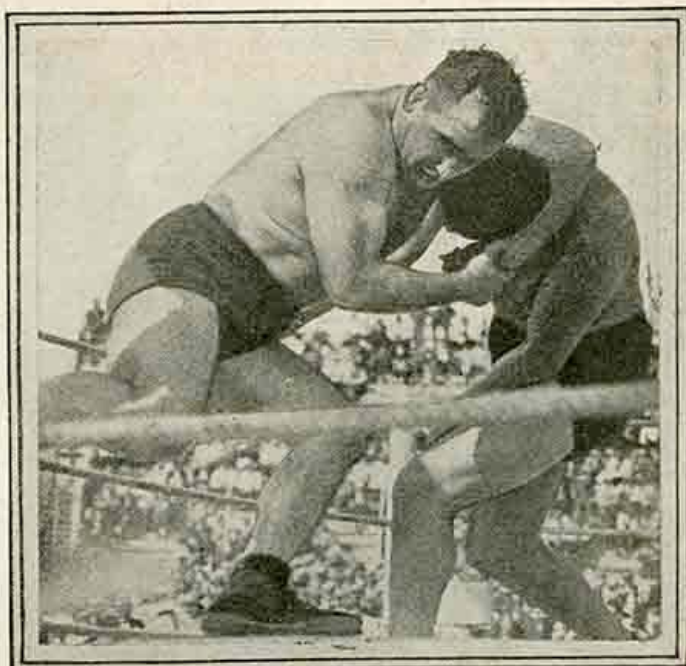
The Old Timers Will Tell You That Gotch and Hack Could Throw Any Four of the Present Day Stars Out of the Ring, but Trying to Prove the Truth of Their Assertions is Another Story.

By Robert L. Jones

the two former great wrestlers present arose, cleared his throat, stretched his arms high overhead, grunted a time or two and sat down again. We who knew him realized that he had just come to an important decision, and the indications were that his decision was to say something. He did.

“Let me tell you, boys,” he said, “you can say what you want about this Russian stepper from the steppes or wherever he claims to hail from, but all I have to say is that he would have lasted about ‘umpteens minutes with a guy named Frank Gotch. I know—I met Gotch when I was at my best, and even now I feel as if a combination gorilla and buzz saw had exercised with me. No, sir, gents, this Russian baby wouldn’t a-lasting any time with Frank.”

A stiff argument ensued between the supporters of



This photo, made June 2, 1925, shows “Strangler” Lewis giving the works to “Big” Munn in their return match.

Dick Shikat, the giant German, one of the three leading contenders for the world's title.



each wrestler, but ere long the comparisons between the Russian and other famous old-timers began; then soon the modern gladiator was left entirely out of the race, and the ghosts and memories of the great ones who had gone before were recalled and

assembled around this modern round table. One could almost see the ghost of Gotch, of Jenkins, of the original strangler Lewis, or of Youssif,

the original "Terrible Turk," who was drowned when the French steamer, La Burgoyne, sank while he was betaking himself and his acquired gold back to his native shore. And, although we knew they were miles away, we momentarily expected to hear a "Hello, gang," from "Farmer" Burns, or the great "Hack," or "Ed" Lewis, or Londos, or Stan Zbyszko, or a number of other living luminaries of the mat. Yes, again I say, wrestling and wrestlers were truly on the air, in the air, and everywhere.

"Absolutely," the first wrestler continued,

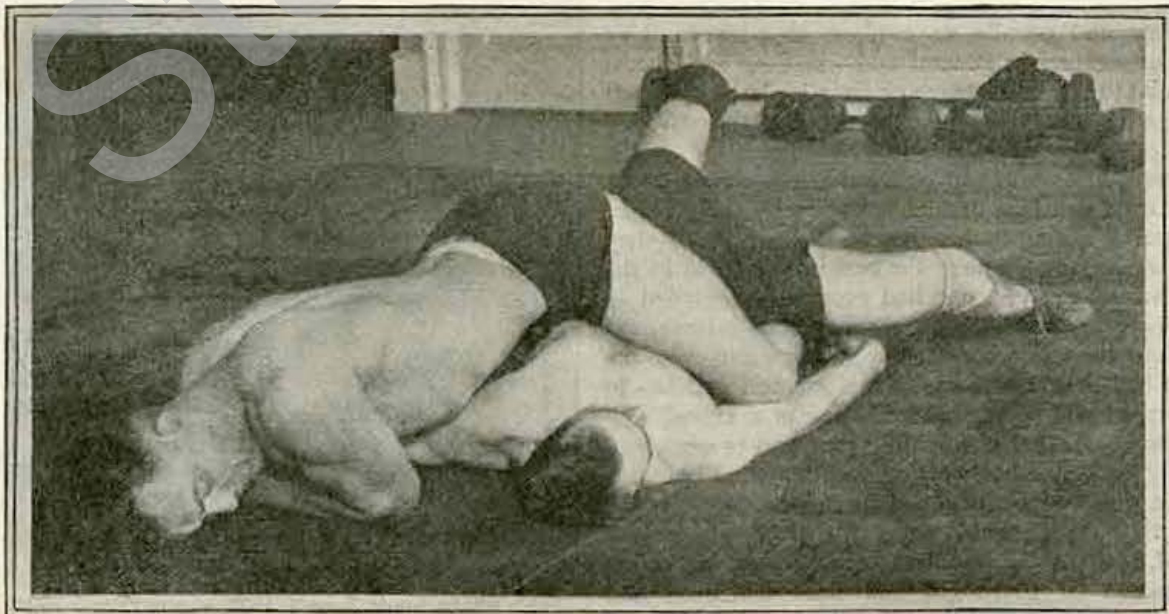


Marin Plestina, once regarded as the potential monarch of wrestledom.

"this Gotch was the greatest wrestler who ever drew on a pair of tights. I wrestled him myself, as I just said, and I also wrestled all the top men of my time. There was as much difference between them and Gotch as there is between dynamite and a fire-cracker. Oh, I know, some fellows say he was rough and unsportsmanlike, but I'll just say this: the big boy was rough, no one will or can deny it, but he was not rough to the extent of being unsportsmanlike. That cry was never raised against him much except after his matches with Hackenschmidt, and right here I'll give you a new angle on that. "Hack" had all along wrestled Graeco-Roman principally, and such catch-as-catch-can as he had done had been in Europe where the rules did not allow any roughing at all to speak

of, while Gotch was a purely American grappler accustomed to a degree of roughing and being roughed. Well, naturally, when they met over here Gotch stuck to his usual style and did rough "Hack" not a little. But to the latter, since he was unaccustomed to it, this roughing must have been very annoying and seemingly uncalled for and unsportsmanlike. Some fellows even say that if Gotch had not carried on his roughing tactics he would have lost the bouts, but I truly believe he would have won anyway, although, perhaps, it would have taken him longer. Gotch was the best man who ever wrestled, and you can bank on it."

Then up spoke another man well past middle age, a man who had been active in the game in England and Europe in years gone by. "Speaking of Gotch reminds me of some things that happened while he was touring England. He had a standing challenge to all comers and was giving a cash prize to anyone who could last a given time with him at his theatre performances.

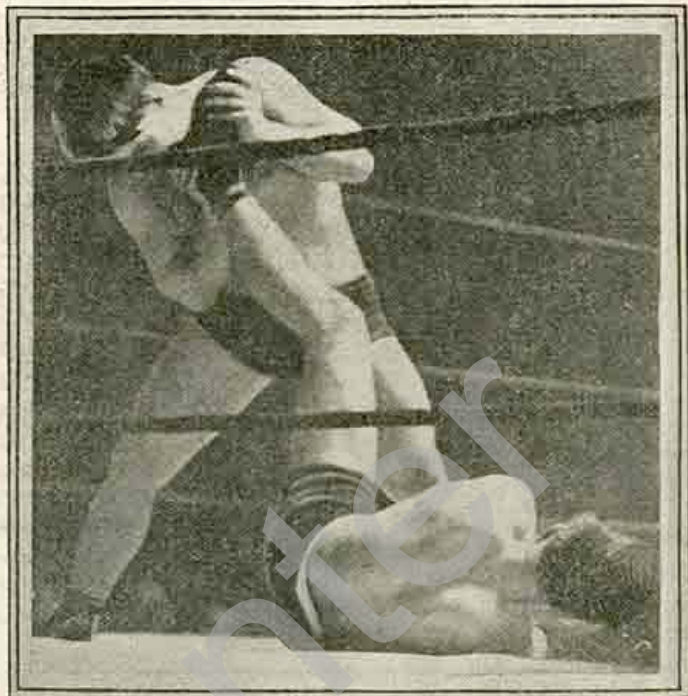


Joe Stecher, on top, demonstrates his specialty, the scissors.

Of course, since wrestling was "hot" in England at the time, he never lacked opponents, and I might add that he never lost any cash. Anyway, it was funny to see and hear him from back-stage as he would come out of his corner to meet the local hope. 'Who told yu' yu' could 'rassle? Humpff. Look like you weigh about two-twenty—hope you don't crash through the floor when I start flingin' yu' around. Oh, yeah, I nearly forgot to ask yu'—which corner do yu' wanna git throwed in?' Gotch would keep up a continual line of chatter like that, then when he thought the match had lasted almost long enough he would wrestle his man around to a corner of the mat and while presumably tugging about would work up the corner of the mat with his foot. And bing! When he had the stage all set he would flop the big local pride down, and before the unlucky chap could discover what it was all about Gotch would have him all rolled up in the mat. You can imagine what a howl of merriment would be raised by the audience, and what an assortment of derisive yells would be directed at the now thoroughly mad and disillusioned local grappler. It was a great act, all right, and like the story of the prodigal son, had but one dissatisfied and unhappy actor, this time being the rolled up wrestler instead of the fatted calf."

Another elderly man straightened up, leaned forward over the table, and began: "The mat rolling yarn of yours reminds me of an experience I witnessed in a certain German city. I was doing a theatrical act at the time, and on the bill with me was Antonio Pierri, known as "The Terrible Greek." He was good, too—gave Hackenschmidt two hard matches, and also cleaned up a number of very good men in his day. Well, he was offering a prize to anyone capable of staying the limit of fifteen minutes with him, and in this particular town a young hopeful had accepted the challenge. Back-stage they were dressing in the same room, so Pierri made a proposition. 'You are very popular, I see,' he said, 'so suppose I take it easy with you today and just barely throw you within the time limit, then tomorrow we can wrestle again and both make some good money.' But the local pride would have none of it—instead, he was very confident and kept repeating, 'No, I'll throw you today, and again tomorrow to prove today is no accident.' Pierri saw the futility of further talking, so when they came to grips on the stage he did not waste any time making a firm believer of the German youth. It was all over in a minute or two, that is, all was over except a hospital trip for the foolish one. Believe me, that Pierri was good, he lived during an age of high-class wrestlers, and he stood near the top of the heap."

The speaker paused, a moment's silence followed, and I looked over the group. The two old wrestlers had eased down in their chairs and an ex-



An unsuccessful foreign invader, George Calza, the Italian, applies a split to Champion Stecher. The match, which occurred October 29, 1927, was won by Stecher.



A scene that transpired more than twenty years ago — Hackenschmidt (standing) training with Americus (Gus Schoenlein) for his first match with Gotch.

pression of faraway thoughts and fantasies was visible on their faces; they themselves had been through such experiences, and the speaker's words had taken them back to them and through them again. The younger wrestlers were "all ears," taking in everything said as if it were food and drink, while here and there a reporter was busy scribbling notes on his pad. "Surely," I reasoned, "the doings of those old-timers as recounted in this meeting are going to get some airing in the press." I, for one, was forming all sorts of plans for doing my share of the good work, but my calculations were soon interrupted.

The man who had told of Gotch's pet stunt was continuing: "Someone just mentioned George Hackenschmidt, The Russian Lion. To my mind he was one of the greatest men in the game, greatest of all, in fact, with the possible exception of Gotch himself. No modern financial wizard was he; he was first, last and always a wrestler. No 'fixer' was he either. He wrestled for the love of wrestling, and the financial income was a side issue. Just look at his record—he threw Pierri in 25 minutes, and again in a two falls match in 17:11 and 15:25. And I mean minutes and seconds, if you please, for 'Hack's' matches rarely, if ever, went an hour for a fall. He pinned Ahmed Madrali, (Continued on Page 60)

Is Walking the Easiest Exercise?

Whether it is the Easiest or Far from it, Walking is Certainly
One of the Best as Well as the Most Available.

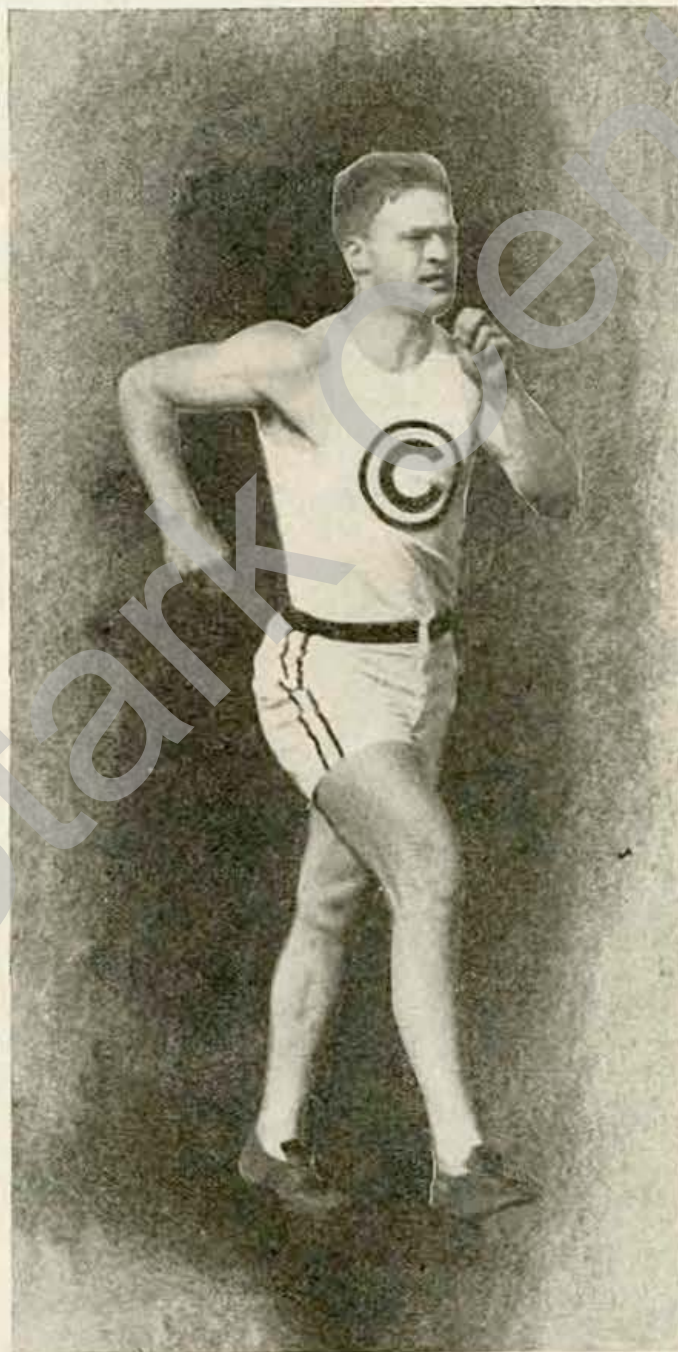
By L. E. Eubanks

POPULAR opinion has it that walking is the easiest of exercises. Physicians and physical culturists commonly advise the very weak patients who are unequal to much exertion to take a daily walk.

It is true that walking as ordinarily performed is easy, as far as muscular exertion goes—though I have sometimes thought it tiresome to the nerves to drag along as some people do. But there are different styles of pedestrianism, and anyone who cares seriously to try can make a real exercise of walking, a producer of health and strength.

Why is it that an athlete improves his leg muscles by walking and a postman does not? Often the latter loses weight, muscle and general strength. Because with one it is training, pleasure—with the other, work. The athlete does just enough, does it properly, and on a progressive plan; while the postman does too much from the very first, usually drags along any old way without regard for bodily carriage, deep breathing, leg and foot action, etc., and counts the hours.

My fundamental principle in physical exercise has always been that it is *what* and *how*, and not



Avery Brundage. This all-around amateur track and field champion of the United States won the title from six other stars at Newark, N. J.

how much one does, that counts. A fellow may juggle 2-pound dumbbells two hours a day and never achieve any remarkable development, and by the same token he can spend his every available hour walking and "get nowhere" physically.

Don't walk too far—that is, don't make distance the primary consideration. When you do so, the thing becomes an exercise or test of endurance, whereas we want it to be a builder of muscular power and pep. Of course, you cannot by any means (without recourse to weight-carrying) acquire what we term massive muscles from walking only, but you can gain fair, average development of the legs for your weight, height and age. One of the finest pairs of calves I ever saw had come from walking exercise. I think that man's case exceptional, but I know that most persons would feel well rewarded with half the success he won.

Many erroneous and complicated directions have been given for correct walking. If you want to know the truth on this subject, master the military walk; its superiority over other methods is so great that you cannot fail to appreciate it after even a brief

trial.

Assuming the walker to be a man of average height, 5 feet 8 inches, the military stride is 30 inches—measured from heel to heel; but the length of each person's correct stride depends on his height and length of leg, and is a matter for the individual's decision. Step as far as you can comfortably, but do not strain even slightly. The cadence, or rate of the steps, according to army rules, should be about 120 a minute.

The head and trunk should remain immobile, but without stiffness, except when it is moved for a purpose. As the right foot carries forward, the left forearm should swing forward and inward obliquely across the body. The knuckles of the hand should turn out, and the swing should continue until the thumb reaches a point near the center of the body, about the height of the belt buckle on the trousers. The forearm only should swing forward, the upper arm remaining perpendicular. That, however, does not mean that the upper arm should be held in a strained tenseness.

The end of the right forearm's swing should be precisely at the time when the left heel strikes the ground. The arm should then be relaxed and allowed to swing downward and backward by its own weight until it reaches a point where the thumb is about the breadth of a hand in the rear of the buttocks. The upper part of the arm may swing backward. As the right arm swings back, the left arm should be swung forward, and at the same time the right leg should be advanced 30 inches. As each leg is thrown forward, the knee should be smartly extended. The heel of the foot should strike first.

The forward motion of the arm is for the purpose of

helping the body by throwing the weight forward and inward upon the opposite foot, which is about to be planted. It is much easier to walk with a proper arm swing than with arms held at the sides.

The head should be held erect, the axis of the head and neck being vertical. The body should be well stretched from the waist, the chest arched. There should be no rotary motion of the body about the spine, and, above all, no slouching or swinging of the shoulders. The trunk of the body, in fact, should be almost stationary—merely advancing steadily as the steps are taken, without the slightest jerking or swaying. It is not half as hard as it sounds by description, and once mastered it will make a remarkable difference in your appearance on the street.

Speed walking is the most interesting form of pedestrianism. Most men who have trained for the mile walk, men who have had a varied experience in athletics, say that no event makes greater demands on the body. Because of the peculiar strain that results from the effort to hold oneself to a walk as technically defined, it is far harder to walk a mile in eight minutes than to run it in five.

If you care to learn the fascinating and useful art of rapid pedestrianism, and at the same time be indulging in a highly beneficial general exercise, I suggest that you see what you can do with the mile walk against time. The record is something less than six and one-half minutes, but you will have something to be very proud of when you can do the mile (fairly) in eight minutes.

Stick to the rules. Even if you never enter a walking contest, the only way to gauge your prowess is to know just what you could do under (Continued on Page 70)



One Mile Walk—L. R. Winner, Wm. Plant, Long Island A. C.; 2nd, Wm. J. Rolker, Irish American A. C.; 3rd, Richard Remer, N. Y. A. C.; 4th, Wm. McFadden

You Are Never Too Old to Begin Exercise

As Told by John Nicholas, 105, to

Wm. J. McNulty

IT was not until I had passed the century station on the highway of life that I found the true value of regular exercise.

From the time I was 70 until I was 100, I had been far from systematic in my exercising. During the summer season I did plenty of canoeing and fishing. During the fall I did considerable hunting and walking. There was nothing regular, however, in anything I did and during the winter and much of the spring I was having very little exercise.

I had celebrated my 100th birthday and did some canoeing on the water and some running on the land before a crowd of summer visitors at St. Andrews. After the program was over I was surrounded by men and women who plied me with questions, as to how I had lived that long and kept so active. One of the men invited me to accompany him to one of the local summer hotels and have dinner. He called it dinner, but it was supper to me, as we ate in the evening.

Instead of going into the hotel dining room for the meal, we remained in the suite occupied by this man and his wife. He was a prominent banker from Chicago and spent part of each summer in St. Andrews. For two days his wife had been visiting friends across Passamaquoddy Bay, on Campobello Island, and at Eastport. So we had the suite all to ourselves.

It was a wonderful meal, and I thoroughly enjoyed it. At the close of the eating, we began discussing means people could take to benefit their health. This drifted around to various exercises that could be indulged in for

old people.

We had eaten in the living room of the suite. During the talk on the exercises for the elderly persons my host led me into his bedroom. The first thing I saw outside the bed was an exerciser standing in one corner. I had always known this equipment under the name of "chest weights." I said to my host, "Oh, what are those chest weights doing here?"

The banker laughed and said, "You mean the exerciser. Why, I use that myself and my wife uses it, too."

The machine attracted me for some reason or other. All my life I had the idea that these things were of little value. I was raised outdoors on the Indian reservation at Pleasant Point, just across the Passamaquoddy Bay and mouth of the St. Croix River from St. Andrews. We had no chest weights there, and some of the Indians said they were only for the puny whites.

I hadn't seen one of the chest weights for years

until I gazed on that one in the hotel room. I looked at the grips and ropes. In fact, I examined it quite carefully. The banker was good to me and I wanted to let him see that I too was interested in the thing in which he seemed to be most interested. I could see that exerciser was the pride of his heart.

When I manifested such interest in the exerciser, my host proceeded to tell me how he came to install it in his bedroom. He said he had first used one of the exercisers fifteen years before. He was then 60 years old. He felt he needed regular exercise, and, on the recommendation of a friend, he had put one of the exercisers



This old gentleman discovered the benefits of systematic exercise after celebrating his 100th birthday.

in his home in Chicago.

For a couple of months he did little more than look at the exerciser. Then more out of curiosity than anything else, he started using it. He opened the windows and went through about 10 minutes of exercising just after getting out of bed in the morning.

After that he developed into a regular user of the exerciser. Right after he arose in the morning he went through about 10 minutes of movements with the grips, and again before he retired at night he went through the same routine for the same period.

After two months of this exercising twice daily he felt a lot better. His appetite became more satisfying, and he wanted to sleep more at night.

In six months the exerciser became an important part of the banker's life. Twice and often thrice daily, he had gone through his exercises with the grips. The family doctor who had been afraid of the banker's condition was astonished at the improvement and told my host to keep at it. The banker didn't need this advice, as he had intended to continue, regardless of what the doctor said.

I had to admit my friend looked remarkably well and very active for a man of 75. I was really interested in the machine in the corner when he told me the exerciser was responsible for maintaining his health.

I asked him if he thought it would be a good idea for a man of my age to begin using the chest weights. He said he couldn't see anything harmful in it. Then, to my surprise, he moved toward the exerciser and told me to take it home.

He refused to accept No for a reply to his invitation. I should say, his command, for that's about what it was. The result was, he rang for a bellboy and had the youngster carry the exerciser to my home.

I had to smile at the expression of astonishment when my folks saw me taking my first exercises. It was one night just before I went to bed, about three days after the exerciser was installed in my room. When the machine had arrived home my family thought it was a gift I had been unable to reject and had no intention of using at my advanced years. Here's where I fooled 'em. They advised me to give the exerciser to a grandson, or great grandson, and to stick to my occasional exercise with paddle, rod, shotgun or rifle, bow and arrow, or feet. I was determined to test that exerciser and see if it was all that was claimed for it by my banking friend from Chicago, who, by the way, had replaced the one he gave me with another he bought the same day in a local hardware and sporting goods store.

I was given that exerciser about half way through the summer. On days fit for paddling and fishing in the bay and river, I limited my use of the exerciser to 10 minutes after arising each morning. When the weather made it impossible to go out in my canoe, I used the exerciser for about 15 minutes each morning, and again for another quarter hour just before going to bed.

I did the same during the hunting season. Then when the winter came on and I could do no paddling or



John Nicholas, 105 years old, standing in his canoe paddling, a very difficult feat.

fishing and very little hunting—the law forbade the shooting of all but rabbits—I got to be very friendly with that exerciser. I went into conference with it as often as three times a day during the winter—just taking easy movements. For one session daily I concentrated on bending motions.

One of my great defects through the winters for several years had been a lack of appetite. All my life I had made baskets and other handicraft for sale during the summer season to the tourists and summer residents of the Passamaquoddy-St. Croix. My revenue came from this source plus what was donated for my exhibitions of stunt paddling on the fine days of the summer.

My sleep was also affected. My work came harder on me than usual, although there is nothing laborious about handicraft working. In fact, if the work had been a little more strenuous, I might have felt better.

The use of the exerciser regularly brought my appetite up to about what it was 50 years previous. The dinner bell meant a heap more to me than it had for some years, and the same applied to breakfast and supper.

Also, when I was ready for bed each night, I really felt like sleeping. I was able to get about eight hours of sound and refreshing sleep. During previous winters, for several years, I considered myself lucky to sleep three or four hours. I seemed to have no desire for it, and rarely fell into slumber until I had tossed around on the bed for at least an hour after I went to bed. Then my sleep would, most likely, be fitful.

Anybody who tells you an old person—for instance, anybody above eighty—needs only four or five hours of sleep out of every twenty-four is referring to the exception that proves the rule rather than the rule. From my experience I have found that young or old requires at least six hours of sound sleep; and when a man or woman gets over eighty he or she should get eight or nine hours of sleep daily.

The time to get the good sleep is at night. It is the natural law that we should sleep at night, and work and play during the day. I am opposed to day sleeping unless one is fatigued.

One of the greatest troubles (*Continued on Page 67*)

Country Boy vs. City Boy

The True Story of the Lives of Two Successful Men, and What it Means to the City Boy and His Country Cousin of Today

By James Lawton

THIS is a true story. In spite of the fact that some wise man once remarked that no town or small city is large enough to contain two really "big" men, there is a certain Southern city of some thirty thousand souls which boasts of two citizens of considerable renown. One is a banker, a genius of a banker, who has built up in an agricultural and lumber section a mighty chain of banking houses with resources totaling millions of dollars. Individually, this man literally owns the entire chain of institutions; his actual personal fortune is tremendous. And yet, in the beginning, Mr. Forsythe (this isn't the gentleman's name, but since mere names have no bearing on the message of this article we will call him thus) started with absolutely nothing other than his willing hands and alert mind. He was a poor boy of a poor family, and his rise was from the streets.

Mr. Forsythe's fellow citizen we will call by the name of Davenport. He is the president and active head of a group of public utilities corporations which cover five states "like a coat of paint." Twenty years ago his neighbors scarcely knew him; today Washington and New York know him as well as does his own home town. He has been "written up" by several national magazines in order that the story of his climb to the top might serve to encourage others to see visions and to work to make them come true. Mr. Davenport, too, rose from the bottom of the ladder, which, in his case, happened to be a small backwoods farm. The pages of American history are resplendent with vivid stories of such men as these, men who rose from poverty to the pinnacles of success. Greatest among them is the Kentucky rail-splitter who became a President—Abraham Lincoln—the greatest President of the nineteenth century, if not actually the greatest of all our

Presidents. The annals of the business world, too, bring to us tale after tale of the handicapped city urchin or country boy who by hard work and faithful application made his way to success and wealth. Self-made men, we call them—Edison and Ford and thousands of others in addition to the two mentioned in the preceding paragraphs—to whom we point with pride as proof of our claim that ours is "the land of the free and the home of the brave," the land of equal rights and equal chances of attaining success.

But the question often arises: Do the country youth and the city boy of this generation have the same equal chances of attaining success as had their respective forefathers in the past, or is it true, as some have claimed, that the odds are all in favor of the city-bred man? Another way of putting the question is:



This is how the country boy finds relief—the "old swimmin' hole," in this case a creek of running water, but in other cases something else.



Fighting the hot wave in the city—a scene duplicated in any big center.

Will the successful men of the 1980's be principally those who are now city or country residents? Which? And why?

It is a popular opinion that in the past, say up to about two generations or so ago, the relative chances of the country and city youth were about equal, other conditions being the same, but that during more recent years the odds increased in favor of the city-bred man until just a few years ago (since the close of the late war), when the motion in that direction was halted and about-faced in the direction of equality again. Not yet has this basis of equality been re-established, but the conditions surrounding the growth and training of the country-bred man are being rapidly improved and with them his chances of ultimate success are also being increased.

But before going further into details regarding the "how and why" of the opinion advanced regarding present day conditions, it is necessary to delve into the past and determine the then existing conditions surrounding the two types of American youths. Therefore, let us take a successful man of each class and examine his childhood surroundings and environment. Edison? We do not need to go back into the past as far as his childhood days would take us. Ford? Even his days of youthfulness were spent longer ago than is necessary for us to go to seek our information. So suppose we take for this purpose the lives of the two men mentioned in the beginning of this article. These men are each in the early fifties; that puts their periods of education and character molding (from about six years of age to about twenty) from about '80 to '95. Also, these men were raised in the same section of the country, both came from poor families, and one, Mr. Forsythe, grew up in a city of some fifty thousand, while the other, Mr. Davenport, spent his years up to about twenty-two on a farm. For the purpose at hand, then, we find their respective histories excellent. And what do we find? We find that during



The modern consolidated school, or the type shown above, has come to stay. One such building takes the place of a dozen or more of the old type and makes possible thorough and capable instructing of the rural young Americans.



"The school on the hill" which superseded the "old log school house" and the "little brown school." It was better to look at, but not superior as an educational institution.

the period of time mentioned the schools in the cities (excepting in some of the larger ones) were "nothing to brag about very much," and that the country schools were farther still down the scale. "The old log school house" had about disappeared, being relegated principally to the thoroughly "backwoods" districts, but in its place had come an institution not much superior to it in appearance and comfort and only its equal in actual educational value. Such a school did young Davenport attend. Rarely was there more than a single teacher (of more or less ability) and the students were an assortment of boys and girls of all ages and classifications herded together in one room. Sometimes there would be half a dozen pupils, sometimes there would be the room full to overflowing, and a class might contain one pupil or a score. Surely the conditions were not at all conducive to the instillation of very much knowledge in the youthful craniums present. Add to these conditions the fact that the school was often five or more miles from the homes of some of the youngsters and that bad weather therefore furnished a most wonderful excuse, if not actual necessity, for absenting one's (Continued on Page 72)

Do You Drink Too Much Water?

Water Drinking Has its Place, and in Order to Benefit Your System,
You Should Know How and When to Drink Water.

By Dr. Jesse Mercer Gehman

Consulting Health Specialist

IMBIBING freely of the universal solvent, H₂O has been heralded promiscuously throughout the world as the overcomer of practically all human ills.

This apparently harmless liquid has been prescribed and recommended so haphazardly during the past five years especially, that I feel much harm has been done thereby, and it is my intention to present here an argument against the useless use of water.

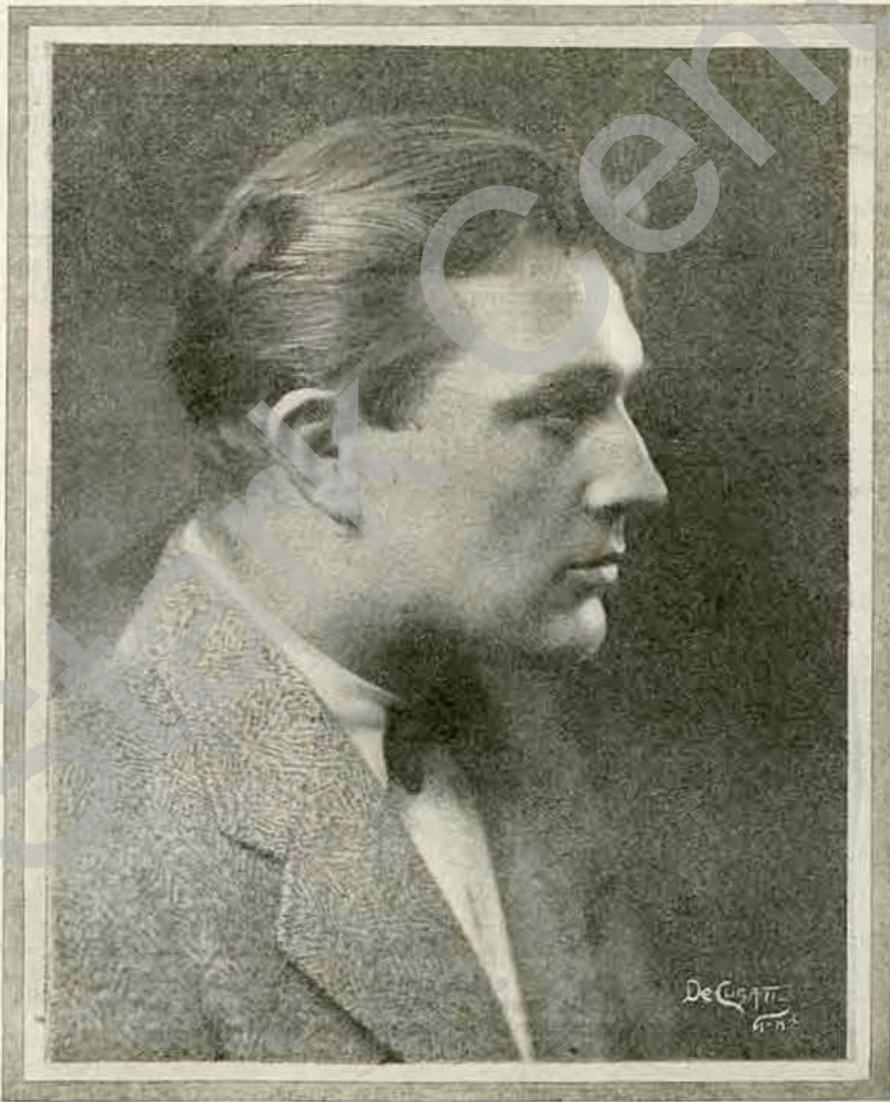
Doctors of all schools, specialists, hygienists, educators, all advise: "Drink more water," "Flush the system" by drinking freely of water, is a favorite prescription of these well meaning folk. Constipation is supposed to yield to this treatment. But does it? Yes, in a hit or miss fashion. But seldom does water drinking in large amounts have the desired effect.

I wonder whether we can measure the evil that has been wrought by the promiscuous use of water? It is scarcely a possibility. I venture to state that today there are as many people over-drinking water as there are over-eating food. This may

sound far fetched and rash but it is, nevertheless, my sincere and honest belief which I shall here endeavor to substantiate with the fact that over-eating is never found alone but in company with over-drinking.

For when we over-eat we increase the internal heat of the body, thus raising the requirements for additional quantities of water to dampen this heat, as it were, and to appease, if possible, the almost insatiable, unquenchable and unnatural thirst. And to further substantiate my statement above, it is well that I place before my readers the undeniable fact that over-eating is the rule rather than the exception. Over-eating means over-drinking. Not one of us has escaped worship of the over-indulgence god. Although we may not be assiduous and constant worshippers, still we hold associate membership in the temple of gourmands, and every so often

we become active. Therefore, anyone can bear me out on my statement relative to the enthralling desire for water and liquid when over-eating has occurred. Invar-



Dr. Jesse Mercer Gehman, Consulting Health Specialist, widely known authority on Natural Therapeutics and Physiotherapy. Because of his perfect proportions, Dr. Gehman has received the unanimous acclaim of the world's greatest sculptors, and is internationally known as "The American Apollo."

iably this desire has been placated with unusual imbibing of water.

You will recall just how you felt after the heavy indulgence in food and the still heavier imbibing of water. Yes, logy, listless, lazy, spiritless and as a consequence promised yourself that never again would you permit your appetite and thirst to inveigle you into enjoying (?) to the limit complete gustatory indulgence. Doubtless you thought that drinking freely of water would tend to relieve the intense thirst present, but disappointment was yours, for thirst that is the result of over-eating is never appeased. Abstinence from both food and water only brings relief from this intense burning. One must center the mind on work, a book or something of interest and forget about the unnatural cravings of the body.

If, on the other hand, one has placed a burden on himself by over-gustatory indulgence he should avoid adding insult to injury by refraining from drinking water or liquids of any kind. However, this will require great force of will, as the internal raging fires, so to state, create an almost uncontrollable thirst.

A study of the individual and then the masses will reveal that water drinking for the most part is a habit indulged in to quench an unnatural thirst following meals, rather than to replenish the natural demands of the body. Go into the dining room of any of our first class hotels or restaurants and even cafeterias and lunch rooms for that matter and there you will observe precisely the situation of which I am writing. Nine out of ten persons, (Yes, this is a conservative estimate), indulge in water or tea or coffee drinking with meals and invariably finish off the meal with either one of these.

Is this sort of water and liquid drinking healthful? Absolutely not, contrary to what some so-called authorities claim. In these cases the imbibing of water is totally unnatural as the cause of thirst is an unnatural one, usually resulting from too much food, ill-combined food or foods that are condemned. In other words, the thirst is strictly a reactionary food thirst.

Reminisce for a moment, and again enjoy the rare natural thirst resultant from a long hike out in the mountains or over some highway beneath the burning rays of old Sol, or perhaps after many hours spent at some absorbing task. Was this experience of thirst not vastly different than the after meal "food" thirst? In quenching it with long draughts of pure sparkling water, did you not experience an inexplicable exhilarating ecstasy and the keen satisfaction of replenished strength and energy? Doubtless you did. Further, did you as an aftermath to such drinking experience a feeling of loginess or sluggishness? No, you did not, for in this instance you were satisfying a purely natural desire and necessity for water to restore the normal fluidity of the bodily tissues, whereas in the case of aftermeal drinking your indulgence merely inundates the tissues, placing upon the kidneys an unbearable burden that can only result detrimentally to both physical and mental health.

To drink water is a necessity indicated by the natural desires of the body. Do not make it a habit dependent upon irrational gustatory indulgence.

For a moment let us consider what this maniacal effort to drown the raging fires of dietetic indiscretions with water is doing to our bodies. Are we really drowning the trouble and adding the fluidity to the body and further flushing the system of its impurities as the experts declare?

After intense experimentation I have come to the conclusion that this trend to consume water irrespective of the cause of thirst is totally erroneous, and I believe it is almost equally as injurious to the human system as promiscuous eating.

It is a positive fact that we can overdrink, and for the most part we do. It is also a fact that we more often drink without a real, natural thirst. Natural thirst is readily recognized and you can easily differentiate between it and the "food thirst." Further, after you have satisfied a thoroughly natural thirst you will experience complete satisfaction and enjoyment in lieu of that burdensome and encumbersome feeling which follows unnatural water indulgence. In the first case you can rest assured that the water taken into the body was for health, whereas in the latter case it spelled disease.

Imbibing of water less than three to four hours after a meal invariably serves to retard and obstruct the normal digestion and assimilation of food, in that it dilutes the juices of the stomach rendering them weak and less effective to do their important work; hence, we have delayed functioning and the consequent logy, tired and listless feeling. All the natural power of this important secretion of the stomach known as gastric juice is needed to break down the food we consume into more assimilative form. The normal composition of the gastric juice consisting for the most part of the two chemical reagents, rennin and pepsin, and a small proportion of hydrochloric acid is in its unadulterated natural state capable of acting chemically on the food and preparing it for absorption. This chemical process of breaking down the food to more assimilative form is marvelously augmented by the churning and vermiculations of the stomach, a wise provision of old Mother Nature. After these two co-operating processes have continued for a period varying from three to five and even more hours, depending upon the quality and quantity of food consumed, the contents of the stomach take on the appearance of a heavy soup known as chyme. Now assuming that you have refrained from "flushing" the system with water or added liquid to the stomach, you can perceive how unhampered the process of stomach digestion just described can progress to a successful termination in unobstructed absorption. Then, on the other hand, imagine if you can how complicated you make matters by water consumption either with or after your meals except after the period of time mentioned. What happens, you ask, beyond the delayed functions and the tired feeling? The kidneys, organs you scarcely realize you possess until nature reminds you that you are misusing them, become taxed beyond their normal capacity for work. They work overtime but to no avail. The master continues his over-indulgence of liquids meal after meal, day after day, week in and week out and year after year. They become water logged eventually and a condition known as polyuria (excessive urination) prevails, which to say the least is extraordinarily annoying; and what such a condition may lead to if the bad habits that lead to it are continued can be readily prognosticated.

Of the great mass who succumb yearly to kidney disease and its attendant incumbrances, we venture to say that the majority of them have, through inordinate drinking of all liquids in excess of the bodily needs, thereby hastened the end.

Moreover the intemperate indulgence of water not only robs one of

(Continued on Page 66)

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

DEAR MISS HEATHCOTE: I have read STRENGTH Magazine ever since my Father started buying it. I do most of the exercises given in "Our Girls' Circle" which have developed my figure very much.

Would you be so kind as to tell me how to cure catarrh, and to fill out my chest, which is quite bony? The bones on top of each of my shoulders protrude considerably.

L. C. B., Los Angeles, Calif.

I am very glad to note that you have made satisfactory gains by practicing the exercises given in "Our Girls' Circle." It pleases me to know that some of my readers are benefiting by my advice.

For your catarrh, I would advise you to consult a physician. However, I think that if you build up your chest, your catarrhal condition will eventually disappear.

The first exercise I would suggest for filling in any hollow spots on your chest is deep breathing. Each morning, upon arising, practice the following exercise:

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

As well as a good exercise for the chest, the following is good for the arms and shoulders:

Stand erect 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 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.

If possible take up swimming immediately. Swimming is an excellent exercise for building up a flat chest, and you can also derive a lot of fun and entertainment from it.

Practice the exercises I have given you, and these, combined with swimming, should give you favorable results.

DEAR MISS HEATHCOTE:

I am writing to you to see if it is possible for me to reduce. I am 16 years of age and am 5½ feet tall. What should my weight and measurements be?

How can I avoid constipation, which causes pimples and blackheads on my back?

If you could prescribe a diet for me to follow, I would willingly follow it for I am anxious to reduce. I don't like all my friends to call me "fat." I want to show them that I can get thin.

The trouble with me is that I eat anything whether it is starches or vegetables.

Would yeast fatten me, should I add yeast to my diet? Is it better to take medicine internally for pimples, or is it better to apply some lotion or cream?

Yours for the quickest way to reduce!

C. G., Shamokin, Pa.

For your height you should weigh about 103 pounds, and your measurements should run something like this:

Neck, 11½ in.; chest, 27 in.; waist, 22¾ in.; biceps, 9½ in.; forearm, 7¾ in.; wrist, 5½ in.; hips, 32½ in.; thigh, 19¾ in.; calf, 12½ in.

You did not give me your weight, and therefore, I cannot tell just how much overweight you are. From what



This young miss, at the age of nineteen, possesses a form of which she is proud.

you say in your letter, I am under the impression that you are following the wrong kind of diet.

The cause of your pimples and blackheads is undoubtedly due to your constipated condition, which all reflects upon the fact that you are eating the wrong kinds of foods. I am quite sure that if you overcome your constipation, your skin will clear up.

To help remedy your constipated condition, begin eating plenty of fruits, vegetables, and salads; also plenty of cereals, such as bran, oatmeal and shredded wheat.

For a while you might try taking internally the following. It has been found to be an excellent pimple and blackhead remedy:

Ferrous sulphate	2 drams
Acid sulphuric dilute.....	6 drams
Magnesium sulphate	6 drams
Syrup of ginger.....	4 drams
Water	9 drams

This is very bitter. Take a teaspoonful in half a glass of water through a straw to avoid contact with teeth, three times daily after meals. If you find this moves the bowels too much, cut down on the dose for a while. You can have this prescription made up at any local drug store.

Too much cannot be said about bathing. Bathe every day with warm water and a good soap, and follow by a cold rinse.

Yeast is said to be very good for clearing up the complexion. You might try it for a while and see what effect it has on your skin. I hardly think that yeast will fatten you, that is if you engage in active sports and exercise at the same time.

Again, I want to emphasize the importance of diet for one wishing to reduce. Cut out all starchy foods, fried foods, pastries and candies, and go on a diet of whole wheat bread, fresh fruits and vegetables. Adopt some form of exercises and practice them regularly.

DEAR MISS HEATHCOTE:

I have always been an ardent reader of *STRENGTH Magazine* ever since my brother started buying it.

I am very much interested in "Our Girls' Circle," and I have been doing the different exercises for all parts of the body. They have improved my figure very much, but my legs are "bow," and they don't seem to develop as I would like them to.

I am 17 years of age, weigh 104 pounds and am 4 feet 8 inches in height.

Would you be kind enough to give me some exercises that will benefit my legs. I would appreciate it very much.

Wishing you the best of success with "Our Girls' Circle," I am

A. B., Hawaii.

Once one has grown to maturity it is quite

impossible to correct bow-legs. In infants and young children much can be done to cure the condition.

You might, however, try to develop your inside calf muscles by practicing the different leg exercises and in this way more or less hide the bow-legged appearance.

DEAR MISS HEATHCOTE:

I enjoy reading your department very much and would appreciate your advice.

I weigh 108 pounds and my measurements are as follows: Neck, 13¼ in.; chest, 31 in.; bust, 32¾ in.; upper arm, 9¼ in.; forearm, 9¼ in.; wrist, 6¼ in.; waist, 26¼ in.; hips, 34¼ in.; thighs, 17½ in.; knees, 13½ in.; calves, 12 in.; ankles, 8¼ in.; height, 5 ft. 4¼ in.

Please tell me what my measurements should be and just what exercises to do to develop myself. I am 24 years old. Do you think it is too late for me to try to secure an ideal form?

Thanking you kindly for any advice you may give me, I remain

L. P., Texas.

It certainly is not too late for you to try and secure an ideal form. I will outline a few rules for you to follow in order to build up your body to pleasing proportions.

You are about seventeen pounds underweight, and the first essential to consider for one desiring to gain weight is food. Persons who continually eat the wrong kind of food either weigh too much or not enough.

The second thing to consider is elimination. The bowels should move at least twice daily. The reason for many people failing to gain weight may be traced to constipation. Do not resort to purgatives or any other medicines. Eat plenty of fresh fruits and vegetables.

Now the next question to ask yourself is, "Do I get enough exercise?" If you have not been in the habit of exercising, begin gradually. First start practicing all twisting and bending movements; then gradually work up to a more strenuous set of exercises. Do not overdo your exercises—exercise until you are comfortably tired.

If possible, take up swimming; as well as an all-around body builder, swimming is a healthful and beneficial sport.

DEAR MISS HEATHCOTE:

I have read a great deal of the help and advice that you have given in the "Girls' Circle," and I would like to ask you if you could give me a little bit of advice.

My legs are very large, and I always seem to be conscious of their size.

I am eighteen years of age, 5 ft. 5¼ in. tall and weigh 125 pounds.

I have been told by several people that I cannot reduce my legs because they are all muscle and any extra exercise
(Continued on page 88)



A truly physical culture girl—she keeps fit by exercising daily.

Strength Tests with Cables

How to Get the Most Out of Your Cable Exerciser Both in Length of Service and Physical Improvements is Set Forth in This Article

By Charles MacMahon

THE physical training apparatus known as a cable exerciser is today, without a doubt, the best known and most widely used home exerciser. Like everything else that is popular, there are reasons for it. First, they are inexpensive; second, they *do* develop muscles and strength; third, they are easy to handle, use, and put out of the way when not in use; fourth, they make a fine appearance so that everyone likes to possess one, and everyone who hasn't one

merely common sense, and this holds good with any type of exerciser.

I want to show you before I finish how you can test your strength with a cable exerciser in a fairly accurate manner, but before I do that I want to give you a few pointers on the use and care of a cable exerciser.

The strength of a single cable depends upon the number of small strands of rubber in it. The braid covering simply keeps the strands together and protects them—protecting the rubber most securely at the ends where it is fastened to the couplings.

When you have reached the end of a cable's elasticity, you should not try to stretch it farther, for if you do you will then be throwing all the strain on the braid at the coupling and consequently strain or tear it. The cables should have some elasticity left in them when you have your arms straight in an exercise. Most fellows break or strain their cables by putting their foot in one handle and pulling up on the other with one or two hands. This exercise is all right if you don't pull the cables beyond their point of elasticity.

How can you tell when the end of elasticity is reached? Why, by a more or less sudden stop when a cable is pulled out to the end of its stretch. It is difficult to explain, but if you try it with one cable you will soon see what is meant by the end of the elasticity.

You only have to be fairly strong to tear apart a strong cable if you really *try* to break it. One of the easiest ways to accomplish this is to push the exerciser to arms' length out to the sides at shoulder height, with the cable stretching across the upper back. Then by bringing the arms forward while straight, wrap the cables around the shoulders. In this manner an enormous amount of pull can be exerted, so much in fact, that no cables, as they are made today, can withstand it if the end of the elasticity is reached.



Fig. 1



Fig. 2

likes to try their strength on someone else's whenever the opportunity presents itself; fifth, they are progressive because resistance can be added or taken away.

The strength of your cable exerciser governs the degree of strength and development you will obtain from its use. The stronger your exerciser is, the farther it will take you along the road to physical perfection; that is

Leaving the care of cable exercisers, we will go into a use they can be put to that is not generally known or practiced, at least in this country.

A good cable exerciser can be used as tester of your strength as well as a developer of it. These tests can also be made with some degree of accuracy if the following hints are put into effect.

The idea is to determine, as nearly as possible, the strength of your cables in pounds. That is, to how many pounds is the stretching of a certain cable equivalent?

The foregoing can be determined in one of two ways; first, by using a scale as a tester, and second by using weights as testers. To test them you fasten or hook one cable coupling to a weight and then, with a handle fastened to the other end or coupling, see if the weight will be raised from the floor before the limit of elasticity is reached. If the weight does not leave the floor before the end of the elasticity is reached, then a lighter weight, which you can nearly guess, is substituted for the heavies. This is continued until a weight is found that will be raised from the floor just before the end of the stretch



Fig. 3

pound pull when you use one of those cables. If, for instance, you are doing a one arm curling exercise with one of those cables, you will know that you are curling twenty pounds, or rather its equivalent.

You will find that all cables of one type or weight run the same as to resistance and strength, so that you need only test one cable of each weight, and not each cable. If you are curling with two cables of twenty pounds resistance, then, of course, you will be curling forty pounds. When you start curling you will not be curling that much, but as you come to the end of the movement



Fig. 7

is reached. If it is found that twenty pounds is right for a particular cable, then you know that you are exerting a twenty-

weight is adjusted until the scale beam or hand registers the weight or strength of the cable.

An experiment with weights as testers showed that a strong cable possessed a resistance of about 15 pounds. The same test with a lighter cable showed 7 pounds resistance. Your cables are likely to register somewhere around these weights.

After determining the strength of your cables you are prepared to try actual lifting tests. The only drawback is that many of you will not possess enough cables to tax your strength in these cable lifts.

The only equipment needed is a strong screw-eye which can be screwed into the floor, or if this is objectionable you can screw it into a board that is large enough to enable you to stand on it while trying these lifts. A piece of heavy twine doubled several times or a light piece of rope completes the equipment. The illustration will give you an idea of how these things, including the exerciser, are assembled.

For lifts from the shoulders to straight arms' overhead, such as the one-arm press and jerk, the bent press, the two arm press and jerk and the side press, the rope should be adjusted so that when your lifting hand, with one cable handle in it, is at the shoulder or starting



Fig. 4

you will be curling forty pounds.

If you have a scale, you can use it in place of weights by fastening one end of a cable to the scale platform and pulling down on the other end of the cable. A scale, however, is not as handy as weights, because the scale must be placed high in order to allow room below it for the stretching of the cable. If you do use a scale the balance of the

position, the cables are taut. Then as the hand is pushed upward the full resistance of the cables will be obtained.

Remember that these are not exercises but lifts, which means that you lift or push up as many cables as you can manage. Then by simply multiplying the number of cables by their pounds of resistance you get approximately the number of pounds lifted.

For instance, if you use a side press as shown in illustrations 1 and 2 with five of the strong cables I tested, you would be making this lift with approximately seventy-five pounds. If you used ten of the same cables you will be making a one hundred and fifty pound lift.

In the bent press lift shown in Fig. 3 you will need, provided you have had some experience at this type of lift, probably twelve strong cables or more.

Figures 4 and 5 show the two hand press, or you can make a two hand jerk of it. In these lifts you will soon require probably fifteen cables if you practice and exercise long enough to develop your strength.

Figures 6 and 7 give you an idea of how you can use cables as a dead weight apparatus, and in this lift you will sooner or later need fifteen or twenty cables. You must remember, though, that when arranging the cables



Fig. 6

in the manner shown in 6 and 7 you are doubling their strength. This means that ten cables will be equivalent to twenty as used in the foregoing lifts. Ten cables of the strong variety would give a resistance of about three hundred pounds when the end of the cable elasticity is reached. Three hundred pounds is not much in this lift, especially when the hand

or forearms are rested against the inner thighs.

In performing the first two tests you stand with your back to the exerciser. Stand as close as you can to it without touching it with your back or buttocks. The last two tests, or lifts, are done, as you will see, facing the apparatus, and again the exerciser is to be kept away from the body when performing these lifts.

I don't have space here to go into the lengthy details of how to perform these lifts. Most *STRENGTH* readers are, at least, familiar with them to make a good attempt at them. I will say, however, that you mustn't forget to keep your back straight when doing the dead weight lift. In other words, do it with the strength of your legs.

The strength feat termed "muscling-out" can also be performed with cables. In this one the cables are fastened to the floor as in the illustrations, but you stand to one side of the screw-eye and about arm length away from it. Then you either raise the lifting arm straight out to the side until it comes to shoulder height or you can push the handle to the straight-arm-over-head position and lower to the shoulder height position.

In the first case the resistance becomes greater as your arm nears the shoulder position, and the reverse is the case in the latter way. Of course, in muscling-out you must hold the horizontal arm position for a couple of seconds before dropping the arm at the side. You will find two or three heavy cables enough in this test unless you are extremely good at it. The one and two arm pull-overs are also nicely adapted to test with cables.

There are also many of the ordinary cable exercises better known as chest expander exercises that can be made into strength tests by simply seeing how many cables in each exercise you can pull once.

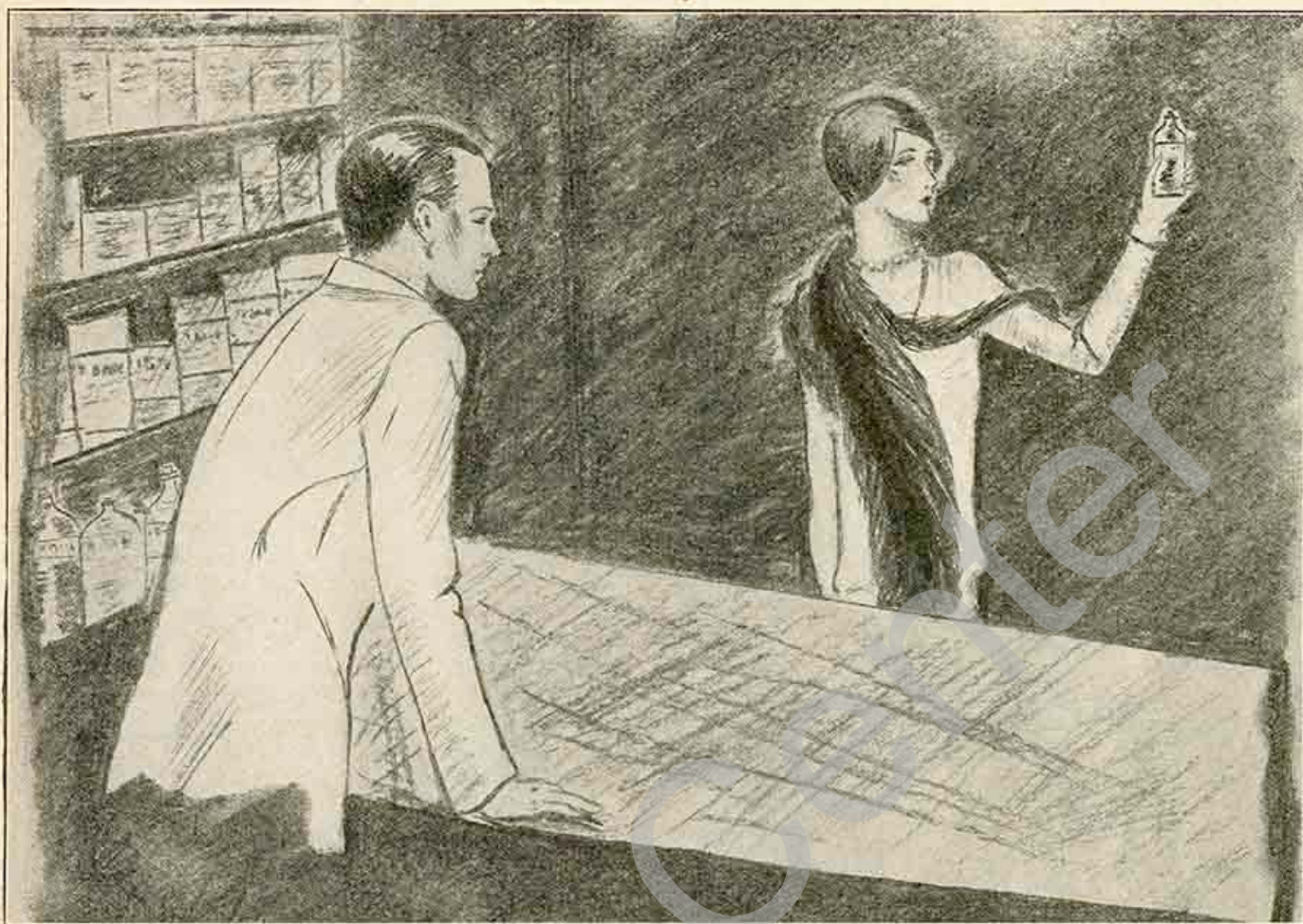
Your limit once or twice in a certain test is a strength

test, while a number of cables well within your limit pulled ten or twenty times is an exercise. While the latter is the best for developing muscles and strength, the former or strength tests are fine, too, for the same purposes, provided the pupil has had enough training and does not overdo it.

The cable user should not exercise until he is exhausted. For some reason or other I find that many of those training with cable exercisers perform so many exercises and so many repetitions at one exercising period that they are entirely exhausted before they have completed the final exercise. If you want to use as many different exercises as that, the wise thing to do is to split them up into two or three groups, in which case you would use one group one night and another group another night. In this way you would get the benefits contained in all the different types of exercises and not exhaust yourself.



Fig. 5



Instead of asking your druggist for a medicine to cure your ills, it would be well to ask yourself, "Do I get plenty of fresh air, sunshine, proper exercise, and proper food?" Ninety-nine percent of our ills can be the result of not following the above rules. Medicine may temporarily cure your ills, but to permanently cure them you must find the root of your trouble.

Do You Doctor Yourself?

If So, How? Perhaps You Are One of the Many Thousands of Persons Who Enter Our Drug Stores Daily Seeking a Cure for Almost Every Disease Known

By Clifford H. Rudes

IF your watch gets out of order, the thing farthest from your thoughts is any attempt on your part to fix it yourself. You automatically realize that your knowledge regarding the delicate construction and intricate workings of your timepiece is nil. Consequently you do the only logical thing—you take it to your watch repairer, whose knowledge regarding the delicate works of your timepiece enables him, first to discover the real difficulty; second to find the cause of it; and third to remedy that cause if possible. Actual, positive knowledge on the watch repairer's part makes it possible, of course, for him to do this.

Something goes wrong with another of your possessions—a thing which is in its functioning a thousand times more delicate and millions of times more valuable

to you than the best watch ever built would be—namely, your body. What do you do if you are one of the majority of this human race? Of course, certain reactions to certain conditions differ in different people, causing some to do one thing, others another; but, strangely enough, in this particular circumstance the reactions of the great majority of people cause them to do not the natural and logical thing, but exactly the reverse. In spite of vast ignorance and a lack of positive knowledge regarding the functioning of the human body, they attempt self-diagnosis and consequently self-medication to a degree which, while it is not as extensive as it once was, is still large enough to be most alarming.

The writer of this is a druggist. It may strike many as strange that one in this business would prepare an

article along these lines. Any surprise aroused, however, is simply due to a misunderstanding on the part of the surprised of the true ideals of the average druggist. For one thing, the average druggist is nowhere nearly as keen for selling patented nostrums as the general, but often mistaken, public thinks. He sells nostrums not because he "pushes" them, but because there is a great public demand for them. Part of this demand is created, of course, by the direct and indirect advertising campaigns conducted by nostrum manufacturers. The individual druggist is powerless to offset the results created by this continual advertising. It would be altogether too much to expect of any normal human being in the druggist's position not to at least supply the public with a commodity for which there is such a continued demand, due to this advertising.

A great part of the demand, however, and a part which the true druggist conscientiously fights daily, is that part spoken of previously, which is the result of the people's own diagnosis of their bodily ailments, and their attempts at self-medication. This part constitutes a big factor, evidence of which there is plenty, day in and day out, in every drug store in these United States. Also day in and day out the druggists of this country, at least, are doing their bit, all as part of the day's work, in discouraging this tendency of self-medication; and let no one doubt that they have done much in this direction. Their efforts in this direction is one of the biggest reasons why the sale of patent nostrums and cure-alls has dropped off to the extent that it has in the last decade.

It is doubtful if there is a position anywhere in the world better adapted to close study and observation of the average person than from behind a drug counter; it is also a question if there is another set of individuals in existence who are more familiar with the habits, thoughts, and feelings of the ailing portion of the public than druggists. The reason for this is that it costs money for the members of this same public to approach the doctor, while it costs nothing to approach the average druggist. Then there is always the thought on the sick person's part that perhaps his druggist may know of some remedial agent that will just hit his case. Drug-stores and the druggist are more accessible, by far, than doctors and their offices. Being closer and more a part of this great stream of humanity, they are more intimately mixed with it and more a part of it.

And if there is one thing that the average druggist has better learned than anyone else regarding this self-medication by people, is that one of the biggest influences causing it is the common, but ridiculously untruthful, belief that for every illness or disease there is a drug, in some form or another, that will effect a cure. The extent to which this piece of falsehood is impregnated into the minds of thousands upon thousands is astonishing but also pathetic; and the peculiar part of it is that it is believed by members of all social classes—the high, the low, the rich, the poor, the intelligent, and the dumb. This belief indicates some kind of unnatural complex on the part of its thousands of unconscious adherents that disease was created as part and parcel of life, and that some certain herb or chemical was also created at the same time with which to effect a cure—if the herb or chemical or medicant can be found. The truth of the matter is, of course, that there are many diseases for which there is no so-called "specific" cure. There are

many ailments for which there is no cure, as far as drugs are concerned. In fact, there have been mighty few "cures" ever brought about by medication—especially self-medication. Yet people have been dosing themselves for hundreds of years back, are doing it today, and will probably be doing it for years still to come. This is not only bad for them, but it is detrimental to their offspring and humanity in general.

One great difficulty to be overcome is to make people realize that in overcoming or temporarily making disappear the symptoms of disease by the taking of drugs, they have not overcome or "cured" the disease itself. Anyone at all familiar with medicine knows that it is a simple matter to temporarily stop many disease symptoms with the proper therapeutic agent. But this temporary stoppage has nothing to do with effecting a cure for the disease itself.

For instance, nine times out of ten the proper dose of acetanilid, a drug that is very common and which enters into the great majority of pain stoppers, regardless of what trade name they are put out under, will stop the worst headache. This being so, the great majority of people automatically believe that the nostrum which they took containing it must be "doing them good" in a physical manner; that the taking of it supplied their body with the thing the lack of which caused the headache. Of course, such reasoning is nonsense. There are scores of bodily functional disorders, any one of which might cause the head to ache. The dose of acetanilide simply dulls the pain of the symptom; the pain is still there, so to speak, only the sufferer is not conscious of it. The only thing that ever stops pain permanently is a correction of the functional disorder causing it, whatever it may be.

Now taking acetanilide in some form or another for stopping pain might not be so bad were it not so harmful to the heart action. Acetanilide is a coal tar product and all coal tar products are heart depressants. This, then, is one of the thousands of drugs that should be taken only, if at all, on the advice of a physician after a thorough examination.

One of the most common causes of "headache" is constipation. Remedy this and in the great majority of cases headaches will disappear. This is knowledge common to all laymen; so instead of giving their attention to the cause of their constipation and striving to remove the cause through natural channels, they immediately dose themselves with some therapeutic agent that artificially "whips up" the action of a more or less dormant organ, which forced activity in turn causes a bowel movement.

Again as those versed in the action of medicine know, it's a simple matter to administer a dose that will cause bowel movement to almost any degree that is desired. Phenolphthalein is today the chemical which undoubtedly enters into most laxatives and cathartics on the market. But neither phenolphthalein, or any of the other innumerable bowel movers, for that matter, is a "cure" for constipation. All that any lavative does is to cause action from and of itself; it imparts no mysterious curative force to the digestive tract.

All of this might not be so bad were it not for the fact that laxatives, when their temporary effects have worn out, cause a functional reaction which makes for a condition worse than that before the dose was taken. The layman senses this, and (Continued on Page 84)

The Mat

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

A Proven Forearm Exercise; Something About Dipping and Chinning; A Novel Dipping Stunt; Baseball and Bar Bells; The Bent Press; Some Interesting Old Timers

By Mark H. Berry

I AM taking the liberty to publish an old photo of a very valuable forearm exercise. This exercise is well known to many bar bell enthusiasts, particularly to those who have been studying the subject for several years or more. However, I know that thousands of culturists are not aware of this simple but effective developing stunt, so it is for their benefit that we include it this month.

Though not exactly of an advanced nature, it can be included in any training program with great benefit. As the photo will show, the exercise consists of winding a cord upon a stick, the means of resistance consisting of a light weight attached to the cord.

You may use any round piece of stick, from a piece of broom handle to a thick curtain pole, though I would suggest something about two inches in diameter for the average heavy exercise advocate. About twenty-four to thirty inches in length will be handy.

To the center of the stick, nail or tack a fairly strong piece of heavy cord or light rope, which should be of sufficient length to reach the floor when the stick is held at arms' length in front of the body. To the loose end of the cord, tie a bar bell plate or other weight, the weight of which will depend upon your degree of strength. Experiment at first with a light weight of around five pounds, and take your time in adding to the poundage used as resistance. For the first few times, it should give you plenty of exercise to wind the cord once in each direction, and twice in each direction should be the limit in repetitions. Fifteen pounds, when wound twice in each direction

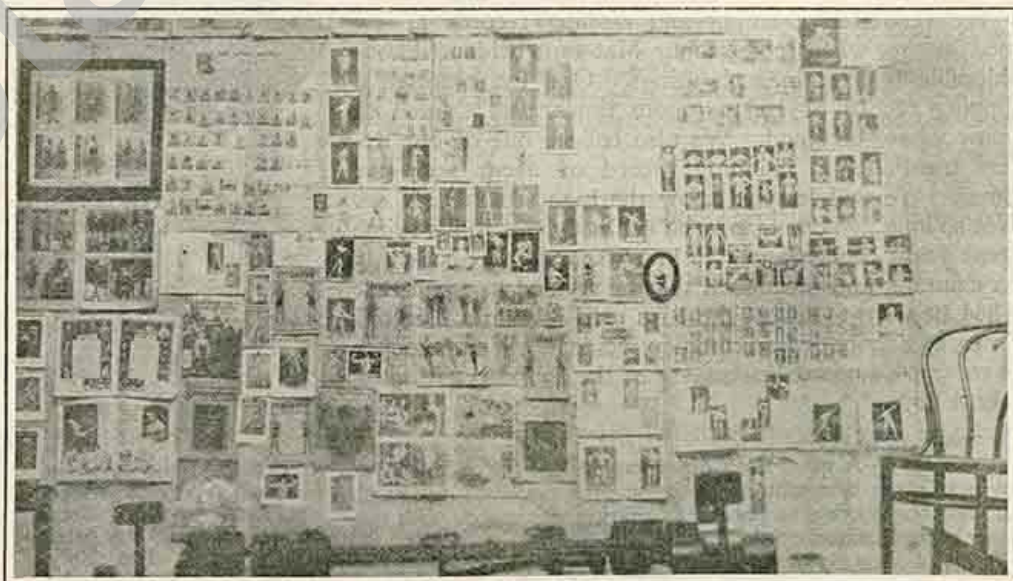
will give almost anyone a fairly good workout for the forearms, and anything beyond this poundage should be for those who are unusually strong.

When correctly performed, the body is kept erect, the arms are held straight out in front of the body, and the winding is accomplished merely by bending the wrists, without any bending taking place at the elbows. Simply practice winding the cord in both directions.

This is a very simple but most effective exercise. There are variations of this exercise, such as holding the arms bent with the elbows at the sides, and winding the cord in front of the lower abdomen. However, we think there is nothing like the method illustrated herein. We have often seen fellows make grimaces and funny faces while doing this stunt with a fairly heavy weight. When practiced at the end of the program, the result in comic expressions may sometimes prove very amusing. Some of the boys used to like a little contest to see how many times the cord could be wound up. Some of the contestants would find it



Otto Andsten, of Clifton, N. B., Canada, holding the broad end of an axe handle in his teeth while a man attempts to pry it loose.



Inspiration galore. The training den of John E. Woodrow. Wall paper of this design should tend to keep alive the interests of anyone.



difficult to preserve the upright position when near the sticking point. No harm can result among those who are well trained, and it is worth trying.

EDITOR OF
THE MAT:—
Dear Sir:—
I noticed that in The Mat

Department you were asking for dope on chinning and dipping, but I haven't noticed any mat followers writing in The Mat Department. I thought that I would write (if you care to use this letter) and start the ball rolling, if that is what is needed.

My dipping record is 114 times in succession. I was trying to beat a record of 101 about which I heard, and it took me several months to do it.

My record for dipping on one arm is 44 times in succession, which I can do on either arm.

My record for dipping with arms stretched out to the sides is 106 times in succession.

My chinning records are not so good; they are 39 times with both arms, and five times with either right or left arm.

While exercising, I discovered a very good exercise for the back, shoulders, and it also gets the biceps of the thigh very vigorously. Load a bar bell on one end, straddle the bar with the loaded end to the front, grasp the bar with one hand in front and the other behind, then bend back and raise the bell a little higher than the head, holding the arms stiff and contract the thighs. Many exercises can be taken with the bell loaded on one end.

Yours truly,

CARL M. DECK,
Gillespie, Ill.

We requested chinning and dipping records a few months ago, when some of our Mat fans evidenced considerable interest in such things. One fan reported a dipping record of 165 or more times, and wanted to know where he stood. We also believe one of our letters mentioned a chinning record of about sixty-five times. We will let you know the high scores later on. Not so long ago one man, who evidently was in his prime some years back, wanted to know something of records on chinning and mentioned that he seemed to recall that when he went to school the boys used to chin a hundred times, as a more or less common incident. We attempted to correct his misunderstanding of the chinning ability of school boys.

EDITOR THE MAT:—

Dear Sir:—A good floor dip stunt for the "Mat Fans" to try is to place four matches between each finger of one hand and do four successive floor dips, getting one match with the teeth on each dip.

This, if done right, is the greatest triceps developer I have found. It is also a great help to a bent presser. In doing this stunt, you are not to let anything touch the floor but the arm on which you are dipping and your feet.

E. FARIS.

Recently a young baseball player wrote Mr. Faris on the subject of bar bells and ball playing. This young fellow was fearful lest bar bell exercise would spoil him for the diamond game.

Mr. Faris wrote us as follows concerning his reply to the fellow:

"I told him that baseball was a different game and took lots of practice. Anyone could improve their ability at baseball, if they would go in for developing the body in all places and not think so much of lifting records.

In records there is too much chance of injury. When weight lifting do full movements so as not to shorten the ligaments and muscles. I gave him some examples like the two arm press, to be sure he pushed up all the way at each repetition, and to do deep knee squats in order to give the leg muscles a full stretch. Take the Kennedy lift or hand and thigh lift for instance. If a fellow did them, and didn't do any deep knee work, he would easily spring a "charley horse" when stretching the legs on trying to beat out a hit. I know fellows who couldn't straighten out their arms, because when they would press or curl a weight they would get in the habit of not going all the way, or cheating just a little bit. Do you see what I mean?

I also told him he did not have to do quick lifts any more than slow lifts, but to do them just so, when he did do them.

I told him to study his body and see that he was getting a good all round development. His throwing and hitting would improve, and he would be faster. I explained to him how it made me faster, and also that at 34 my throwing would be better than any time in my life except that last December I hurt my shoulder socket, and it hasn't come around just right.

Lots of people would ask me why I didn't get in the big show, if weight lifting was such a help. I told them just why. I played ball since I was a child of 11 years, and when I was married, before 21, I quite playing ball for seven years. I started to play ball again, at the age of 28, and had the same trouble

all catchers have of being slow at running. I started to use bar bells at the age of 29, and at the age of 34 I have a habit of beating out hits, which is something I was

unable to do at the age of 20. Don't you think my increased strength and development has made me more efficient for baseball in every way?

If it did that for me, at my age, what would it do for a young fellow, provided he would study everything as I have done.



Reading from top to bottom: The starting position of the Bent Press. Ready to bend both legs. The body bend completed till the lifting arm is straight. The lifter squats lower to lock the shoulder of his lifting arm.



It was pretty hard to explain everything by letter, but if I could be face to face with anyone I sure could convince them.

Yours very truly, EMMETT FARIS, Cinn., Ohio.

The Bent Press With Bar Bell

We have lately considered the Bent Press with Dumb-bell and the Two Dumb-bells Anyhow. As we signified our intentions two months ago of covering the bar bell lifts performed in like manner, the present installment of the series will be the Bent Press in regular style—that is, performed with the bar bell.

In America and Great Britain practically every weight lifter aspires to a decent poundage on this lift, but in Continental Europe no effort is made by the lifters to master this style of getting a weight to arms' length overhead. This is true even though the Bent Press is the most fascinating of all lifts, as those who have mastered it will testify and though there are countless more lifters on the European continent than in any other part of the world.

It is possible to raise a much heavier weight overhead by this method than by any other, and in fact some fellows have been able to lift more with the One Arm Bent Press than by means of a Two Hand Jerk. When properly mastered, the average fellow will very closely approximate his double handed jerk record when extending himself on the Bent Press. This tends to make the lift even more fascinating.

However, in justice to the splendid Europeans we should mention that their first class men can accomplish a single arm jerk nearly equal to the Bent Press records of our boys, merely because of the great advances the game has made over there.

It is doubtful if there is any single lift which will develop a man as much as this one. For latissimus, triceps and waist development, nothing can compare with the regular practice of the Bent Press.

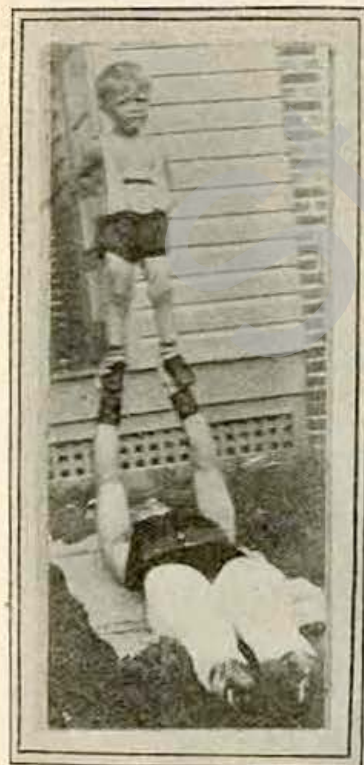
For this reason, even though you may have no intentions of trying for records, you will plan wisely in mastering the



Starting him young. Art Le Van and his son.



A simple but effective forearm exercise, winding a weighted cord on a stick. An old one, but still not generally known to new enthusiasts.



Trying to be brave. Art Le Van and son preparing for a new act.

movement for the purpose of including it among your body building exercises. In this case, of course, moderate poundages should be used with a reasonable amount of repetitions.

To become capable of performing the Bent Press, you must get it into your head that a fairly heavy poundage is necessary. My reason for mentioning this is that we sometimes hear of a fellow weighing 140

pounds or more talk about mastering a "Bent Press" with one hundred pounds or less. Now unless the lifter is very diminutive in size, there is no use calling a lift with such a light weight a "Bent Press." It is practically impossible for a fellow of average size or larger to go through the proper movement with so light a poundage.

In order to properly go through the movement, the bar bell must be sufficiently heavy to force the arm down on the body, and the weight of the bell must force the body to double up.

When the weight is light enough to permit pressing with the arm, or the lifter finds it impossible to hold the arm off the body while pressing, he will never correctly learn the "Bent Press." An experienced lifter will find it extremely

difficult to even imitate the correct movements of the lift, unless he is using a fairly heavy weight. So if you are of average size and find it necessary to practice this lift with one hundred pounds or less, give it up for exercises of a preparatory nature.

There is nothing to gain by "kidding" yourself, so you might better confine your efforts to exercises with a dumb-bell and kettle-bell, which will give you the proper idea of pressing while bending to the side.

We will presume you have lifted the bar bell to your right shoulder, ready to begin the lift. Stand with your feet far enough apart to comfortably balance your body. This may vary, according to your height and nature, from twelve to twenty-four inches. The left foot should be pointed in the direction in which the body is going to bend; the majority of lifters will find it best to incline the body halfway between a front and side bend; so point the foot in that direction, as indicated by the model. The right hip should be thrust out to (Continued on Page 80)

When Your Diet is Deficient Serious Results May Occur

Tuberculosis as Well as Serious Nervous Disorders Are Sometimes
the Result of a Deficiency in Your Diet

By *H. H. Rubin, M. D.*

APRIL 11th, 1915, marks an epoch in the development of scientific knowledge in regard to fundamental diet requirements. On this day, the converted German cruiser, Kronprinz Wilhelm, after one of the most sensational privateering expeditions in the history of marine warfare, slipped into the James River, off Newport News, Va. A devastating illness had forced this action, for her crew was stricken down with a disease pronounced by the doctors as Beri-Beri, synonymous at that time with scurvy, pellagra, neuritis, or trench fever—all of which disorders manifest symptoms similar to those which incapacitated the crew of the German privateer.

Of the total number of units comprising the crew one hundred and ten were incapacitated. Practically all of the remaining members of the crew were on the verge of physical breakdown. These were the desperate conditions that forced the Captain of the Kronprinz Wilhelm into what was at that time a neutral port, in which port he would be interned for the balance of the war.

The crew and the officers of the cruiser had been living for months on a diet of white bread, soda crackers, fancy cakes, fresh meat, cheese, eggs, bacon, ham, sugar, oatmeal, condensed milk, degerminated corn, oleomargarine, boiled potatoes and coffee—a diet considered by millions of Americans as adequate in sustaining health and life, and which any number of Americans, even today, still believe ideal for all food requirements.

Bear in mind that this was a bare twelve years ago, so that you may visualize the enormous strides that have been made in the science of dietetics. For the Kronprinz doctors—highly educated men, trained in the best German Universities—had no idea that the crew of the Kronprinz had been for months living upon a diet deficient in a balance of acid and base forming elements in the "ash" content of their food.

No one was aware that this crew had been subsisting for months upon demineralized food, the base forming elements of which had all been removed by refining processes, and that as a consequence the crew was suffering from nothing more nor less than acidosis. This excess of acid in the blood by the chemical process known as osmosis (which means the passage of a high specific gravity fluid through the walls of a cell into a lower specific gravity fluid) caused the extraction of lime salts from the fibrous tissues, muscles, nerve-cells, cartilages and bones.

It was not understood that when there is a deficiency of lime salts in the diet, there is an inevitable tendency

toward irritability in the muscles, together with weakness and neuralgic pain. In addition to this there is an effusion, or passage of serous fluid, into the joints, producing painful swelling in the joints, and resulting finally in the thinning and erosion or wearing away of the cartilages.

Many of the crew from the very beginning were also suffering from tuberculosis, which is also a direct result of the lime salt deficiency in their food.

These Kronprinz officers and men although apparently receiving adequate quantities of nutritious food, were being fed constantly upon a diet in which the lime, potassium salts, iron and other life-giving elements were practically absent. Fresh vegetables were no part of their diet, nor were they receiving whole wheat or other food material that might be depended upon to supply them with these necessary salts.

Even their drinking water was deficient in salts, for it was produced by distillation from sea water. As is well known the process of distilling, or condensation of the water from steam, was calculated to remove from this water every atom of lime or other mineral salt, contained in the sea water. This distilled water, therefore, by the process of osmosis just referred to, tended to abstract more and more of the precious lime salts that should go to nourish cell structure from the body tissues.

According to the dietary laid down for the crews in the German Navy—and which was a routine dietary, observed at the time by practically all the navies of the world—it was determined that the crew was securing an ample supply of food, containing every dietetic requirement.

Indeed any food expert of the time might readily have estimated that this crew was receiving, in calories of food value, sufficient food to keep them in the pink of physical condition. Yet this same crew, as a result of this dietary, developed the typical symptoms of paralysis, muscular atrophy, nerve inflammation, dilation of the heart, oedema or dropsy, and anemia, or lack of iron in the blood.

The medical officers aboard the vessel, and the specialists engaged by them, after the arrival of the vessel in Newport News, agreed that the cause of this trouble was the eating of polished rice, notwithstanding the fact, however, that the crew of the Kronprinz were furnished with rice only once a week, or one meal out of every twenty-one.

Finally, Alfred McCann, who had for years been one of the most valiant advocates of rationalism in diet, sug-

gested to Dr. E. Perréon, chief surgeon of the Kronprinz Wilhelm, that his men were suffering from vitamin and mineral salt starvation. He further suggested that the only rational treatment for this condition was to feed these men an adequate supply of mineral salts and vitamin in their diet.

Dr. Perréon issued orders to this effect, and as a consequence, whole wheat bread, wheat bran, parsnips, carrots, onions, turnips, beets, spinach, string beans, cauliflower, lettuce, asparagus and other forms of salad; fresh vegetable soup, egg yolks, whole milk, lemon and orange juice, grape fruit and limes were given freely.

Alkaline waters were also liberally administered in order to help neutralize the acid end-products of the meat and white flour diet, and to increase blood and tissue alkalinity.

The result of this treatment was that mortality in this crew was arrested, that within ten days forty-seven sick men were returned to duty, and within a few weeks every member of the crew, even those who were paralyzed, had regained almost normal functioning power.

Numerous other instances have occurred (and for the details of these I would again refer the reader to Alfred McCann's work "Starving America") proving that a definite deterioration in the physical state is inevitably brought about by a diet deficient in mineral salts and vitamins. This same result will follow a diet consisting exclusively of meat, or composed entirely of vegetables, and lacking in sugars and starches, such as is frequently given in the starch and fat-free diets frequently resorted to in the treatment of obesity.

On such a diet it is incontrovertible that a patient may become much thinner. But while so doing, not infrequently, he will develop faintness, fatigue, the tendency to perspire freely, nervous excitability, constipation and various other unpleasant functional conditions.

Also a diet of this nature tends to bring about diminution of the amount of albumin in the body, the results of which may be exceedingly grave. For when too large a quantity of meat is taken into the system, and there is an insufficient quantity of starches and fats for oxidizing the end-products of this meat the maintenance of the nitrogen balance in the system is impossible. In one

suffering with diabetes, there might well be such aggravation of condition as to produce coma, owing to the formation of acetone bodies and poisons of an acid nature.

In these cases the inclusion of an occasional baked potato or some other carbohydrate results in almost immediate improvement.

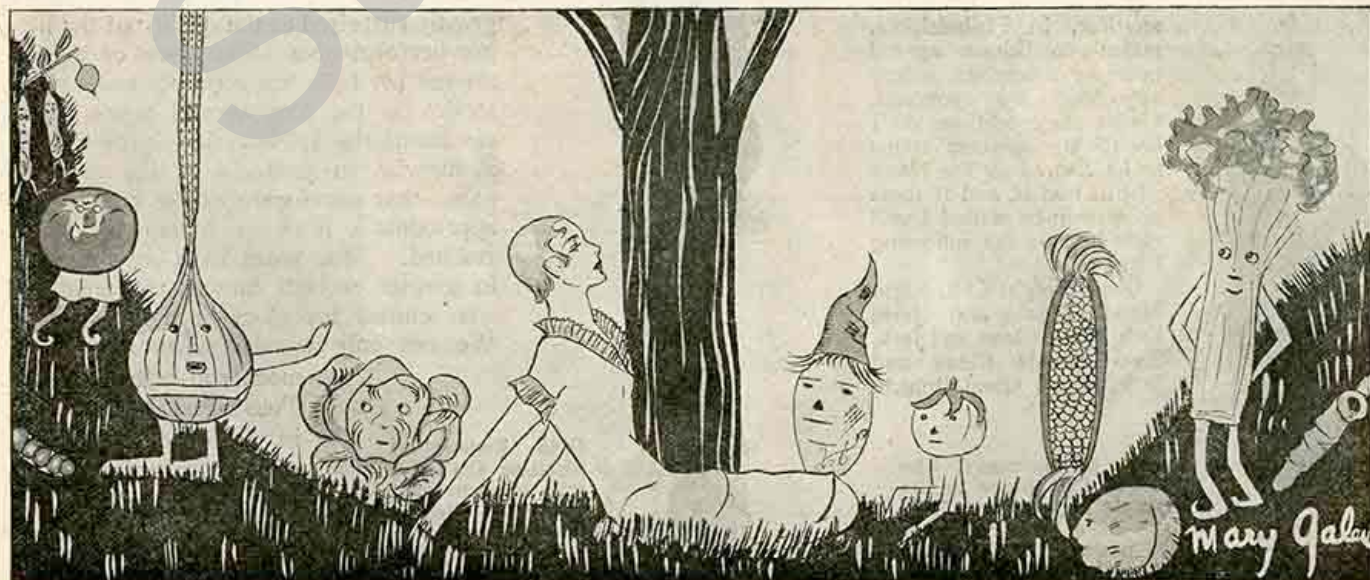
On the other hand, a diet consisting exclusively of starchy foods may develop equally pernicious results. For when starches and sugars are used to excess in the diet there is a tendency to acid fermentation in the intestines. The peristaltic action of the bowel is greatly increased, so that food is eliminated from the body before the intestinal canal can absorb its nutritional contents. This condition frequently brings about extreme emaciation.

Those required to live largely upon carbohydrates—rice, for example—as do the Chinese and the Hindus, are quite frequently spare in flesh because of this reason. The same is true of vegetarians attempting to live upon an exclusive diet of vegetables. They require much greater amounts of fat than they are receiving in order to maintain the normal standard of health.

Also, it may here be observed that any one who lives upon plant food to the exclusion of protein food, eliminates a much higher percentage of unused nutrient material than does one who combines the vegetable with the meat diet. Professor Atwater, experimenting upon himself, found that when he lived on a purely vegetarian diet, 28.26 per cent of the nitrogenous substance from the food was lost in the feces.

When he added a moderate amount of animal food to his diet, the assimilation of food was markedly increased, as only 11.59 per cent was lost. When the required proportion of protein was taken, the loss of nitrogen in the feces was only 8.88 per cent.

No physiologist of any prominence now believes that the nitrogen balance of the body can be retained upon a diet consisting exclusively of vegetables. Those who contend otherwise are not informed respecting the truths developed by modern scientific research. This is a matter that is sufficiently important to be considered in greater detail.



Vegetables your best companions.



Association Notes

More Dope on the Olympics; Three Men Clean and Jerk Double Body Weight; Manger Challenges Klein; Items of Interest to Those Who Wish to Form a Club; National Title Contests This Month

By Mike Drummond

DURING the month of August some very fine photographs were received for the Posing Contest, but some of the best were submitted by those who had failed to notice that membership into the A. B. B. M. is necessary in order to be eligible. If you contemplate entering any photographs, please be sure to enroll in the Association.

First prize for the month goes to Norman Reeves, of Madeira, Ohio, and second prize to Percy La Prade, of Ottawa, Canada. They win, respectively, gold and silver medals. We trust the coming months will bring us the same quality of entries received for this issue.

Don't forget the final date for the National Championships, Saturday, November 10th. Any fellows who have waited to this date to make the necessary preparations, should get in touch with the writer immediately.

The following letter should be self-explanatory. Still, we doubt if anything can possibly come of it, as one of the athletes concerned is a professional and the other an amateur. The latter would be apt to lose his amateur standing, were he to compete with a professional, unless some sort of "open" championships could be arranged.

DEAR SIR:—

In your September issue, page 84, I noticed a challenge issued by my well known friend in the weight lifting game, Mr. S. Klein, of his desire to challenge any lifter in the country on the Olympic Lifts for the title of "The Strongest Man in America." Owing to my status as an amateur, I will not post any side bet but will be glad to meet Mr. Klein anytime, in Philadelphia, under conditions agreed upon by competent judges appointed by yourself. Under no conditions do I desire my amateur status to be altered as the result of this match, and if these points can be settled I will meet him on the following lifts:

Dead Weight Lift, Right Hand Clean and Jerk, Left Hand Clean and Jerk, Two Hands Clean and Jerk, Right Hand Snatch,

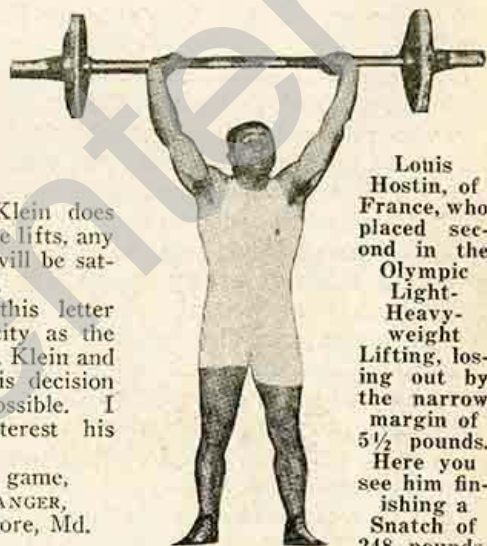
Helbig, of Germany, who tied for first place in the Olympic Lightweight Lifting. At a bodyweight of 147 pounds, he Cleaned and Jerked 297, or more than double bodyweight.

Left Hand Snatch, Two Hands Snatch, Two Hands Military Press, Bent Press, Left Hand Military Press.

Or, if Mr. Klein does not care for these lifts, any ten he chooses will be satisfactory to me.

Please give this letter the same publicity as the challenge of Mr. Klein and advise me of his decision as soon as possible. I await with interest his reply.

Yours for the game,
ALBERT MANGER,
Baltimore, Md.



Louis Hostin, of France, who placed second in the Olympic Lightweight Heavyweight Lifting, losing out by the narrow margin of 5½ pounds. Here you see him finishing a Snatch of 248 pounds.



Otto Rosen, of Shelton, Conn., who is at present living in Berlin, Germany, where he is a member of a leading lifting club.

Some few months ago the writer of this department predicted remarkable lifting at the Olympic Games. At the time we expected some of our countrymen would think us very much "pro-European" because of the calculations which were uttered in print. The results of the Olympic lifting have clearly shown that we had a fair understanding of things in lifting.

The truth is, we have actually been greatly surprised at the quality of the lifting performances. The game of tossing around bar bells has certainly made great strides in the past several years. The results of the 1924 contests proved such a surprise to students of the strength game, that some were of the opinion the approximate limit in lifting had been reached. Four years have only resulted in greater records among the amateurs who contest for glory at the Olympiad. We can only wonder what four years

more will bring? Eight? Twelve? Like progress in mechanics, electricity, communication, etc., we can only dwell in the dreamland of imagination.

The Austrian, Andry-

sek, winner of the Featherweight (132¾ pounds) class, made some lifts which a few years ago would have done credit to heavyweights. He made a Two Arm Slow Press of 171, a Two Arm Snatch of 198½, and a Two Arm Clean and Jerk of 264½. The last two are new world records, and note the approximate double-bodyweight clean and jerk.

The German, Woelpert, who tied for second place, made a new record on the Slow Press of 204 pounds. Conca, who placed 4th, equalled this.

The greatest surprises were witnessed in the class of boys who scale in under 148¾ pounds—the Lightweight Class. Another Austrian sensation was produced here, in the person of Haas, whose abilities, however, were matched by the German, Helbig—both of these boys tying for first place honors in their class. Something unique, indeed, to tie for first honors in a contest of this importance.

Helbig made out better on the Slow Press, with 198, against 187 for Haas; the latter did best on the Snatch with 227, to 216 for Helbig. Both succeeded in the astounding performance of 297 on the Two Hands Clean and Jerk. This is in excess of double-bodyweight, as both lifters weighed under 147. Haas attempted 303 pounds without success.

Just remember that four years ago the French light-heavyweight, Rigoulot, was regarded as something of a phenomenon. However, here we have two lightweights beating his total by around two pounds. In fact, the individual lifts of Haas are practically identical to those Rigoulot made in 1924; but there is a difference in bodyweight of at least thirty-three pounds.

This only tends to place the present lifting almost beyond comprehension.

In the Middleweight Class (165 pounds), there was very sensa-

tional lifting; Roger Francois, of France, beat Galimberti, of Italy, by five pounds. In 1924, the Italian won the title and outclassed his competitors; he has improved only about thirty pounds, but

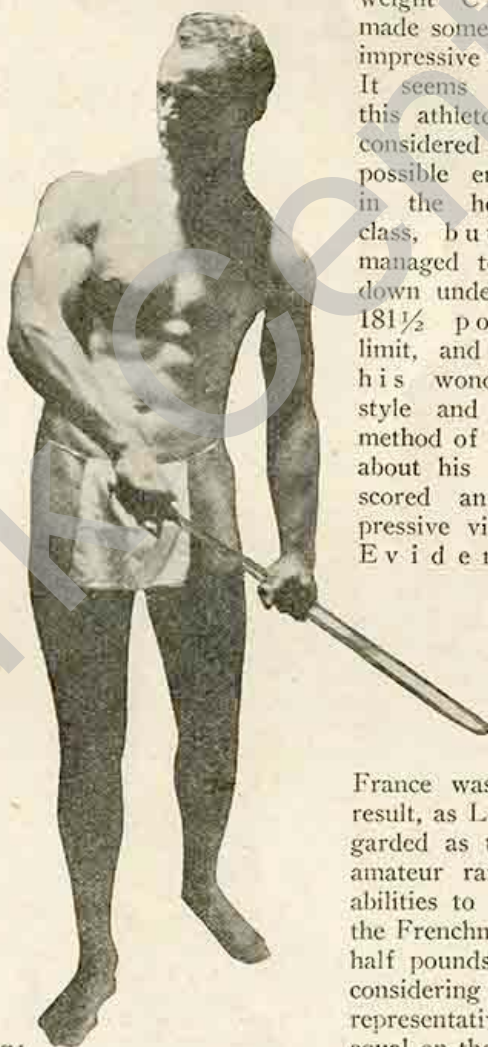
Francois made great improvement and moved from fifth up to first place, gaining almost a hundred pounds on his total. Francois pressed 226, snatched 226, and made 286 in the Double Handed Clean and Jerk. Galimberti pressed 231, snatched 216, and jerked 286.

Zinner, of Germany, who placed fourth, made a Two Hands Clean and Jerk of 297, snatched 220, and only pressed 193.

The Egyptian Nosseir, who sprung the big surprise of winning the Light-heavyweight Class, made some most impressive lifts. It seems that this athlete was considered as a possible entrant in the heavier class, but he managed to get down under the 181½ pound limit, and with his wonderful style and neat method of going about his work, scored an impressive victory. Evidently



Percy La Prade, of Ottawa, Canada, winner of the silver medal for this month.



Norman Reeves, of Madeira, Ohio, winner of the gold medal for this month.

France was somewhat shocked at this result, as Louis Hostin was generally regarded as the successor of Rigoulot in amateur ranks, and had been showing abilities to warrant this attitude. True, the Frenchman lost out by only five and a half pounds, which was most creditable, considering the performances of the representative of Egypt. Both scored equal on the Slow Press at 220; likewise on the Clean and Jerk at 314, with Nosseir getting his advantage on the snatch with 248 against 242½ for Hostin.

Among the class of human mastodons, some of whom weighed over two and a half hundred, a further assortment of new records were set up. Strassberger, of Germany, the Heavyweight Class winner, came out on top only because of his remarkable pressing ability. Equalling the world record on the Slow Press, he succeeded with 270, snatched 237, and finished with a jerk of 314 pounds. The Esthonian, Luhaar, starting out



George Dembinski performing several deep knee bends with a good load. S. Halkin, of Brooklyn, on top.



William Good

with a press of 220, made a snatch of 242, and then surprised everyone by raising his total with a new Olympic record on the Jerk with 330½. Skobla, of Czecho-Slovakia, came along to equal this figure on the jerk, also equalling Luhaar on the press, but falling five pounds behind on the snatch, with 237.

A few added reflections on the 1924 contests may not be out of place. Tonani, of Italy, the winner in the Heavyweight Class (who placed sixth this time), made lifts of 247½ in the Slow Press, 220 Snatch, and 286 Two Hands Clean and Jerk. The heaviest weight lifted in the entire competi-

tions was 308 lbs. In view of the progress made by European and African

bar bell men, it should be plain to the A. B. B. M. members that there are great hopes for our boys, providing they will work along the right lines.

We are including in this department a letter which was written to Mr. Berry who conducts another department, "The Mat," but due to the nature of its contents really belongs among the "Notes." Old readers of STRENGTH may recall Otto Rosen, of Shelton, Conn. Some time ago, Otto went to Germany; his letter will tell you the rest.

Berlin.

DEAR FRIEND:

You have undoubtedly thought by this time that I had given up my trip to Europe, but, as you see, I am here. I first went to the Rhineland, to my birthplace and became acquainted over again with my relatives, whom I had not seen for 22 years.

From here I went to South Germany, to Bad Homburg, near Frankfort on the Main. This is a mineral water like health resort, and dates from way back. A portion of the old town wall is still standing. I met a friend here, with whom I came to Berlin.

At present I am training at a very well known lifting club, "Sport Verein Ost," formerly known as "Sport Verein Jakob Koch." On the training days here, one can see lifting which would do credit to men like Manger, Klein, Matysek and so on. I attended one sport fest of the various lifting and wrestling clubs, and noted the following poundages, which I hope, may prove of interest. First of all, there was an audience of from 1500 to 2000 people.

The light classes lifted first, body weights probably from 125 to 140 pounds German weight (137 to 154 pounds).

Two Hand Snatch, limit 160 German pounds (176 pounds).

Two Hands Clean and Jerk, limit 210 German pounds

(231 pounds). I did not see the press.

After this there were several Greco-Roman wrestling matches, which got very tiresome after a while, then several Jiu-Jitsu matches, which likewise, became uninteresting.

The heavyweight lifting class starts now. There were two light men, with the real heavies, men who probably weighed between the light and heavy classes and chose to lift with the heavies. These two light men started the One Arm Snatch, with 120 pounds, then 130 and failed with 140 German pounds. (Respectively 132, 143 and 154 pounds.)

The real heavies then started with 150 pounds (165 pounds) and finished with 170 German pounds (187 pounds). There were only four men in this class, and only one of these snatched the 170. His name is Reinhold Hapke. Just remember the name.

The heavies now start the Two Arm Press. They clean the bell, and make a regular Military Press, except that the feet are not together; at the finish of a lift the feet are not brought together, either.

The Press is started with 180 pounds and finishes with 200 German pounds (198 and 220 pounds respectively).

The Two Arm Snatch is next started with 170 and finishes with 210 German pounds (187 and 231 pounds).

The two light men now started the Clean and Jerk with 200 pounds and finished with 220 (220 and 242 pounds).

The heavies started with 230, and finished with 280. A certain Richard Putzmann made this lift. He is a member of the club to which I go, and so is Hapke, whom I mentioned before. (280 equals 308 pounds.)

The week of the 21st of August, the Heavy Athletic Championships were staged in Koblenz. This included lifting and wrestling and is strictly amateur.

Putzmann and Hapke competed here, and won out very good. Hapke took first place in the Older Men's Class; he is around 45. First place was taken by Strassberger, "Munich," in the Heavyweight Class with a total for the Two Arm Snatch, Jerk and Press of 740 pounds (814 pounds), while Putzmann took second place with a total of 690 pounds (759 pounds). His lifts were as follows: Two Arm Press 190 pounds (209 pounds); Two Arm Snatch 200 (220 pounds) and Clean and Jerk 300 German pounds (330 pounds). I don't know all of Strassberger's lifts, but you must know about his Olympic Press of 245 pounds (270 pounds). In Koblenz he only jerked 280 pounds (308 pounds) clean.

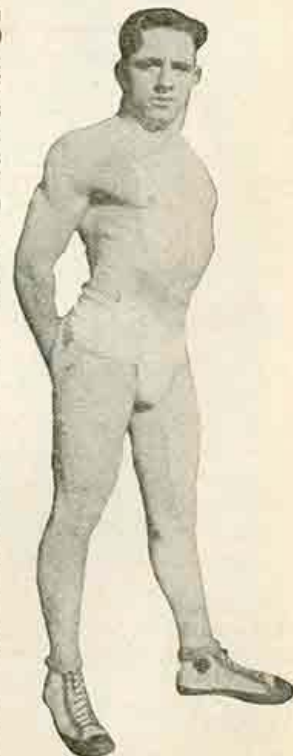
I also read here in the paper, where a certain Munich lifter named Schwaiger, bodyweight 124 pounds (136

pounds) had set a new Left Hand Snatch record, in his class, by elevating 155 pounds (170 pounds). All the weights I mention are German pounds. (Figures in brackets are ours, Mike Drummond.)

About the Two Arm Snatch, the reason for gripping the bar so wide apart is that the bell does not (Continued on Page 88)



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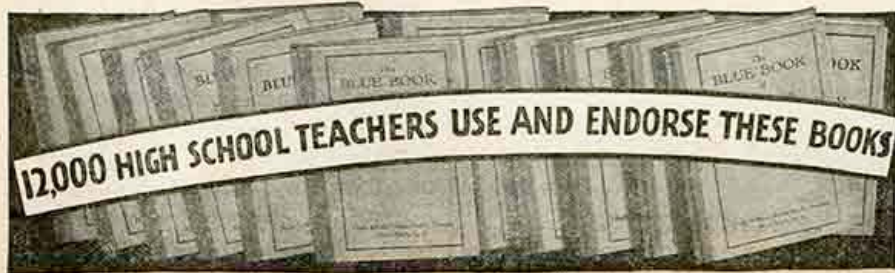
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D. Sc. (Phys.), M. S.
P., M. P. C., Chief,
Physical Culture
Consultants.

Most of our pupils, when seeking our aid, tell us frankly that they were ignorant of, and that their parents had failed to enlighten them on, the facts of life. When will parents realize that, when they neglect such an important duty, it is almost inevitable that a catastrophe will happen. You who are parents and happen to read these lines do, for goodness' sake, take warning.

Many parents are under the impression that if their son remains in ignorance he will never know of these matters and therefore will never be tempted by them. How wrong is this! If your son does not get his information from you he will most probably get it from degraded sources. Be first, and get him to absorb your own ideas—the knowledge that will guard him against those things which will surely spell ruin to him. There is an old saying to the effect that it is better to have a fence at the top of a cliff than an ambulance at the bottom. Why do so many parents refuse to erect this fence, and let their sons fall over the cliff?

The young man from whose case we quote this month had no fence erected for him. For most of those who fall there is no ambulance at the bottom of the cliff, either, but this time there was. The PHYSICAL CULTURE CONSULTANTS cared for him and showed him the way to the real life of cleanliness, strength and happiness.

Note, good parents, that this fellow's father and mother were ignorant of his condition. You may think that your son is alright. Believe us, dear people, such is most unlikely to be the case, unless he has been properly informed.

Just ask yourself what would have happened to this young man had he not determined to seek clean knowledge and sound advice? It is too terrible to contemplate.

Fortunately he is another of that large band of PHYSICAL CULTURE CONSULTANTS' pupils who are rejoicing in a clean and wholesome body, freed from the shackles resulting from his ignorance—the arch-enemy. He knows now what it is really to live, to retain the precious life forces instead of letting them consciously and unconsciously drain away from him.

Read his reports for yourself, and note the progress he makes, and which he begins immediately upon taking his Course.

"Quit you like men, and be strong," is a Biblical exhortation. "The glory of a young man is his strength." To develop sound health and your full strength—to be a real man—the first essential is a clean mind in a clean body, free from all devastating habits and their consequences.

CASE No. 142.

December 22, 1927.

First letter, before starting Course:

"I have a weak back. I am not very well developed. I have been practicing the bad habit for about five years. I am beginning to feel effects of habit. My complexion is bad—dark lines under eyes, sunken face, coated tongue. I am about ten pounds underweight. I am depressed mentally—mind is dull—cannot think clearly—troubled with mental pictures—nervousness. I feel uneasy in company of my own sex or the opposite. I hope your Course will put me on the road to clean and healthful living. (My parents are ignorant of my condition.) If they had only given me the sound advice I should have had years ago—I would be on the right road now—but I am not—so I turn to you for help and advice."

First Report:

"I have been under your instruction now for ten days and want to say I am feeling fine. My mind is clearer. The habit has not given me any trouble. I enjoy the exercises. I have followed the diet as closely as possible and have one, two and sometimes three movements a day." Yours truly, R. M.

Second Report:

"I am glad to say that the old bad habit has not troubled me, but I have had two —, both caused by bad dreams. I am still bothered with mental pictures to some extent, but I never let them bring about action. I just throw them out of my mind. I feel better in every way. My complexion is now clear, and free from pimples. I get two movements each day. My mind is clearer. I am waiting for further instructions." Very truly yours, R. M.

Third Report:

"I want to say that I am feeling fine. I am having two and three bowel actions a day. I have gained a little weight. My mother says that I look much better. I have not noticed any losses. My back is stronger. The habit has not given me any trouble whatsoever. I am very seldom bothered with mental pictures. My chest seems to be filling out more." Very truly yours, R. M.

Fourth Report:

"This lesson has been very instructive and interesting to me. The little book 'Sex Development' sure is fine. My bowels are in fine condition. I am getting two and three movements each day. The habit has not given me the slightest bit of trouble. My back is good and strong now. My nerves are in the best kind of condition. My heart beats regular. I have gained about three pounds. I now consider my thoughts and ideals on the subject to be very clean and healthy ones. My mind is free from the bad and dissipating thoughts. To sum up the whole thing—I am an entirely different man. I am anxiously awaiting your next instructions." Very truly yours, R. M.

Fifth Report:

"I sure do feel fine. I am taking on more weight every day. I am getting two and three bowel actions each day. My nerves are as calm as still waters. No more mental pictures whatever. My body has filled out in those bony places and hollows. I always walk with chest out and head erect. I can look my companions in the eyes, knowing I am just as clean in mind and body as they. I want to say that this Course has put me on the right road to healthful and clean living. I would not take any amount of money for the things it has taught and done for me. I await my last lesson." Your friend always, R. M.

When asked for permission to quote extracts from his reports for the purpose of this advertisement, he wrote as follows:

Gentlemen:

May 13, 1928.

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(Continued from Page 35)

another 'Terrible Turk,' in a minute or two in their first meeting and later in 1:34 and 4:00 flat in a return bout, and Alex Munro, the Scotch hercules, in 22:40 and 11:11, Joe Rogers, the American, in 7:35 and 6:45, and he defeated Tom Jenkins in two matches, the first in 20:37 and 14:27, and again in 31:15 and 22:04. And Tom Jenkins was—well, I'll tell you more about that. Tom had taken the title from the great 'Farmer' Burns in '97 and he was the best America had.

"Jenkins met the Russian for the first time July 2, 1904, in Albert Hall, in London. Just a day or so before the bout I had been present at a party in Neilson's Cafe, on Guard Street, near Leicester Square, when the two great men were introduced for the first time. After the party broke up, Jenkins and I remained together and I asked him what he thought of Hackenschmidt. He looked very thoughtful for a moment, then replied, 'I'll tell you—that he is a very scientific man his record proves, and that he is unbelievably strong I am sure. I will give him a terrific scrap, but he is too strong for me and will win in the end.'

"Jenkins was correct. The first fall came after 20 minutes 37 seconds of such fast and scientific wrestling as the 6,000 spectators had never seen, and the second fall was a repetition of the first, but shorter—14 minutes 27 seconds. They met again in New York in Madison Square Garden on May 4, 1905, with the same disastrous results to the American representative. This time the tale was told in 31:15 and 22:04, but, although Jenkins lost, the great fight he put up established wrestling as a popular sport in this country. Crowds began to turn out for bouts, and before long the game became a headline attraction with the public."

"Somebody mentioned Youssif, the 'Terrible Turk,' just now," another "old-timer" was speaking. "Well, I just want to straighten up a little item about him that appeared in print not so long ago. Someone stated, referring to his match with Ernest Roeber, that Roeber had kayoed him with a punch on the jaw purely as a matter of fact and without provocation. Humpf. I happened to be conspicuously present there and in a position

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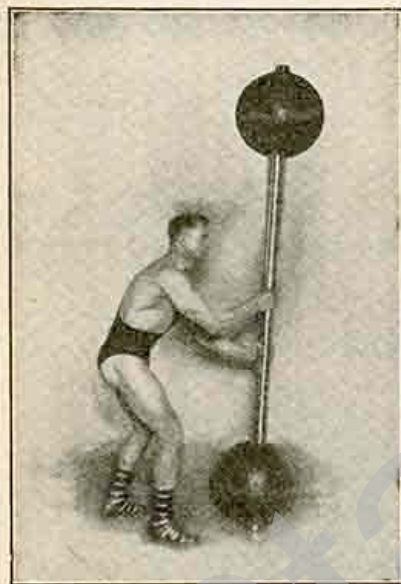
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Our advice to you and everyone is to get these books and get them quickly. Whether you are a weight lifter of advanced ability; just a beginner at weight lifting; only a bar bell man of a few weeks standing; or one who has never seen a bar bell, you have very much to gain by reading these books.

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to see and hear all that happened, and this is it: For something like twenty minutes or more Roeber had held the defensive all-fours position against all efforts of the Turk to turn him over. Finally, however, the Turk managed to push him off the mat, and the referee ordered them to resume operations in the center of the mat. No sooner had they done so than the Turk reached out a ham of a hand in a wide 'cat-slap' motion and caught Roeber a sizzling open-handed blow in the ribs. An instant later he repeated the process, whereupon Roeber complained to the referee that if he (the referee) didn't stop that business he would stop it himself. Already his side looked about like a piece of raw beef, and when a moment later the Turk administered another resounding whack on the inflamed side of the now enraged Roeber, the latter stepped inside with a right to the chin, and the terrible one went down and stayed down. Then the crowd raised a riot for sure, and inside of ten minutes the Metropolitan Opera House (where the match was being held) looked very much worse for the experience. The crowd got its money's worth, all right—they came to see one wrestling match, and before it was all over most of them had taken a highly active part in a thoroughly 'free-for-all.'

"Say," came from the direction of one of the younger newshounds present, "suppose you fellows give us a line on the late crop of grapplers, too. This dope on the old-timers will make great copy, but instead of giving all the space to the 'once upon a time' boys let's hand out a few roses to the fellows who are working so hard now to keep the game interesting to the public. There are Lewis and Londos, Shikat, Stecher, and a lot of other good men in the game today. Some of you fellows who have been on close terms with the racket for years should be able to give a sound opinion of the modern figures in the game."

The answer came from the other of the two old wrestlers present, a man nearing three score and ten, but who, in spite of his years, possessed the mental keenness and physical appearance of a man in middle age. "Suppose," he said, "we begin with the period immediately following the death of Gotch. There were a good number of pretty good men around, but no one man was outstanding, and the result was that the business went blooey. Then after the war the so-

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called 'wrestling trust' appeared on the horizon and for a time managed to hold a little attention to the sport. But pretty soon the public grew tired of their tricks—they passed the mythical crown around among the members so much that it lost all its shine and all its attractiveness to the cash customers. That means that business again went down and about out, and it stayed that way for a time. Then 'Ed' Lewis emerged from the heap as champion and once again wrestling started on the upward climb. Lewis reigned supreme until a 'set-up' known as 'Big' Munn surprised him and captured the title, only to lose it in turn to Stanislaus Zbyszko a little later. Then Joe Stecher handily flattened the venerable Pole to become possessor of the title he had held for a time in the past. Or rather, he claimed the title and was generally accepted as champion in spite of the fact that Lewis claimed that he had not been defeated fairly by Munn. Matters rocked along in that fashion for a time and Joe made himself extremely popular by defending his title anywhere and against anyone. In the meantime, Lewis had met Munn in a return engagement, much to Munn's regret, and so he set up a louder howl than ever about somebody trying to "gyp" him out of his title. The inevitable finally happened, and just a few months ago Joe and 'Ed' met in St. Louis in a three falls match. 'Ed' won, and clearly established his claims to the title. But that victory did not do the game any particular good, for whereas Stecher had been keeping himself busy against all comers, the 'Strangler' has a peculiar way, all his own, of picking his opponents, referees, and places of meeting. Sorter thinks the title a very nice plaything to keep, it seems.

"The latest topic of conversation in the game is the possibility and probable outcome of a match between Lewis and Jim Londos, the great Greek. If Lewis is half as good as he used to be he should have an easy time of it, but just the same he is hemming and hawing around and Londos is making a lot of racket about running out, and so on, so that if they do meet they will have a very bountiful 'gate' to split. There has been a lot of effort expended to match them in Philadelphia, but Lewis positively refuses to meet an opponent in a one fall match, as provided by Pennsylvania laws. He states—and it is sound logic—that there is too great

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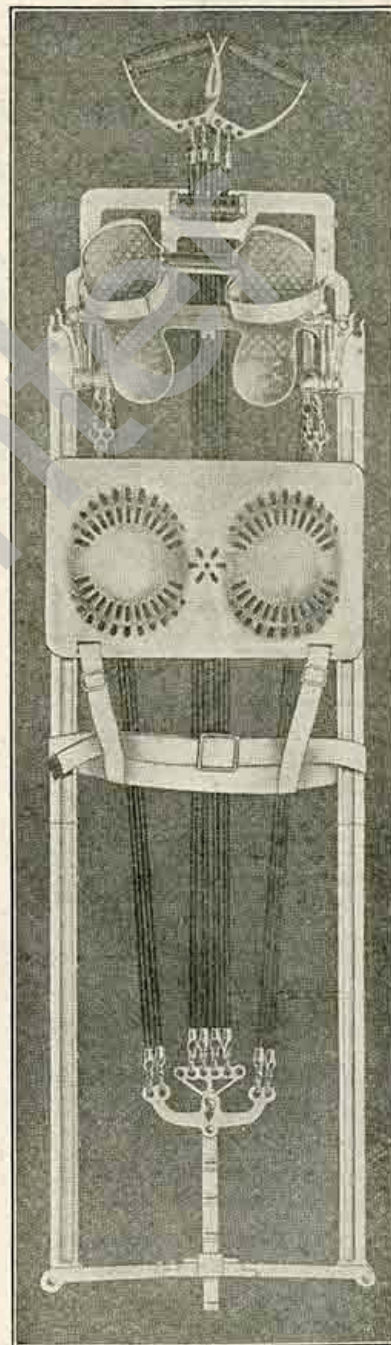
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a possibility of an inferior wrestler 'lucking' a good hold and victory, and he points as proof to his last match with Stecher. Joe took the second fall in just a minute or so with a 'lucky' hold. As the men came from their corners he managed to clamp on a good wrist lock and flop Lewis before anyone realized what was happening. He has other examples, too—one Rudy Dusek pulled the same sort of stunt on Dick Shikat in Wichita some time ago for the first fall. At the call of time he rushed out, clamped on a hold, and in a jiffy the ten minutes rest between falls was being ticked off. Shikat came back and easily took the second and third falls, but had that been a one fall match things would not have been so rosy for him.

"Today wrestling is enjoying more public favor than it has enjoyed for some time, but it is still held back by public scandal about 'fixed' bouts. It is easy to say that a bout is 'framed,' but to prove the matter is something different. And I do know for a fact that many a bout that was thoroughly 'arranged' attracted much favorable attention from the press and public in the past, where another bout strictly on the level would be branded 'fake' and severely criticized. And as for a person being capable of judging a bout, well, only a very experienced wrestler, thoroughly acquainted with the style and abilities of each contestant, can say with any degree of accuracy whether a match is on the 'up and up' or otherwise. The general public absolutely cannot judge such a matter at all. A match can be strictly honest and be full of thrills or as dead as a door post, depending on the type of men in it. Put two equally good men, of the aggressive type, together, and you see a match such as those of the days when Hackenschmidt and the rest were in their heyday—not so long in minutes, but boy, such action! But, on the other hand, if one of the men is inclined to be a defensive type wrestler or a 'staller,' the match is a grand failure as far as the public is concerned. Another angle is present, too—in the old days the fellows came together more to settle a matter of their respective abilities, whereas today the matter of money is of prime importance. In the old days the boys went at each other hammer and tongs, and something was not long in happening, but now they go at it gingerly, each trying to keep one eye and his hands

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on his opponent, and the other eye and his mind on the gate receipts."

"Speaking along the same lines," chimed in a large man of middle age, "I have referred a great number of important bouts between the stars of the last ten years or so, and I have often noticed the facts just brought out. I recollect one man—Marin Plestina, if you want to know—who has great possibilities, but he is purely a defensive type grappler and for that reason is not popular with the fans. Once time is called, he adopts his defensive tactics, and, because he is really a very good man, his opponent cannot afford to take too many chances 'going into' him. The result, of course, is a slow match, likely a long drawn out 'draw' or 'decision' affair, one that does the game and the reputation of the opponent no good. That is why so many good men avoid this particular man; it is not necessarily because they are afraid of him throwing them. Not so many years ago he was much talked up as the man to defeat Lewis—well, it was arranged to give him a warming up match in New York against John Pesek. Now John, you know, never weighed over 190, if that much, and Plestina weighed thirty or forty pounds more than that. The scrap came off, and after two hours or so was stopped by the police. Plestina hadn't done much in particular, but Pesek had more than made up for his inertia. In fact, he had just about tormented Plestina into calling it a day when the match was stopped, and that put an end to the Plestina can beat Lewis' chorus. No, boys, a purely defensive man has no place in the modern game. You see, what is true in wrestling is true in boxing, in all sports, in business, and in all life—what is wanted, what is needed, is the go-getter, the chap who starts after what he wants and who does not let up driving until he gets it."

One of the young wrestlers sat suddenly upright, jerked out his watch for a glance, and piped up, "It's lucky for me you mentioned 'go-getting' right there—I gotta be in Chicago in less than thirty hours, and that means a run-out on this party and a trip to my hotel and then a dash for the station. See you fellows again some time—so long."

The door banged behind him, and the echo seemed to startle us each from the land of dreams. The conversation suddenly lagged, and in a moment we realized that we were

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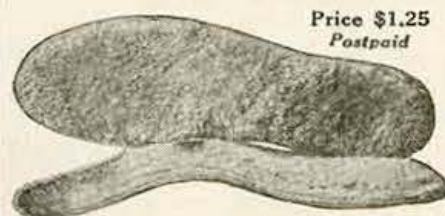
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tired and sleepy and about "talked-out." The party quickly broke up and we each went away toward our respective homes, feeling now thoroughly tired and very sleepy, yet gloriously thrilled by the doings of the past few hours.

Do You Drink Too Much Water?

(Continued from page 43)

bodily vigor and energy, causing inefficiency in the performance of our duties both mental and physical, but it also pilfers from one that keen satisfaction and pleasure of gustatory indulgence which is a highly important matter in the health and happiness of every individual. Water with meals washes away the natural flavor of the viands, as it were, and creates only a desire for still more water.

As to the laudatory statements of the authorities, so-called relative to the panacea value of the universal solvent inside as well as out, in other words, internally as well as externally, just accept this authoritative piffle as such. As to H₂O overcoming constipation in the great numbers, they so fondly state with such delightful pride, well it is just the over-enthusiastic emphasis always given to any good thing by them who believe that it is the only good thing in the world.

If water drinking were a cure for constipation one would not expect to see as we do such a decided prevalence of this popular affliction of our present-day civilization even among those in the water drinkers fraternity. The plaint usually runs thus: "I cannot understand it; my constipation still exists, and sometimes I feel that it is even more stubborn than before, though I drink so and so many glasses of water a day." It is the same old story of trying to flush out a condition that needs soaking, as it were. It cannot be done.

Yes, I grant that the proper amount of liquid is necessary to health, and the regulation of the function of the bowels, but as far as its being the power per se that vanquishes this evil of civilization, that is too far fetched for me to believe. Furthermore, the fact that I have personally conducted experiments and observed facts that contradict this foolish supposition, convinces me that the "Drink More Water" cry has resulted in more harm than good. And in many, many

cases water drinking beyond the normal demands does not only incapacitate the kidneys and disturb the functioning processes of the stomach, but it is directly responsible for aggravating the condition it is intended to overcome.

Yes, drink water, but bear in mind to indulge in only the amount your body naturally and normally calls for under normal conditions. Heed not the synthesized food thirst, and avoid the prescribed glass of water at this hour and that. Look to your body for guidance and let not your good judgment and discretion be led astray. Keep out of the water craze class or you may be deluged into disease. If you inundate the body with H₂O it may become water soaked, and a ship in this condition becomes a derelict on the sea of life.

You Are Never Too Old to Begin Exercise

(Continued from page 39)

anybody who passes eighty has is getting good sleep. Thanks to the exerciser, for my sleep has been wonderful. In the morning I have awakened feeling ready to tackle what I had to do for the day. I had plenty of ambition and capacity for work.

My production of handcraft increased. Previously there were parts of each day that I felt like taking naps, and there were times when I fell asleep at my work. People told me it was natural for an old person like me to do this. However, I always felt a lot worse on awakening from these naps than I did on falling asleep. I was convinced they were doing me much harm.

After my first winter with the exerciser my weight increased about ten pounds. I had been trying for about six years to add some weight, and had taken all kinds of diets for this purpose, but without avail. What had put weight on others failed to increase my poundage. Therefore, I was delighted. The exerciser had helped me remarkably from three angles. My appetite had been improved; I was sleeping better than I had for some years, and I had not only stopped the gradual reduction in my weight, but had grown heavier. For several years I had been losing weight. Folks told me this was natural for a person of my years, but it didn't appeal to me at all. I was worrying a little about it, and I am far from a worrying individual. I

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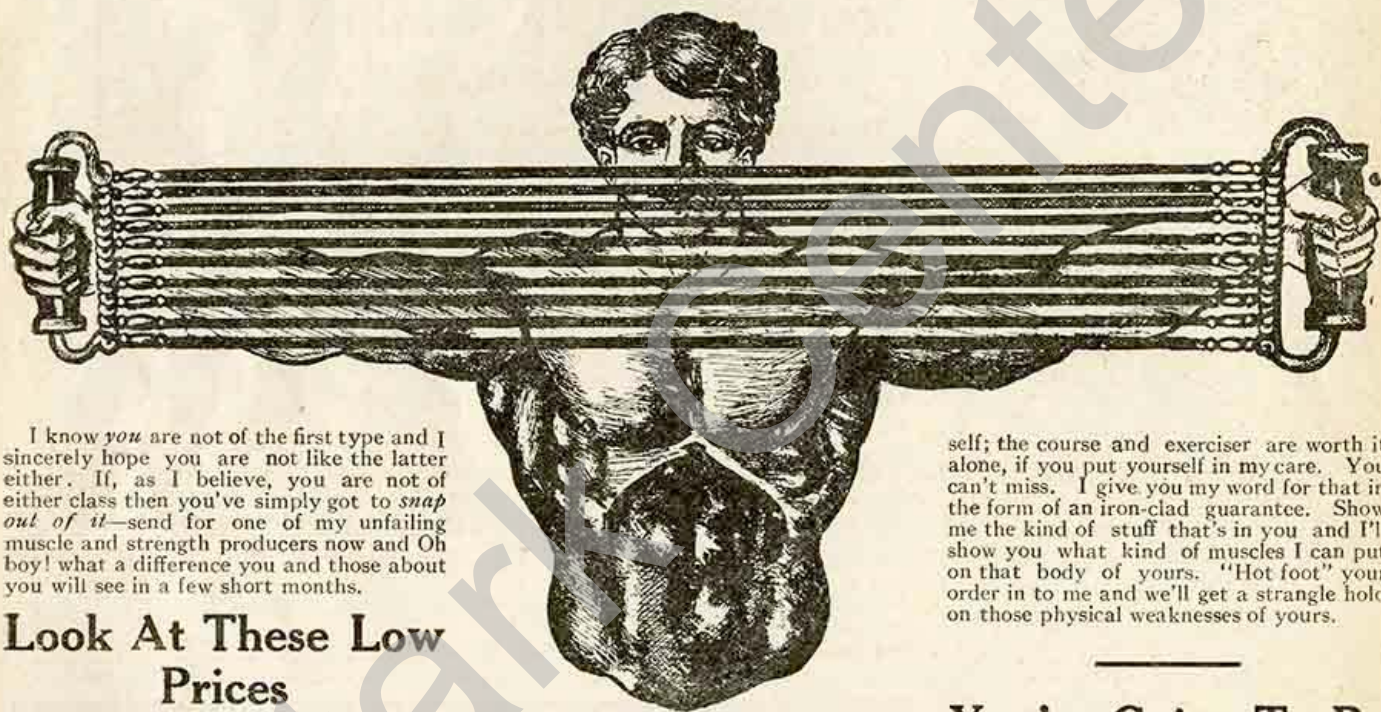
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was shrinking too fast for my liking, however.

On my 101st birthday the day was wet. In fact, it was quite a rain-storm with plenty of wind. It was impossible to do my paddling stunts, so I suggested that I could show to advantage before the summer visitors with my exerciser.

It was the first time most of them knew I had an exerciser. A group of about twenty-five men and women followed me to my home. I stripped to the waist and went through about ten minutes of movements on the weights. My audience was amazed, and all of them congratulated me. As a birthday gift one of them gave me, in behalf of the group, fifty dollars.

The news about my stunts on the exerciser got around in the summer colony. In a few days I was invited to do my stuff before a very select crowd in the luxurious hotel suite of my banking friend from Chicago. He had recently arrived, having been detained on important business in Chicago.

I planned a surprise in a surprise for this group because of my friendship with the banker. Not only did I do bending and standing exercises, but I did some shadow boxing. A boxer would have considered my shadow boxing far from wonderful, but my audience thought it was marvelous. I had to offer a half dozen encores before they were satisfied. One of the men, the head of a big railroad, was so enthused he gave me twenty-five dollars right there. A collection was taken up for me in the suite, and fifty dollars came into my possession. Within two weeks a half dozen exercisers had been installed in magnificent summer hotels and hotel rooms for summer folks.

One of the prominent feminine members of the summer colony was arranging a reception for several guests she was entertaining from her home city, New York. She wanted something original.

Her husband had been a member of the group that watched me at the exerciser in the hotel. He recommended, jokingly, that his wife engage me to go through my exercises as a special attraction. The idea struck the woman as a good one, with the result I agreed to perform before a very select group of both sexes.

First I delivered a talk on the value of regularity of exercise. I pointed to the men and women the need of exercising every day in order to get

proper results. I told them the only sure way of getting regular exercise was to use an exerciser and place it where it would be very conspicuous in a house, flat, apartment, suite, office, boudoir, bedroom.

When I went through the shadow boxing, which was the finale of my act, there was so much applause that I had to do some more of it. In all, I had to go back to the machine six times before they would let me go.

At this reception I heard one of the men talking about using separate metal grips for his exercise. I sent away for a pair of these. They were in dumb-bell form and could be used as such, and also to strengthen the pressure of the fingers, hands and wrists.

On my 102nd birthday I took the metal grips to my canoe. After paddling up and down in front of about a hundred of the summer folks, who watched eagerly from the shore, I put the paddle in the canoe and picked up the grips. While in a kneeling position, I went through some exercising motions in various directions. Then I stood in the canoe and went through the same movements. Although it is a difficult thing to stand in a canoe, there was little trouble in this for me. I had been practically brought up in canoes and with paddles in my hands. From the day I was 10 years old I could make a good job of handling a paddle and canoe.

I had been doing various stunts in a canoe every fine day of the summer season and something out of the ordinary on my birthday. The metal grips and the exercises with them filled the bill in this respect wonderfully. Must have been very pleasing to my audience, too, for the collection was heavier than ever before.

I repeated with the grips several times weekly while in the canoe and did stunts for people on the shore. The exercises always made a big hit with the crowd watching me.

On my 103rd birthday I wanted something striking again. I decided to get an exerciser that could be set up in the canoe and go through some of my exercise movements. If the audience had been seated I would have knocked them out of their seats. They cheered for about ten minutes after I got through using the exerciser. Some of the women feared I would upset the canoe. I surprised them but didn't surprise myself in

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the least by balancing the canoe on the water, although it was a trifle rough.

For my 104th and 105th birthdays I used the exerciser in a canoe. Then on coming ashore I went through some more of the exercises. It was impossible to do much shadow boxing in the canoe. I did quite a lot of this on returning to land.

Not once in five years have I failed to use my exerciser daily. Often, I have been away from home for most of the day and, perhaps, a night or two now and again. Regardless of my absences, I have always managed to get in at least a little work on the weights in the course of each twenty-four hours.

The exercising with the exerciser and the separate grips has been less exertion on me than any other work or exercise. The movements have all been easy and graceful. There are, certainly, many exercises an old person should not do. There are no harmful effects whatever in the movements one makes at an exerciser, or with the separate grips, providing they are not too heavy. I favor those that are quite light, for anything heavy would be unsuitable.

Regularity of exercise will surely cure loss of appetite and insomnia and be a building up influence generally.

Is Walking the Easiest Exercise?

(Continued from Page 37)

contest conditions. The most common fault is "breaking" A break is that little "cross-hop" that shifts a walk into a run, and a second or third repetition of it in a contest usually disqualifies the offender. Don't permit the habit to get started.

You are required to lock the knee on each step—that is, straighten the leg fully before the foot again leaves the ground. A close observance of this rule for correct locking is one of your best guards against breaking, too.

You will lengthen your step almost unconsciously, as you gain in skill and strength. When you walk correctly the step has a tendency to adjust itself to the proper length for your stature. Take pains with the set of your foot, however—that is, until you have formed correct habits. The feet must point straight to the front for best results; even a slight outward turn means a loss on each step, and inches often decide a race.



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Toeing out weakens the arches, too, and detracts from the walker's spring. You can wear any shoe of correct fit and medium weight.

Using the knees and feet properly, now try to develop speed. As quickly as possible get above 250 steps to the minute. In this speed walking, the forearms are drawn up nearly to the horizontal. Swing the arms in the natural way demanded by the action of the feet. It is practically impossible to exceed 300 steps a minute without breaking into a run; but the victorious walker is he who can take the greatest number and the longest steps per minute without running.

A good plan of practice is to devote one mile to form, rest a little while, then try a speed mile. Do that every other day, and on the days between take longer and slower walks, for the general constitutional effect.

You may have to give your knees particular attention, for they tire rapidly from the leg-locking demanded by the rules for correct walking. The exercise known as deep knee bending (squatting clear down then standing erect, and repeating until legs tire) is excellent for the

walker's legs.

Speed walkers come and go, but to my mind George Goulding, the Canadian crack, is the real "class." His ability to add new records for the various distances is traceable to the wonderful stride he uses. Goulding averages from 44 to 48 inches. Many disputed the accuracy of this statement; but when you take the time made by Goulding at the New Brunswick games, it will be found that he averaged 1 minute 48 $\frac{3}{4}$ seconds for every quarter mile he walked. Let us have a glance at the possibilities in speed walking, as shown by some of Goulding's records:

One mile, 6 min. 25 $\frac{1}{2}$ sec.; two miles, 13 min. 37 sec.; three miles, 20 min. 40 $\frac{1}{2}$ sec.; four miles, 28 min. 6 $\frac{1}{2}$ sec.; five miles, 36 min. 10 sec.; six miles, 43 min. 28 $\frac{3}{4}$ sec.; seven miles, 50 min. 40 $\frac{1}{2}$ sec.

Walking in the hills is particularly fine for the health and physique—a conditioner that every athlete of experience appreciates when he goes into training. In most articles on mountain-climbing the actual walking is touched upon but lightly. The results to health, the scenery, etc., are

discussed, but no one has had much to say about how to use one's legs to the best advantage.

In the mountains of Colorado, doing a good deal of climbing, I observed that the beginner's most common mistake is over-long steps. The farther you step upward on a slope the greater power required. The less you bend the legs the more you save their muscles; a man can stand erect under a far greater load than he could rise with from a squat position.

Even if the leg muscles in themselves are exceptionally strong, one's wind endurance is most quickly taxed by use of the legs, so this is another reason for economy of leg strength on a long climb. Take short steps, leaning no farther forward than necessary to maintain your balance. Keep the feet pointing forward. I appreciate that turning them outward lessens the leverage strain on the calf muscles, but ultimately it is bad for the feet, as the turned-out walk is a common cause of flat-foot. Anyway, it is not the calves that will bother you in a steep ascent so much as the thighs.

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you can use and yet bring the body along after the legs; develop the "economy step" to a point wherein there is no excess outlay of energy. Some beginners at hill-climbing begin to thrust the ground with their feet when they get tired. This only hastens exhaustion. When you feel a nervous, impatient fit of that kind coming on, stop and rest. Then when refreshed, start again, always with correct methods. It is bound to take a little time to develop strength and endurance.

If You Don't Have a Beautiful Face--

(Continued from page 24)

very far, but after each practice you should find yourself going back a little farther. Perhaps in time you will be able to touch the floor with your hands. However, this is more of an acrobatic stunt.

Figure 7. It would be well to wind up your whole exercising program with the stretching exercise shown in Figure 7. Or you can make it your first exercise—whichever you prefer. Raise high on toes and at the same time stretch as high upward as possible—as if trying to reach for something high overhead.

These exercises will promote grace and shapeliness as well as health and strength. Those of you who have never practiced physical culture before—begin now. You will be amply repaid for any time or energy spent.

Remember that if you want to improve your figure, posture, health, etc., which all help to make one beautiful, learn the easiest and sanest method—exercise and right living.

Country Boy vs. City Boy
 (Continued from Page 41)

self from school, and that the school term itself was often cut very short for various reasons. Then remember that young Davenport (along with almost all the rest of the pupils) was a member of a poor family, and that he accordingly had to remain at home many times to plow, or to cut wood, or to do some other necessary work on the place. One does not need much intuition to understand that what he learned under such conditions was principally of the what-he-could-pick-up-for-himself variety.

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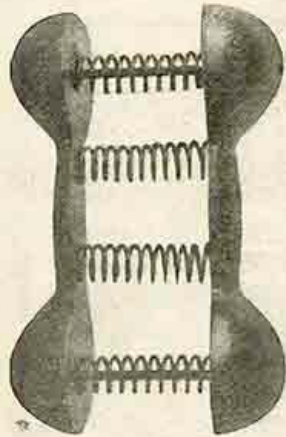
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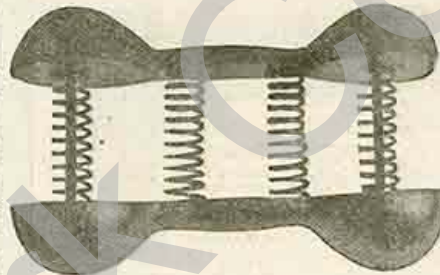
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type to the country schools of the day, it is true; but since he, too, was a poor boy the ever-present need of money for keeping the wolf away from the door kept him away from the schoolroom day after day. The fact that he managed to reach the fifth or sixth grade before having to leave school to work steadily was due to something akin to a miracle. In the matter of education, then, young Forsythe, who might be taken as representative of the youth of the period, was on about equal footing with the young man coming up in the rural sections—neither was overburdened with "schoolin'," and the majority of either's "larnin'" consisted in the main of facts he had ascertained for himself.

In the matter of diet, the advantage rested then, as it does today, with the lad in the blue jeans. The subject of sanitation was then a thing not worthy of much discussion, as was also the topic of personal cleanliness. In the city the bath tub was still a thing more to be wondered about than actually gotten in, while in the country the "old swimmin' hole" did its noble duty on occasions during the warm weather. As for the winter season, well, if the ice were too thin, or if a sudden rainstorm arose, all well and good; otherwise, everything was equally well and good until warm weather and swimming time again.

The two young fellows, Forsythe and Davenport, each received a full share of overwork both during school days and after, along with the rest of the young chaps of their acquaintance. The country lads' hours were "from sun to sun," and the city boys were in about the same predicament. Remember, there were no laws then compelling the attendance of boys and girls at school or limiting their working hours in mills or factories to a healthy number.

Recreation was a thing that did not bother Forsythe or Davenport or their buddies to the extent it troubles us. The latter would find a moment's relaxation swimming or fishing or hunting, while the city chap would play ball or find something else not too expensive with which to while away the little extra time at hand.

The stories of successful men are strikingly similar in that always a time comes when the individual enters at the bottom of some business or other and begins his successful climb. As it happened, Forsythe started in

as a bank clerk and rose from that position. Young Davenport, on the other hand, thought that being a railway mail clerk was a capital occupation; so he entered the civil service. Then, a little later, he bought an interest in a very small smalltown telephone exchange, and from that began his rise in the public utilities field. The rest of their stories has already been told—hard work, careful planning, ultimate success.

Such is the story of many a successful man of today, such is the story that has been told over and over again in tenement houses and in poverty-stricken farmhouses, in palatial mansions and in magnificent country homes. Because it had been told us so many times, we came to accept as an axiom the idea that the country boy has just as great a chance of success as has the city lad.

Then came the late war, and with it the draft. Hundreds of thousands of young men from the cities and young men from the towns and young men from the country, the farms, were examined, and our dear Uncle Sam discovered some startling facts—these farmer boys and young men whom we had so complacently regarded as superior to the city fellows were actually inferior, mentally and physically, to the city youths. This came as much of a shock to everyone because all were of the opinion that while the farmer might be a little behind in the matter of education, surely all his "fresh air, sunshine, pure food, and outdoor work" would rank him well above all competition physically. Thus it was that certain discoveries of prime importance to the nation as a whole and to the rural sections in particular were made—during the preceding twenty years or so the rural sections had remained practically at a standstill regarding the matters and conditions just discussed, while the towns and cities had made great strides towards improving such of these unfavorable elements as affected them. Ten years ago the town of a thousand or the city of 25,000 or half a million was far different from what it had been in the nineties, but not so the country village, and particularly the farm itself. In the cities school after school had been erected, wholesome recreation in many forms had been provided, great improvements in sanitation had been brought about, and the bath tub had become a well patronized household necessity. Laws had been put into

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effect controlling working hours and working conditions, and the proverbial "thousand and one things" had been done to make the poor boy of the big city or small city a better citizen, and to enhance his chances of attaining ultimate success in life.

The shock of this discovery came as a surprise to the city residents and as a rude awakening to the farmers and rural folk. Something had to be done about it, and business in the right direction picked up immediately. Today conditions in rural America have attained a position far more favorable and desirable than ever before in the history of the land, and the work is not yet finished, nor will it ever be completed. Rural America has awakened and is anxious to help herself, and the powers that be in the great centers, desirous of helping the country as a whole and thereby helping themselves also, have extended a most willing and helping hand.

The last decade has witnessed a change in rural life almost everywhere far greater than that which took place in the cities of the nation during the immediately preceding twenty or thirty years. First of all, the time-honored "old log school house," the "little red school," and their successors, the small frame buildings of the type illustrated, have given way to the consolidated school. No longer can Mr. Davenport find a motley assortment of students of all ages and classifications gathered in one small building of one room to receive attention from a lone teacher, as was the custom in his day; instead, he finds a modern building, rarely of other than brick or stone construction, providing accommodations for the students who formerly attended a dozen or so scattered district schools. The teachers in them are well trained and capable, they must stand on an equal basis with the teachers instructing in towns and cities, they must be specialists in their respective subjects. This modern new country school contains all the facilities found in a city school, making it possible for the farmer boy and the farmer girl to receive identically the same educational advantages as had hitherto been available only to the city residents.

And then, in order that the students for whom these consolidated schools have been erected may be able to attend them, school buses are operated to convey the students to

school and home again, for, whereas the old "school on the hill" was sometimes even more than five miles from the homes of some of the students, this modern institution of learning may be twenty or thirty or in some cases even more miles from the homes of some of the young seekers for knowledge. Thus has the necessity of remaining away from school during bad weather been removed.

Another factor of prime importance is the matter of allowing the scion of the poorer family time away from work to attend school. But thanks to the advent of modern farming machinery and methods, plus the extensive work carried on by various State agencies as well as by the National Government itself, the farmer has learned to obtain a greater yield than formerly from his acreage, and to obtain it at the expense of less physical labor and less "hours on the job" than had been previously required. This fact is reflected in the more regular attendance of the young members of the household at school, and there it shows up in the form of closer attention on the youngsters' part to studies, and in their making better grades than in the past. Thus the ogre of overwork has been combated with some considerable degree of success.

The matter of diet, too, has been brought to the country family's attention. Theirs has always been the privilege of having a better variety of food than their city cousins, but they have now learned a great deal about such subjects as proper cooking, proper variety, and the preparation of items for consumption weeks or months later. The result is a healthier, happier, more wide-awake and alert race of American citizens in the rural districts, which result must also be accredited to some extent to the higher standards of general sanitation and personal habits to which the rural folk have been educated.

One more factor must be considered—recreation. Whereas not so many years ago young Davenport had to take his play in the form of a dance or a ball game or a swim in the "old swimmin' hole" (which might be anything from a river or lake to a mud-hole, pure and simple) the country lad of today has the time and the means—the automobile has taken the place of "Beck" and the buggy—to seek his recreation in the same channels in which the city youth

finds his pleasures, and once again we find him on the same social plane with the city youth of his corresponding standing.

The inevitable must happen, and so it is that during the last decade the country boy has been coming again to the front until today he stands shoulder to shoulder with his city cousin in practically every respect in the game of life.

It is true—rural America has awakened from her lethargy and has taken steps to provide her sons and daughters with the same advantages as are enjoyed by the city residents, and success is already greeting her efforts. Give the present generation time to reach its maturity and show its possibilities, and America will again behold a host of I-came-from-the-country successful men. Again, it is true, the country boy is coming—coming to the front!

Why Light Methods Fail

(Continued from Page 30)

ercise one muscle group, it is too light for larger and more powerful muscles and too heavy for others.

Dumb-bells of this variety must be light enough to be used for arm bending and extending movements, also for shoulder exercises where the bells are raised at arms' length straight out from the body. A weight light enough for such uses can be of no value so far as the large and powerful back muscles, hip muscles and leg muscles are concerned. If the dumb-bells were heavy enough to even give the legs a mild workout, they would be far too heavy for the arms and shoulders. However, in order to get results, the resistance must be made progressively harder; and as solid dumb-bells remain at the same weight, they soon lose all value as a means of developing and strengthening the body. We will even stretch our case a step farther, and suppose that our enthusiast understands this principle, at least partly, and lays in an assortment of dumb-bells. Suppose he has a pair of five pounders, a pair of tens, and a pair of twenty pounders. One would evidently think that there is plenty of room for progress—but is there?

The casual observer might hastily conclude that three or four pairs of dumb-bells of varying weights would give anyone an opportunity to practice a wide range of exercises. However, the student of physical educa-

tion knows that this assortment of dumb-bells would be inadequate for the purpose of properly and thoroughly exercising the muscular system of a normal man or youth. At this point it might be well for us to call your attention to a few pertinent facts relating to the most scientific and practical means of encouraging a normal development of the human anatomy. From years of experience in the instruction of thousands of men and boys, we have a fairly sound idea of the strength and capabilities of the average male.

A few paragraphs back we referred to the relative resistance required for arm and leg exercises. From years of experience we know that the man of average strength, who has had no athletic or exercise experience, is able to perform five or six repetitions of the Two Arm Curling exercise while holding thirty pounds with both hands without the slightest difficulty. Then if he were using dumb-bells they would have to weigh at least fifteen pounds each to give a proper amount of resistance. He would then need twenty pounds in each hand for certain shoulder and arm extending exercises. Furthermore, to properly bring the legs and powerful back muscles into play, he would need twenty-five pounds in each hand.

None but the very weakest would expect to progress at the rate of less than ten pounds a month; so starting the second month the average fellow would want nothing lighter than twenty pounds in each hand for curling exercises, a pair of twenty-five pounders for certain other arm and shoulder exercises, and a pair of thirty pound bells for certain leg and back exercises. For the third month he would require a pair of thirty-five pound bells; the fourth month a pair of forties, etc.

By that time, providing an intelligent system had been followed, the average man should have progressed to the extent that he would have no difficulty in handling much heavier bells than those just mentioned. Instead of using a pair of forty pound dumb-bells (or eighty pounds) for leg exercises, he should have the strength to use more weight than that in a Two Arm Curling exercise; proper methods, when followed for that length of time, would give him the strength to easily perform a few valuable leg movements with weights

greatly in excess of eighty pounds. But even presuming that our prospective pupil had no ambition to rush his progress and would be content to proceed cautiously by adding ten pounds monthly, always performing exercises which were easy and well within his strength limit, he would need a great assortment of solid dumb-bells to follow out an intelligent scheme of progression.

Let us, for example, go so far as to consider the case of an individual far below the ordinary man in health and strength. He is so weak as to make it essential for the instructor to advise a starting poundage of fifteen pounds in the Two Arm Curling exercise; that is, if he were using two dumb-bells he would hold seven and a half pounds in each hand. Suppose he was so extremely weak and below normal that his monthly progress had to be regulated in five pound jumps; this would be a most unusual case, but he would still need a fair assortment of dumb-bells to regulate his progress over a period of several months, at which time he must expect to spend in order to satisfactorily improve his condition. As we just mentioned, this case would be very unusual, and it would be hard to imagine an individual so weak that he could not be improved within three or four months to handle a pretty good poundage quite easily. A case of this kind is mentioned to give you an idea of the assortment of dumb-bells needed by the weakest man it would be possible to imagine.

Let us call your attention to the advisability of exercising no more than three or four times each week. The principle involved is that of giving the body a fairly strenuous amount of work for short periods, alternated with much longer periods of rest. Long experience has proven this principle to be most effective in obtaining quick and lasting results. To parallel this principle of exercising intensively for short periods as opposed to the alternate principle of repeating movements countless times, we can make a comparison between the sprinter and the long distance runner in athletics. A trained athlete may run for one or even two hours and not use up as much energy or become as tired as the sprinter tearing up the cinders in the century or furlong dashes; the latter sprint takes no more than twenty-five seconds; the average sprinter of championship

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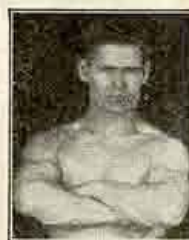
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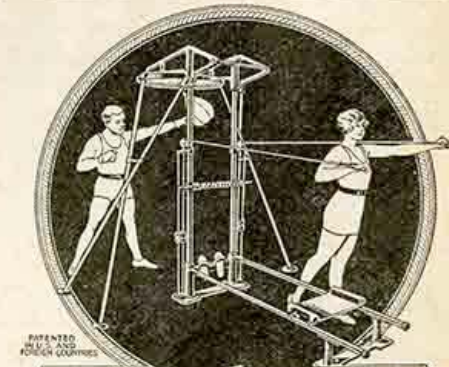
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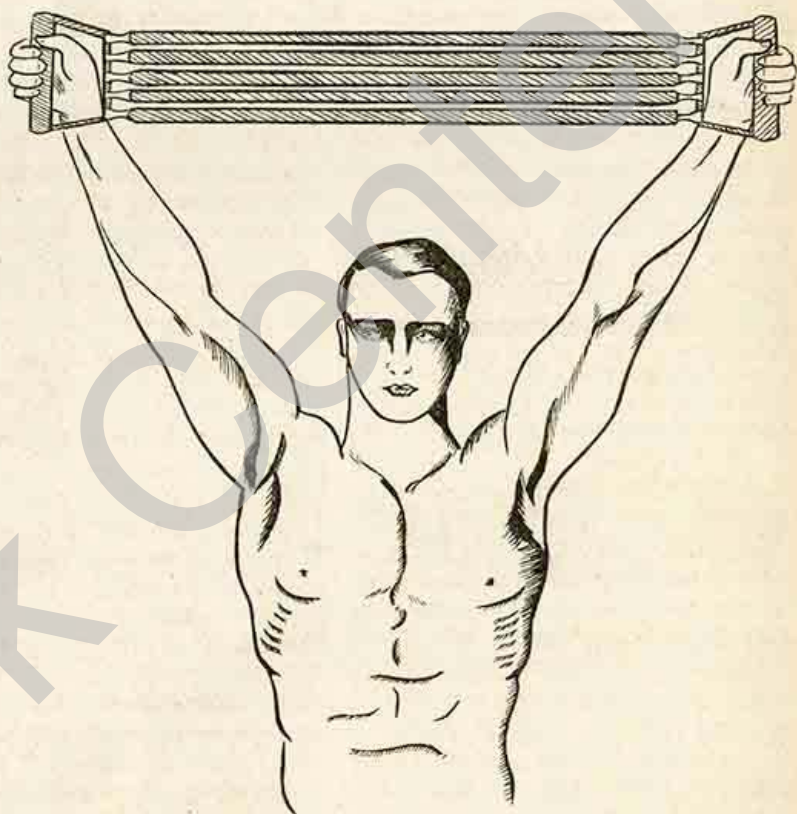
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calibre has a splendid physique with well developed, finely molded muscles; the long distance runner invariably is of the very slender, finely drawn type, which we are usually prone to refer to as "skinny." Furthermore, the distance men are, as a rule, small of stature. The Indians of the Southwest United States are extremely short, and weigh around a hundred pounds or less, yet they are wonders at running all day or all week.

Everyone admires the distance runner for his enduring qualities, but few physical culturists would choose their type of physique in preference to the physique of the sprinter; and if given a choice the majority of men or boys, whether or not they had any inclinations toward physical culture, would choose the husky weight throwing or weight lifting physique. Weight men, whether they lift the weights or throw them, need spend but a few hours weekly in practice. The sprinter may run every day, but

(Continued on page 91)

Nature's Method

(Continued from Page 32)

3. How can the shoulderblades be developed?
4. How can the ankles be reduced?
5. Please give me a formula for a rubbing down lotion after exercising.
6. Some times after a fight I am bruised, cut and sore. What is a good preparation to apply to the bruises and cuts?

M. S., Ga.

ANSWER: 1. Malted milk is a very good food. It contains no drugs, and is capital for anybody.

2. Very doubtful. An operation would most likely be of little or no value in correcting the condition of the arm.

3. It is not the blades you wish to develop, it is the muscles around them. Any exercises involving moving the shoulder joints are good—pressing weights overhead, chinning the bar, doing the floor dip, etc., are fine. See also the exercises given in STRENGTH from time to time.

4. Walking briskly, running, doing the tip-toe exercises, etc., will bring about the desired effect on the ankles.

5. Equal parts of alcohol and witch hazel make a fine rubbing preparation.

6. Mercurochrome is good to use on cuts, and an 8 per cent petrogen iodine solution should be applied to the bruises.

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The Mat

(Continued from Page 53)

give firm support to the elbow of the lifting arm. The right forearm must be kept perpendicular, and this point must be observed throughout the lift. Swing the bar around till it is practically parallel to the line of the feet. Keep the bar as level as possible; some lifters find it best to allow the bar to incline to the back, which is known as a "back hang." Now keeping the legs straight, bend to the side, with the purpose in mind of lowering the body under the bell.

NOTE:—The well known lifter, Harry Hall, who posed for the illustrations, is left handed; therefore, you must keep that in mind when studying the details of the lift. Instead of hindering you, this should prove helpful—something like looking in a mirror when watching your own movements.

The point brought out here, of keeping the legs straight as long as possible when beginning the bend to the side, may sound strange to some experienced exponents of the Bent Press.

Through practice and by observing others I noticed that complete mastery of the Side Press or One Arm Push would materially assist the lifter in improving his Bent Press. The Side Press is accomplished by pressing the bar bell with one arm while keeping the legs straight. Also, the elbow must be kept free of the body. When a lifter attempts to lift something beyond his limit on this lift he generally forgets (purposely or otherwise) to keep the arm free of the body.

If the elbow is actually rested on the hips a really respectable weight can be handled, even though the legs are kept straight. But unless the lifter has a very flexible waist, he will have trouble in completing the lift.

In an actual Bent Press no attempt should be made to keep both legs straight beyond the first stage of the lift.

The straight legged position is to be used for the purpose of accomplishing the side bend with a minimum sagging of the lifting arm.

When you find it necessary to give way with the legs in order to further accomplish the sideward bend of the body, bend the left leg and rest the left hand just above the left knee; keep bending and slide the arm down until the left elbow rests on the knee.

Some lifters keep the hand on the knee or on the thigh just above the knee from this point throughout the lift; others keep the elbow on the knee or lower thigh, while many find it most efficient to keep sliding the arm downwards till the left side of the back rests on the thigh. As the model illustrating the lift uses the latter style, we will cover the subject in like manner. At this point the body is bending to the front as well as to the side. In other words, the body follows a sort of cork-screw motion, hence in some countries the lift has been referred to as "The Screw Press" or "The Cork-screw Press." Continuing the bending of the body, the arm will be almost straight; then bend the right knee and the straightening of the arm will be accomplished.

A great number of lifters make the mistake of attempting to fight their way to the upright position when they get this far, which explains the reason for so many failures when the lift is practically finished. The lifter should drop his hips and accentuate the squat, so as to lock his shoulder and get the lifting arm in a more direct line with the body. Carefully maneuver the free arm as a means of support, and start to assume the upright position. Rest the elbow on the knee and then use the hand for support as you come up under the weight.

A careful balance is necessary, and you must keep your eyes on the bell all the while. Also guard against a turning of the bell, as it will make the balance more difficult. Various styles are employed, so far as the balance of the bell is concerned. Some allow the front end to hang, others the rear end, but the safest method would be to keep the bar as level as possible. If your nerves are quite steady, do not be afraid to let the lifting arm draw back, causing a flexion of the muscles of the upper back. This will make the balance more secure and will steady the arm.

The lift is not finished until the body is erect and the heels brought together. In shifting the feet, the leg on the opposite side to the lifting arm should be kept stationary. That is, if you are lifting with the right arm, the left foot should remain in place, and the right foot brought over along side.

The average fellow will find a thick bar best for Bent Pressing, and a bent, or "cambered," bar is best for



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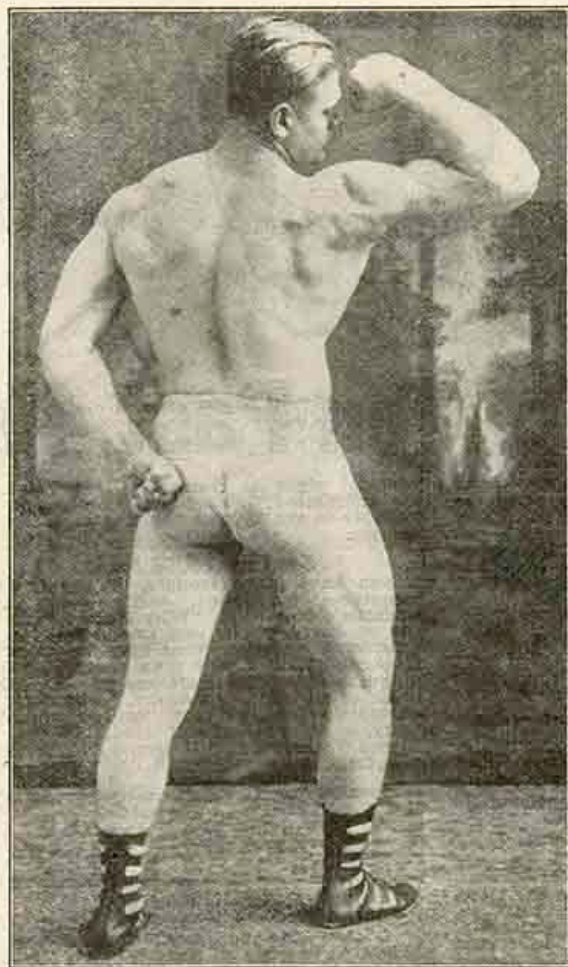


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like the illustration above.
You will be proud to wear them

Do You Doctor Yourself?

(Continued from page 50)

to overcome it he immediately takes another dose. This continues until eventually the taker finds that continued free bowel movement depends on the continued taking of laxatives. Obviously no cure has been effected or ever will be by anything taken from a drugstore shelf. Proper dieting, proper exercise, a regulation of habits, etc., are the natural remedies, but it's hard to make the layman understand this. Druggists realize it, however, and preach it daily all over the land, but it is a fact that it is most difficult to make the layman break his established habits.

The field, however, that offers the biggest money making opportunities for the patent medicine manufacturers is the "tonic" field. It's a fact that the majority of people either actually are or imagine themselves to be in a "run-down" condition. This condition makes them easy prey for the manufacturers of the thousand and one "general tonics" with which the market is flooded. Clever newspaper advertising and clever literature, so worded that prospective customers become convinced almost immediately that "that" particular nostrum is just what they need to "build them up," results in big business for the manufacturer. Fortune after fortune has been made, many are in the making today, this minute, because of the gullibility of the general public in this particular respect.

Now the same can be said for tonics as has been said for physics and headache remedies. Their action is but temporary and lasts only as long as they are taken, leaving the system in a worse condition when they are discontinued than before, and for practically the same reasons.

To be sure, many enter a drugstore in search of patented remedial agents because of desperation. They have wandered from one doctor to another looking for relief for their particular ailment without success. This wandering may have covered a period of months or years, until finally, in desperation, they seek the druggist's advice in a good deal of the same spirit that a drowning man grasps a straw. Such cases are indeed pathetic, and you will find very few druggists who take advantage of them. After their experience with doctors and their failure to get relief from that source, certainly they cannot expect the drug-

gist to do anything for them. But it's most difficult to convince people who are ill that there is not some help for them, if the right medicinal agent can but be found; and many spend fortunes looking for it.

Up to a comparatively few years back, there was no legal restriction on the sale of narcotics. The druggist could sell narcotics indiscriminately and without limit. This meant that cocaine, morphine, heroin, cecidene, etc., could be sold by the drugstore the same as sugar, tea, coffee, etc., are sold by the grocery store. Think of it! Up to only a few years ago there was no restriction on the sale of these habit-forming deadly drugs.

Of course, the enactment of the narcotic law stopped all this—yes, and stopped it effectively as far as its sale in drugstores is concerned. The enactment of this narcotic law was one of the greatest pieces of legislation ever put through for the good of humanity in general.

As we look back it seems unbelievable that the unrestricted sale of narcotics was ever countenanced; yet we who are on the inside, so to speak, realize that at the present time there is exactly as much need for legislation to end forever the sale of innumerable other harmful habit-forming drugs (even though they are not, strictly speaking, narcotics) as there was for the enactment of the narcotic law.

The death rate due to heart difficulties ranks high in vital statistics—higher than ever before. Who can deny the possibility of this state of affairs being due in a large part to the promiscuous and voluminous use by the public in general of pain stopping drugs, the great majority of which are admitted heart depressants? Hence, why should not the sale of acetanilide, the most commonly used heart depressant in all the pain stopping nostrums, and its equally harmful substitutes, be subject to legislative restriction the same as narcotics are? Legislation resulting in the elimination of this one chemical would, without doubt, save the good health and lives of thousands within the next decade. It would "kill" the sale of hundreds of present day popular nostrums, which in turn would result in the loss of millions of dollars to the manufacturers of these nostrums, because by taking out the acetanilide the nostrums would, of course, be inert. But what of it? If

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Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 169.

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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 disconcerted 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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At last a book has been published that digs into sex matters without fear or beating around the bush. This startling 512-page book, "Safe Counsel," written by Prof. B. G. Jefferies, M. D., Ph. D., and Prof. J. L. Nichols, A. M., contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. "Safe Counsel" contains nine startling sections: I. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life. Here are a few of the subjects discussed: Love, Secrets of Marriage, Anatomy of Reproductive Organs, Mistakes of Bridegroom, Advice to Newly Married, Birth Control, Results of Excesses, Spooning, Private Words to Maidens, Rejuvenation, The Social Evil, Sex Magnetism, Answers to Sex Questions, and scores of other intimate subjects, Nothing withheld. Frank and fearless. Over 100 illustrations. 52 Pages. You owe it to yourself, to your health and happiness to read this wonderful book.

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every patent medicine manufacturer went down and out it would be but small loss when compared to the good that would be bound to result in terms of increased good health and longevity on humanity's part.

But there are many, many other harmful drugs and combinations appearing under trade names towards which restrictive legislation could be well directed.

Dessicated Thyroid, a tissue burner, entering into most patented obesity treatments, is one; Diethyl barbituric acid, a chemical having a powerful quieting or sedative action, is another; Monaceticacidester of Salicylic Acid is another; preparations made up of a combination of powerful sedatives, such as any or all of the bromides and chloral Hydrate, are others; and there are still others almost without end, the complete abolition of which, as far as the layman, at least, is concerned, would constitute a big step in the right direction towards a healthier nation.

Most of the medicants mentioned, and thousands of other altogether too numerous to mention here, were originally put out for physicians' use only. The layman, however, seems to have a method, that is almost uncanny in its cleverness, of gradually learning of these medicants, and consequently in a comparatively short time they are being used generally and, naturally, most unwisely. This situation is bound to continue indefinitely unless legislative measures are taken to check it.

Educational propoganda against self-medication is not very extensive as the world goes, but even though it were it is a big question if the results would be very pronounced. Circumstances favor this tendency that folks have of dosing themselves. In the first place, the custom is a heritage handed down from one generation to another for such a long period of time that the habit has become firmly ingrained through this long established precedent.

Babies are dosed almost from the day of their births with these numerous drugs by doting mothers; and this dosing, continuing as it usually does through the impressionable ages and on up to manhood or womanhood, has become such a matter-of-fact procedure that self-dosing is taken as being a part of life by most laymen. The changing of this well-established but highly erroneous viewpoint calls for vast effort, but

effort will, indeed, be worth while on the part of those who set out to do it.

When it is realized that there exists a class of people so low in intelligence about things pertaining to medicine that they enter the drug stores of this country regularly looking for "cures" for such diseases as tuberculosis, cancer, gonorrhoea, syphilis, and heart disease, not to mention scores of others, it is plainly evident that here is a great field for enlightening propoganda from some source.

There is a place in this world for medicinal agents, of that there is no doubt; but that place is not in the hands of the layman, whose half knowledge regarding the uses and actions of drugs is far worse than no knowledge at all. If the layman's system of self-medication harmed no one but himself it would not be so bad, but it involves others in that he not only weakens his own constitution through his more or less constant experimentation, but he hands this weakened constitutional condition down to his offspring. He not only does this, but he "peddles" his advice about among his friends, and thereby spreads his ill-advised propoganda.

The extent to which even doctors' prescriptions are handed by one person, who has been benefited thereby, to another is most extensive. The impression seems to prevail among these prescription passers that because a certain medicant benefits one, it will do equally as much for someone else.

Nothing could be farther from the truth, either theoretically or actually. A prescription given by a physician to a patient is for the sole use of that patient. The physical make-up, the temperament, the state of health, the age, the sex, and other vital essentials of a patient have much to do with the nature of the prescription. Ninety-nine times out of a hundred, this prescription would not only be unsuitable for another to take, but the great possibility always exists of its being exactly the wrong thing for the other to take. So little as 1/60 of a grain of many drugs and chemicals either added to or left out of a medicinal compound oftentimes changes the whole nature of the compound and changes its whole action from a medicinal or therapeutic standpoint. Yet, in spite of these facts, and due mostly to ignorance of them, prescriptions are "peddled" around promiscuously among friends and acquaint-

tances. Consequently, many with weak hearts take medicines that make their hearts still weaker, in spite of the fact that it may possibly be doing the illness of the other patient for whom it was intended, some good. Those who suffer from rheumatism take something that intensifies the rheumatism; those inclined to be nervous take something that irritates the nerves still farther—and so on without end.

Then there is the ignorant, sometimes almost illiterate, individual who makes more or less of a living by "peddling" some nostrum for some disease or other. The writer has in mind one such case which will serve as a concrete example. We used to put up an epileptic remedy for this man. Times innumerable he brought in his "recipe," which he claimed originated among the Indians. In some way his family secured it, and it had thus been "handed down" to him. According to him there was nothing like it or as good in existence; but the biggest feature regarding the recipe, according to him, was that it consisted purely of vegetables. He believed all of this thoroughly, and this firm belief of his was the proof, even if there was no other, of his ignorance, because the main therapeutic agents therein were bromides. In fact, there was hardly anything else in it; in reality it was a powerful solution of the chemicals potassium, sodium, and ammonium bromides, which made it the complete antithesis of a "purely vegetable compound." But this man, against the doing of which there is no law, was parading (and probably still is) around the country selling what he, in his ignorance of things medicinal, represented as being a harmless, pure vegetable compound for the curing of fits. As there is no way of checking up on the results of the activities of this man and his like, there is, perhaps fortunately, no way of knowing to what extent harm has been done. Incidentally, his formula, "handed down and very rare," was as common as mud. This is but one concrete example of the calibre of thousands of such nostrum peddlers, against whose operations there is no law. We would not think of allowing one inexperienced in the handling of high explosives to operate in our midst; yet, "peddlers" such as the one described, and thousands of others like him, are given free rein throughout the country. A peculiar circumstance that makes the curbing of promiscu-

ous nostrum selling more difficult is the fact, strange as it may seem, that a large portion of people are "with" these nostrum peddlers.

This portion consists of those who have failed to get relief for their ailments from physicians and those, of whom there are thousands, who have some kind of a medicine-taking complex. Ailing people naturally live in a constant state of desire for a cure for their particular trouble. This being the case, they "jump" at every nostrum whose label literature holds out the least encouragement—always hoping that at last they have secured what they have been so long looking for. They cannot bear the thought of being deprived of this "nostrum woods" in which to hunt, even though vainly. Within the immediate neighborhood we have operating and becoming wealthy through his operations an "Indian Doctor." Of course, he is not an M.D., therefore his knowledge of the human body and of medicine must be necessarily limited. Yet people flock to him—many swear by him, in spite of the fact that he never could have done anyone any permanent good, right on the face of things. He has been arrested several times on the charge of practicing without a doctor's license, but no jury has ever convicted him.

All of this simply goes to show, as before stated, that there is vast need for educational propaganda along medicinal lines that will result eventually in an entirely different public viewpoint regarding illness and its treatment. The carrying through of such a program is going to necessitate, at best, a long, hard, but well worth-while, concentrated effort, and the sooner it is started the better.

Legislation prohibiting the sale of a score of non-narcotic, but powerful and dangerous drugs to the layman is the first step. They should be placed in the same category as narcotics and be handled by physicians only, exactly as narcotics are.

Following this the public at large should be taught that as a preventative and cure of most ordinary diseases nothing equals fresh air, sunshine, regularity of habits, proper diet, and proper exercise.

When the public actually, not theoretically, becomes as enthusiastic over this latter brand of disease preventers and healers and uses them as such and to the extent that nostrums are being used today, what a happier, saner, far more healthy world this will be.

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WHAT would you say if, within three days' time, you looked in your mirror and beheld a clear, smooth, spotless, youth-like, velvety new skin taking the place of your old, outer, blemished and worn-looking skin? Naturally you would jump with joy to see the pimples, black-heads, coarse pores, oily skin, freckles, lines or whatever blemishes that spoiled your true beauty, ABSOLUTELY GONE!

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Wm. Witol, whose half-photo appears above, is the author of an amazing new book, entitled "BEAUTIFUL NEW SKIN IN 3 DAYS," now being mailed free to readers of this paper. So worry no more over your skin blemishes or signs of approaching age. Learn free how to make your skin and complexion clear, youth-like and beautiful. In a few days surprise your friends with an astonishing improvement in your appearance. Send no money! Just write name and address on post card or paper to Wm. Witol, Dept. 300-J, No. 1700 Broadway, New York, N. Y.

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YOU MAY JOIN FOR 10 CENTS

and receive a Membership Card or, on payment of a half
dollar you receive both Card and Lapel Button



We want to enlarge this Association beyond all former possibilities, and having found that thousands of fellows who were otherwise very enthusiastic, preferred to buy STRENGTH from the news stands, we decided on the present method of enrolling members.

With us, the Association of Bar Bell Men is an ideal.

We have had dreams of enrolling every bar bell user and physical culturist as a member. That is something pretty big to steer for. But we should at least enroll

those who believe in a fellowship of this sort.

We are going to announce several schemes whereby members may win medals and diplomas; however, instead of making such awards free, we will make a nominal charge to defray the necessary expenses. Diplomas 15 cents.

Medals will be offered at very reasonable rates; this will be announced at greater length next month.

PRIZE SCHEMES

Here are a few of our offers for members of the A. B. B. M. to win Diplomas:

Any member making a total gain of 10 inches in three months' time on the following measurements will be entitled to a Diploma:

Neck, Normal Chest, Both Upper Arms Flexed, Both Forearms, Both Thighs and Both Calf Measurements.

The only requirements are that two witnesses sign to the correctness of these measurements both before and after the period of three months.

Another scheme for those who are interested in lifting is to make a certain total on the following eight standard lifts:

One Hand Military Press, One Hand Side Press, One Hand Bent Press, One Hand Snatch, One Hand Clean and Jerk, Two Hands Military Press, Two Hands Snatch and Two Hands Clean and Jerk. We will award three different grades of Certificates according to your ability on these lifts and the necessary totals are as follows:

All those weighing up to 168 pounds bodyweight must lift eight times their bodyweight for a First Class Diploma; six and one-half times their bodyweight for a Second Class Diploma and five times their bodyweight for a Third Class Diploma; those who weigh from 169 to 200 must lift seven times the bodyweight for First Class Diploma; six times the bodyweight for Second Class Diploma and five times for a Third Class Diploma; those who weigh over 200 pounds must lift, respectively, six and one-half, five and one-half, and four and one-half times their bodyweight for a First, Second and Third Class Diploma. We promise to give publicity to all Diploma winners who wish such publicity. It will not be necessary to have an Official Referee witness these lifts, but we will require the signatures of at least two witnesses, one of whom should be a member of the Association.

To encourage those who practice back and harness lifting, we will give First, Second and Third Class Diplomas for certain totals on a set of lifts composed of the Back Lift, Harness Lift, Hand and Thigh Lift, Two Hands Dead Lift, Two Finger Lift and Teeth Lift. We are working out certain fair percentages on all the lifts so that ambitious members may win Gold, Silver and Bronze Medals. We intend to promote Lifting Contests and Championships and will award suitable medals to all place winners, providing they are members of the A. B. B. M.

Monthly Posing Contest. We are awarding Gold and Silver Medals each month for two best photos received.

A Posing Contest for a Large Silver Cup will likewise be announced next month. Every contestant must be a member of the A. B. B. M.

A. B. B. M., Care of Strength Magazine,
2739 N. Palethorp St., Philadelphia, Pa.

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Our Lapel Button

Health—Strength—Beauty

(Continued from page 45)

would only tend to make them larger and more muscular. I do a great deal of walking and dancing. Should I do less of both of these things?

I would appreciate it very much if you would tell me what I could do.

Sincerely,

S. E. V., Lawrence, Mass.

Have you ever tried rope skipping? This would seem the best form of exercise for you, jumping on your toes as many times as possible between each fall of the rope. Get up as high on your toes as you can to vary the exercise, and bang your feet together as you come down. You will have to work hard if you expect to get results.

If your flesh is firm, you need not worry, for you can bring their size down considerably by exercise.

By all means continue with your walking and dancing. Dancing is one of the finest exercises for promoting grace.

You might also add the squat to your program of exercises, as well as the plain rising on toes and walking across the room.

However, I believe that rope skipping will give you the quickest results.

Association Notes

(Continued from Page 58)

travel so far; however, not all lifters snatch like this. Also, just as you say, these fellows just snatch away and make a very low dip, and never worry about damaging the floor. Also, in practically all lifts they enclose the thumb under the fingers. In my next letter I will send you a drawing of the bars they use here.

OTTO ROSEN.

For the information of readers we might mention that a German pound is about 10 per cent heavier than our standard pound. In other words, 100 German pounds would be slightly lighter than the British hundred-weight (112 pounds) or 8 stone. Mr. Rosen mentions a method of gripping the bars. This is the "hook" grip, wherein the thumb is enclosed by the first and second fingers. We presume the bars to which Mr. Rosen refers are those with revolving sleeves for holding the plates. For proper records on snatching and cleaning it is practically necessary to use revolving bars of some description. Either the grips must revolve, or the plates must fit on sleeves, so the entire bar may revolve. Lifters in the United States are slow in adopting bars of this nature.

We are showing photos of the Three Good Brothers, Harry, William, and Walter, of Reamstown, Pa. Quite recently, they gave an exhibition at a carnival in their home town, assisted by Arthur Le Van, of Reading. Harry, the husky boy of the lot, performed a Wrestlers' Bridge Lift with three men, weighing 450 pounds. Walter broke two spikes with his teeth, then broke one 8 inch spike. William did a 160 pound Bent Press. Arthur Le Van rose from a lying position on the floor to a standing position while holding a 140 pound man. Harry, using a teeth grip on the rung of a chair, carried a 160 pound man on the chair. Walter bent a large bolt with his hands. William made a Two Hands Continental Jerk of 235 pounds. Art Le Van juggled a 50 pound bar bell. Harry performed one of the Saxon Trio stunts recently printed in STRENGTH. Walter did a Teeth Lift of 350 pounds. William and Harry, working together on a Back Lift platform loaded with eighteen men, performed the lift twelve times. Le Van did a Wrestlers' Bridge stunt with 495 pounds. We'll say this was some real carnival of heavy lifting. You will hear plenty more concerning these boys.

Lifters Take Notice

The letter printed below should prove of interest to all lifters, especially those who have in mind the formation of a club.

DEAR SIR:

I just received your letter in answer to my inquiry about a Gold Medal to Frank Petruske for his World Amateur Heavyweight Two Hands Dead Lift.

After careful reconsideration and remembering that our annual tax is only 50 cents a member, and especially after pricing medals at a wholesale jewelry house here, I rather agree with you that it would be quite a drain on the Association treasury to award a medal for every lifting record fractured. The more so as competition is getting pretty keen, and it is no rare event to hear of a new World or National lifting record. Mr. Petruske will certainly appreciate the certificate, and I also thank you for the Club.

I am glad you are going to insert in STRENGTH the invitation to Grand Rapids bar bell users to visit our club here as we will surely get more real lifting enthusiasts in our outfit thereby. The dyed in the wool bar bell addict invariably makes a good member and booster. Too often, the new members unacquainted with bar bells, give up after a short time when they find they cannot make a big showing at the start. Such fellows are more bother than they

are worth, much as we need dues for rent.

We will surely have some really good poses of Mr. Petruske to send you in a short time. Our outfit here is going to get a gold medal and have it appropriately inscribed and presented to our Two Hands Dead Lifter. Just as much because he is a good sport and always has been a good booster for the club as on account of his World Amateur record lift.

Gorner is a wonderful all around strong man and has a good claim on the title of the World's Strongest Man, but considering his weight, 240 pounds or more, his record on one particular lift is inferior to the performance of 192 pounds Petruske and the Light Heavy Weight Pearson.

I believe that any plan that will create competition for State Weight Lifting records will do far more to promote the iron game among prospective bar bell users than will all the publicity and rivalry over National and World Lifting titles—I mean among nine out of ten possible new readers of STRENGTH Magazine, possible new bar bell users and new A. B. B. M. members.

For out of a given number of men who may be considering the bar bell exercise, very few would be encouraged by the hope of eventually breaking a National or World Record; but many would expect to make a good showing in a State competition if there were any lists of State records.

Of course, the attainment of good lifting records is a lesser real benefit of bar bell exercise, but the idea of making good lifting poundages will enlist as bar bell users and keep them interested and persistent, many who would not exercise for health and fitness only.

I realize the many reasons that make it impracticable for STRENGTH Magazine to attempt to compile State records or insert them in its columns. Such tables for any particular State can best be compiled by the lifters within that State. STRENGTH Magazine could initiate such a movement. It is difficult to find other bar bell users in one's own locality.

It is quite a problem for our Club here to get enough members to afford to have a good gym. I think all other small weight lifting organizations have the same difficulty.

A lifting tournament is fine where a club is large enough to afford to put on a show or where lifting is popular but impracticable where a club is small and the lifting game is almost unknown. Once every few weeks we have items worth publishing in the local newspapers, but results have been disappointing. An effective publicity campaign must be regular and persistent. We must pound away at prospects with news every week until we arouse their personal interest in the iron game.

If you will send me names and addresses of Grand Rapids bar bell users, I will send them letters inviting them to see our club, informing them that we propose to have all Michigan Weight Lifting News and New Records appear every Sunday in Michigan newspaper

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Once helpless without glasses, Dr. R. A. Richardson perfected a simple method which quickly strengthened his eyes until today he believes he has the strongest eyes of any man in the world. Recently in a test he read continuously for more than 31 hours without glasses.

Dr. Richardson is a well known lecturer and author, graduate Osteopathic Physician and Surgeon, graduate Optometrist, Ophthalmologist and noted oculist. He has written a very interesting and instructive work entitled "Power, Personality and Perfect Sight Without Glasses" which appears in the current number of *Persona Magazine*. In this article he relates his own experiences and tells how thousands now wearing glasses can throw them away and have better sight without them. *Persona* is published quarterly at 25c per copy, \$1 per year, but if you want to read this amazing article and many others about your health and happiness, send 10 cents (coin or stamps) and we will send you this number postpaid.

PERSONA PUBLISHING COMPANY, Dept. 118
3915 Main Street, Kansas City, Missouri

sporting sections, and reminding each of the advantages of belonging to the A. B. B. M. if they wish to try for creditable records.

In order to get the work of collecting State news started quickly it would be necessary that *STRENGTH* Magazine furnish me with the names and addresses of the secretaries of other Michigan lifting clubs.

I can explain the publicity plan more clearly by stating my idea of how it should work out after all preparations have been completed: each club promptly reports worth while news to a litter selected by them to put the items in readable shape and to see that news is printed every week. We would have only one Sunday newspaper in each city in Michigan print our collection of State news, or if newspaper ethics require it for news of this kind, only one paper in the State. In the latter case we would try to make an arrangement with the paper which has the largest State wide circulation, and some fellow lifter in Detroit would be the logical central correspondent. It would be his job to condense the news sent in, and also to handle the items so there would be something to print each week. Regularity is important, and our policy with the papers should be—"News every week or no news." The correspondent's name should be printed with the lifting news for the benefit of any isolated bar bell men who want to report worth while news or records, also one short notice in *STRENGTH* Magazine informing its MICHIGAN readers where they can find weekly lifting news of their own State.

Yours truly,

ELERY B. KOON,
Secy. G. R. Weight Lifting Club.
337 West Fulton Street,
Grand Rapids, Mich.

Those enthusiasts living in and near New York City should get in touch with John M. Ertola, 4434 Murdock Avenue, Bronx, New York City, who wishes to form a Club.

A Few New British Records

The status of each lift as designated is the claim made by the British Association.

Two Hands Clean and Jerk with Dumb-bells, 194½ lbs., T. E. Sturgeon, 154 lb. class. British Amateur Record.

Two Hands Clean and Military Press with Dumb-bell, 200 lbs., H. Wood, Heavyweight British Record.

Right-hand Military Press, 103¾ lbs., H. Wood, Heavyweight British Record.

Right-hand Swing, 133 lbs., A. M. Hopkins, 126 Lb. World's Record.

Two Hands Clean and Jerk from Behind Neck, 217½ lbs., A. M. Hopkins, 126 lb. World's Record.

Two Hands Clean and Push with Bar Bell, 158¼ lbs., W. H. Matthews, 112 Lb. Class. British Record.

Pull Over and Push on Back with Bridge, 387¾ lbs., H. Wood, Heavyweight World's Record.

Two Hands Clean and Jerk from Behind Neck, 228 lb., A. M. Hopkins, World's Record 140 Lb. Class.

(Note: Hopkins's actual bodyweight was only 127¼ lbs. This record, therefore, will also be claimed as a Feather-Weight Olympic Record at 132 lbs.)

Two Hands Clean and Military Press with Bar Bell, 221½ lbs. Heavyweight British Record, H. Wood.

Two Hands Clean and Jerk with Bar Bell, 275½ lbs., H. Wood. Heavyweight British amateur record.

Two Hands Clean and Military Press with Bar Bell, 198¾ lbs., C. F. Attenborough, 168 Lb. British Amateur Record.

Two Hands Snatch, 200 lbs., J. H. Tooley, 168 Lb. British Record.

Do You Hate the Winter?

(Continued from page 26)

The big idea in this hardening process is to get outdoors, as I said before, going in for any form of exercise while out that will make your blood flow freely. Another slant on this idea is to go out and fight the cold, as it were. You will find joy in this accomplishment as well as health.

You can begin the hardening of your system before the cold weather sets in by indulging in cool or cold baths. If you are not accustomed to cold baths you should proceed gradually. If you are one of that type who simply cannot stand cold baths

then you should not try them. Never get into cold water when overheated. You should first take a warm shower or bath and gradually change the temperature to cold or cool. Keep this practice up all winter although you may have to modify the cold water until you get fully used to it. Cold showers are great for hardening the resistance of the skin and consequently will make the cold air of the winter easier to bear and less liable to cause colds.

Indoor air in winter time cannot possibly be entirely pure. Think of that the next time you have been sit-

ting in the house all day Sunday and consequently feel sleepy, tired or unnecessary, as the saying is.

Also remember that one man requires 3000 cu. ft. of air every hour in order to keep the air he breathes pure. How can a tightly closed house supply that quantity every hour?

Editorial

(Continued from page 21)

It will not be a re-hash of newspaper sport stories, but a real inside story of athletes and athletics.

We expect to make a good magazine of "The Arena," and we hope that by somewhat modifying the policy of STRENGTH it also will be a better magazine in the future than it has ever been in the past.

This is hardly the place to write an advertisement for a new magazine, but as a matter of editorial policy we can state that "The Arena" will be largely news and real news, the stuff you can't find out easily; whereas STRENGTH will still be what we have always tried to make it, the body-builder's magazine. STRENGTH will show you how to attain health, and after that abundant strength, just as it has always done.

Why Light Methods Fail

(Continued from page 79)

his practice will consist of a few easy dashes and a few starts. The distance man goes out and burns up the road for from one to three hours daily with few days of rest.

We are not suggesting that you go out and attempt to build yourself up by running or sprinting. The average fellow might improve to some degree in running speed, but his muscles would change very little, if any. In my opinion, exceptional sprinting ability is born in a fellow. Proper training coupled with right habits of living will bring out the inherent qualities. I also believe that the muscular development of the sprinter and his running speed go together. This might be explained somewhat as follows: he is naturally able to run fast because of extra good leverage at his joints; due to this fact, he spends considerable time at fast running even as a small boy, and this practice brings about an unusual muscular development. The average boy runs a great deal, either in playing games or otherwise, so if it fails to bring out an exceptional conformation of the leg muscles by the time

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— and if you like it, it's yours

For Only $\frac{1}{4}$ the Regular Price!

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The McFadden 10-Cable Progressive Exerciser is absolutely GUARANTEED to be 3 to 5 times stronger than other exercisers on the market—and truly PROGRESSIVE. Money back if not satisfied.

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This is the average exerciser. A few rubber bands with a lot of cotton padding to make it look big. Don't let them FOOL YOU.

McFadden



This is the ALL QUALITY McFadden Champion! A solid mass of heavy, powerful Pararubber cords. No Fool Said.

Come a-running, you physical culture men and boys! Grab this big offer while it's open! McFadden now makes the FAIREST, SQUAREST proposition you ever saw. Get his complete Home Gymnasium Outfit, on 10 days' trial. McFadden takes all the risks while you use it in your home. TRY it—that's all. Then, when you are completely satisfied that this is the greatest outfit you can use to give you vim, vigor, pep, health, MUSCLES, keep it, if you want it, FOR ONLY $\frac{1}{4}$ OF THE REGULAR PRICE!

CHAMPION Muscle-Builder

You never saw a greater offer than this before. And probably you'll never see another like it as long as you live. See what you get—read at the right what the outfit includes. McFadden's Home Gymnasium Outfit is the champion muscle-builder. Makes you a new man from head to foot, inside and out. Increases your muscles by inches. Deepens your chest. Puts new strength and vitality in every organ of your body. Tones up your system. Peps you up with HEALTH. And now McFadden wants to send you his outfit at the biggest bargain ever. Don't wait a second. Rush the coupon now and get yours.

Here's What You Get

10-Cable Progressive Exerciser, worth	\$8.00
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Patented Progressive Stirrup with 1,000 pounds resistance, worth	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth	3.00
12 Weeks' Home Instruction Course, the most wonderful ever written—the kind you cannot get elsewhere, worth	15.00
The Michael McFadden Encyclopedia, worth	1.00
TOTAL WORTH..	\$30.00
COST YOU ONLY.	\$7.98

YOU NEVER SAW SUCH A WONDERFUL BARGAIN!

The McFadden 10-Cable Progressive Exerciser alone is worth more than the bargain price asked for the whole outfit. Guaranteed 3 to 5 times STRONGER than other exercisers. Then just see all the other things you get—Handles, Stirrups, Head-gear, Home Instruction Course and the McFadden Encyclopedia. Man alive! There just isn't anything in Physical Culture can begin to measure up to it. And what a BARGAIN it's offered at now. There won't be enough to go 'round. Don't wait. Make sure you'll be one of the lucky fellows. Shoot the coupon along now—THIS MINUTE. First come, first served.



Rush
Coupon and
Save Money

Michael McFadden, Dept. X-132,
103 East 13th Street, New York City.
Dear Sir: Enclosed find \$7.98 ($\frac{1}{4}$ the regular price), for which send me the entire McFadden Outfit ON TRIAL—including Exerciser, Handles, Stirrup, Head-Gear, 12 Weeks' Home Instruction Course, and Encyclopedia. It is understood that if I am not more than satisfied I will return the outfit in 10 days and you will refund my money in full.
(Print Plainly)

Name

Street No.

Town

State

he reaches his late teens, the chances are that he does not possess the proper leverage of joints, and sprinting never will develop him.

But he can be developed by correct exercise principles, regardless of whether he has good or bad leverage at the important joints. This has been proven in countless thousands of cases, and we are proving it every day.

Increased muscular development results from the acceleration of the internal life forces. In other words, we might say it depends on the extent to which the human body is able to assimilate the food taken into the stomach. By performing muscular work sufficiently strenuous to send the blood coursing vigorously through the circulatory system, which in turn demands deep breathing to supply the blood with oxygen, we cause the blood stream to pick up a greater amount of nourishment. By the continuous repetition of this process, there is encouraged a general condition of improvement in the quality of the muscular fibres. When this process becomes an established habit, there is a tendency to improve the quality of the muscular fibres each time there is a replacement of the tissues broken down by exertion.

We are forced to breathe deeply, during and immediately following strenuous exertion, because millions of cells throughout the body are in need of oxygen. To really be of benefit, deep breathing must accompany activity, otherwise you will be overworking your lungs to no purpose. It is even possible to experience a feeling of dizziness by prolonging the practice of deep breathing when unaccompanied by exertion. Perhaps you have noticed this, and maybe if you try it now you will find out just what I mean. Stand up and breathe as deeply as possible, keeping it up for five or so minutes. I would not go so far as to say that you will feel a sense of dizziness the first time you try this, or every other time; however, the average person will experience the feeling I have mentioned.

We have already called your attention to the fact that the quality of the muscular fibres are improved by each replacement of cells following strenuous exertion. However, the periods of exertion must not be too frequent, otherwise the repair forces of the body will be unable to cope with the

amount of broken down material. For this reason, best results in the way of increased development are forthcoming when the periods of exertion are interspersed with long periods of rest. During the intervening rest period the recuperative powers are given a full chance to replenish all of the internal forces. As a result of a well considered plan of this nature, the human body is progressively able to improve, and when continued for a sufficient length of time the entire nature and being of the individual can be made over.

Since the earliest days when man began to concentrate on the study of methods of physical education and improvement of the human body, efforts have been directed chiefly towards determining the ideal method of bringing about the physical changes we have just considered. Up to the present date, the most practical and efficient method evolved by mankind is known as the double progressive system of resistance. The theory behind this system is to start with a degree of resistance which will make it necessary for the culturist to exert every muscle in his body to a comfortable extent. Beginning with a prescribed number of movements, he gradually increases the repetitions to a certain point; the resistance is then increased and beginning again at a minimum number of repetitions the plan is repeated. When a schedule of this sort is properly arranged and followed religiously, the improvement of the human physical forces, internal as well as external, becomes an assured fact. The possibility of failure is reduced to a minimum, and the student of physical culture finds an almost unlimited field for intelligent study.

Many years ago it was observed that frequenters of the gymnasium who regularly lifted dumb-bells of various weights not only became strong enough to continually handle heavier weights, but developed highly pleasing and desirable muscular contours. Further observation brought about the discovery that it was possible to greatly improve the lifting powers of any man by gradually employing slightly heavier dumb-bells in the lifting attempts. There can hardly be any doubt but that the efforts of early lifters were directed towards improvement of lifting ability rather than towards any attempt to develop those who were weak and

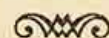
scrawny in appearance. But as each dumb-bell lifter became stronger and capable of lifting heavier bells, it was also noticed that his muscles grew larger and he became more shapely in appearance. This discovery led from crude methods upwards by progressive steps to the modern adjustable bar bell outfit. Nothing has yet been found to excel the bar bell as a practical and ideally efficient means of employing the double progressive system of increasing resistance.

To sum up the matter in as brief a manner as possible, we would mention a few of the deficiencies in an attempt to materially benefit the body by means of "light" exercise. Free hand and light resistance movements can be of little benefit, as they are not strenuous enough to tax the muscular system thoroughly. Although one may concentrate the mind upon the performance of the movements, the circulation of blood is not stirred up sufficiently to really be of benefit. Certain other forms of light exercise, while far superior to free hand movements, are greatly limited in their effect. Due to the nature of such methods and the apparatus which must be used, an efficient system of progression cannot be carried out, nor can the different parts of the body be given proportionate amounts of work.

Correct principles have been referred to herein, and a number of sterling examples have been introduced in proof of the merits of such principles. Intelligent application, plus a sufficient desire to accomplish something, will bring you satisfactory results. There is no reason why your case should be an exception.



We are very sorry to announce that due to lack of space we are unable to run the prize contest this month. However, it will appear in the December issue, so watch for it.



The Perfect Back

(Continued from October issue)

A perfect back requires that the spine be "well laid." Conceivably, it may be perfect, as a column, but too prominent. I have seen backs, both female and male, that reminded me of a "razor-back" hog, and the sight is repellent. On the other hand, the "groove," as seen in some highly muscular men, would be a fault in the female back. Some men have so developed the muscles running along the spine that the column seems to lie in a sort of gully. Reasonable and pleasing development of the spinal muscles is a positive requirement in the perfect back, but a constant play of dancing and contorting muscles in a woman's back would completely destroy the feminine and esthetic effects.

Lateral flatness, across the upper back, is just as important to beauty as the approximate vertical flatness which we have discussed. And this flatness, which means freedom from any hint of "round shoulders," is determined by strength of muscle—development of those muscles between the shoulder-blades which hold the shoulders back. No extreme bulk is required; the average woman has enough strength for the purpose if it were only used, put into action. Any movement against mild resistance that opens the arms far back, shoulder height, will awaken these muscles and, with a little persistence in the habit, educate them to hold the shoulders (and consequently the chest) in correct position.

While the perfect back, in itself, is approximately flat, its sides, "edges," must be nicely rounded. The properly muscled back will round slightly as it merges into the shoulders. Well-molded shoulders, with a basis of normal muscular development, are an essential part of the perfect back—feminine or masculine.

Over-prominent shoulder-blades mar the beauty of a back, just as does the protruding spine. Their actual size and position cannot be altered; the only way to "lay" them deeper is to surround them with more muscle and flesh. The big-framed woman who carries her reduction too far invariably complains of protruding shoulder-blades. Usually she has too little muscle in the upper back, and the disappearance of the fat leaves the "blades" alarmingly naked.

Just how much fat should a woman

carry on her back? A little more, relatively, than a man, for the reason that a show of corded and bunched muscles is not desirable in the feminine back. Adequate muscle should be there, for it is the real foundation of contour as well as of correct carriage. But the muscles must be coated with just enough fat to soften yet not quite hide their workings under the skin. Excess fat on the upper back is not as common as on some other parts of the body, but a "growing" waistline gradually puts fat on the lower back and sooner or later spoils the "taper" of the back as a whole.

Remembering that we are discussing the back specifically, I consider the calipers more reliable than the tape—breadths and depths better than girths. Just as it is with a man's body, there should be more difference between chest and waist in a tall woman than in the case of a shorter one—in breadths, depths, and girths. Taking the ideal height for women as 5 feet 5 inches, the preference of most authorities today, the difference between chest breadth and waist breadth should be about $2\frac{1}{2}$ inches—the former 12 inches, the latter $9\frac{1}{2}$.

In a woman, as I have intimated, the shoulders are so much a part of the back that their breadth is a fundamental consideration. For the woman of 5 feet 5, to whom we have given chest and waist breadths of 12 and $9\frac{1}{2}$ inches, respectively, the shoulder breadth should be $15\frac{1}{2}$ inches. Incidentally, the girth of her waist will be close around 26 inches.

Women who have gone in for strenuous athletic sports sometimes show a surprising width of shoulders in proportion to the waist; I know one 5 feet $4\frac{1}{2}$ inches tall whose shoulders measure $16\frac{1}{2}$ inches in breadth, while her waist is only 9 inches broad—a big departure from the other figures, when you actually see it. My acquaintance has a very strong back, but years of rather severe exercise has thickened the deltoid muscles (between tip of shoulder and arm) and has at the same time kept her waist exceptionally small. She is healthy and strong, but she would not be likely to win in a perfect back contest, from the artistic viewpoint. I might mention, too, that this woman has never worn a corset—a striking proof that corsets are not necessary to the possession of a trim waist.

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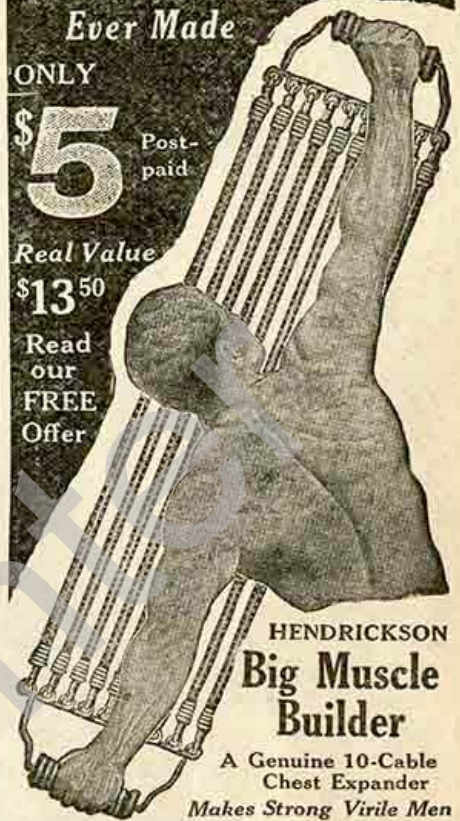
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A Glimpse Now—

What's It All About?

ON the 10th of November, 1928 the newsstands throughout the civilized world will move their magazines closer in order to make room for this new "One" which has been christened "The Arena."

The arrival of "The Arena" should be of vast interest to all "Strength" readers because, while it will be made up of all things dear to their hearts, it will never-the-less be as different as day is to night.

Why, that NEW
MAGAZINE you have
been looking for is
ON ITS WAY

Will There Be Pictures? YOU BET—

Bigger, Better and More of Them

"THE ARENA'S" Policy will be sports in general and boxing in particular. All its contents will be written from new and more interesting angles. It bids fair to become the sportman's paradise.

Besides, the boxing and prize fighting game, there will be articles each month on the "Iron game" and the men who follow it. While these articles will be instructive they will at the same time be different. Baseball and wrestling will make up the balance of "The Arena" with a sprinkling of short snappy departments and an occasional outside sport article.

But it will be a pictorial affair also. The pictures will be larger, many of them filling whole pages.



FOLLOW THE CROWD NOV. 10TH— TO THE NEWS-STANDS

THE indications are that on November 10th, pretty nearly every "Strength" reader is going to walk up to the newsstands and purchase a copy of "The Arena." Those who won't go to the newsstands will mail in the coupon on the opposite page for a year's subscription. In fact the really wise, will do the latter because it saves them money and bother.

The advanced whispers concerning the creation of "The Arena" have already produced subscriptions, proving "Strength" readers as well as readers of other sport magazines are going to be highly interested.

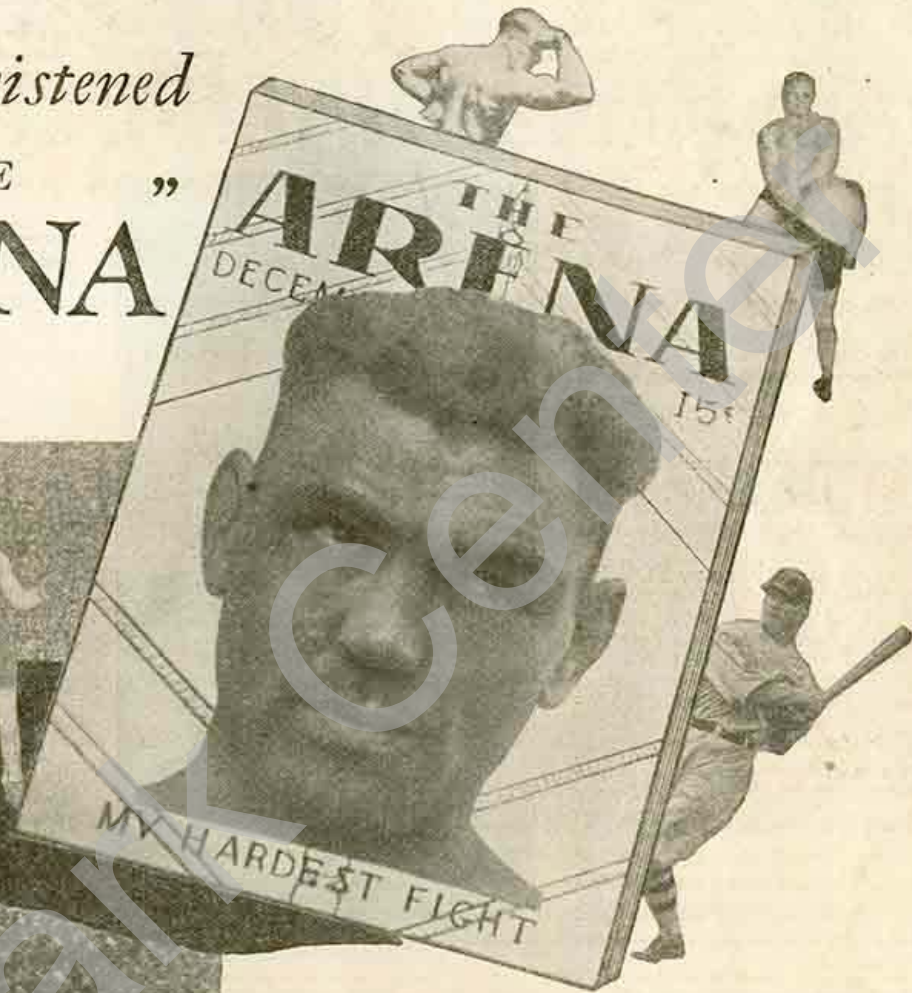
There is a very important point we would like to impress upon you and that is that "The Arena" is wholly a man's magazine and its contents will be different from that which you get from the sport pages of newspapers.

44 PAGES ~ FULL SIZE ~ A MAN'S MAGAZINE

The Whole Show Nov. 10th

It Was Christened

“THE ARENA”



15c On the Newsstands
 \$1.50 a Year's Subscription



The price is low but "THE ARENA" has class. You're going to like it — that's all. Don't miss the first copy.

Let Us Send The Very First Copy To Your Home

If you go to the newsstands they may be sold out. If you subscribe now you will be positively sure of getting one of the first copies and also the next eleven.

You are going to read "The Arena"
 — Start with the *First Issue*.

THE ARENA PUBLISHING CO., Str. 11-28.
 2739 Palethorpe Street, Philadelphia, Pa.

Gentlemen:

I want to see a copy of the new magazine "The Arena" as quickly as possible. I also want to subscribe for one year for which you will find enclosed \$1.50 to cover cost of same.

Name _____
 Address _____
 City _____ State _____

Performs Amazing Feats of Strength

After Drinking MINERALIZED Water

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

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

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

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

WHAT IS THE SECRET?

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

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

REMINERALIZE YOURSELF!

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

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



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

ROBERT RA NOUS.

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

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

THE DISCOVERY AT LAST

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

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

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

CONVINCE YOURSELF WITHOUT RISK

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

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

Post Institute, Dept. 211,
130 West 17th St., New York City, N. Y.

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

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IT is with a chilling shudder of horror that modern people look back upon the fearful persecutions of the "Holy" Inquisition. Shame and fear have kept the facts concealed. But now the torture-dungeons speak from their blood-stained stones and give up their gruesome secrets; the whole story is told in all its grim details.

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