

Should Children Exercise

Strength

APRIL

25¢

Stallion Center

Can Tilden Come Back
Leg Muscles that Count
Do You Follow a Balanced Diet



Milo Bar Bells Bring True Your Dreams of Physical Perfection



L. H. CUNNINGHAM

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

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

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

What Is Your Desire? A Bar Bell Can Supply It

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

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

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

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

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

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

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

Our Guarantee Is the Broadest in the History of Body Culture

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

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

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

Mail This Coupon Now!

The Milo Bar Bell Co., Dept. 723
2745 N. Palethorp St.,
Philadelphia, Pa.

Gentlemen:
Send me, without obligation, your free booklet on Bar Bells
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Send me—without cost or obligation—your free illustrated book, "How to Become a Real Estate Specialist."

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Address: *212 Third St.
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and Made \$8,500 in 17 Weeks!

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When he read my ad in the *American Magazine*, he was wise enough to answer it.

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C. F. Worthen is not the only one I have put on the high road to real estate success.

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"Bill" Dakin, of Buffalo, N. Y., worked in a steel mill before he got his copy of



Own a new business of your own. Be a Real Estate Specialist. Begin now in your spare time. My new book, giving full information and positive proof of amazing success, mailed free.

this free book. Now he is a successful Real Estate Specialist. Owns his own business. Has a new automobile. Making more money than he ever dreamed he could.

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amazing business success that are coming to me from readers of my free book. So, send for a copy of it today. Don't be skeptical. Don't say "It's too good to be true." Don't cheat yourself. It costs nothing to learn the truth. So mail the coupon now!

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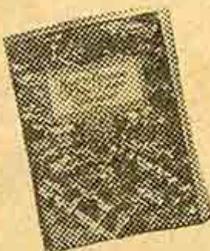
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Strength



APRIL, 1929

Vol XIV

No. 2

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Published Monthly by THE MILO PUBLISHING CO.
 Entered as Second Class Matter November 20th, 1920, at the Post Office at Philadelphia, Pa., under the Act of March 3rd, 1879.
 D. G. REDMOND, Publisher, Publication and Subscription Offices, 2737 N. Palethorp St., Philadelphia, Pa.
 Advertising Offices: 104 Fifth Avenue, New York City, N. Y., J. A. Hisey, Eastern Manager
 London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England
 Chicago Office: 168 North Michigan Ave., E. VOORHEES, Western Manager

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NOW FREE



The book that has shown thousands how to become brilliant finished dancers—sought-after, popular—at home, in one evening!

THOUSANDS of men and women who used to sit at home and miss all the fun are now having the time of their lives! Countless folks everywhere who used to feel ill at ease and "out of place" at parties are now the center of attraction at social affairs!

What is the reason? These men and women sent for my book, "The Short Cut to Popularity"—and discovered a quick, easy way to become good dancers! And accomplished dancers, who know all the newest, smartest steps are always in demand! They're welcome everywhere—make friends easily—are always sought after—admired, sure of a good time!

Amazing New Method

You, too, can become a brilliant, finished dancer—at home, without music, partner, or teacher—through my remarkable new method!

For I have discovered that all modern dancing is based upon five simple movements. Once these fundamental movements are mastered, *anyone*—even if he has never been on a dance floor in his life—can quickly learn to do *any* new dance, no matter how complicated, with ease and assurance!

My new method makes learning to dance just as easy as taking one step after another. Nothing is omitted—nothing taken for granted. You start at the very beginning and go through the entire field of social dancing.

You practice the lessons in your spare time. There is no one to watch you and em-

barrass you. No expensive private teacher to pay. And my method is so easy to understand that *you can learn any of the latest steps in one evening!* Almost before you realize it, you will be ready to take your place among the best dancers of your set!

How to Be Popular

Think of what that means! Good dancers are always in demand. As a desirable dance partner people find you interesting—seek your company. Wall-flower days are over—instead, the joy of popularity, the fun of good times!

For learning to dance well does far more than merely teach you to go through a few steps correctly. It banishes timidity and self-consciousness—turns awkwardness into grace. It enables you to make friends easily—to be well-liked, sought-after—and often opens the door to important business and social contacts.

Everywhere you go, there's dancing. At clubs, parties, resorts, hotels, special affairs. Someone strikes up the music and the fun starts. Couples begin to glide over the floor. New friendships are made—old friendships renewed. Gayety and laughter on every side. Happy, smiling faces. Cares and worries gone. Life is really wonderful then!



Book and Five Lessons —FREE

Over 400,000 men and women have already learned to dance through my easy at-home lessons. And I'm so positive that you, too, can become an accomplished dancer right in your own home, without music or partner—that you, too, can get your full share of fun and popularity through my amazingly simple method, that I am willing to send you five lessons from my remarkable course, together with a copy of "The Short Cut to Popularity" *absolutely FREE!*

Just send the coupon, with 25c to cover cost of printing and mailing, and these valuable lessons and book will be forwarded at once. Don't wait—you owe it to yourself to clip and mail the coupon NOW, ARTHUR MURRAY, Studio 912, 7 East 43rd Street, New York City.

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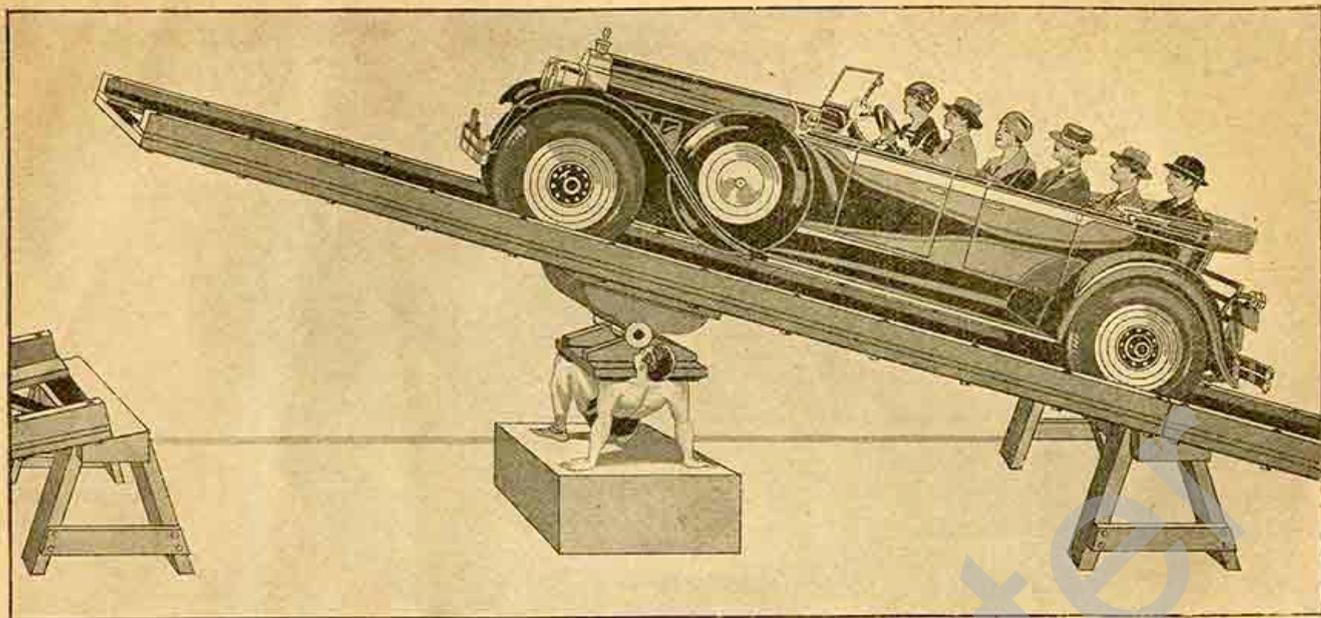
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Lionel Strongfort's Marvelous "HUMAN BRIDGE" Feat—As Performed at NEW YORK HIPPODROME.

Lionel Strongfort's Unmatched Feat Marking Him World's Strongest Man

Every theatre and vaudeville patron is familiar with the stunts performed by professional strong men who juggle tremendous weights; practice arm-balancing with one, two or three men, or execute various types of "lifts."

But it was Lionel Strongfort, a world leader in physical culture and health promotion, who originated at the New York Hippodrome a feat which, by its very simplicity, established beyond doubt its freedom from fakery, and provided a spectacular and sensational element that stamped it in the memory of the audiences long after other strong-man acts had faded into oblivion.

Strongfort's feat consists of supporting, entirely unaided, a huge bridge over which passed a seven-passenger automobile, carrying a capacity load, an aggregate weight of approximately 7,000 pounds. Three and a half tons of the bridge crushed their way down upon the sole human pillar, resting entirely on the knees and chest and bearing down cruelly upon the arms and legs of the stalwart athlete.

As illustrated above, Strongfort assumed a position with his back to the ground and supporting himself on his feet and arms—raising his body off the ground. His position was exactly midway between two runways leading to the central span of the bridge.

Then the structure was placed upon his chest and knees. It consisted of a long platform centered by a pivot arrangement—the total weight of which was 1,500 pounds. The combined efforts of 14 men were required to drag the apparatus out on the stage and put it in place.

At one side of the stage, facing the runway and with its motor idly running, stood a huge touring car weighing 4,500 pounds. Six men, including the chauffeur, rode in the car, increasing its weight by about 1,000 pounds.

Editor's Note: Readers are advised to learn more about Lionel Strongfort's physical achievements and about STRONGORTISM for the upbuilding of the body to a condition of perfect health and superior strength. Read the next page.

At a signal, the automobile charged up the runway and out onto the span. Midway the entire structure changed position with the opposite end, crashing down on the forward runway. The terrific strain of this impact on Strongfort can only be imagined. Yet, with sinews strained and bulging beneath a satin skin, the human foundation was still bearing up staunchly as the automobile coasted safely down the other side.

How was his unprecedented feat of strength accomplished? An element of resiliency was needed—a "shock absorber"—a springy quality to tense the bones and yet absorb the vibration.

And the answer was—*muscle!*

Muscle like coiled steel springs—the rare combination of supreme agility with brute strength.

So Strongfort dared—and won!

The exhibition of his daring was witnessed on his American debut on the mighty Hippodrome stage, and the awe-inspiring nature of the feat is even more dramatic when considered with its "back stage" history.

At each performance and preceding his sensational "human bridge" act, Strongfort, stationed in the midst of stately Grecian Pillars gave an exhibition of artistic and classic poses. The most remarkable thing in this feature of the act was the amazing control over each and all muscles of his body displayed by the athlete. Instead of the strained and rigid attitudes of many strong men, Strongfort's poses were easy and natural and he presented a unique system of contracting the muscles in such a way that they presented the appearance of undulations moving from one muscle to the other—from his neck gradually down to his ankles.

It was the secret of this marvelous muscular control that enabled Strongfort to perform such outstanding feats of strength.

Truly, here was a man who rivaled the fables of ancient Greece—a man greater than Milo, who carried the Grecian bull; a man more powerful than Samson, who slew the Philistines and pulled down the temple; a man more daring than Horatio, who held the bridge against Rome's invaders; a man more physically perfect than Hercules.

Sculptors heard of Lionel Strongfort and he was besieged with offers to pose. It was discovered that from an artistic standpoint, Strongfort was perfectly proportioned—that he enjoyed a symmetry of development that included every part of his body. He posed for numerous classical studies.

In today's mad maelstrom of changing things, Lionel Strongfort's "Human Bridge" feat stands alone, unchallenged and defying duplication.

Strongfort Will Save You From Physical Bankruptcy



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

Are you looking on discouraged and defeated at your weakened, nervous, well-nigh useless body, on the brink of destruction—heading for a complete break-down, a nervous smash-up—actual physical bankruptcy? Are you looking on and seeing your God-given power and your life on earth destroyed and dissipated? Are you going to join that army of human wrecks and degenerates—the booze hounds, the dope fiends, the derelicts of society?

Avert This Calamity!

Disaster is ahead of you if you allow this condition to continue. Your body will go on growing weaker and flabbier and more unfit for life's duties day by day until it is beyond reclamation if you don't just grab hold of yourself and determine to once more become a real he-man, a fellow who will stand shoulder to shoulder and face to face with other manly fellows. You can redeem yourself. You can make up what you've lost. You can take your place among men in the business world. You can be successful. You can be a man to be respected and admired by both men and women—a true lover, worthy husband—proud father. You can be all of these. It is absolutely up to you to come through clean—to acknowledge your failings, confess to your weaknesses, forget the causes and decide to begin life all over again.

Let Strongfortism Help You

Through this wonderful proven Course in health and strength building you can achieve wonders with your broken, diseased or weakened body. It has brought back to manliness and health thousands who were hopeless and discouraged. It has put men on their feet and started them on the road to physical fitness and successful careers after only a brief period of following Lionel Strongfort's advice.

Beware of Dope and Drugs

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

STRONGFORTISM

Science of Health and Strength

It was through the methods Lionel Strongfort used in developing his own body that he won the world's acclaim as the finest specimen of muscular development, that he constructed the science of STRONGFORTISM. It is through it that he reclaims wrecked and weak men, makes them into new beings, and gives them bodies and arms of which they can boast.

No inconvenient hours are required. Only a little of your time in the privacy of your own room is necessary to follow the easily understood instructions—and, oh man, how glad you'll be that you listened, once you've started on this course. It means a new day for you, that's sure as you're alive. **YOU CAN BANISH YOUR WEAKNESS.** You can be a man to be feared in physical combat. There is no doubt about it. This will be demonstrated if you'll just sit down and tell frankly that you are willing to guide by what is told you in Lionel Strongfort's great Free Book.

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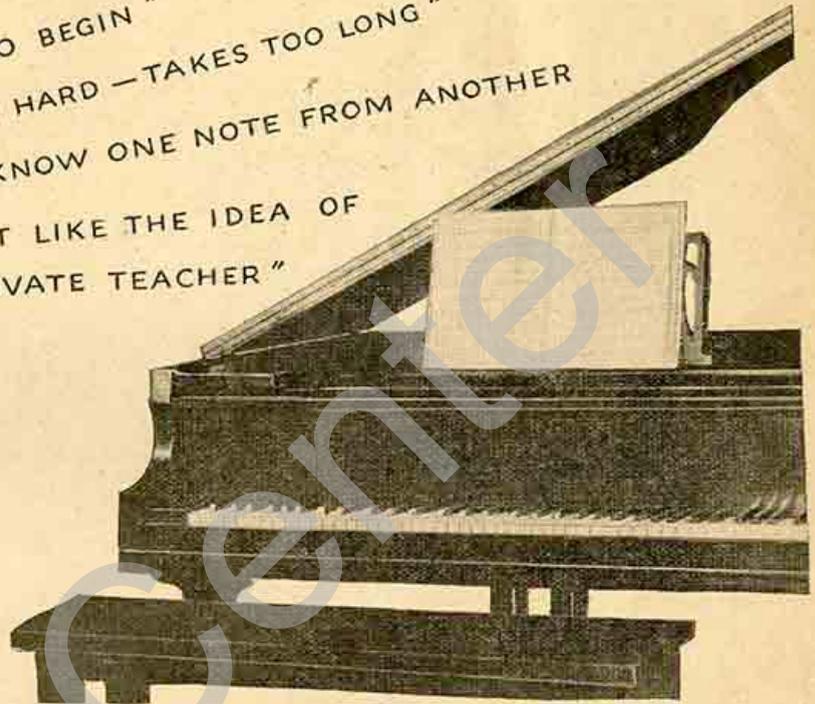
WANTED: A copy of Checkley's "Natural Method of Physical Training." W. Morris, 755 Christian Street, Shreveport, La.

Strength

No alibis now for not learning to play!



"-AFRAID TO BEGIN"
"IT'S TOO HARD - TAKES TOO LONG"
"I DON'T KNOW ONE NOTE FROM ANOTHER"
"I DON'T LIKE THE IDEA OF A PRIVATE TEACHER"



Easy as A-B-C to become a popular musician on any instrument this "no teacher" way

WHY let your imagination run loose and keep you from becoming a popular musician? Haven't you heard that there is a way of learning to play your favorite instrument in a few short months? Without taking lessons from a teacher! Without paying expensive fees! Without any tiresome technique or dry-as-dust exercises to struggle through—a way that has been vouched for by over a half-million people in all parts of the world!

The U. S. School of Music has completely removed all the difficulty, boredom and extravagance from music lessons. It has made the reading and playing of music so downright simple that you don't have to know one note from another to begin.

It's So Easy!

Your own home is your studio. The lessons come to you by mail. They consist of complete printed instruc-

tions, diagrams, and all music you need.

You study with a smile. For instead of just scales you learn to play tunes from actual notes—right from the very first lesson on. And you're never in hot water. First, you are told how a thing is done, then a picture shows you how, then you do it yourself and hear it. No private teacher could make it clearer or easier.

"Goodbye Blues"

Sooner than you realize you will be bringing cheer to the folks at home with your playing. Gradually you gain confidence and professional expression. Then parties, popularity, orchestra work follow in short order. You'll know how good it feels to be out of the wallflower class and into the whirl of things . . . to be able to provide musical enjoyment for others whenever you are called upon.

The abundance of joys that music can bring into anyone's life is now yours to share. Let the time-proven and tested U. S. School home-study method help you to increased pleasure and financial gain. Bear in mind no matter which instrument you select—the cost of learning in each case will average the same—just a few cents a day!

Free Book and Demonstration Lesson

Our wonderful illustrated Free Book and our Free Demonstration Lesson explain all about this remarkable method. They prove just how anyone can learn to play his favorite instrument in half the time and for just a fraction of what old slow methods cost.

If you really want to learn to play—if new friends, good times, social popularity, and increased income appeal to you—take this opportunity to make your dreams come true. Now! Sign the coupon and send it before it's too late. Instruments supplied when needed, cash or credit. **U. S. School of Music, 994 Brunswick Building, New York City.**

U. S. SCHOOL OF MUSIC
994 Brunswick Bldg., New York City

Please send me your free book, "Music Lessons in Your Own Home," with introduction by Dr. Frank Crane, Free Demonstration Lesson, and particulars of your easy payment plan. I am interested in the following course:

Have you
..... Above Inst?

Name

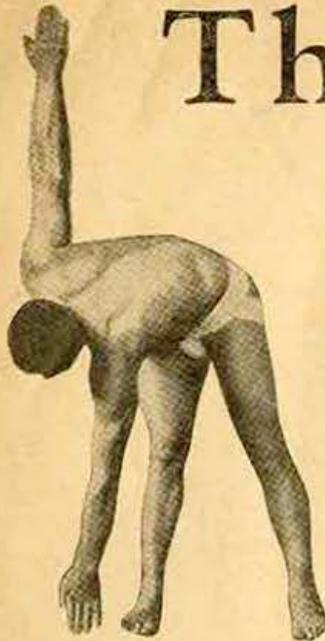
Address

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

Pick Your Instrument

- | | |
|--------------------------------------|---------------|
| Piano | Piccolo |
| Organ | Cello |
| Violin | Sight Singing |
| Drums and Traps | Ukulele |
| Guitar | Hawaiian |
| Mandolin | Steel Guitar |
| Harp | Clarinet |
| Cornet | Flute |
| | Saxophone |
| | Trombone |
| Voice and Speech Culture | |
| Automatic Finger Control | |
| Piano Accordion | |
| Banjo, (Plectrum, 5-String or Tenor) | |

This Man Knows!



Here is Shown One of the Dozens of Illustrations in This Wonderful Course

In all America there are hardly a dozen men who have made such a careful and complete study of the human body and the business of developing and caring for it as has Mr. J. Leonard Mason, Physical Instructor of the University of Pennsylvania.

For more than fifteen years this man has been "delivering the goods" at Penn so effectively that he now ranks as one of the greatest physical instructors in the country.

He has helped thousands of university students to find their way to improved health and greater efficiency in life. Surely, indeed,

HE CAN HELP YOU

You may be one of the many who cannot attend college, and realizing this we made a special proposition to Mr. Mason. We said to him:

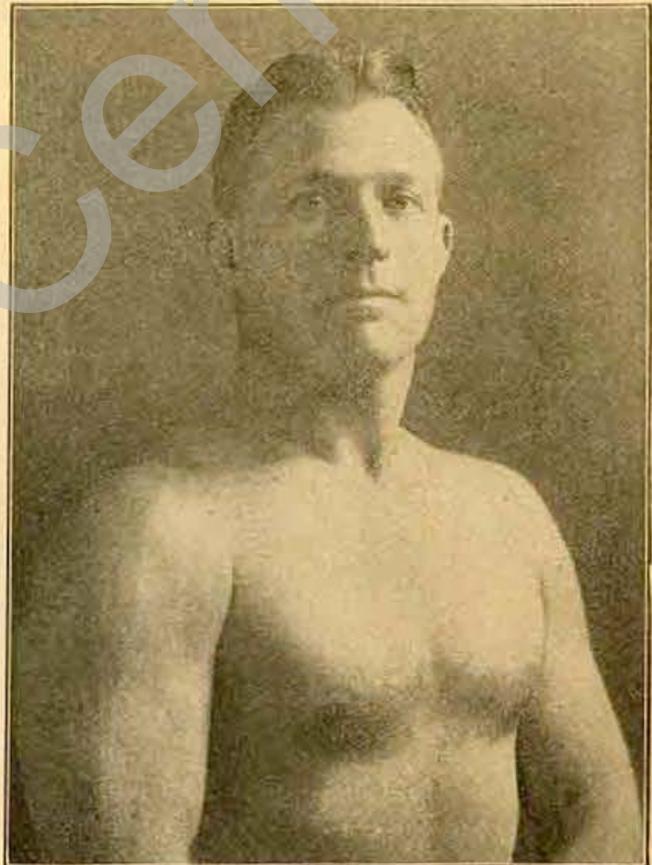
"There are many men and women who cannot afford to take personal instructions from you, but who would like very much to have the advantage of all your experience and knowledge of the body and its functions in their efforts to correct their own deficiencies. Therefore, Mr. Mason,

"We want you to put into the form of a printed course the very essence of all your years of experience as a physical instructor, all you know about training, about body building, and about developing great strength. And we want it "boiled down" into a simple, easily understood course that every man and woman can afford to purchase and understand to follow to success."

THIS COURSE is now ready for you—5 lessons, 15,000 words, and two large half-tone charts, plus an introduction on standing, breathing and conditioning which alone is worth many dollars to the average man or woman.

Everything You Want to Know

is contained in this course. It takes you step by step, without strain, without excessive effort, toward that goal of perfect development, and the directions are so clear that you *can't* go wrong. And the price is unbelievably low—only one dollar for everything, or \$2.50 for the complete course and a whole year's subscription to "Strength."



Mr. J. LEONARD MASON, Physical Instructor of the University of Pennsylvania. Let him be YOUR instructor.

He Has Worked Wonders With Thousands—Let Him Work Wonders With You!

The Milo Publishing Co.

2739 N. Palethorp St.

Dept. S4-29

Philadelphia, Pa.

The Milo Pub. Co. 8-4-29
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen: I am checking off below the proposition I desire to take advantage of, and am enclosing a remittance to cover cost of same.

1 year's subscription to "STRENGTH" and J. Leonard Mason's Five-Lesson Course, \$2.50.

J. Leonard Mason's Course only, \$1.00.

Name _____

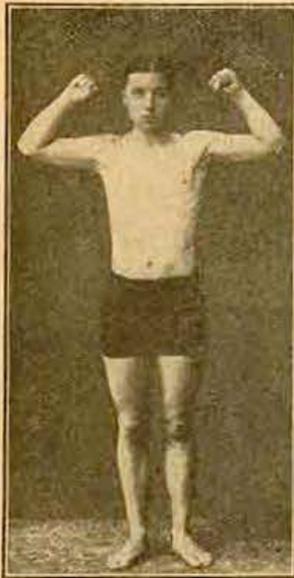
Address _____

City _____ State _____

(Canadian orders, 25c additional; foreign orders, 50c additional)

Strength

It's so EASY!



BEFORE

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

ONE-TWO-THREE! Just like that the boy you see at the right changed from a puny weakling into a physical GIANT! Study those pictures—they'll make you rub your eyes. Looks like magic, doesn't it? But there are no tricks about it. That's just an example of what Titus Training has done for thousands upon thousands of men. I've taken fellows of every size and condition—some of them so run-down and wasted that you'd think a stiff breeze would carry them away—and I've transformed them almost overnight into perfect specimens of manhood! I've been doing it for years. I've earned my reputation as the father of Physical Culture by mail on just such results as you see in the illustrations. "Miracles worked in Muscle"—that's what people call them. But don't forget that they are *scientific* miracles; I've made a *science* of building men.



30 DAYS LATER

What a man! In thirty days I built the fellow you see above. I loaded his bones with muscles! I gave him a body that laughs at hardships and illness. Send TODAY for Titus' wonderful book that tells how he developed this man and thousands of others into physical GIANTS.

You're Next In 30 Days I'll Increase Your Muscles By INCHES

Yes, sir, that's all I want—30 days—and just 20 or 30 minutes a day. In that short time I'll put layer after layer of muscle all over your body till they stand out like iron bands. And they'll be panther muscles, friend—muscles as live as sprung steel—with the speed of lightning and the power of a battering ram. Those are the kind of muscles that make champions, the kind of muscles that will make you laugh at men twice your size.

Now Watch YOUR Muscles GROW!

Yes, sir, you'll fairly see your muscles grow before your eyes! Day by day, they'll increase in size, get harder and stronger. You'll be proud of the man you see in the mirror! Your shoulders will broaden, your chest deepen, and all over your body you'll see beautiful rhythmic muscles swell out into the proportions of a Greek statue.

Titus Methods Are Scientific

Sure, you can develop a few clumsy hunks of muscle by swinging a pair of dumb bells, or pulling on an old-fashioned exerciser. But that's not my way. I train you *scientifically*. I've trained leading strong men all over the world—I've trained most of the trainers who are putting out their own courses today. My methods build up



Wear This Medal

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

every nerve, every cell, every vital organ, every muscle in your body!

A New Body in 30 Days

Don't think you haven't a chance if you don't happen to be a giant now. No, sir! You're just the man I want. There's nothing I like better than to take hold of a man who's run down, weak and soft—the one that has been given up for lost. That's when I do my stuff.

Thirty days—that's all I ask! I'll make you over from head to foot. Your friends won't recognize you. Boy! When you feel those big, brawny muscles rippling up and down your back, over your arms, down your legs! Let me show you what it feels like to be a PANTHER!

Get This Amazing Book

Tear off that coupon! Mail it today! It will bring you FREE the greatest book you've ever seen—a book filled with astounding photographs of men rebuilt—a book packed full of Titus's own secrets of making muscles GROW.

Learn how Physical Culture Authorities keep in the "pink" of condition. Read for yourself the story of Mr. I. K. Gaynor, a former invalid, who couldn't stand on his feet. See what a Physical Marvel and Athlete I made of him in 30 days. My record in muscle building will open your eyes. No cost or obligation—just rush the coupon to Dept. X-137.

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

TITUS REVEALS HIS SECRET OF BUILDING BIG MUSCLES

Titus, Dept. X-137,
105 E. 13th St., New York, N. Y.

Dear Professor Titus: Sure, I'd like to have your book. Send it free.

Name _____

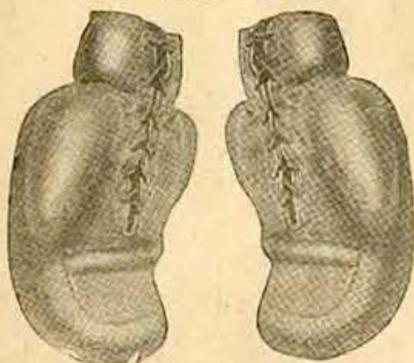
Address _____

Town _____ State _____

Sock Them to Sleep!!

*Could you do that if the occasion arose?
Could you take your own part decisively?
Could you protect a lady friend successfully, or
would you go down in disgrace before her?*

A Set (4) of These
Gloves



\$7.00 WITH MY
BOXING COURSE
SEE COUPON

NOTICE

I can supply you with
all Boxing paraphernalia,
Head and Face Protec-
tors, Fighting Bags, etc.

Write For Particulars

upper-cutting, breaking, ducking, swinging, etc.,
will become second nature to you.

**You'll Learn to Shadow Box. You'll
Become Fast On Your Feet.**

course awhile. The quicker you get it, the sooner you will become a clever boxer.

**If There Is Any Manhood In You (and I Know There Is), You Will
Want to Be Able to Give a Good Account of Yourself.**

Send for this course today, and you will soon gain the respect of all who see you or are up
against you in action.

Just to know you can fight if needs be, is a glorious feeling. It gives you confi-
dence in yourself which you will carry into your profession, whatever it may be.
Confidence will push you ahead as nothing else will.

Your skill in handling the gloves will baffle your best opponents. You will so be-
wilder them with unexpected and stinging punches, that they will give ground, swing
wildly or try to cover up.

**Put Your Name On the Glove Here and
Drive It Home Fast To Me.**

Mail the Boxing Glove Coupon Now.

CHARLES MacMAHON

180 W. Somerset St.

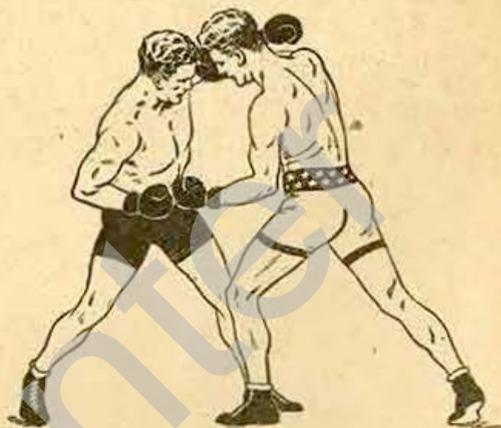
Studio S-4

Philadelphia, Pa.

Are you the **Master** of
most men you know and
meet, or are they all your
masters in physical combat?

**Ask Yourself These
Questions and Then
Decide to Learn
to Handle Your Dukes
Effectively.**

This course, on the manly art
of self-defense, is fresh off the
press. It is an expert instruc-
tor! It is correctly and liber-
ally illustrated. You will soon
become an expert at delivering
the right blow at the correct
time. Countering, blocking,
feinting, side-stepping, guard-
ing, clinching, jabbing, hooking,

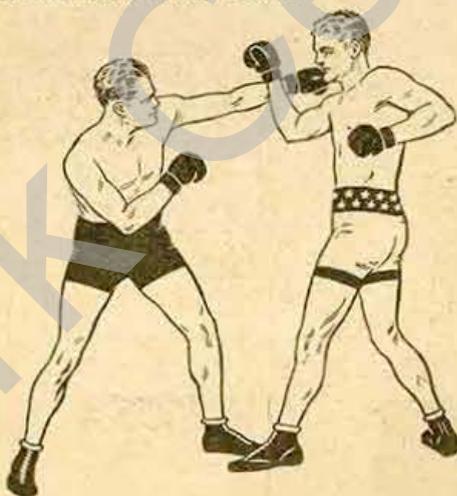


**You'll Know How to
Train Properly
For Boxing Matches.**

There is money in the game,
too, as you well know, if taken
up professionally.

**Don't Be One of the
Kind Who Throws Up
the Sponge Saying
"I Can't Do-It"
—You Can!**

You have the stuff! All you
need is the right kind of train-
ing! This course gives you
that and then some, you'll step
a fast bout when you've had my



Charles
MacMahon,
Studio S-4
180 W. Somerset St.,
Philadelphia, Pa.

Dear Sir: Please send me
the proposition I am checking
off below. I am enclosing a re-
mittance to cover cost of same.

- A set (4) of boxing gloves and the
MacMahon Boxing Course, price
\$7.00.
 A set (4) of boxing gloves only,
price \$5.00.
 A Boxing Course only, price \$2.00.

Name

Address

City

State



Strength

An Efficient Short-Cut to Usable French

The HUGO System is Actually "French-At-Sight"

HERE, at last, is usable French, for the business man, the student, the traveler and all cultured people. Here, at last, is an easy, rapid *short cut* to the most valuable second language in the world.

The importance of possessing an extra language is no longer questioned among intelligent persons. Today it is *assumed* that you speak French. No doubt you have struggled with languages in school. And no doubt you have discovered that classroom French—besides being difficult to acquire—has proved almost useless in practice.

Now, the *Hugo* method of French-At-Sight makes it possible for you—no matter where you live—to read, write and speak perfect French almost over night.

**Complete Course Sent on Approval
Only \$9.85!**

The Hugo system is eminently successful because it is based on *natural*

fundamentals. Under the guidance of Hugo you learn the language as a *French child learns it*, just as naturally and just as easily. There are no tedious rules of grammar to be memorized, no terrifying lists of irregular verbs. Ten minutes of pleasant reading each day in your spare time will be sufficient, although you will probably become so absorbed in the lessons that you will want to devote much more time to them. When you are finished you will be able to speak French like a Frenchman. Not only will you be able to make yourself understood, but—what is equally important—you will be able to understand others who have spoken French from childhood.

Pay as You Learn!

At your request—and you need send not a penny with the coupon below—we will mail you the complete Hugo course of 24 lessons and the Cestre-Guibillon dictionary for examination.



FREE!

This indispensable English-French, French-English dictionary will be given absolutely without charge to everyone who enrolls in the Hugo French-At-Sight course. Published in France by Cestre-Guibillon, it has been imported especially for Hugo students. The dictionary is bound in rich, dark green seal grain, clearly printed on tough, thin paper. Its 623 pages contain 24,000 words. The supply is limited—clip the coupon and send for course and dictionary today on approval.



Try several lessons; test your progress. At the end of 5 days, if you are entirely satisfied, send us \$1.85 as a first payment. If the lessons do not come up to your expectations, return them with the dictionary at our expense. If you keep the lessons, you continue to pay as you learn at \$2 each month for 4 successive months—making a total of only \$9.85 for the complete course! *Act at once* to be SURE you get your Hugo course at the bargain price.

DOUBLEDAY, DORAN & CO., Inc.
American Representative:
HUGO'S LANGUAGE INSTITUTE
Dept. F-1144 Garden City, N. Y.

**DOUBLEDAY, DORAN & COMPANY, Inc., Dept. F-1144
GARDEN CITY, N. Y.**

You may send me the 24 lessons of Hugo's "French at Sight" and the improved French-English Dictionary for 5 days on approval. I will send me FREE and without obligation a copy of your inspiring booklet *How to Work Wonders With Words*, and complete information regarding your Course in Effective Speaking.

Name _____
Address _____
City _____ State _____

jump to the man-
or a member of
of fraternal or
of leadership and
conquer timidity,
ness and become a
and fluent conver-
le possible through
ngly simple home
orth American In-

THE DREAM that was NOT CONTRARY

Night dreams are supposed to turn out contrary-wise. Day dreams, too, have a bad habit of turning out contrary. There is, however, one kind of dream that is coming true, as regularly as clockwork, for hundreds of men throughout the world. The dream we speak of is the dream of Herculean strength and muscles that will make everybody's jaw drop in wonder.

Thousands and hundreds of thousands have at some time or other had similar dreams. Not all these hundreds of thousands of dreams materialized, but thousands have come true because they were the ones who had the good judgment to select a Milo Bar Bell for the purpose of bringing the dreams true.

An Example of a Dream Come True

Mr. _____, whose muscles we show you in the illustration, is an example of the above-mentioned dream come true. He was one of the thousands who used good judgment and got a Milo Bar Bell. Does he look as though he should be sorry he made that selection in training methods? Would you be sorry if you had a physique like his? You would not—you'd be the happiest man on earth tonight.

You Can't Dream Muscles on Your Body

Every fellow who wants a superbly muscled body must dream about it at first. That's the beginning, for without the dream there can be no beginning—no desire to be strong, healthy, full of pep and muscular. But—don't dream your life away like some fellows do. After spending a reasonable length of time on this dream—"go into action"—set your alarm clock if necessary, but "get going" with a bang. When you go into action

Your First Act Must Be the Ordering of a Milo Bar-Bell

That done, your dreams are as good as realized; your ideals as good as matched and your strength and development will soon be as good as the best of them. Certainly you have to use your bar bell, but that is more enjoyable than the dreaming and the ordering. You'll feel better after only fifteen minutes with your bell. You'll be delighted watching your muscles grow and feeling the strength gradually increase within you.

You Want a Wonderful Body—There's the Secret

Why look further? Why waste precious time? Bar Bells are the only apparatus that real strong men will use and recommend. You know that's a fact. What is good enough for them is best for you. You've only three things to do—dream, order and exercise. Then physical perfection is yours.

Our Big Booklet of Strong Men is Free

Get this booklet because it brings you further proof and shows you our low prices and contains an order blank that will enable you to "go into action."

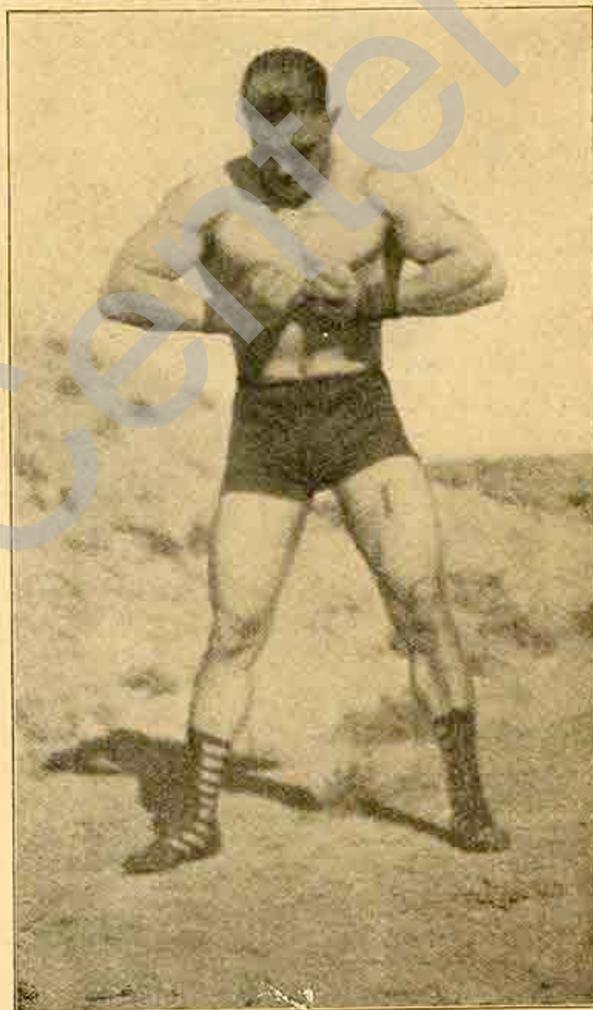
Fill in your name and address—**it's FREE!**

**Put Your Name On the Glove
Drive It Home Fast To Me
Mail the Boxing Glove Coup**

CHARLES MacMAHON

180 W. Somerset St.

Studio S-4



Mail This Coupon Now!

The Milo Bar Bell Co., Dept. 722
2739 N. Palethorp Street, Philadelphia, Pa.

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

Name _____

Address _____

City _____

State _____



They Gave Me the "Razzberry" for a Month But Now I Am the Best Speaker of Them All!

I felt like a missionary about to be fed to a tribe of cannibals as I slumped down in my chair. Once more I'd been called on for "a few words" in club meeting, and once more I'd gasped and sputtered a few commonplaces and dodged down into the comfortable obscurity of my seat. Every time I tried to make a talk before the bunch I merely furnished material for some more jokes among the members. They were a natural-born gang of kidders and jokesmiths. I could see a wicked grin on Jim Courtney's face as he thought up some new wise-crack at my expense.

I met Jim on the way out of the meeting. "Sam, old topper," he greeted me, "Congratulations! You ought to be in vaudeville. Never heard a better stammering act in all my life!" "Yeah!" said Lew Thorne. "That part was good, but I like the imitation of a ventriloquist better. Listen, Sam! Next time you're called on for a speech why don't you whistle it?"

That was only a sample of what I heard every meeting night for the next few weeks. "Going to make a speech, Sam?" was a phrase that was always good for a laugh. That was bad enough by itself; but it hurt worse when, one night, I overheard Wally Schultz defending me. "Lay off Sam," he was saying. "It's too much like cruelty to animals. Sam can't talk to this bunch anyway, and you birds only make it worse. He's a timid sort of fellow, and he'll never amount to anything in the Club, but there's no need to make him quit. And he'll do it, too, if he's razzed too much."

So that was the reputation my embarrassment and shyness were making for me. "A timid sort of fellow!" "A quitter!" Couldn't stand razzing! I knew Wally meant to be kind when he spoke to the crowd like that, but that didn't make me feel better. I was almost ready to do what Wally had said I'd do—quit the Club and everything else that meant social activity, and

resign myself to a sour more or less friendless life.

And then—almost by magic, I discovered the solution to my worry. A few friendly words from an older man in the office told me about a wonder-working little free booklet called **HOW TO WORK WONDERS WITH WORDS**. In twenty minutes' study at home every day I became, in a surprisingly short

time a different man. So simple, so easy, I could hardly believe it, this book showed me the short cut to the command of effective speech I had always wished for . . . the gift which seven out of every nine men possess according to authorities.

Today I can hardly believe that the old timid Sam Howland ever existed. In the last year I have had three substantial promotions in business. The razzing at the club ended the night I got up unexpectedly and, with a speech that swept all before it, made the club accept enthusiastically a new idea for its charity work. Instead of being miserable at parties as I used to, I can furnish more than my share of the fun and the conversation. It's almost unbelievable—but there is the fact, and I know exactly what made the difference.

There is no magic—no mystery—no "special talent" required in becoming an effective speaker. Promotion in business and social popularity are the rewards to the man who can dominate others through the power of convincing speech. It is this power which makes a clerk jump to the management of a department, or a member of the rank and file of political or fraternal organizations take the posts of leadership and influence. Any man can now conquer timidity, stage-fright and self-consciousness and become a magnetic, dominating speaker and fluent conversationalist. This has been made possible through the perfection of an amazingly simple home training developed by the North American In-

stitute. Twenty minutes a day in the privacy of your own home will bring the desired results—or the training costs you nothing.

This new method of training is fully described in a very interesting and informative booklet which is now being sent free to everyone mailing the coupon below. This booklet is called **HOW TO WORK WONDERS WITH WORDS**.

In it you are told how you, too, can overcome stage-fright, self-consciousness, timidity and embarrassment. You are told how you can bring out and develop your priceless "hidden knack," which can win for you advancement in position and salary, popularity, social standing, power and **REAL SUCCESS**. You can obtain your copy absolutely **FREE**, by sending the coupon now.

**NOW SENT
FREE**



North American Institute
3601 Michigan Ave., Dept. 2064
Chicago, Illinois

NORTH AMERICAN INSTITUTE,
3601 Michigan Ave., Dept. 2064, Chicago, Ill.

Please send me **FREE** and without obligation my copy of your inspiring booklet **How to Work Wonders With Words**, and complete information regarding your course in Effective Speaking.

Name _____
Address _____
City _____ State _____

The Most Important Thing in the World

IS THE WAY YOU FEEL

Your health means more than having just enough energy to get through your daily work. Life is hardly worth living if you haven't the energy to enjoy yourself as well as do a good day's work. Real health means the possession of considerable muscular strength and development combined with great powers of endurance. Good health means that your internal organs are in first-class working order—no missing cylinders, as it were. Good health means that you are immune from temporary sickness as well as from chronic disease, both of which are shortening lives daily by the millions.

The Next Most Important Thing —IS THE WAY YOU LOOK

Your personal appearance counts for a lot in these times. It is nice to look well in a bathing suit, but it is far more important to be able to create an impression when in your street clothes. To have people exclaim, "My, what a finely built chap!" after one glance at the broad shoulders, deep chest, trim waist, and beautiful proportions which are noticeable even when you are fully dressed.

Your aim in training should be, not health, not appearance alone, not strength alone, but that combination of all three, which is the surest sign of real vigor.

I am looking for the man who wants those things and wants to save time getting them. I am looking for the man who knows that he needs to improve his physical make-up, who has very little time to exercise and who *must have results*.

I'll Give You a Physique That Will "Knock Them Dead"

Yes, sir, you won't feel embarrassed under the public's gaze when I get through with you. And why? Because you will know that the public's opinion of your build is of the highest order—unconcealed admiration. Yours will be the type of physique that appeals to both sexes. You can't imagine the great satisfaction in possessing the type physique that I will develop for you. It's a grand and glorious feeling and no mistake about it.

I Build You *Big* and *Useful* Muscles

In other words, I build large powerful-looking muscles all over your body and limbs, but they will be muscles that will greatly help you succeed in any endeavor. You will have power and development and you will know how to use both to great advantage. No one will say of you, "He is strong all right, but he doesn't know how to use his strength." You'll be strong all right, but you *will* know how to use your strength which will double your muscular efficiency. Big muscles in themselves are fine to possess, but how much finer it is to be able to use them correctly also. In that combination success is found.

My BIG 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 convincing 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, Str-4-29
725-27 Walnut Street, Philadelphia, Pa.

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

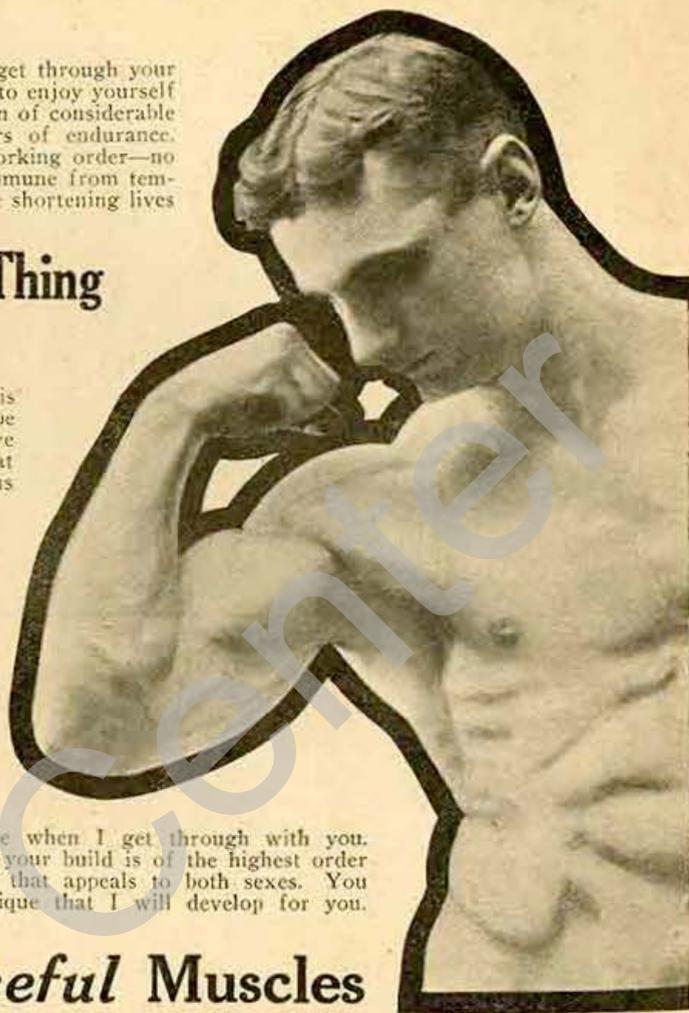
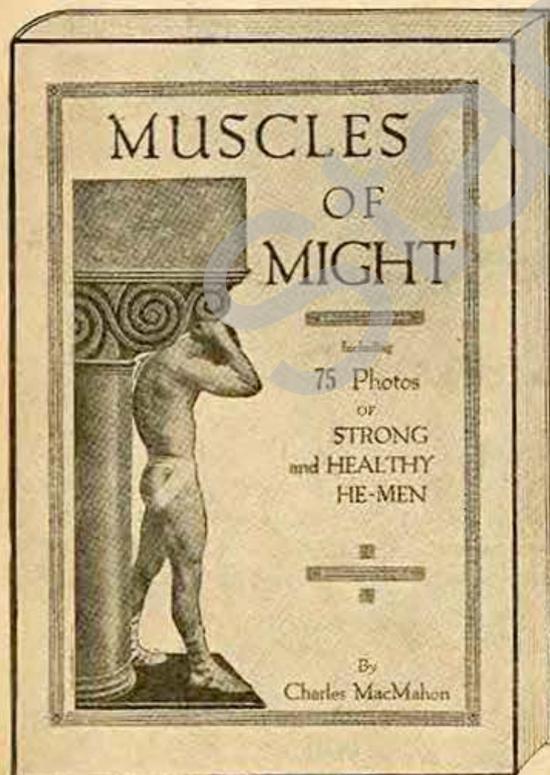
Name _____

Address _____

City _____

State _____

**DON'T
MISS IT!!**



YOUR MUSCLES GAIN AMAZING POWER

from Magic Minerals Taken in Drinking Water

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

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.

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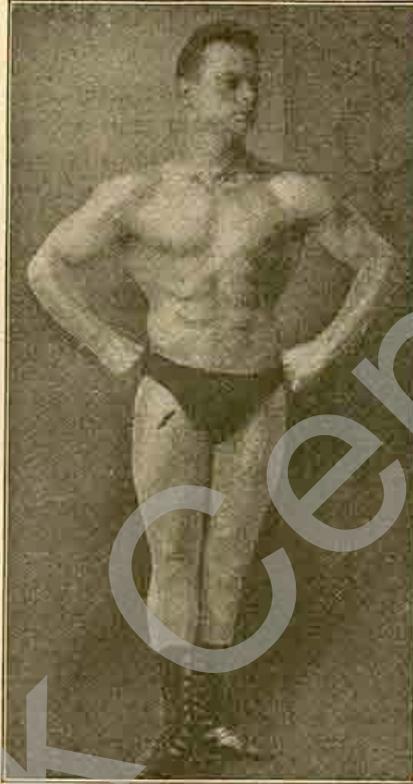
What is it that gives wild animals their amazing vitality and power? What is it that makes some men veritable dynamos of energy, bubbling over with health and pep, while others drag through life half-alive?

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.

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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.

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"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.

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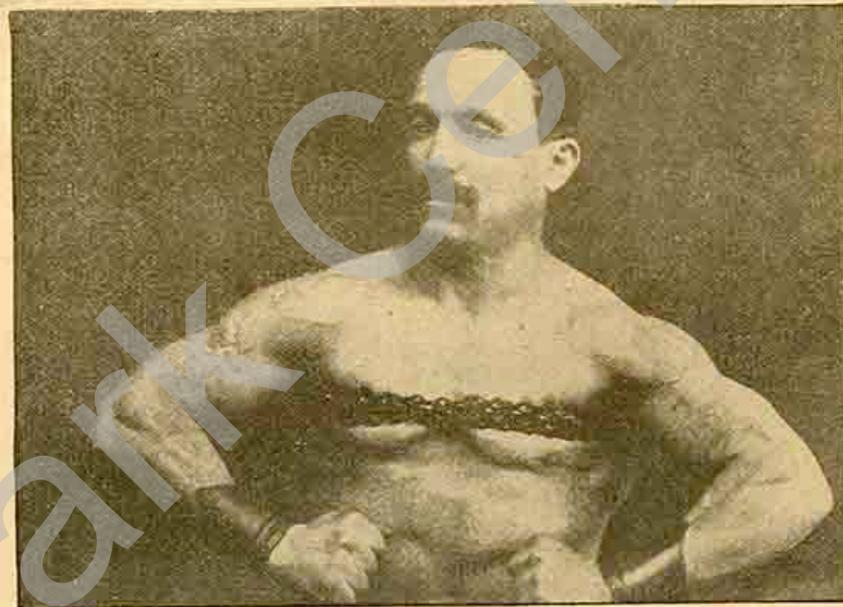
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And it does the work—it fulfills its mission—whether you work or play, sleep or rest—constantly that air cushion, designed so that movement tends to close the wound rather than force it open, works to heal you. The appliance really heals—seals the rupture.

Thousands of people, people of prominence in their communities, write us of complete recovery—not only relief, but a complete healing of the rupture. They have done away with their appliance—they are whole once more.

The new appliance was 30 years in the making. Today, it is as perfect as human experience and inventiveness can make it. But only by experimenting with it yourself—by actually wearing it—can the logic of its construction be fully appreciated.

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For that reason the makers of this appliance will allow you to wear one free—to test it, and watch its effect in your particular case. If it is found that this new departure in rupture treatment is suitable to your case, keep it, wear it conscientiously and forget you are ruptured. If it fails to satisfy you after the test period, return it to us and you have spent no money whatever. Thousands of people are making this test and they are acclaiming this newly perfected appliance a god-send.

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Louis smashes the world's one-arm record.
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His match with Sebastian Miller.

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

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

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The Queen receives "Our Louis."
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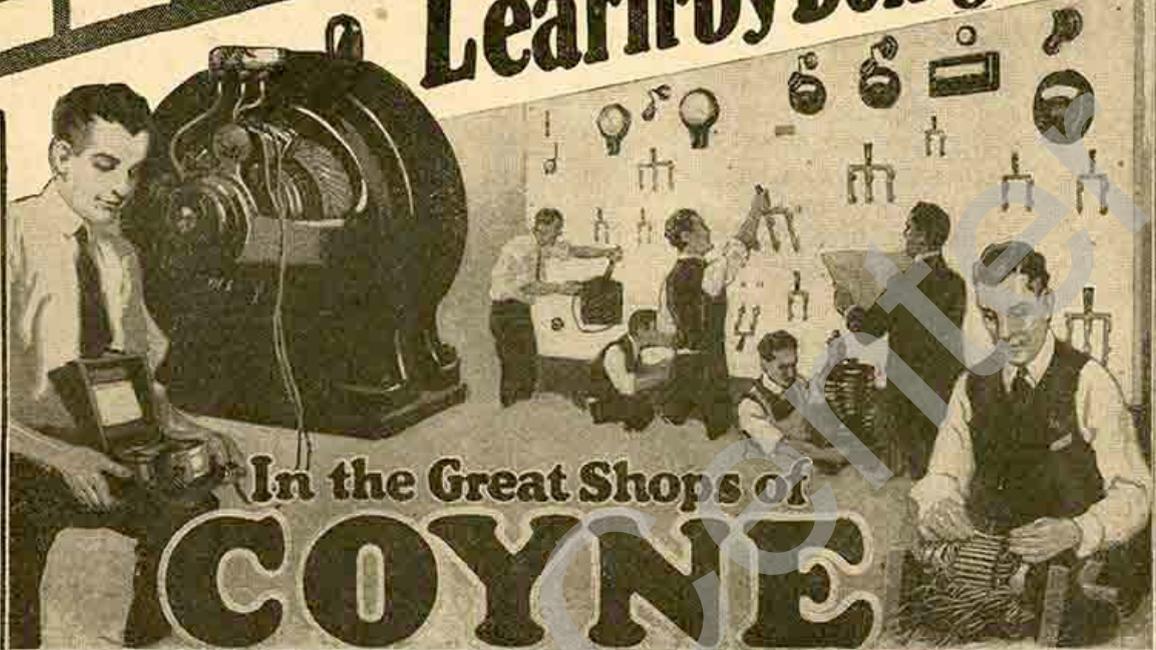
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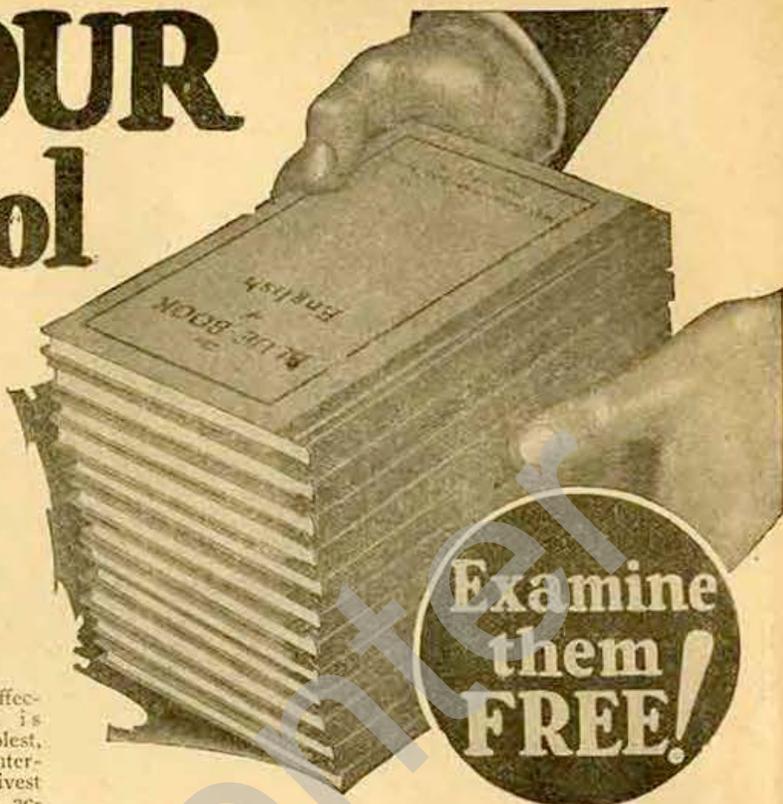
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Editorial

Is Exercise Your Hobby?

WEBSTER'S dictionary states that a hobby is "a topic, theme or the like unduly occupying one's attention or interest."

So far as I am concerned, a hobby is an idea which unduly occupies your attention or interest when it becomes an end in itself.

When we exercise because we want to improve ourselves physically and so increase our efficiency for some other end, exercise cannot be called a hobby in any derogatory sense.

Any young man who wants to excel in athletics can undoubtedly greatly improve his chances by exercise. Most of the things we do in this world we do as a means to an end and so long as we keep in mind the fact that they are means and not ends, we will profit more than if we consider them as ends. After all, we all have to live, and anything that aids us in making living is a good thing to do. On the other hand, it is not wise to become so bound up in earning an ever increasing income till we reach the point that we have no time to live and must put in all our time at earning a living.

The same thing is true of exercise. We exercise to build a better physique so that we can use our increased health, strength and vitality to enjoy ourselves more.

Every man ought to keep himself in good physical condition. Regular habits, a sane diet and exercise are the things that are essential in his program of living, but when he makes a fetish of any one or all three of them he is defeating his own purpose.

Being more interested in exercise, it is perhaps easier for us to see the faults of enthusiasts in other fields, but it is a fact, found out by my experience, that most men who exercise have nothing but contempt for diet. Athletes follow simple training rules and depend on exercise to bring the results they seek.

On the other hand, the average diet enthusiast goes the athlete one better by believing that diet is the whole story. Anyone can get enough exercise by walking up and down stairs a few times daily, providing he eats properly, is the diet enthusiast's viewpoint.

In turn the athlete will reply that he has never seen a diet enthusiast who did not look as

though both a good square meal and a good workout would do him a lot of good.

The truth of the matter is that we should all pay some attention to both diet and exercise and we should not count on either the one or the other to be a panacea for all our ills.

Unless your plans call for it, we do not mean going on a rigid diet and going under a rigid schedule of exercises. We do not mean that the average man should never break a rule of diet or miss a day of exercise, but we do mean that over a period of time we should not go around indiscriminately breaking all the rules of either or both diet and exercise.

Not all boys can grow up to become presidents, and neither can they all become college football players. How much time anyone wants to put in at attaining either end is for him to decide.

At least we all have to live and we all can attain any ends we may have if we are physically strong and healthy. If we hope to become athletes we can naturally expect to put in more time at exercise and more thought obeying the rules of health than we could expect to put in if we expected to engage in any of the more sedentary occupations.

Besides the fact that the proper amount of exercise will help you gain any end you may have, no exercise is wholly successful unless you get fun out of it as you go along.

Babe Ruth gets all there is to get out of baseball: fun, exercise and a living. What he gets out of diet is his own concern. But whether or not most of the other athletes are like Babe in both particulars, the fact remains that he has recognized the fact that the ordinary rules of health might be unpleasant, but in the life of a big league ball player obedience to them was imperative.

Whether your individual propensity is to neglect exercise and favor diet, or the other way around, you will have to try to fit both into your scheme of things.

Do not side either of the two to the exclusion, not only of the other, but also of most of the other things that you would like to do. See your health program as a part of your life, not all of it, and not only your other interests, but even your general health and physical welfare will be better for it.

Let Nature Be Your Spring Tonic

If You Are a Victim of "Spring Fever" Make This Year an Exception

By Margaret Sargent

Girls, do you want to save money this spring on tonics? Do you want to enjoy all the opportunities the spring of the year affords? Do you want to feel full of pep and vitality instead of be-moaning the fact that you are a victim of "spring fever?" If you want to do all these things, then begin now, this very day, and endeavor to follow some of the advice I am going to give you this month. Do not be classed as lazy, for you will be if you do not follow some form of activity. If you have been sleeping all winter, make up your mind that you are going to turn over a new leaf, and I will try to help you turn over that new leaf.

If you are overweight, just think what you will look like a year from now if you continue to put on pound after pound! If you are thin, well you are not going to be the discouraged individual summer after summer as you were last summer when you had to appear before your friends in a closely fitted bathing suit, are you?

You cannot deny the fact that the most talked subject among us to-day is beauty. Just the other evening I overheard a young girl discussing a newly-made acquaintance. "Well, what I mean is, is she pretty and does she



Mrs. Grace Lambert, who is the daughter of a professional strong man, Leo Stevens, and wife of Joe Lambert, another professional strong man.

look attractive in her clothes," was what I heard the other young lady, to whom she was telling the story, ask. This girl evidently was not satisfied in knowing that this other girl had a pretty face, but she was also curious to know whether she looked well in her clothes, which means, in other words, did she have a shapely body.

There is no denying the fact that the uppermost thought in every girl's mind is how to look beautiful — both to satisfy herself and everyone with whom she comes in contact.

Haven't you sometime or other decided to adopt exercise as a means of improving your figure? Well, if you haven't, then surely you have read or thought about it. Now let me ask you another question, "Have you ever stuck to exercise long enough to achieve any results? Undoubtedly the answer would be in the negative. Of course, you can give all the excuses you can think of, but in the long run isn't it worth spending a little of your time and effort taking care of your body? Just think what would happen if you lost your health altogether and you had to give up your position, your pleasures and even your friends.

There are, to my mind, three

classes of people when it comes to the question of exercise: 1. Those who never try to improve themselves; 2. Those who exercise daily and appreciate the results acquired by giving a little attention to their bodies; 3. Those who continually read about and believe that exercise has a beneficial effect upon the body but who are too lazy to apply what they read to their own bodies.

My message this month is to the last mentioned class. The first class—we will not take up valuable space trying to encourage them. The second class, of course, can take care of themselves.

Let us go back for a moment to our childhood days. Do you remember how you were always on the go—jumping rope, playing games, enjoying the fresh air and sunshine? You had no time then to think about spring fever, for you were too active and happy.

Spring fever is a lazy person's cry. If you feel your body coming under the spell of spring fever, immediately adopt some form of play, whether it be indoor exercise or outdoor exercise.

A case was related to me recently of a young girl about twenty-six years of age who had been complaining of ill health for at least ten years. Hardly a week slipped by that this girl did not visit her physician. She was a resident of a small town and almost every physician in town knew her, for when one physician did not cure her in a week's time with some magic medicine, she visited another one. Finally, she visited a specialist in a nearby city. After two hours examination and consultation the specialist gave his verdict:

"Young lady," he began, "There is not a thing wrong with you. What you need is activity and a change in your diet. Cut out eating too much meat and cut down on your intake of sweets, and substitute plenty of fresh fruits and vegetables. I'll bet that you never get any exercise whatsoever. Get outdoors and enjoy the fresh air and sunshine. You say that you live in the town of _____ well, that place offers many opportunities. You are more fortunate than your city sisters.

"And just one more thing," he added, "I want you to drink two quarts of milk a day. Now go home and think over my advice. If you are intelligent enough, which I am sure you are, you will realize that everything I have told you is the truth in your case. You are far from consumptive, as you thought. What has brought you to your present state of condition is neglect of your body for the last ten years."



The same young lady, Mrs. Lambert. She believes in weight lifting for women, and for the past five years has challenged any woman in the U. S. A. for a contest in heavy weight lifting. She is twenty-four years of age. Something unusual, is it not?

An this was the truth, as the young lady will tell you herself. For after reaching the age of sixteen she had come to feel that her play days were over and so had settled down to reading and sewing instead of spending some of her valuable time exercising.

All her troubles were due to inactivity. Inactivity

(Continued on Page 92)

Can Tilden Come Back?

By Edwin Burns

WHILE watching Tilden playing one of his big matches a few years ago at the stadium, a lady in the row before me, who was evidently seeing the world's greatest player for the first time, turned suddenly to her escort after an unusually spectacular backhand passing shot by Big Bill and exclaimed in an awed voice, "My God, the man's a genius!" And she was right; the man is a genius, with all the foibles and fancies, the uncertainties and brilliancies, the erratinesses and temperamental flights of genius. Yet these are the very qualities that make him the outstanding player of the ages.

The reader must remember, before examining the man's life and play, that Tilden is a member of that exceptionally small, highly select group of men who have a vivid and striking personality to add to championship mechanical ability. Baseball has had the umpire baiting Ty Cobb in past years, and now has the somewhat less troublesome but none the less picturesque Babe Ruth; the fighting game is filled with spectacular champions, of whom Jack Dempsey is the most outstanding modern example; the sartorially correct, self-confident Walter Hagen is golf's most appealing figure; while the red-headed and elusive Grange is football's latest contribution to personality-plus figures; tennis first had the smiling Comet from California, Red MacLoughlin, and now the temperamental Big Bill Tilden. These men are far more than merely champions; they dominate and popularize the game while at the top, and sentimentalize the sport when their reigns are over. They are the landmarks by which the progress, or decline, of sport is measured.

The careers of all champions come to an end, but the end with these men is hard-fought, and the final finish likely to be pyrotechnical. Tilden's case is particularly interesting; not only the champion but the superman of world tennis for seven years—with nobody even close save the mighty Californian Atom, Little Bill Johnston—his day as champion seemed definitely closed with the close of the 1927 championship season. The verdict, however, seemed to be delivered too soon; Tilden captained and coached the United States Davis Cup team through the inter-zone and final round struggles with all his old abandon, he reached the semi-final round at Wimbledon to lose to Lacoste in a gruelling battle, and then went ahead to turn the tables on his bitter

rival in the opening match of the challenge round. With his win over Lacoste the question was once again asked by tennis followers, "Can Tilden come back to win the championship?" Everybody was looking forward to Forest Hills when the blow fell, and Tilden was barred from the American title event for a violation of the amateur rule.

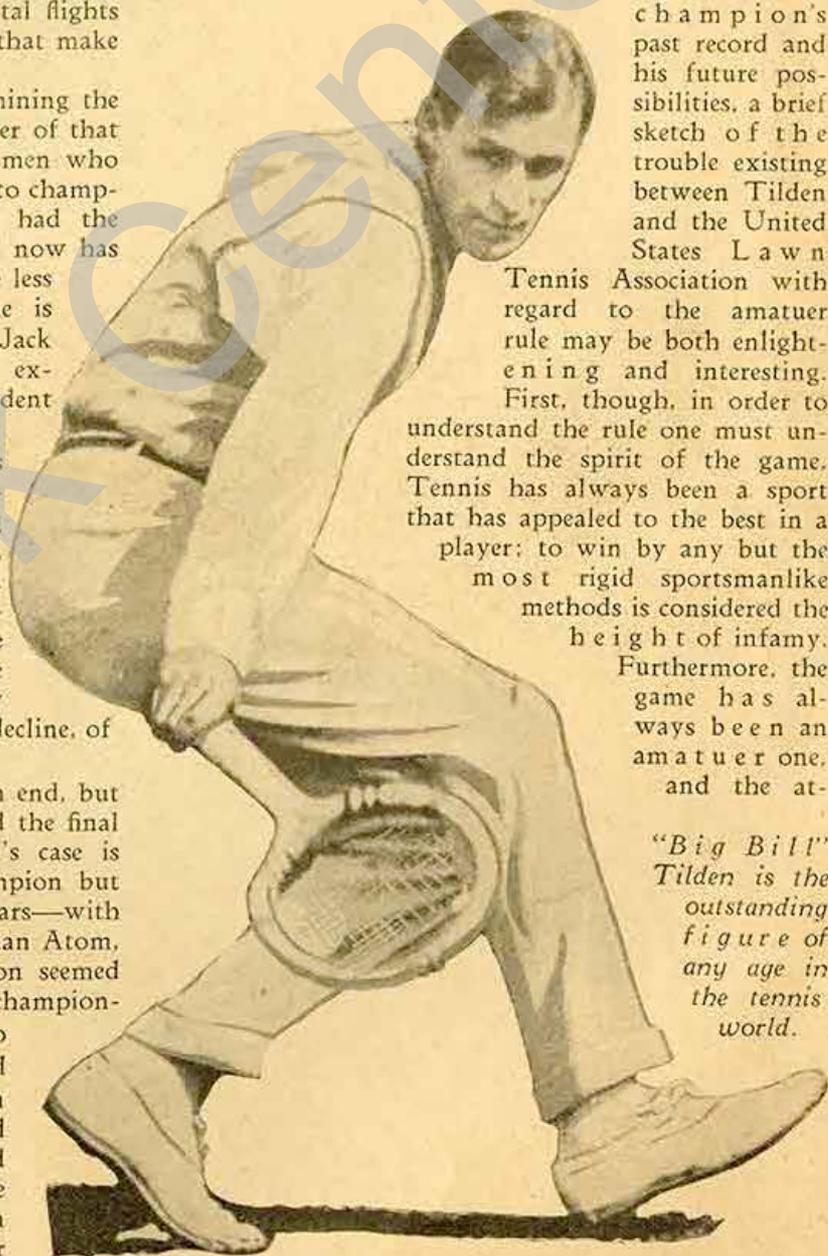
While at this point, and before we go into a resume of the champion's past record and his future possibilities, a brief sketch of the trouble existing between Tilden and the United States Lawn

Tennis Association with regard to the amateur rule may be both enlightening and interesting.

First, though, in order to understand the rule one must understand the spirit of the game. Tennis has always been a sport that has appealed to the best in a player; to win by any but the most rigid sportsmanlike methods is considered the height of infamy.

Furthermore, the game has always been an amateur one, and the at-

"Big Bill" Tilden is the outstanding figure of any age in the tennis world.



tempt to keep it so has been vigorously supported.

Everyone knows that there had been controversies regarding the amateur rule before Tilden. But not until 1922 did the question assume major importance in tennis. At this period the writing proclivities of tennis stars began to reach large proportions; with the ascension of Tilden the matter became one of grave concern to the officials. The coming of affairs to a head was inevitable, the winter of 1924 found the long awaited collision consummated. After a series of charges and counter-charges the two opposing factions decided to attempt to regulate the matter for all time, to this end they decided to appoint a committee to frame a rule that would meet the views, as near as possible, of both sides. The committee was to consist of seven men: two men were to represent the player-writer side, William T. Tilden, 2nd, and Wallis S. Merrihew, editor of *American Lawn Tennis*; two men to present the association's case, Jones Mersereau, then president of the United States Lawn Tennis Association, and Arthur Hellan of Washington; and three men were to be neutral, United States Senator Wharton Pepper, Grantland Rice, the sporting writer, and Devereux Milburn, the famous polo player.

The task of the committee was not an easy one, and several sittings were required before an agreement could be reached. The final document was due to the fine work of the neutral members in obtaining reasonable concessions from both sides. The rules then formulated and since incorporated into the constitution of the Lawn Tennis Association included these:

4.—A player becomes a professional by writing for pay or for a consideration current newspaper articles covering a tournament or match in which he is entered as a competitor.

Sec. 6.—Any person who is declared disqualified or suspended may be reinstated by the Executive Committee of the U. S. L. T. A. on evidence satisfactory to it that reinstatement is merited.

As the reader will readily see, the whole point of the recent controversy lies in the clause "current newspaper articles covering current tournaments." The precaution taken is evident to any one: a player of no reportorial skill whatsoever, could still manage to summarize each day's play, obtain a position on a newspaper through his tennis fame and live from the proceeds of such a position. He would be a professional in practice, even though if not by rule. This, incidentally, was the original position of the Tilden adherents, while the direct opposite stand was taken by the officials. The compromise allowed the writers to continue writing articles for newspapers and maga-



The French marvel, Rene Lacoste, may soon displace our "Big Bill" from his throne, but he'll have to go some to do it!

zines as long as the articles did not refer in any way to an event then going on.

To return to the Tilden case. Last year Big Bill wrote observations for the newspapers concerning the type of play of the different stars competing in the Wimbledon championship then being conducted. Whether this was "current articles" or not depended entirely upon the point of view of the individual; to the lawn tennis officials it was, to the adherents of Tilden it was not. Since the association had the authority to enforce its views Tilden was indefinitely suspended from sanctioned tournament play, but not barred as an amateur. This was one of the points that seemed to confuse the general public; Tilden in this case was punished like a ball-player in one of the leagues who violates a rule and is suspended indefinitely by the authorities, but whose status as a player in the league is not permanently changed. He is open to reinstatement; the same was true of Tilden.

Now that the technical side of Tilden's trouble with the authorities has been straightened out, a short review of his dynamic career might be best taken in

(Continued on Page 88)

Your Abdominal Development

There Are Three Reasons Why You Should Get and Maintain a Perfect Abdominal Development

By Charles MacMahon

IN my opinion there is no section of your muscular system in which development and strength are more important than in the abdominal section.

From a standpoint of muscular beauty (if I may use that word in describing the masculine figure) there is no part of the human figure that quite compares with the abdominal section when it is well developed. The lines or depressions between the bulges that run from ribs to pelvis and from side to side crossing each other at right angles are usually almost perfect in symmetry.

These depressions and the muscular bulges between them have been likened to, and often called, the "wash-board" because of the corrugated effect, but I think the comparison is not so good. A finely developed abdomen reminds me more of a small section of a street newly paved with Belgian blocks or cobble stones.

You are, no doubt, anxious to learn what are the three reasons why you should develop your abdomen. So let's take the most important one first. I call this the most important reason for abdominal development and strength, others may consider one of the other two more important. Your opinion will be influenced, of course, by your own physical needs.

The first reason for developing your abdominal muscles is because there is no other muscular section of the body that covers so many vital organs. When you exercise your abdomen the liver, kidneys, large

and small intestines, stomach, spleen and gall bladder are exercised, too. That is, these organs are not exercised in the same way the muscles are, but they are massaged, stimulated and gradually strengthened by the movements.

It is true that some of those organs lie nearer to the back than to the abdomen walls, but they are exercised by abdominal movements just the same for it is impossible to exercise the abdominal muscles properly without exercising the small of the back also.

You can now see why abdominal exercise is very important to your health and as your health is all important to you, you should exercise. While you are feeling fine it is easy to say "Oh! My health is perfect. I don't need to exercise my abdomen." But one never knows how soon his health will fail him.

Sooner or later without proper exercise you are going to enjoy

your meals less, and be troubled with gas on the stomach. Slight or perhaps severe indigestion will cause you uncomfatableness, pain and worry, not to mention the various liver, kidney, stomach and intestinal complaints, many of which may develop into serious affairs. It certainly is easier, cheaper, safer and wiser to spend a little time exercising that abdomen of yours and thereby insuring your present good health.

If you are not in perfect health at this time you ought to be very

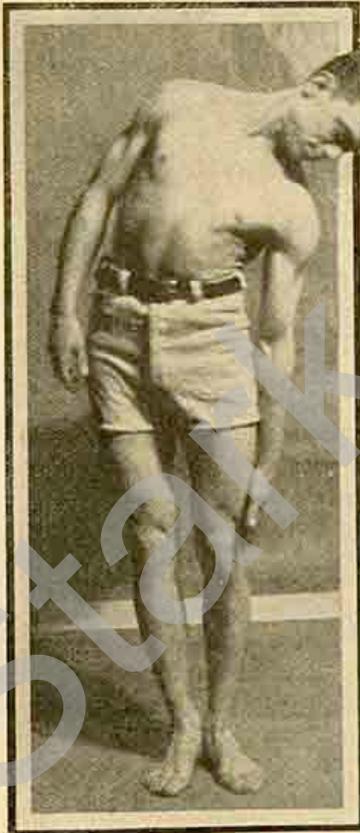
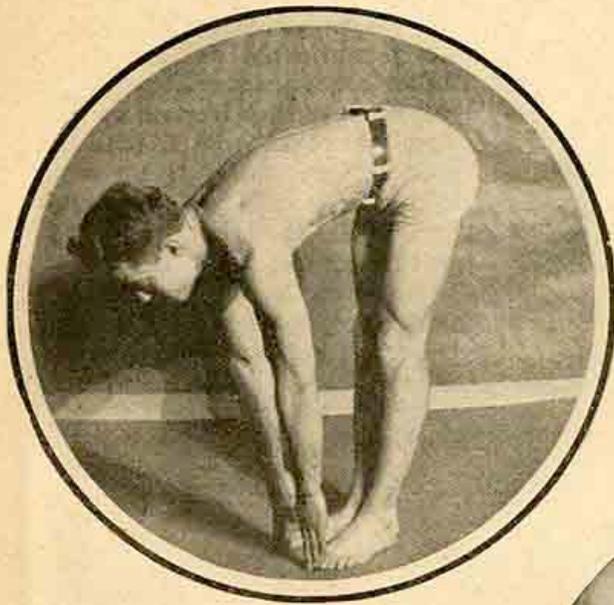


Figure 1 (at left) and Figure 2 show two exercises which serve primarily to massage the vital internal organs.

easy to convince that proper exercise is what you need to regain health and hold it.

Without your health you can do nothing — no success, no enjoyment either physically or mentally will be yours. Not only that, but your ill health is bound to bring hardships, worry and probably



poverty to others around you.

For your own sake start exercising, to-day especially your abdomen.

Next in importance is the developing of the abdominal muscles and abdominal walls as a protection against hernia (rupture). There can be no rupture from ordinary causes when the walls and muscles of your abdomen are strong and tough.

Thousands are suffering from, or inconvenienced by, this easily avoidable condition. Like all ailments of the human body an ounce of prevention is worth a ton of cure. A few minutes of exercise a day or even every other day would have prevented the occurrence of rupture in the majority of cases now afflicted by it. You can prevent it in your case by the same precaution.

Whether or not well directed exercise can cure a rupture depends on the extent of the rupture and the patience of the afflicted. I wouldn't advise anyone to try to cure his rupture by exercising without the advice and exercises of a competent instructor. Care must be taken, especially at the start, so that no undue strain is put upon the ligaments surrounding the rupture. Proper exercise can cure ruptures, but better still, it does prevent them. See to it that the walls of your abdomen are kept tough and strong and you will never have to worry about becoming ruptured. So

much for the second reason for abdominal exercise and development.

To everyone this third reason is not as important as the first. To some it is not as important as the second reason. However, the fact remains that more men desire it than either of the first two reasons. This third reason, by the way, is abdominal development for appearance and the performance of feats of strength.

As I say, most men, especially the young ones want a finely developed abdomen solely for the above reason. They want their abdominal muscles to stand out in rows and in high relief. That is all very fine. I am not criticizing anyone who has that desire, for when developing the abdominal muscles for appearance sake alone, the other benefits follow somewhat automatically. Nevertheless, some thought should be given to the strengthening of the internal organs and abdominal walls, also, when you are exercising.

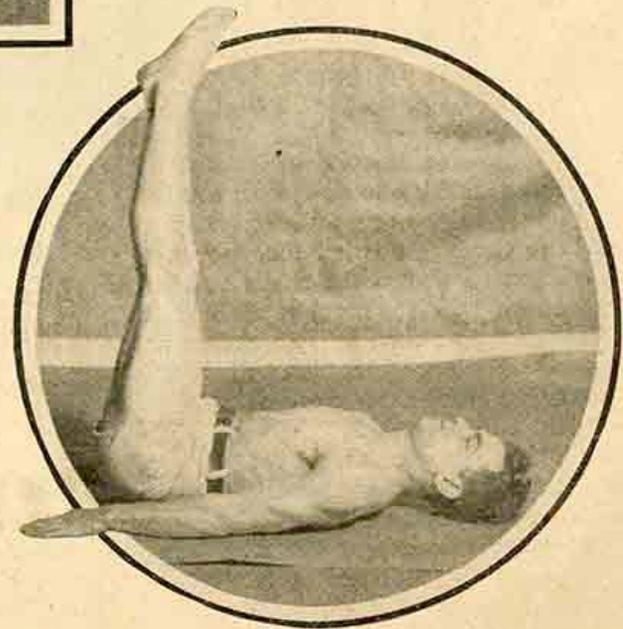
Pictured with this article you will see a few abdominal exercises and I will endeavor to point out to you which one of the three reasons for abdominal exercise is most directly associated with each exercise.

In Figure 1 we have the common side-bending exercise in which you endeavor to bend over to first one side and then the other as far as you comfortably can.

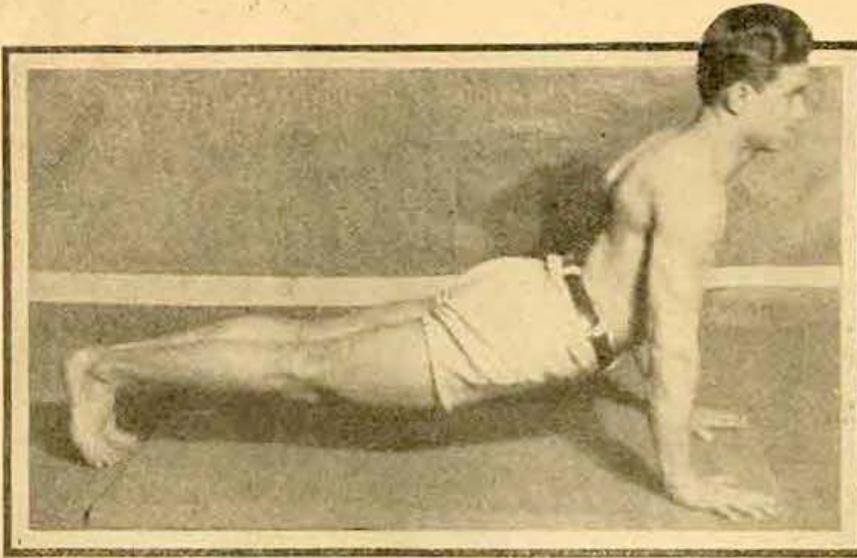
This exercise not only develops and strengthens the extreme sides of the abdominal muscular system but also massages and stimulates the liver and spleen. In fact, all the organs of digestion are affected more or less by this movement. The massaging takes place



Figures 3 and 4 strengthens the abdominal wall greatly in addition to massaging the liver and stomach.



The reliable leg raising exercise can't be beaten for developing the abdominal strength that prevents rupture. Figure 5



in the form of a gentle squeezing and stretching caused by the bending of the waist.

The above exercise develops the muscles of the extreme sides of the abdomen directly. That is to say, the muscles of the front of the abdomen are not directly exercised or, in other words, greatly affected by this exercise. To make it still plainer—don't use this exercise for the purpose of developing the muscles of the front of the abdomen.

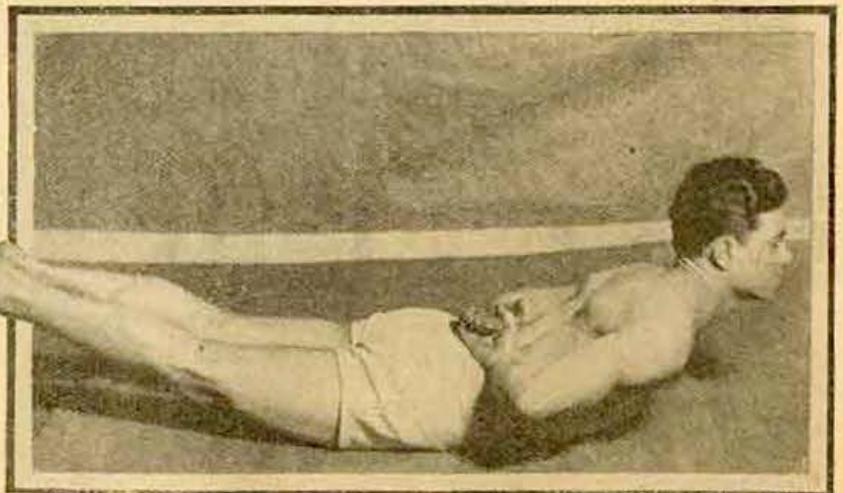
Other exercises to follow are better suited for the last mentioned purpose.

Repeat this exercise by alternately bending from side to side until you feel it slightly in the side muscles and possibly in the hip muscles, too.

Figure 2 shows the trunk twisting movement which is more of an internal organ massager than it is an abdominal muscle developer. It is well worth practising for that purpose alone.

The next exercise shown in Figure 3 does just what the first exercise doesn't do—develops and strengthens the front muscles of the abdomen directly and thoroughly.

In this one you stand erect and, keeping the legs straight, bend over forward as far as possible and then backward as in Figure 4, but not backward as far as you can. I mean do not



Figures 6 and 7 (top and center) illustrate a great all purpose abdominal exercise, while Figure 8 is one that is great for the back as well.

attempt to bend the crab. This exercise directly strengthens and exercises the front-abdominal muscles, but it is not the most effective abdominal exercise you can get. The reason for this is that it does not put much exertion on the abdominal muscles. It stretches and contracts them considerably, but that is all. The same movement performed while lying on your back is much better as a developer of the front muscles. The reason is plain to see. In the reclining position more leverage is present which makes the abdominal muscles work harder to perform the exercise.

However, the bending exercise in the standing position is fine for a beginner who can graduate to the more strenuous types later when he has gained some additional strength. This movement massages the large and small intestines, and the stomach directly. It also massages the kidneys and liver. It is a fine exercise for keeping the entire digestive organs in perfect working condition. You cannot strengthen the outer muscular system without also strengthening the organs and surrounding muscles and ligaments.

All the foregoing movements, especially the second one, are fine for strengthening the walls of the lower stomach and
(Continued on Page 77)

Leg Muscles That Count

A Discussion of Proper Developmental Proportions and the Means of Acquiring Them

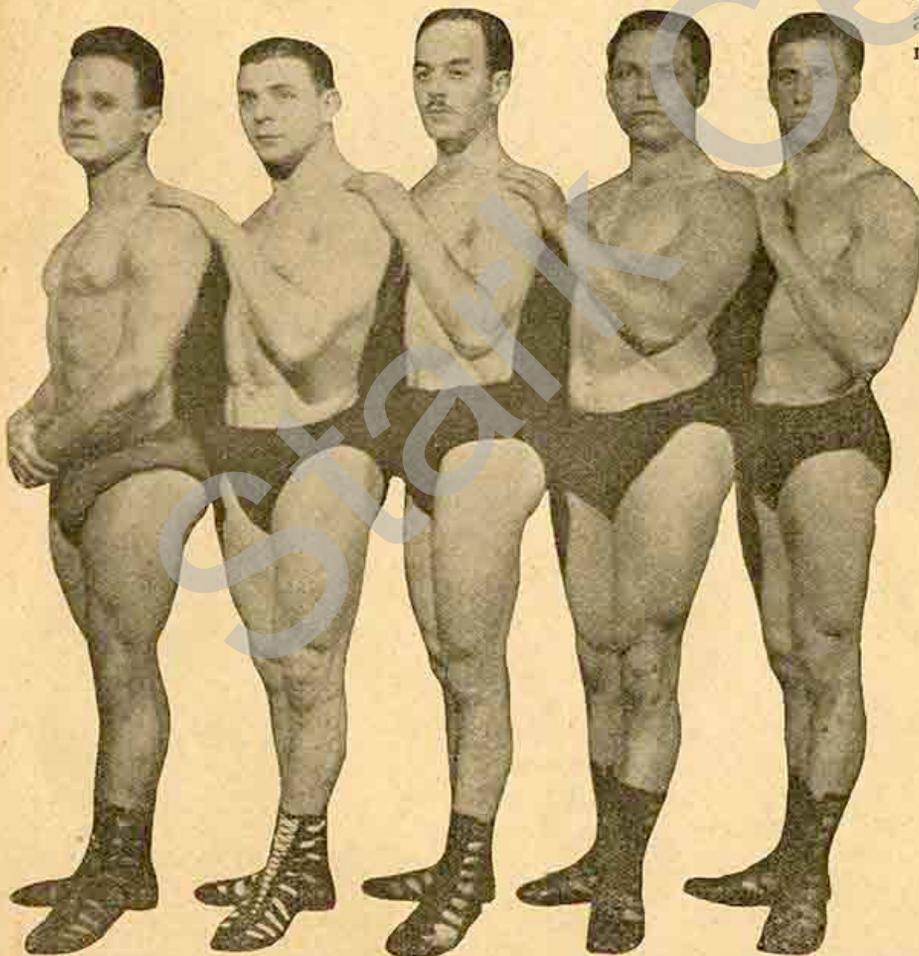
By Mark H. Berry

WHEN your legs go back on you it is a pretty certain sign that you are through physically, whether your sphere of endeavor is in athletics, physical culture, or if your physical efforts are confined to the necessary exertion of carrying you to and from the office.

We are all familiar with the advertisements to be seen in street cars, subway trains and newspapers, calling attention to the spry and energetic stride of those who wear rubber heels. Ads of the same tone are used to call attention to Cod Liver Oil and other

articles of commerce. Rubber heels are worn by an increasingly large number of city dwellers. It used to be that you had to have rubber heels attached to a new pair of shoes after making your purchase, but this is no longer true as the majority of manufacturers of men's shoes put rubber heels on their product. The extensive advertising must have had a lot to do with it. I mention this to show that a youthful and elastic stride must appeal to a large percentage of the general populace. On the hard surface of our modern town and city, rubber heels un-

doubtedly play a large part in adding an air of spryness to the person, but all those who wear rubber heels do not walk spryly. The buoyancy and energetic stride of the genuine youthful feeling cannot be cultivated by wearing special heels or shoes of any kind. The energy must be present in the body of the individual and the muscles of locomotion (including the legs, hips, back and entire torso) must possess a superabundance of strength and springiness. Notice the people passing you on the street. Once in a long time you will see a man of advanced years pass, who walks in a manner that belies his gray hair and the wrinkles of time. If it were possible for you to cultivate the acquaintance of that man, you would learn, without question, that in his earlier years he had been accustomed to some form of extra physical exertion involving the legs and associated muscles in the back and hips. You will find this to be true of practically every man who is spry in the latter years of his life. He may have been accustomed to some form of hard work or he may have indulged in athletics. Whatever his means of strenuous exer-



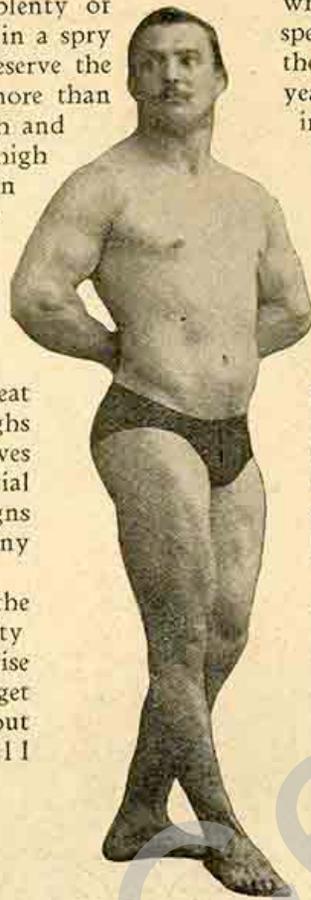
Some good legs are to be seen in this group of lifters—Robert Ra Nous, Siegmund Klein, S. Malkin, Max Marlin, Bill Raisch. This pose is used here to show the muscles just above the knee.

tion, he was used to giving the legs plenty of work. The regular practice of walking in a spry and energetic manner should help to preserve the spirit of youthfulness, but something more than walking is required in the years of youth and middle age, if the legs are to preserve a high degree of strength and springiness. In the act of walking, the leg muscles are not given a wide range of movement. Unless some form of activity has brought these muscles into a full range of contraction and extension, the muscles will in time lose the ability to perform such movements without great difficulty. In later years, the thighs will waste away and the calves lose all form of springiness essential to youthfulness. These are real signs of physical decline and always accompany old age.

Usually, a man has reached the early stage of feebleness and infirmity when he finds it difficult to arise from a sitting position, or cannot get up from a kneeling position without employing his arms to pull him erect.

This is one of the things most feared by the physically active man of large size who is advancing in years.

The legs are very liable to give out if he does not pay particular attention to preserving their strength. The muscles of the



Boucher, known as "Ralf the Butcher," a famous European heavyweight of years ago. He was remarkably proportioned for a man of 6 ft. 1 1/4 in.



Another pose of the "Butcher." Note the contrast in leg contour with the other pose of him.

thighs are among the first in the body to deteriorate with advancing age, in old age the thighs are almost always wasted in appearance; this condition prevents the active use of the knees. The calf muscles generally lose their springiness and elasticity as youthfulness departs. I recall a grand uncle

who was advancing in years; he was a splendid specimen of manhood in his youth and preserved the same husky appearance throughout the years, being over six feet in height and weighing around two-hundred and twenty pounds. The only exercise he ever took was hard work on a large farm, which involved all sorts of activity.

In his sixties he could get around in a very spry manner as long as he was on his feet, but, if he had to get down it was hard work for him to get up again.

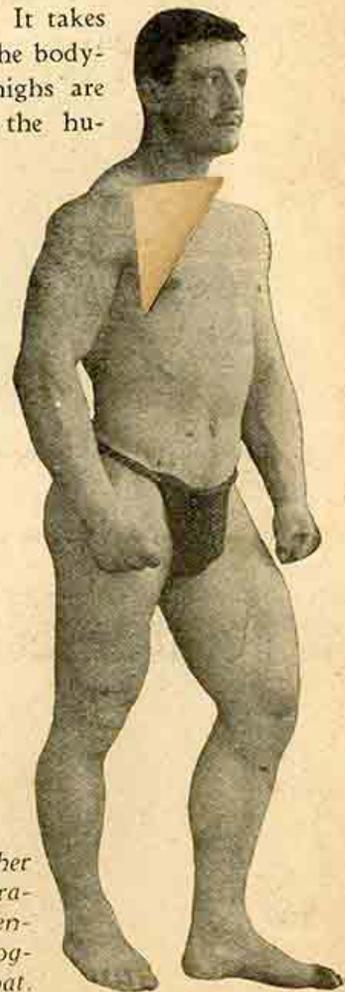
Here was an example of a vigorous man of what is called "great natural strength," who never trained at any form of exercise in his life. However, had he been accustomed to special leg exercises such as practiced by advanced physical culturists, it is most likely that his legs would have held up under him. The thigh muscles are not given a proper amount of flexion and extension in ordinary movements and walking, however vigorous the latter might be. You must understand that it is the duty of the great muscles of the thighs to bend and straighten the legs to the same extent as the arms are used in vigorous action. This means that the knees must be bent to a great degree if the thighs are to be preserved in a healthy condition. Furthermore the weight of the body is insufficient to properly exercise these im-

portant muscles. It takes a lot more than the body-weight, as the thighs are built to sustain the hu-

man body while handling heavy loads. The thigh muscles cannot be properly developed unless heavy loads are handled, and the muscles are used in a complete range of flexion and extension.

A slight amount of thought will convince you of the necessity of something more strenuous and more complete in action than walking. Observe different individuals walking; pick out the most exaggerated walking motion you can find. You will observe that the thigh muscles move in but a small degree of their

Jacques Roumageon, another famous Frenchman of a generation ago. Possessed of a tremendous strength, he was recognized as a sprinter and acrobat.



complete range. The same is true of the calf, which is more adapted to hill or mountain climbing where the heel must be raised to the limit in adding to the force behind the thigh.

The necessity of preserving leg strength is well recognized by coaches and trainers in all lines of sport. The pugilist starts to hit the down grade when his legs began to fail him. The ball player who has seen years of service pays particular attention to his legs, knowing that when they fail him, he is through. Just lately I read about an interview of a well known conditioner of professional athletes, who specializes somewhat in repairing athletes who are beginning to break down and go to pieces. He had commented on the bowling style of a leading bowler and predicted he would not last long as his bowling style was too hard on his legs; the man lasted at the top but a short time. The average athlete would hardly consider the necessity of taking care of the legs for bowling and I doubt if the average bowler ever gives it a thought. However good your arms, shoulders and back may be, if your legs can't back them up, you don't have a chance in anything where you must be on your feet.

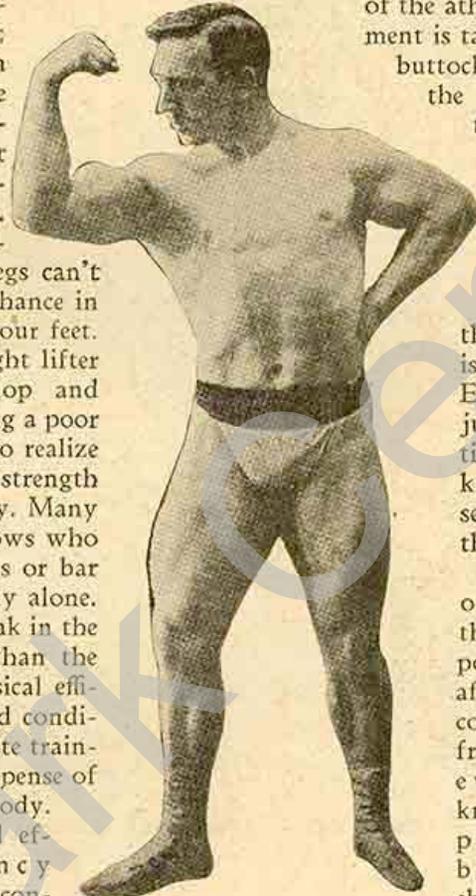
The physical culturist or weight lifter who neglects his legs to develop and strengthen his upper body is making a poor investment. He will simply fail to realize the full possibilities of upper body strength as well as general physical efficiency. Many times has this been proven to fellows who were attempting to lift dumb-bells or bar bells by developing the upper body alone.

You may be comparatively weak in the arms and still possess far more than the average degree of energy and physical efficiency if your legs are kept in good condition. Of course, we do not advocate training or developing the legs at the expense of the arms or other parts of the body.

Yet, as far as health and general efficiency are concerned,

the man who trains only his legs is better off than the man who trains only his arms and upper body. You may have large, strong arms and weak legs, in which case the arms would lose most of their effectiveness. On the other hand, it is

The legs of T. H. Parker, a beginner who realized splendid results from exercise.



Jean Francois, a former champion. He weighed 200 pounds at a height of 5 ft., 7 1/4 in., and held records for both slow strength and feats involving great quickness.

true that the entire body is benefited to some extent when you follow any form of exercise.

Allow me to direct your attention to the conformation of muscles of the thighs which denote great strength and leg power. First look at the group photo and note the great bulges of muscle above the knees which is plainly evident on the legs of RaNous, Klein, Marlin and Raisch. One bulge is on the inside of the leg just above the knee, the other on the outside of the leg a little farther above the knee. Now this particular pose of the leg is far from beautiful to look upon, but it is rugged and vital. It is possible to pose the legs in a variety of positions which show proportion and shapeliness to greater advantage. Some athletes may have thighs of greater girth than anyone of the athletes in this group, when the measurement is taken at the largest part, just below the buttocks, and yet their legs may not show the possession of strength evidenced by this group. It is possible to develop

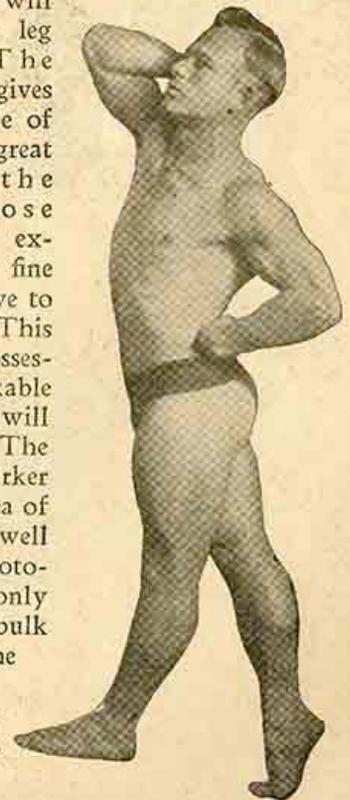
the upper parts of the thigh muscles by incomplete movements, thus bringing about a long tapering development from the knee to the top of the thigh.

Do not misunderstand me and think that a thigh showing a tapering curve is weak, for this is far from the truth. Either one of the four men in the group just referred to can pose in such a position as to show a long curve from the knee to the hip. The point to be observed is the presence or lack of lower thigh development.

Reference to the two photographs of the athlete known as "Ralf the Butcher" will show you how position will affect the leg contours. The front pose gives evidence of knees of great power; the back pose shows an exceptionally fine outside curve to the thigh. This athlete possesses a remarkable

physique in general, and will be referred to later on. The two poses of T. H. Parker will give you a further idea of the general appearance of well muscled legs. The photograph showing his legs only is unusual for muscular bulk and separation of the

Richard Bachtel, a young American whose legs are most impressive.



thighs. The side pose of Mr. Parker is more desirable for shapeliness and artisticness but lacks the impressiveness of the other pose. These poses show his state of development after seven months of bar bell exercise; during which time he made great improvement.

The poses of Jean Francois and Roumageon, two famous athletes, show you the state of development of high quality legs. Both possess unusually large leg muscles for men of average height, being approximately of the same height as Marlin and Raisch, shown in the group photo. The latter athletes both have exceptional thighs of which any strength seeker might be proud, but compare their legs with those of the two Frenchmen Roumageon and Francois, who outweigh the more youthful men by twenty-five pounds or more.

This month we are using as examples of development, three famous French athletes of a generation ago. We are indebted to "La Culture Physique" a French magazine for these photographs, from whom we purchased them some time ago. We will in turn discuss Roumageon, Francois and "Ralf the Butcher."

Jacques Roumageon was, in his day, considered a phenomenon of strength and agility. We are, at present, chiefly interested in the exceptional leg development he possessed. At a height of five feet seven inches, he had a calf of 16 3/4 and thigh of 24. We

will stop a moment to discuss this thigh measurement; look at his left thigh and you will see that the lower part looks as large or larger than the upper. Then note the right thigh with its great bulge above the knee. Where this type of development exists, the thigh measurement fails to give you a true idea of the development or probable strength. Other measurements of Roumageon are: neck 17 3/8, chest 45 1/2, waist 30, upper arm 16 1/4, forearm 14, wrist 7 3/4. He snatched 200 pounds with one hand, which was a higher class performance in those days than it is to-day. Roumageon also held records on the dy-

namometer, a mechanical devise for registering strength used in all leading colleges to-day. He exceeded the previous record of Emile Deriaz on this machine.

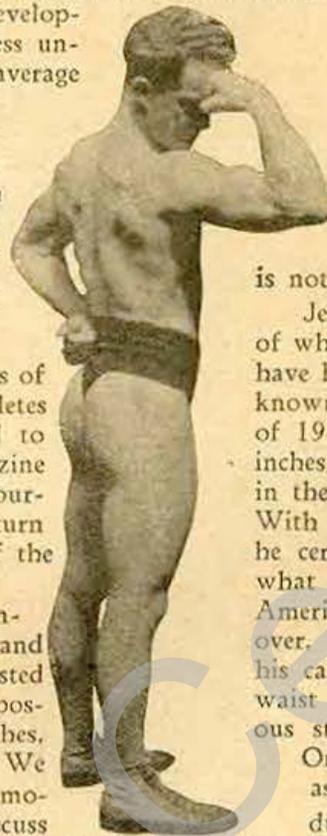
A contest was held in Paris in the early part of this century, at which time Roumageon was declared the strongest man in the world. He was recognized as a champion at tumbling and sprinting, and his lifting ability was considered phenomenal at that time. He resided for quite some time in Montreal, Canada, and was able to exceed the Canadians who were considered very good at strength tests. The pose of Roumageon which we are using shows him standing at ease with very little attempt to display any muscles. For this reason his upper body is not shown to good advantage.

Jean Francois is a famous strength athlete of whom some of the older STRENGTH readers have heard something. For years he was widely known as holder of the One Arm Swing record of 199 pounds. At a height of five feet 7 3/4 inches, Francois weighed two hundred pounds, in the condition the present photo shows him. With a calf of seventeen and thigh of 27 1/2 he certainly had admirable legs for a man of what we refer to as about average height (for Americans); but he was very evenly built all over, with upper arm measuring the same as his calf and neck an inch larger, chest 49 and waist 36. Truly his build suggests tremendous strength. Holding world records on the One Arm Swing and the Two Arms Snatch, as well as muscling out weights and

dumb-bells

in the curcifix position. he was also very good on other lifts calling for either slow strength or quickness. Besides his One Hand Swing of 199, he snatched 193 with one hand and 253 with both hands. Cleaned and Jerked 211 pounds with one hand and 320 with both hands. Military Pressed 220 pounds. Holding a weight on each hand, he made a crucifix of 77 and 66 a total of 143 pounds, and with two dumb-bells of 66 pounds each a total of 132 pounds.

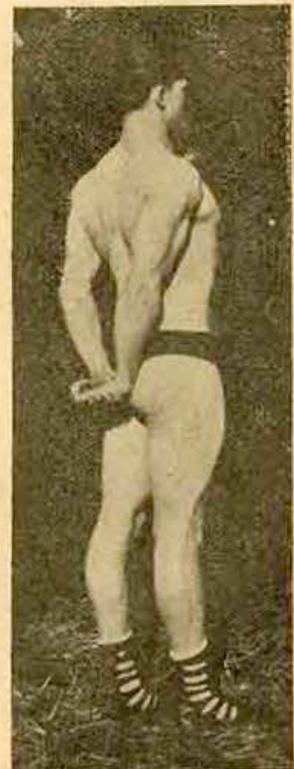
"Ralf the Butcher" was a man of imposing size, standing 6 feet 1 1/4 inches. Reference (Continued on Page 82)



T. H. Parker, whose legs are shown on the previous page. This pose shows how position changes the effect.



Earl Davis, a tall heavyweight, whose legs, though not massive, are very shapely and show the possibilities for the average tall man.



Another pose of Earl Davis who is about the height of 6 feet.

Nurmi—The Incomparable

The Phantom Finn, Again in This Country, Stands Out as the Greatest Middle Distance Runner in History

By James Lawton



Nurmi—The Incomparable. This, we think, is one of his best photographs.

EARLY in January the public press carried an announcement to the effect that the one and only Paavo Nurmi had arrived in this country for a business and pleasure trip; the business being in line of duty of his connection with a Finnish auto concern and the rest (and principal part) being the little matter of running a few races. Well, we can't say just how his visit will reflect upon the automotive end of Finland's industrial life, but we can say emphatically that it is making lots of smoke on our own little indoor track meets on this side of the big drink.

Already the incomparable one has taken part in—and won—a sufficient number of races to prove to the most skeptical followers of the sport that he is still the record-breaking speed demon he was when he first visited these shores several years ago. The seven times Olympic champion began his campaign by winning the 3000-yard special race at the Brooklyn College track meet, in New York City, on January 19, in 7:43 2-5, clipping 2 1-5 seconds from the previous record, which, incidentally, had been established by him. A week later he copped the two-mile event in Boston Garden in the fast time of 9:12, running the legs off his opponents and leading his nearest competitor by three-fourths of a lap at the end. And at that, he did not at any time extend himself fully. A few nights later, on the flat Armory track in Newark, N. J., he again contented himself with winning by forty yards from the No. 2 man (who had originally been given a seventy-five yard handicap), using his much-commented-upon stop-watch carried in his left hand to gauge his pace to overtake the field of twelve also-rans in one-two-three order. This, also, was a two-mile event.

The second night following he again came home first in another two-mile jaunt, this time in Boston, the time being 9:15 4-5, and again he won by nearly a lap without extending himself to try to better his record for the distance which he made in 8:58 1-5 in New York City, February 14, 1925.

It was back in 1924 that this Finnish marvel first attracted the scintillating rays of the limelight to fall upon his figure in generous quantities. Well we remember that hot summer afternoon when the crowds were well-nigh baked to a turn by the boiling sun as it beamed down upon the Colombes Stadium and the assembled thousands awaiting the first glimpse of the contestants in the 10,000-meter race. It was, you remember, the Olympic Games.

"Here they come!" Runners from many countries had crossed the line at the bark of the starter's gun, but now only a handful were left. The rest had been forced out by the terrific heat of the day and the cruel grind of the race. Nurmi and Willie Ritola were "they," Nurmi winning by 500 yards. The other survivors of the ordeal trailed in far behind, and since that memorable afternoon Nurmi has ever been a world figure.

This slight, unimpressive-looking Helsingfors paper-hanger (that was his original occupation) did not become Nurmi, the world beater, over night. On the contrary, his was the usual up-hill fight, first for health, and then for actual athletic ability, through which many a famous athlete has risen. Born June 13, 1897, he was a slight, sickly youth, and he took up running with the hope of building himself up into some semblance of a physically sound individual. Even today, however, in spite of all his years of devotion to running, he still bears a strong resemblance to the original Paavo Nurmi of fifteen or more years ago. He is still spare and slight of build, and only his calves and deep chest give a clue to his prowess.

Long before the world knew of Paavo Nurmi, "The Phantom Finn," his countrymen recognized him as a distance runner of remarkable stamina and endurance, but not gifted with much speed. But he kept on plodding and plugging away, and when the 1920 Olympic Games rolled around he was ready for them. That year, in Antwerp, he performed to the extent of capturing the individual cross-country number and the 10,000-meter event, and by taking second place in the 5,000-meter run. He had at last found himself possessed of an enormous amount of speed to match the endurance that had come to him after years of patient labor—he now had a winning combination. Came then the '24 Olympics, races and victories in the 1,500 and 5,000 meters races and the 3,000-meter team race, and the grand climax of all on that hot afternoon of July 12, 1924, when he took the 10,000-meter cross-country race in a most impressive manner.



Then came a visit to America. America was ready for Nurmi, ready for the representative of Finland, ready for the man who came hailed as the greatest middle distance runner of the age. America was in a receptive mood, but had to be shown ere she would believe. And shown she was.

Let's see—he started one Thursday night in New York, breaking records in each of three races. The next night, in Chicago, he broke another mark, and Saturday night, back in New York, he added still another record to his list. Here was something to think about; a man who could break five records in three successive nights and in the meantime travel a couple of thousand miles or so isn't found every day. And, furthermore, when this individual happens to be new and inexperienced

Alf Shrubb, the English runner of other days, alone ranks in the class with the "Phantom Finn."



The old, old story—Paavo Nurmi leading the field, this instance being in the 5,000 meters event of the 1924 Olympics.

in the indoor running racket his accomplishment becomes all the more remarkable. He continued his winning ways throughout the trip, romping in first in almost every event he entered. Surely, the wise heads wagged, flesh and bone can stand but so much, and there must come a time when "finish" would be written to this remarkable career.

Time passed, and again the Olympic Games called forth the cream of the athletes of the world. Nurmi was, as in the two previous games, conspicuous by his presence, and in spite of the opinions of many critics he won his way to victory and fame even as he had done previously, easily taking the 10,000-meter event for the third successive time, and although he came in second in the 5,000-meter run (which Ritola won) it was very evident that he held himself back to permit his countryman to take first place. Now, again, he is visiting in America and showing his wares.

But even while this is being written he has been beaten in a sensational one-mile race in Madison Square Garden by our own Ray Conger, and critics are again wagging their heads and saying "I told you so," and decreeing that the Great One's days are past. They never learn, these wise boys, and for the next six months they will be kept busy trying to explain the how and why of their bad guessing. This Finn isn't through yet, and that by a long distance. He has lost a race, yes, but condition and training will tell, and no people possess these attributes as do the Finns, and no Finn possesses more of them than does Paavo Nurmi.

But at that, could he not well afford to hang up his shoes and rest upon the laurels he has already won? A seven-time Olympic winner, he holds some two dozen

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Should Children Exercise?

Should Exercise, Other Than That of Play Be Compelled? Or Should Even the Amount of Play Be Curtailed? Here is One Man's Opinion.

By Dr. B. M. Middleman

JACK SIMPSON is as fine a young man for his twenty-eight years as anyone would want to meet. Clean cut, square shouldered, clear eyed he is, not an athlete, but a good sensible young business man who believes that prevention beats curing, and who, therefore, takes enough exercise to keep his body healthy. I have known him for some twenty of his twenty-eight years, having been first called in to pull him through an attack of measles when he was a young lad. During these twenty years I have been pressed into service to repair an occasional broken arm or prescribe for some minor ailment so common to children or to render some other professional service to him from time to time until by the time Jack left college and settled down in the old home town for a business career, I had come to feel something of a close personal interest in him. And when he looked over the supply of available young ladies and selected a quiet, home loving Miss for his wife I concluded that surely here was the beginning of a happy family life. Nor was I wrong.

Two years ago it was they married, Jack Simpson, the hustling young go-getter, and Mildred Stewart, beautiful (but not dumb) daughter of one of the city's leading families. A month ago a fine eight pound boy came to bless their home and increase their happiness, and, even if all doctors are reported to say the same thing about each baby, I must say that the youngster was as fine a baby as I have ever seen.

Last week young Mr. Simpson came sailing into my office looking as if half the cares of the world were resting on his shoulders. I knew, even before he spoke, that the principal and only subject in his mind was young Master Jack Simpson, Jr., aged three weeks.

"The boy, Doctor," he began. "It's about him I'm worrying. Oh, no. He isn't sick; not a bit of it. It's something else.

"It's this way: the other day I was playing with him and happened to remember having read somewhere that a young baby can hold his weight by gripping a stick with his hands. So I gave the young man a trial. And would you believe it—why, he would grip my two forefingers with his tiny hands and hold on for dear life while I lifted him clear of the bed.

Seemed to like it, too, he did. But his mother; she nearly had a 'conniption.' Said it's no time to give a baby exercise until he ceases to be a baby. Further opined that he'd never need 'exercise' anyway, that he'd get all he needed in the regular course of playing. Well, about that time Mildred's mother, she's a fine lady, all right Doctor, but you know—, dropped in for a chat. Promptly, and without any encouragement, she stated very definitely that children these days exert themselves too much if unrestrained, and that we should never allow Junior to 'gang' around with other children even at play.

"So you see, Doctor, I am completely at sea. I don't want the boy to grow up into a prize-fighter or bull-necked wrestler, but on the other hand I certainly do not want him to develop into a sissy type. Really, I should prefer him to be something of an athlete—you know; football, track, etc.—and thought maybe the younger I start him on exercise the better it would pan out.

"That is where I stand, Doctor; I want to start him in now, my wife wants to wait until he is older and let him play but not 'do exercises,' and the mother-in-law says he will be bad enough even if he never is permitted to play about much. So I have come to you. I know you will direct me correctly, and, furthermore, we all have confidence in you to abide by your decision. Now, what do you say?"

"Jack," I replied, "you are right." And before he could start doing a dance for joy I added, "But right also is your wife, and right, even is your mother-in-law. But, here, I will tell you a story to prove that each of three people, entertaining such a widely different views, can be severally correct."

This is the story I told him:

"Thirty years ago when I was a young doctor just beginning to practice medicine I came to this city and put out my shingle with great hopes and slight expectations. During those first few years business with me was not so brisk but I had plenty of time to make many observations on facts and lives around me. Had you been with me then you would have been compelled to notice the big white house on the hill and the people who lived in it. They were the Jacksons, the wealthiest family in town in those days.

There were three of them, Mr. and Mrs. Jackson and their young son, Howard.

"They knew no want, did the Jacksons, and in their luxury they determined that their son should have the best of everything. But, lest he become 'contaminated' and coarsened by plebian playmates he was never allowed to associate with other children. He grew up like a hot-house plant, pleasing, perhaps, to the eyes of some, but never knowing the joys of real boyhood. He wasn't exactly a weakling, so to say, but on the other hand he certainly was no young Goliath. His parents, particularly his mother, had discouraged him from physical exertion of any and all sorts and had directed his energies toward scholastic attainments instead. But there is no need to continue; everybody knows the rest of the story. Last year he appeared at his office one day complaining of a cold. The next day he was confined to his bed with the 'flu,' and two days later his earthly troubles had been ended for all time. One of my best patients, too, he was, and I had been trying for ten years to save him from what I knew would be the inevitable end. But those first twenty years of home training had cemented into his mind and body a distaste for anything approaching physical exercise sufficient to defeat all my attempts to persuade him to do something toward building up a little constitutional reserve.

"Perhaps you remember seeing that big barn about two miles out on the Big Lake road. Its been burned now for about fifteen years, but when I first located here it was the biggest sight to be seen in these parts. All red and blue and white it was, the winter quarters of a small circus, and many a happy hour I spent in and about it. The circus would come in in the fall and remain there for several months until spring. During the stay all hands would be kept busy repairing and repainting the equipment and training the animals and revising acts. Circus people then were not so much for entertaining visitors, but as I was a doctor and didn't ask too many questions they let me hang around about as I pleased so that medical aid might be handy in case of an accident.

"The acrobats interested me most of all. To see a man swing high on a trapeze, then suddenly let go and turn two or three revolutions before being caught by a partner thrilled me not a little, and still does. Then there were the beginners, fellows just taking up the aerial work. They wore safety belts as they essayed the hazardous trips from trapeze to partner, and if saving a life is meritorious of a medal, well, there's many a medal due some of those old safety belts.

"But one day as I entered the great barn a new sight greeted my eyes. There on an old tumbling pad was a man whose name is known to the show world as one of the greatest tumblers of all time. With him were his two boys, aged five and three, respectively. He was putting them through their training routine against the time when they should come forth in splendor to the blare of brass instruments to do their turn and march off victorious to the plaudits of the circus crowds. For some time I watched the great performer put his boys through various limbering and stretching exercises. Then he started them practicing

elementary tumbling feats. In answer to my questions he explained that he certainly wasn't hurting them, that the reason he himself had accomplished so much was that his father before him had started him at exercises before he could even walk, and that if he were not sadly mistaken his two boys would surpass everything he had ever done as a circus performer. 'They will be in the act in the next season or two,' he said, 'doing a little tumbling, and by the time the youngest is ten or twelve they will be stars.'

"Circus people, this athlete explained, often come from generations of performers and are literally born into the active life of the canvas world. Such individuals, and among them will invariably be found the stars of the business, have almost without exception been verily raised on exercise and plenty of it. That this system of training is not detrimental to their well being is attested by the fact that a greater percentage of circus folk than of people of the quieter walks of life survive into an active old age. And the reason that many more of them do not carry on longer can be ascribed more to lack of care of themselves (through dissipation of various sorts) than to any detrimental effects coming from long years of hard exercise.

"So, then, it seems that exercise from the earliest days of infancy is not detrimental, especially if the individual concerned is to live a physically active life.

"I have given you the two extremes, the one who never takes any exercise, even of the play sort, and the one who exercises from infancy. In the space between we find the great majority of our world's people, those whose exercise has been permitted to shape itself into play in whatever forms appealed to those concerned. This is the way I grew up, and it is the way you grew up. We played such games as took our fancies, we ran, swam, 'rassled,' climbed trees and generally kept busy and active. Then in school we had the various teams to make, and the same was true in college. Now, as grown men, we have the privilege and choice of taking no exercise at all, which would be most foolish, or of taking it in any of a number of ways—golf, hiking, swimming, or gym work.

"Take your choice, Jack, as to what you want your boy to be. But I am quite confident that not even your mother-in-law wants him to be a weakling like the lamented Mr. Jackson, to say nothing of being considered a sissy in this day of physical activity on the part of everyone. To say the least, the youngster should be given almost a completely free rein when he becomes old enough to partake in the usual play of children, and it would do no harm for you to encourage him along the lines you desire him to progress. Nor would it be of any possible harmful effects for you to start in with him as soon as you want with the simple little exercises advocated for infants and small children.

"Briefly, Jack," I said in closing, "we may sum it all up to this: if one desires to make an athlete of a child one cannot possibly start in too early with training. Again, even if one has not even the slightest desire of raising a star athlete one can do no harm in exercising the baby or young child, it being under-

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George Kojac, Olympic Champion at 18

By Caspar H. Nannes

TWELVE years ago a round-faced, shy, little boy stood on the docks of New York watching the other boys of his age swimming in the East River. "Gee," he said longingly to one of his playmates, "I wish I could swim." "Aw," answered his friend, "it's easy. Just jump in and swim." But the youngster shook his head and continued to watch the others dive into the water with envying eyes. After one particularly good dive the child approached the edge of the dock; he suddenly found himself whirling through the air and splashing into the water with a noisy smash. On the dock his playmates stood laughing and waving their hands. "You've gotta swim now, you've gotta swim." They were right, he had to swim. And as so often happens, he did.

Last summer the eyes of the sporting world were turned toward Holland, and especially toward the swimming events. Around the pool in which the Olympic championships were to be decided was crowded a brilliant assembly; from the tops of the stands the flags of the different nations fluttered proudly against the blue sky while seated in a box draped with the banner of the Netherlands royalty sat. It was a setting to inspire the coldest heart. After several appropriate ceremonies the contestants for the first race were called. The men lined up, the gun barked, and the white arms of the swimmers flashed in and out of the water. A stalwart youth took the lead at once and kept it safely until near the very end. Then another pair of arms were seen to be slowly but surely overhauling the first pair. Could the leader hold his lead for another ten yards? These yards were miles of torture, with both men fighting with all their strength. Finally the end came, the young boy managed to keep his lead long enough to touch the finish line the victor. And then the spectators saw climb from the pool the same round-faced little boy who had been thrown into the water to learn to swim—an Olympic champion.

"I never," George Kojac told me, "was so scared as before that race. It seemed to me as though my legs would not hold me up to reach the pool, much less to swim. The thought that this was the Olympic race, and that royalty was watching was almost too much. However, once I was in the water I forgot about everything else and just kept plugging ahead. Those last ten yards were a nightmare; I

seemed to be kicking and swinging my arms without making the least bit of progress. Then I saw Laufer steadily coming up, but try as I could it seemed impossible for me to do a thing. Phew, I certainly was glad to reach the finish with the knowledge that I was the winner."

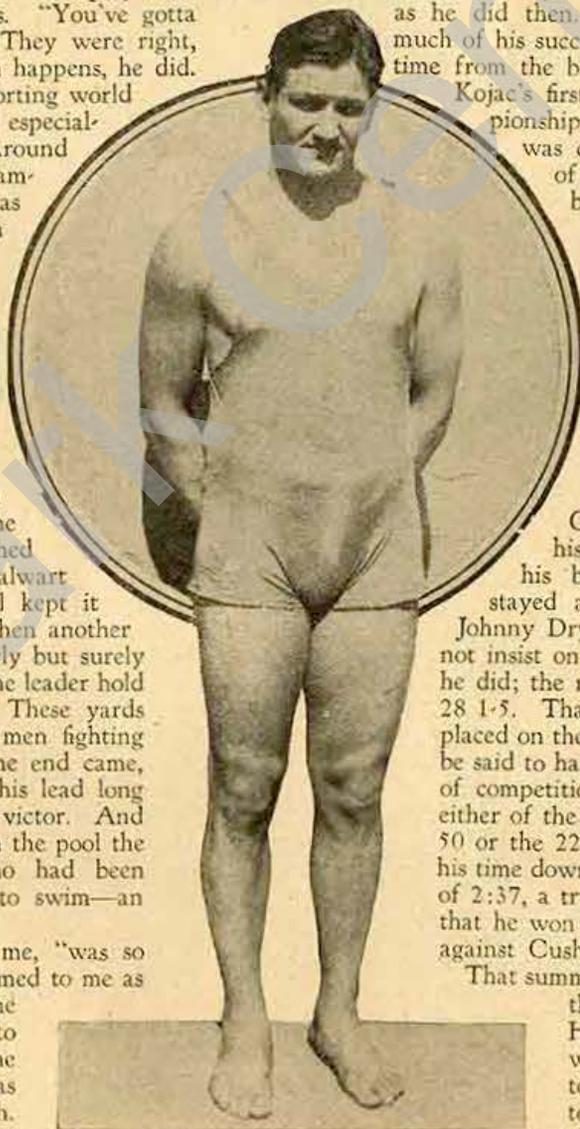
A short time after Kojac had been thrown into the water he was taken to the Boys' Club by one of the members as a prospective member for their junior team. Here Moe Maldow, the swimming instructor, saw him and took the youngster in hand. Maldow first of all taught George the crawl, which Kojac uses in exactly the same way now as he did then. The young champion attributes much of his success to the coaching received at that time from the big-hearted Moe.

Kojac's first race was in the P. S. 64 championships. His opponents were Squire, who was considered the Johnny Weismuller of the school, and Lipkowitz, a member of the school relay team.

Though the race was only 60 yards it seemed like a mile to Kojac. Squire easily won the race, but George came in second after a hard finish to beat Lipkowitz by a touch. "With the exception of winning the Olympics, I got a greater thrill from taking second that race than in winning any race in my career."

When Kojac entered De Witt Clinton he temporarily forgot about his swimming and applied himself to his books. He probably would have stayed away from the pool altogether if Johnny Dryfuss, the captain of the team, did not insist on George making a time trial. This he did; the result was to swim the 50 yards in 28 1-5. That settled it, Kojac was immediately placed on the team and with that his career may be said to have begun. Though in his first year of competition George did not lose a race in either of the two events in which he swam, the 50 or the 220. In the latter event he brought his time down from 2:28 to the remarkable time of 2:37, a truly wonderful feat. In addition to that he won the city championship for the 220 against Cushman in the good time of 2:40.

That summer Kojac began the first of his trips that were to eventually stretch from Hawaii to Holland. The Boys' Club, which had become a second home to the young New Yorker, sent him to Chicago to compete in the national championships against Johnny Weismuller. The trip was quite an adventure for a boy of 17 who was just entering his second year of



One of our most promising young swimmers—George Kojac.

competition. Most boys would have been awe-stricken with the thought of swimming against the famous Weismuller and fail miserably. George, however, had the "stuff" of which champions are made and beat the western flash twice, once in the trial heat and again in the finals. Not only did the Boys' Club representative win the back-stroke event but he broke the world's record twice in doing it. In the heat he did 1:40 and in the finals 1:39 1-5. This was remarkable when one considers that it was Kojac's first national championship.

After the nationals George returned home and once again forgot about swimming in order to study. However, once school was over for the year, he felt that he was entitled to a period of play and gladly accepted the chance to go to Hawaii to compete in the national outdoor championships.

The Hawaii meet was important for Kojac in two ways: he broke the world's back-stroke record for the 220 by doing it in 2:36, and for the first time in his career pressed Weismuller in the free-style 100-meter event, the latter's favorite style. This was important because it showed Kojac that his possibilities were not limited to the back stroke only but that he may well look forward to becoming a champion in the other types of swimming.

The following year Kojac went to San Francisco to again compete in the outdoor title event. Although he did not break the back-stroke record he easily won the event. In the free-style race he lost to Weismuller by less than six inches while he took second place to Buster Crabbe in the medley swim.

Upon the completion of the national championships the swimmers all left for Detroit, where the Olympic trials were to be held. Kojac was paid a signal honor by the Olympic committee on this occasion; he was selected to represent the United States, with Weismuller, Crabbe, and Laufer, in the 800-meter relay event without the necessity of a trial race. By this action he was recognized as being one of our country's four fastest men. At the trials George again ran off with the back-stroke race and took second in the 100-meter free style. Following the trials George stopped off at Chicago; here he lost the only back-stroke race in his entire career, to Laufer. That fact is amazing when one remembers that Kojac almost from the start competed against the very best men the country had to offer.

The long-awaited day when he was to sail for the Olympic games finally arrived. "The night before the boat sailed dragged like a hundred years. I found it impossible to sleep, and undesirable to get up. I just lay in bed thinking of the morrow, hoping and praying that the day would quickly come and yet fearful that if it did come I would wake to find that my Olympic trip was merely a dream." But the trip was stern reality; George soon found himself on the steamer bound for Holland and the games.

On the way over Kojac ate his usual customary heavy meal with the result that he gained 14 pounds. However, Kojac knew what he was doing; once he arrived at Amsterdam he set out to work himself into condition. That he did this successfully the records bear eloquent testimony. "I don't follow any special training rules, nor do I believe in dieting. I'm a heavy eater, but I counter-balance that by being a hard worker. But before a race I don't eat too heavily. When I'm home my mother makes my meals the day of the race; when I'm away I am careful what I eat the day of the race. Otherwise I follow no set training rules." George is a clean, wholesome liver, so that his statement may be amended for those who indulge in midnight escapades and still believe that they can remain at the top of the athletic heap. Late hours and heavy drinking are not two of Kojac's favorite methods of training.

What kind of a person is a boy who is an Olympic champion at 18? One would naturally expect a swell-

headed and self-centered young man, interested only in his sport and a good time. Nothing could be further from the truth in Kojac's case. He is rightly interested in his sport, but only in a quiet, gentlemanly, and distant manner. He talks of himself and his records only when pressed, and then only as long as questioned. With regard to "good times" the young champion indulges in them far less than the average college student. "I'm going to college to learn something, not to fool around," he told me with a serious smile. "My ambition is to be a doctor, and I know I've got to put my mind down to the books in order to achieve that ambition." How well Kojac explained, if is quickly seen when the records show that he "flunked" a subject since entering school. Not only does he pass his work, but he passes it with a high standard. Still another fact to be admired is that Kojac is working his way entirely through college. For an Olympic champion to think enough of a college education to sacrifice the easy life that could be his, bears greater testimony to the worth of his character than anything else could do.

As usually happens in a discussion of this character, the question of what were the man's greatest thrills came up. "That," Kojac answered quickly, "is easy. My first great thrill was the opening day of the Olympic games. We all lined up outside the stadium and then, on a given signal and to the noise of several bands, we marched onto the field. I'll never forget that moment. There seemed to be millions and millions of people in the stands to greet us, and their applause sounded like the roll of thunder. I felt weak and shaky to think that I, a youngster of 18 years, should be included in the line of famous athletes marching around the stadium. That was some sensation.

"My second thrill came when I won the back-stroke event that made me an Olympic champion. I had dreamed of the possibility of becoming champion ever since I had been nominated to represent the United States but was too scared to ever believe it could come true. Before the finals I felt so nervous that I thought I would never be able to reach the pool to start the race, much less win it. Once the race was on all my other thoughts vanished, and I only thought of kicking my legs and moving my arms for all I was worth. Everything went fine until those last ten yards, when Laufer seemed to be overhauling me like an express train overhauls a local. Those last few yards were ones of agony; when I finally touched the finish line after what seemed an eternity and knew that I had won and had achieved my ambition to become an Olympic champion, a thrill went through me that I can neither explain nor express. Only a person who has succeeded in achieving a mighty dream can understand the sensation.

"My third thrill came when I received the medal from the Queen of Holland. I could not help but think, as I took the medal from her hands, that a little boy who had to be pushed into the water in order to learn to swim should have been able to reach such heights as to receive the commendations and a medal from royalty. That was what struck me strongest at the time, and gave me the big thrill that the presentation did."

"And talking about thrills, here is one that is funny, although it did not appear to be so at the time. When I was in Hawaii we were to swim for the national championships and I, of course, wanted very badly to win the race. My event was the 220. The meet was held in the open sea and not a pool, and sharks were seen every once in a while near the place where the race was held. I reached the finals easily enough and got a good start in that race. For the first 170 yards the finalists battled side by side without one of us being able to gain an inch on any of the others. At that point the race looked like a

(Continued on Page 67)

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

APRIL! The month when many folks visit their druggist for a spring tonic. The spring of the year is the time for a "cleaning out" but, dear readers, do not rely on some magic tonic to do it.

Many of you who have taken care of your bodies throughout the winter months will not have to worry; but you girls and women who who have neglected your bodies will have to do something if you want to enjoy all the benefits the spring of the year affords.

Instead of forcing yourself to drink some unpleasant medicine, why not substitute plenty of fresh fruits and vegetables? No tonic in the world can surpass or even come up to nature's tonic—fresh fruits and vegetables.

After changing your diet, then make up your mind that you are going to follow some sort of a daily dozen. Walking is an excellent exercise, but you must combine walking with daily exercise if you expect to acquire results.

There is no need for any of you to be burdened with too much flesh; neither is there any need for any of you to be thin and undeveloped. No girl will deny the fact that she would like to have a figure that would be the envy of all her friends.

Make up your mind that you are going to turn over a new leaf. Arise an hour earlier in the morning, and you will have ample time to go through fifteen minutes of exercise and still have time to take a shower. For the benefit of D. H. C. and all of you who work indoors all day, I have outlined in the following letter a list of exercises to practice daily in order to keep you in trim. You can, of course, add to this list any exercises you are now performing or any exercises which you think will benefit your body. Following is D. H. C.'s question and answer:

DEAR MISS HEATHCOTE: As an ardent follower of your very interesting column in the "Strength" magazine, I am taking the liberty of making a few inquiries.

I am twenty years of age and five feet three and one-half inches in height. Would you be as kind as to inform me what the measurements should be for one that high?

Also, if possible, without inconveniencing yourself too much, would you roughly outline a general diet list and a set of exercises for an office girl; that is, one confined to indoor activities? Your advice would be greatly appreciated.

Norway, Maine.

D. H. C.

ANSWER: For your diet I would advise you to eat plenty of fresh fruits and vegetables. Be sure to include vegetables with each meal. Also drink plenty of milk. Do not eat too much meat, and eliminate rich pastries from your diet as much as you possibly can.

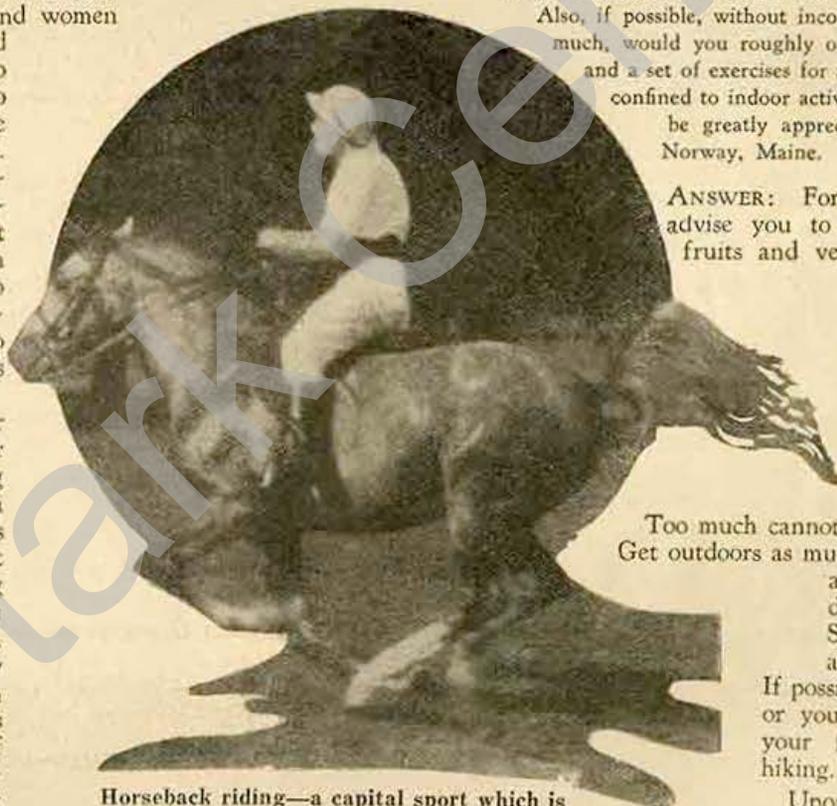
Too much cannot be said for fresh air. Get outdoors as much as possible. Walk at least an hour each day, and spend your Saturday afternoons and Sundays outdoors. If possible join a hiking club, or you might get a few of your friends interested in hiking.

Upon arising in the morning practice deep-breathing exercises.

I am going to outline for your benefit and for the benefit of all my other readers who are office workers, or who work indoors all day, a few exercises to practice daily. If you follow these exercises daily and faithfully you will keep your body healthy and strong.

The first exercise is a spine twister and involves the muscles around the waist and also the muscles of the back and abdominal region. Stand with feet together, hands on hips. Now bend far forward, then swing to one side, and far back and around.

The next exercise is an excellent one for the chest and shoulders and also helps to improve your posture. The



Horseback riding—a capital sport which is becoming more and more popular each day.

best way to perform this exercise is by standing before your mirror. Stand with feet together and raise arms out to the side. Now swing the body first to the right and then to the left as far as you possibly can, in the form of a circle.

For your next exercise practice the floor dip. I might add that this is not an easy exercise for anyone who does not exercise frequently. Place the palms of your hands on the floor, and to make the exercise easier place the feet against the wall as a support. Now lower the body until the chest touches the floor—being sure to keep the knees perfectly straight. At first you will only be able to repeat the exercise about twice.

The last exercise on the list is the one where you raise your legs and bring them overhead until the toes touch the floor be-

hind the head while lying flat on your back. This exercise has a valuable effect upon the internal organs.

Fifteen minutes daily is all you need to spend on these exercises, and you will be amply repaid for the time and energy spent. Every working girl should have a systematic set of exercises to follow if she wants to retain or obtain a healthy body.

For your height you should weigh about 118 pounds, and your measurements should run something like this: Neck $12\frac{1}{4}$ in., chest $28\frac{3}{4}$ in., waist $24\frac{1}{2}$ in., biceps $10\frac{1}{2}$ in., forearm $8\frac{1}{2}$ in., wrist 6 in., hips 35 in., thigh $21\frac{1}{2}$ in., calf $13\frac{1}{4}$ in.

I would like you to write me in about two months' time and let me know how you are making out with these exercises.

DEAR MISS HEATHCOTE:

I am very much interested in your articles in the "Strength," and would appreciate it very much if you could give me some hints as to how to improve myself physically. I am fifteen years old and am five feet six inches tall. I can't give you my exact weight, but I should say that I am anywhere from fifteen to twenty pounds underweight; perhaps not quite that much.

Would you please tell me how much I should weigh and what my correct measurements should be?

Also, I should like to know of some exercises to increase my busts, hips, legs and arms and to strengthen my ankles.

I shall be very much obliged to you for any advice you can give me, and in the meantime I remain,
Port Dover, Ontario, Canada. V. C.

ANSWER: My advice would be to drink at least a quart of milk daily. By this I do not mean to drink a quart one day and then skip a couple of days.

You will never benefit your system in this manner. I have the utmost confidence in milk as a means of building up a rundown system. As you are still a young girl in your teens you should take immediate steps to build of your body. I presume you are a school girl; so you should have plenty of time for sports and exercise. To develop your legs and at the same time strengthen your ankles I would advise you to practice rope skipping for about fifteen minutes each day.

Swimming is an excellent chest developer. You have, no doubt, noticed that all good swimmers have fully developed chests.

As you are only fifteen years of age, my list of correct measurements would not apply in your case. First try to increase your weight, and then endeavor to bring your measurements up to pleasing proportions.

DEAR MISS HEATHCOTE:

I am very much interested in health magazines, especially "Strength." I have interested myself two hours in a copy. The most interesting things I found were the letters in "Our Girls Circle," as they touched on several things in which I was interested. I played basketball for four years at high school, later I was coach and referee. In my third year in high school I was voted the most athletic girl in school. I like all sports and can play tennis or any outdoor game. It has been four years since I

(Continued on Page 81)



Grace like this is easily promoted by dancing.

Advanced Muscle Control

In This Article Several of the More Advanced Muscle Control Feats Are Explained and Illustrated

By Robert L. Jones

LAST month we left off with the exercise for stretching and strengthening the abdominal muscles in preparation for performing the feat known as the "Rope," or vertical isolation of the rectus abdominus muscles, shown in Figures 1 to 4, Figure 1 being the most desirable effect toward which to strive. This feat is one of the most difficult of all, and is one which requires some time and patience, plus concentration, if one is to learn it.

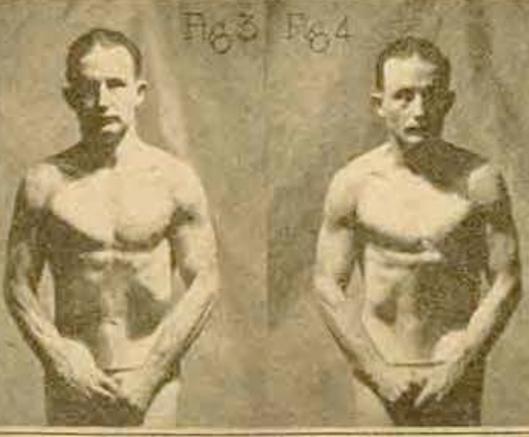
The usual manner of attempting this trick is to take the position shown in Figure 3, then, as previously explained, by expelling all the air from the lungs and going through the chest motion of taking a deep breath without actually allowing any air to enter the lungs, the contents of the abdomen are drawn inward and upward as if to fill the vacuum in the chest box, and the abdomen takes on the appearance of illustration number 2 in the preceding article. Then by exerting pressure with the hands downward and backward, the abdominal muscles are brought into prominence and their position emphasized by the caved-in appearance of the abdomen on either side, same being caused by the vacuum just mentioned. But learning the feat in this manner possesses this disadvantage: the beginner is too prone to defeat his purpose by leaning too far

forward and rounding the back too much. It has been my experience that the method illustrated in Fig-

ure 2 has been of much more assistance to those who attempt learning the trick. Try it in this manner: stand at arm's length before a firm object about shoulder high. Next expel the air from the lungs, and by muscular effort raise the chest and draw in the abdomen. Remember, the business of raising the chest means that you much increase its size to the maximum, but you should strive to force it forward as well as upward. Do not make the mistake of trying to raise the chest directly upward while at the same time throwing the shoulders back as you would if you were having your chest measurement taken. On the other hand, you must raise it until it ceases to be at a right angle to the floor and in a straight line with the abdominal wall. Figure 2 in the article in the last issue will give you a very clear idea of what is about the correct position of the chest. Now place your hands on the object, keep the elbows straight, or nearly so, and exert a pressure on the object as if you were trying to force your handholds in a straight line to touch your toes. Keep your mind off the stomach muscles—think only of keeping the chest up and forward, and of forcing the hands to the floor. If you do this (and have previously developed and stretched the abdominal muscles as heretofore explained) you obtain (after due trials) an effect suggestive of figure 2. It is, as just stated of utmost importance to avoid thinking of contracting the



Figures 1 (left) and 2 (right) and 3 and 4 (below) illustrate various positions of learning and performing the "rope," or vertical isolation of the abdominal muscles.



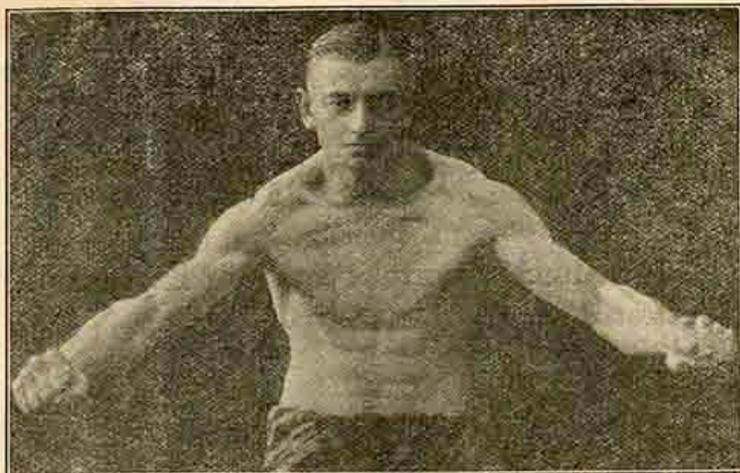


Figure 5. Mr. Alfred Blaxall, Wellington, N. Z., illustrates pectoral isolation of an interesting variety.

abdominal muscles, for if you make an effort to contract them you will tense the entire front of the abdomen and get the "wash-board" effect instead of the "rope." If you follow instructions you will find the desired contraction taking place involuntarily when you begin pressing the hands as directed. Do not be discouraged if you fail to do the trick at your first few attempts—it may take a week or longer for you to become able to obtain any semblance of the trick, but once you are able to produce the effect even slightly the hardest part of the battle becomes a thing of the past. This "getting the feel" of the "rope" is the most difficult part, and once you get it, a little practice will enable you to duplicate Figure 2 nicely. Then try the trick with the hands placed in the orthodox position, as shown in Figure 3. Remember, now, that you must not bow your back and slump forward. Keep your chest up and press downward and backward against the pelvis, a direction about 45 degrees from the vertical. Once more—do not make an effort to contract the abdominal muscles. Doing so will spoil the "rope" and produce the "wash-board" effect. Concentrate entirely on endeavoring to hold the chest stationary and at the same time pressing the hands as directed. This pressure with the hands forces the desired abdominal muscles to contract to prevent the body from being pushed over backwards. It may be explained by saying that the abdominal muscles are brought into prominence by being made to oppose the muscles of the arms while the latter are exerting their strength as directed.

If you wish you may next attempt to duplicate Figure 1, in which the "rope" is held without the aid of the hands. Try it first using the arms as usual, then try to hold it while leaving off the pressure of the hands. You will find that the rectus abdomenus muscles are now opposed and made to perform by the spinal erector muscles in the back, pulling against each other on opposite sides of the spine. Again—don't slump down forward, especially if you hold your arms in the position shown, for slumping will cause your arms to rotate forward considerably, thereby greatly detracting from the appearance of the upper arms by making the biceps hide a portion of the triceps. Once you get the "feel" of performing the trick without the aid of the

hands you can easily accomplish the position shown by flexing the arms and then making the "rope."

The next variation consists of performing the trick alternately on opposite sides, flexing either the right or left muscle at will. Try it with the hands on the pelvis as shown, then shift the pressure to one hand and endeavor to relax the opposite abdominal muscle. When you can hold your arms in the position shown in Figure 1 and perform this single isolation nicely, you will have mastered what is doubtless the most difficult feat in the whole art of muscle control.

The pectorals, or chest muscles, are next due for consideration. Doubtless you are already familiar with the usual method of causing them to jump while holding the arms either limp at the sides or folded across the chest; so I shall say nothing further about that trick. Have you ever tried to control these muscles while holding the arms out and forward from the shoulders as shown in Figure 5 and causing the pectorals to assume the shape of a "V" on its side? The hands should be held a little higher than shown to get the best effect. Begin by holding the arms directly forward, then press the hands together to bring the pectorals into play. Try then to retain the separation of them while separating the hands. This will cause you to flex the muscles across the shoulders to counteract the forward pull of the pectorals, and will produce the effect shown. With a little practice you can perform the trick without having first to press the hands together to tense the pectorals.

Muscle control, it has been stated, is the ability to flex a given muscle without causing motion of the bones to which it is connected. There are, however, two exceptions to this rule: one, the thigh

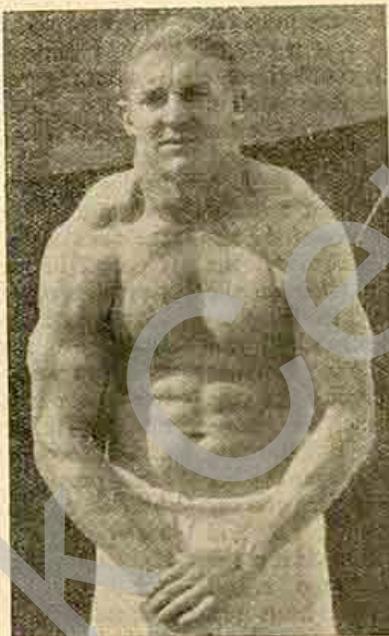


Figure 6. Mr. Richard Vicar Kelly, Havana, Cuba, performs this feat of trapezius control as well as we have ever seen it done.

control which involves movement of the knee cap, and the other, the various shoulder control feats which involve movement on the part of the scapula, or shoulder blade. One of these last feats is illustrated in Figure 7. This is the trapezius isolation, and it is a trick which may cause you a little trouble in learning. The motion is that of rolling the shoulder blades up and forward, as if to slip them over the shoulders and onto the chest, and it can



Figure 7. Mr. Harry L. Good, Reamstown, Pa., shows the position for the shoulder-blade isolation.

be described as shrugging the shoulders without raising the outer ends of the collar bones.

Perhaps the easiest method of learning the principle of this feat is as follows: pass a strap, towel, or some such item behind the thighs, holding one end in each hand, the hands being a little in front of the thighs and the arms straight. Now, pull forward on the strap ends with the hands and at the same time try to shrug the shoulders. You should have no difficulty in rolling the shoulders upward nicely. As soon as you learn this much a little practice will enable you to isolate this muscle without assistance with the arms, merely allowing them to hang limp at the sides. A very nice display, however, consists of taking the position shown, isolating the trapezius and flexing the arm muscles in conjunction with either the "rope" or the "wash-board" display of the abdominal muscles. Notice that in this feat leaning forward until the chest and abdomen are in a plane perpendicular to the floor greatly emphasizes the appearance of the trapezius as well as the neck.

Another very effective exercise, and one which also involves the movement of the shoulder blades is the isolation shown in Figures 7 to 10. This is called the shoulder-blade isolation, and depends for its effectiveness upon the suppleness of the muscles and tendons in that region and the development of the muscles themselves, principally the latissimus dorsi. It also demands the utmost in the ability to relax certain groups of muscles while tensing highly neighboring groups. This applies in

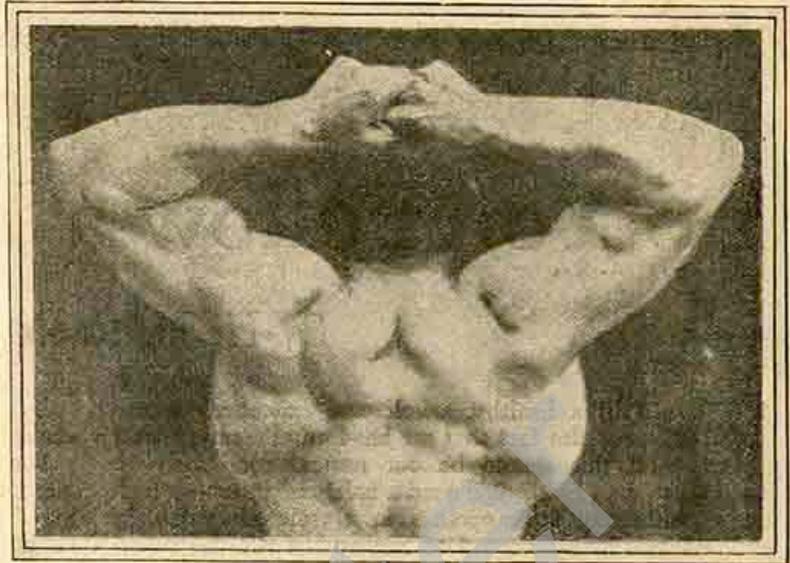


Figure 10. Mr. H. Brown, the famous British athlete, is here doing the shoulder-blade isolation feat to perfection.



Figure 9. Mr. Walter Stratton, Leetonia, Ohio, displays his powerful shoulders and upper back.



Figure 8. In performing this isolation it is absolutely essential to relax the latissimus dorsi completely.

particular to the latissimus dorsi in that it must remain relaxed completely so that the upward and outward lifting of the scapula may not be retarded. In fact, the latissimus dorsi plays the same role in this feat as does the abdominal group in preparing for the "rope"; it is relaxed and permitted to assume whatever shape the movement of the scapula may demand of it.

Begin by clasping the hands overhead, keeping the arms straight or

almost completely so. See Figures 7 and 8. Some performers prefer to use the grip shown in Figure 7, the hands being held palm to palm, but I prefer interlacing the fingers as in Figure 8 inasmuch as this permits both arms to present the same appearance, especially when the hands are lowered to the head as in later positions (9 and 10). With the arms held as directed, next endeavor to pull the hands apart, at the same time lifting slightly upward. You must leave the latissimus dorsi completely relaxed or you will get no sign of the desired result. Even if you make a good effort you will hardly obtain a better isolation than that shown in Figure 7, because it takes some little practice to loosen up the various muscles and tendons surrounding the shoulder blades sufficiently to permit the latter to articulate freely.

After more or less practice you should be able to duplicate or excel the pose in Figure 8, depending on whether you are of heavier build than the writer. Notice here the differences between the two positions of this feat illustrated. In Figure 7 the athlete has contracted the latissimus dorsi and adjoining muscles, thereby preventing the shoulder blades from flaring in the desired manner. Had it not been for this the effect obtained would have been superior to that in Figure 8, in which the muscles across the back have been left relaxed.

The final position of this particular feat of isolation is illustrated in Figures 9 and 10. You may try it, after mastering the isolation with the arms straight, by trying to lower the hands to the head while retaining the desired effect in the shoulders. Or you may find it easier to do if you will first clasp the hands behind your head, then endeavor to spread the shoulders and so pull the hands apart. Here again you must pay strict attention to leaving the latissimus dorsi relaxed, for tensing it even slightly will prevent the accomplishment of the fullest effect. This is true in Figure 9, while in Figure 10 the athlete has performed the trick correctly and has thereby obtained a

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Do You Follow a Balanced Diet?

By H. H. Rubin, M. D.

TO LIVE a healthy, wholesome existence, unconscious of the fact that we have an alimentary tract—and this should be our normal condition—we need more than food. We need a balanced ration—which means indulging our appetites in a trifle more than a little of everything needed to run and repair the sugar-burning compound engine we call our body.

The lack of a balanced ration is responsible for many of our most cherished ills. For one thing, it has considerable to do with "spring fever."

Because many of us do not yet have a balanced ration in winter we have "that tired feeling" in the spring. Because we subsist during the bleak season upon a diet deficient in alkaline vegetables and acid fruits, we come out in the spring suffering from cell salt starvation. We are for months at a time deprived of elements vitally necessary to our growth and well-being.

This knowledge is one of the most important contributions to modern medical science. We knew, in a general way, that the body requires proportionate amounts of the three varieties of food proteids (or albumens) to furnish energy, prevent undue waste and furnish a fuel reserve, and also enough vitamins and other ferments to make human tissue out of plant and animal cells. But now we know that a diet of any one variety of food—excluding, or even partly excluding, the rest—works positive harm to the organism.

On general principles, the craving of the system for any particular kind of food is a very fair indication of the kind of food that system needs. Consequently the longing for fruit and acids in the summer, and the lack of appetite in hot weather for heavy roasts, fats, starches and sugars, constitutes a definite index of normal dietary during this period.

Conversely, the craving for plenty of the so-called heat-producing foods in the winter sufficiently indicates what we should eat in cold weather.

However, no hard and fast rules, meeting the requirements of every individual, can be laid down by a medical man. Many who thrive upon meat, potatoes, vegetables and pastry might send in a hurry call for a doctor after partaking of beans, baked brown with a nice thick slab of fat pork. Yet pork and beans are an ideal winter food—for those who can digest them.

The same is true of fats, which, in theory, are excellently adapted to yield heat. Their excessive use, however, might be followed by the development of rancid butyric-acid fermentation. Also the acrolein, a compound produced by heating common fats, is a decided irritant to the digestive mucous membranes.

It is significant, however, that toleration—even an actual fondness—can be established for certain articles of diet by educating the digestive organs to care for them. For this reason all who are underweight, or who have a tubercular tendency, should train themselves to eat fat.

By taking small amounts of fat regularly, the intestinal canal ultimately acquires the ability to absorb it.

For capricious children who cannot or will not eat fat meat, the next best thing is butter and bread—instead of bread and butter; or a dessert-spoonful of olive oil taken an hour after each meal.

Now what, exactly, translated into terms of food, do we mean by a balanced ration?

A balanced ration is that particular amount of each variety of food which comes nearest to being completely utilized as fuel and building material, and at the same time leaves as little refuse as possible for the body to get rid of.

In order that the ration may be properly balanced, it should first be adjusted to the period of life. A rapidly growing child needs, in proportion to its body weight, much more care in food balance and a larger amount of food than an adult.

An average man of 150 pounds who works, or exercises as though he were working, should get about 1% of his weight in "dry" food each day—or about a pound and a half. By "dry" food we mean what would remain of the food substances if all the water were squeezed out. Spinach, for instance, is 90% water, and meat about 60%.

A man who works harder than merely exercising needs more food as a consequence. The man who has a sinecure—which means a thinking part—needs less—although unfortunately he rarely gets it.

Now the average person has a fair idea of what he wants to eat. His stomach tells him what he needs to round out his diet, and if he can get these materials pure, and not demineralized, or pickled in formaldehyde or sulphur, he does pretty well without a guide and a multiplication table of calories.

And when he varies this diet, and scorns the menu he admired only last week, he isn't capricious or flighty. He is merely obeying the great god inside of him, who decrees that of roast beef, ham and eggs, and squash pie he has had enough, and that now he wants a couple of Frankfurter sausages and some sauerkraut, or some chop suey, for a change, which is exactly what his system needs, and should have.

So to attempt to regulate the diet according to rule of thumb is a parlous thing. Perhaps the best plan is to let the appetite tell, provided it isn't cock-tailed and red-peppered into a state of chronic tiptoeism.

All elderly persons should eat light, easily digested food: Clear soups, eggs, milk, buttermilk, steak, chops, milk and egg puddings, plenty of fruit and green vegetables.

Breakfast foods are bad, because they are, as a rule, filling, but not nourishing. Also they create fermentation, which is bad enough for anybody, but worse than that for men of more than mature years.

(Continued on Page 65)

The Mat

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

Roman Column Exercises; Two Arm Press Behind Neck. Exercise Difficulties; General Comments; Various Problems Discussed

By Mark H. Berry

The Two Arm Press Behind Neck

*Difficulties Encountered by Some Individuals
and Some of the Reasons*

THE pressing of a bar bell with both arms from a position on the shoulders behind the head comprises a most important and valuable exercise. It is to be recommended in practically every case for the development of the deltoids as well as the other muscles which are brought into play in an overhead pressing movement. The majority of men and youths have no trouble in working past one hundred pounds in a very short time, repeating the exercise a few times. However, there is a certain percentage of men who can make no headway on this particular movement. Some of these men make fair progress while using really light weights, but when a little more than half the bodyweight is attempted they get into trouble. There are others who, even from the first, can make no headway, regardless of how light the weight may be. Please understand that this difficulty has no bearing upon the progress of other exercises. The pupil will gain greatly in strength in all other ways, and although the deltoids and triceps are developing in a satisfactory manner, the progress on this particular movement is halted for some mysterious reason. Baffling, indeed, it is to the pupil who encounters difficulty on the press behind neck. We will attempt to outline some of the possible reasons for failure to make progress. There seem to be a num-

"Going over the top," an athletic specialty of Floyd C. Pate.



ber of very plausible reasons as to why some fellows simply can't do the movement. At the same time we will show how to overcome the difficulty.

One of the most common reasons, I believe, is an accentuated lumbar curve of the spine. Another reason is the possession of a very long head, extending well beyond the point where the trapezius muscle curves from the shoulders to the neck. Both of these condi-

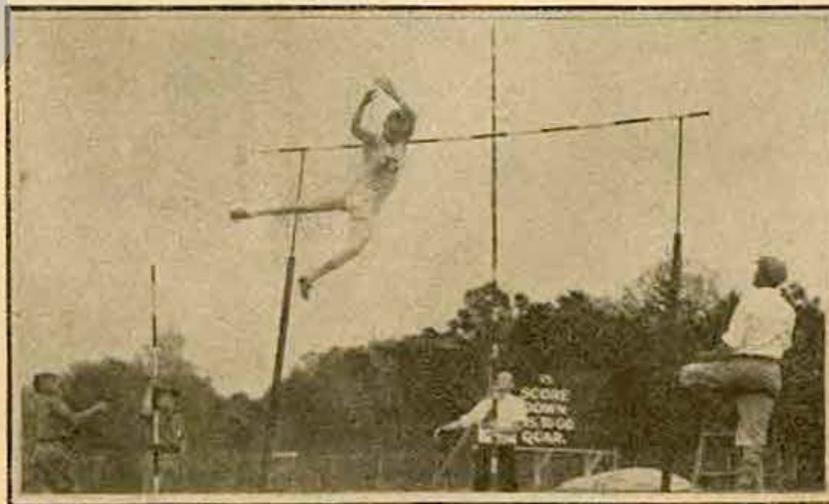
tions are shown in the sketch Figure I. The protruding long head prevents the unobstructed upward pressing of a bell; if the fellow were to press the bell past his head, it would be necessary to force the arms and shoulders back farther than would be consistent with efficiency, if, indeed, it would be possible to

George O'Keefe bending a bar in his teeth. He is a husky iron tosser from Superior, Wisconsin.

force the arms farther back; the muscles would simply be locked. If he were to try to lean his head forward to get it out of the way, he would find the shoulders do not work properly when the head is in that position. A man built

similar to the sketch (Figure II) has an ideal shoulder construction for pressing behind the neck. His shoulder muscles are grouped well behind the perpendicular line of his head, thus the arms can move freely in pressing the bell overhead.

Those who have the accentuated lumbar curve seem to be at a great disadvantage in all forms of two hand pressing overhead. A weakness exists in the back, due to the lack of a straight line to back up the steady overhead movement of the bell. If the fellow with the lumbar curve is of a rather slender build, perhaps the thing for him to do is to acquire a great deal





Floyd C. Pate starting in a pole-vault contest.

construction of the shoulder and arm bones. The long coupled individual, with broad shoulders and long arms, but of a naturally rather slender build (that is, his bones are correspondingly small in thickness, even though great in length, and the natural attachments do not favor great bulk), is the type of fellow who is quite apt to find pressing behind the neck a rather difficult position. Just stop for a moment to compare the two Figures, III and IV. Although these are merely sketches, they can serve to show you the difference in mechanics involved when a bell is pressed by the two distinct types of men. Figure IV represents the stocky, heavy muscled man. Note that his arms are in the same relative position as the arms of Figure III. The muscles of Figure IV are all set and interlocked, ready for the work to be done. The muscles of Figure III are stretched and at a great mechanical disadvantage. The forearms of both men are perpendicular, yet in order to be at the same disadvantage the stocky individual (Fig. IV) would have to stretch his arms out so that the forearms were at about a 45-degree angle.

If the man Figure III were to bring his hands in closer to his shoulders to cause a bunching of the muscles, he would find all freedom of movement had disappeared. Even in the face of the obstacles outlined above, the culturist should persevere, and though he cannot hope to break records nor even handle respectable poundages, he

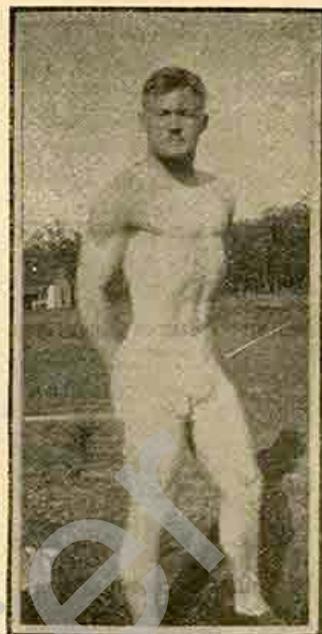
more bodyweight, and especially greater bulk in the thighs and hips, with an added squareness of the waist. In some cases the addition of bodyweight and greater strength in the lower body has resulted in an increased efficiency in pressing bells overhead, but not in proportion to other abilities.

Another condition or combination of conditions which might be present would have a relation to the mechanical

can at least steadily improve his ability. Progress may be slow, to be sure, but if continued in a ceaseless manner a year or more should make a great difference in the powers of anyone. Understand me, it will be necessary to keep at a regular schedule without a let-up. You will have to work religiously if worthwhile gains are to be hoped for. Even with a low limit of one hundred pounds for a single repetition, it is possible to go well beyond this point. Use 75 or 80 pounds and repeat six times, working up to a dozen movements by adding to the repetitions at the rate of a count a week. Practice three or four times a week. If at first you notice a soreness in the muscles or a stiffness develops which prevents steady progress, do not practice so frequently and stay on a low number of repetitions till progress is easy.

Bathe the muscles with hot water and rub them with liniment or alcohol after each exercise period. It should take you at least seven weeks to work up to where you will be ready to add to the poundage. Then add only five pounds and start over again on repetitions. If you started with eighty pounds, it would take you over six months to work up to the point where you are using one hundred pounds; another six months would see you using 120 pounds as an exercise.

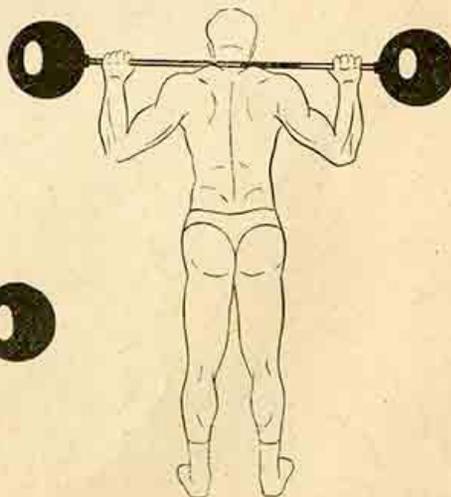
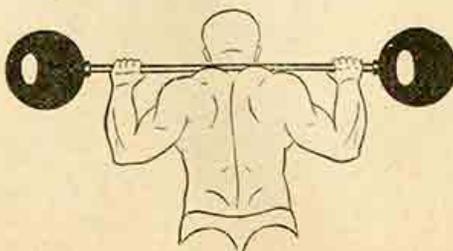
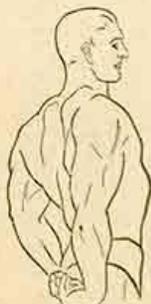
By starting reasonably well within your limit it is possible to be certain of working up to new limits, if you are only consistent. Of course, progress will not continue at the scheduled rate indefinitely. When you get around the point where you feel that an additional five pounds is going to slow you up on repetitions, then add two-and-a-half pounds instead. Don't wait till you are stuck before doing this. And later on, after you have added jumps of only 2½ pounds a couple of times, reduce the weight



Floyd C. Pate, of Winston-Salem, N. C., a successful college athlete who trained with bar bells, and still does, after leaving college.



Reading from left to right: Illustrating two reasons for difficulty on the press behind neck. A small sketch suggesting the build of man who has a muscular and mechanical advantage for the press behind neck. The stocky type with muscles ideally set for this lifting movement. The slender, long-boned fellow who is often at a disadvantage when pressing behind his neck.



about fifteen or twenty pounds and work up again. One thing we must caution you not to do. Don't exceed the schedule outlined, even though the weight you are using feels light. Once you have decided on a plan of action, stick to it for a year or more if necessary, till you reach the ultimate conclusion.

The following letter is self-explanatory:

Dear Sir:

In the fall of 1923, when I was at Guilford College, North Carolina, I began exercising with a bar bell. I am enclosing my measurements and some photos of myself with a stamped envelope, and I would appreciate a criticism of my proportions.

On May 5, 1928, I tried for first place in the pole vault in the North Carolina Conference meet by making the second-highest record ever made in North Carolina. Bar bell work was part of my training during track season. I also hold the Guilford College records in both the high jumps and the broad jumps. I can hang onto a bar with one hand behind my back in a "hammer lock" position, can chin with one hand and do other things in proportion.

My measurements: Wrist $6\frac{5}{8}$; upper arm (flexed) 14; chest (normal) 40; waist $28\frac{3}{4}$; hips $36\frac{1}{2}$; thigh $21\frac{1}{2}$; calf $14\frac{1}{2}$; ankle $8\frac{1}{4}$; neck (at smallest part) $15\frac{1}{4}$; height 5 feet $6\frac{3}{4}$ inches; weight (stripped) 153 pounds.

Yours truly,
FLOYD C. PATE.

Winston-Salem, N. C.

Among the illustrations in this department you will find three photographs of Mr. Pate in athletic action. He is built pretty solid for one of his height; we are of the opinion that he made no attempt to cheat when taking his measurements, as he seems to be a little larger than his list of measurements would imply. He is by no means a

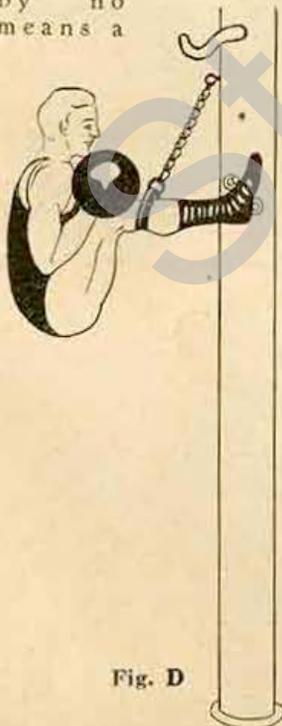


Fig. D

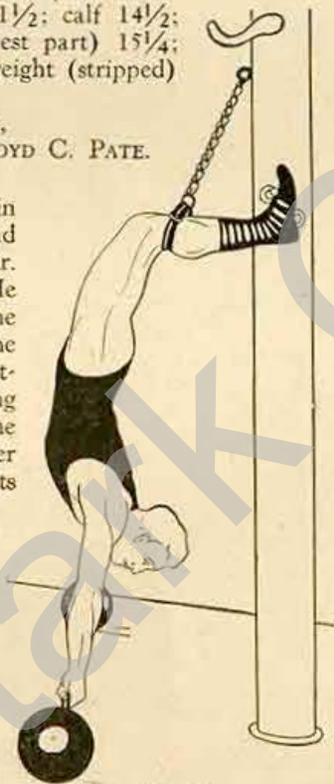
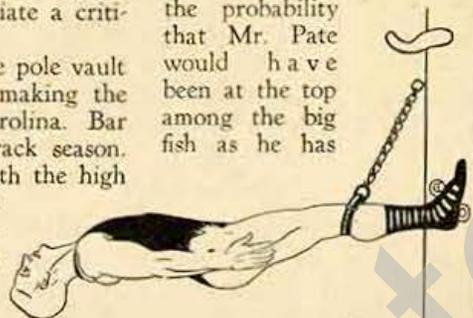


Fig. C

big man when compared to college athletes, but he has made quite a name for himself in his own sphere, which shows he has muscles and internal organism of some value. Mr. Pate hails from a rather small and obscure college. It is worth noting, in this connection, that the majority of national track and field champions have received their training in the larger and more prominent universities. The coaching seems to play a large part in the development

of the national record-holders, plus a higher grade of competition. We wish to infer that the national champion might not have turned out quite so good if he had received his coaching in one of the numerous small colleges; and, at the same time we wish to suggest the probability that Mr. Pate would have been at the top among the big fish as he has



among the smaller fry. We advance the above opinion in case those not living in North Carolina might seem inclined to belittle the athletic success of Mr. Pate.

The most interesting point to Mat fans should be the fact that Mr. Pate having made good at pole vaulting and jumping while training with bar bells. Possibly he would have made out just as well without such training, but we will at least surmise that the heavy exercise did no harm to his athletic ability. We know of quite a number of collegiate and A. A. U. athletes who have developed and strengthened themselves by means of heavy exercise. Some of these fellows have won national and even world fame; however, for reasons of their own, they may not care to receive publicity in STRENGTH MAGAZINE. I would be interested in receiving some word and photos from the fellows to whom this might apply.

Roman Column Exercise

Those who have preferred to build a Roman Column instead of a Roman Chair, will now have an opportunity to become accustomed to exercises upon the apparatus. Last month we outlined a few movements to be performed on the chair. For the majority of fellows, it will be far more convenient to build a chair, but there seems to be a greater fascination connected with exercises and stunts upon the column.

To begin with, make certain of the strength and security of your fastenings, chains and foot supports. It is best to play absolutely safe by fitting your column with hardware sufficiently strong to support several times the strain you will place upon it. If you are doubtful about your fittings being strong enough, then make them about twice as strong to be safe.

Presuming you have never before been on a Roman Column, Roman Chair or similar apparatus, we will start with primary movements. First assume the position shown

(Continued on Page 70)

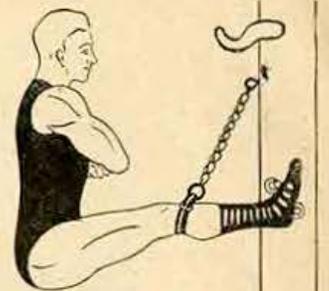


Fig. A

Fig. A — Roman Column exercise. One of the preliminary positions.

Fig. B — Roman Column exercise. A position which perfects control over the body.

Fig. C — Roman Column exercise. Lifting bell from the floor.

Fig. D — Roman Column exercise. An easier way of handling a bell.

Sports Served Short

By Charles Berman

JUSTICE has been done at last! A great wrong has been rectified.

The United States Lawn Tennis officials have reinstated Big Bill Tilden, America's greatest courtman, and then placed him at the head of the ranking for 1928.

The action is welcomed by all sports lovers of the country, many of whom have believed all along that Tilden's suspension was unfair, that the punishment meted to him has been far too severe for the "tennis crime" he committed.

As much as we are interested in seeing amateur sports kept free from professionalism, or even the slightest taint of professionalism, yet we never could see justice in the player-writer rule. We cannot see how a player makes a professional of himself by writing of a game in which he participated.

The tennis officials say that it is O. K. for a player to write about a game he participated in if he waits three days after the game. He is an amateur then. But if he waits only one day or two days and then writes about it, he is a professional. What rot!

By a strange coincidence, the tennis group that raised the charges against Tilden, which resulted in his suspension, was condemned at the same time that Tilden was again becoming "good."

The California tennis body was censured everywhere for exploiting the abilities of Helen Wills, the women's tennis champion. It is charged with having demanded 50 per cent of gate receipts for permitting Helen to play in a tournament. What is this if not professionalism?

Of course the offender in this case is the powerful California group. It seems to be a case of only who is the offender. If it be an individual "in bad" with some of the tennis higher-ups then he or she had better watch out. Even a frown might result in punishment. If it be someone with influence, then all's well.

The suspension of Tilden for no apparent reason has not helped the game of tennis any. The halt of practices such as those adopted by the California association would help the tennis game.

What are the officials waiting for?

* * * *

What we predicted last month has finally come to pass.

We forecast a break in athletic relations between the Western Conference and the Amateur Athletic Union of America as a result of the swimming row between Northwestern University and the A. A. U. The break followed shortly after.

The Western Conference, composed of colleges, has severed its connections with the A. A. U. and henceforth will conduct its own athletic meets independently. The severance of relations between the two bodies was announced by Major John L. Griffith, conference athletic commissioner.

The action, which, Major Griffith said, was agreed to by every member of the conference, culminates a quarrel between the two organizations, which has been simmering for

years, but which reached a breaking point when Northwestern rebelled against the A. A. U. policies.

A swimming meet scheduled between a Chicago club and Northwestern was called off by the A. A. U. because some of the college stars had previously competed in an unsanctioned meet—unsanctioned by the A. A. U. but sanctioned by Northwestern officials. This rightly stirred Northwestern athletic officials and they cut all ties with the amateur union. The conference agreed with Northwestern and followed its step.

Amateur officials are overstepping their bounds in trying to rule college athletics as well as all other amateur sports. College officials are fully capable of running their own events and keeping sports clean. A. A. U. officials, if colleges so desire, should be permitted to co-operate but should not be allowed to interfere.

College sports as a whole have been kept clean in the past and we see no reason for outside interference. True, there have been charges of professionalism against some colleges, but the majority are clean.

It would be wise for the A. A. U. not to meddle too much in college sports.

* * * *

Paavo Nurmi, the silent Finn, is burning the tracks up again in meets in these United States. He already has won a number of great victories and seems destined to break many records, although he has not done so thus far.

There is no question but that Nurmi is still the fastest man in the world. Who can beat him? He has been the leader in the last three Olympic games—a long time for anyone to rule the roost. He has won many championships at the Olympics. He has proven his supremacy over all Americans in his previous invasion of this country and is doing so now. However, the hunt for someone to beat him is still on. We do not believe the search will bear fruit. Nurmi is still head and shoulders above them all, although he may have lost some of the speed and stamina he formerly possessed.

We would like to see someone come along and give him a good race, but we cannot see anyone in sight.

* * * *

Every season sees the passing of some players who have taken a big part in making ice-hockey history, and the current campaign is no exception. Dunc Monroe, who ranked for years among the top-notchers of the ice game, has definitely retired after a warning by doctors that further competition would endanger his health.

Cy Denemy, of Boston, is another of the old guard who was brilliant in his day but no longer is able to step the fast pace which younger skaters set.

* * * *

Baseball again will go on tour to the Orient and Australia this summer. Wisconsin and Michigan, members of the Big Ten, are planning to make long tours. The approval of their respective athletic boards is the only thing in the way now.

Wisconsin's tour would take its nine to Australia, while Michigan would visit Japan at the invitation of George J. Otsuki, of Meiji University.

* * * *

Columbia University's football captain for next season will not be selected until after the third game next fall. After three tries at election recently, Malcolm Bleeker, veteran tackle, and Jim Campbell were tied with nine votes each.

The first three games scheduled by Columbia for next fall are with Middlebury College, Union and Wesleyan, all being scheduled for Baker Field, in New York City.

After these three games the football squad will have a better idea as to the man they want to lead them. We think this new plan of electing a captain is a good one and that it ought to be taken up by more colleges.

* * * *

Rube Wagner, captain of Wisconsin's 1928 football team and a star weight man on the track squad, has been banned by college athletic officials from further competition in college sports because he competed in the annual East-West charity football game at San Francisco.

We do not know just what is behind the ban but we believe that the punishment is too severe regardless of whatever rule he may have violated. College athletic officials sometimes have a tendency to be too severe. We hope that the Wisconsin officials will change their minds and remove the ban on Wagner, who last year was one of the great football players.

Wisconsin by barring him is cutting its nose to spite its face.

* * * *

Twenty-two leading stallions of England and France are included in the nominations made for the Futurity of 1931, which has been closed with a record entry of 2139, which is twenty more than the previous mark set last year.

This gives the race an international flavor. It will have a gross value of \$130,000, enough money to lure anyone.

* * * *

Because its athletic opponents have it, or are in the process of adopting it, Union College has adopted the "one-year rule" in newly drawn up eligibility rules.

Prof. Charles F. F. Garis, Dean of students and acting chairman of the committee on student activities, has been mainly responsible for the new set of rules that will go into effect in November.

Union is rapidly taking its place with the country's leading colleges on the sports field. The adoption of the "one-year rule" will help no little.

We hope the Army will take heed and thus restore the colorful Army-Navy football game!

* * * *

Following the lead of their brethren in other sports, the New York Yankees have decided to number their players during the coming American League season. Ten-inch numerals will be sewed on the back of each player's uniform so that the fans in the stand may know who is who.

The plan meets with our hearty approval and we hope all the other teams with organized baseball will follow the example of the Yankees. The numbering of the players will make the game more interesting to fans who cannot see games regularly and therefore are unfamiliar with the players.

Everyone who goes to see the Yankees play wants to see Babe Ruth, but not everyone knows him by sight and often other players are mistaken for the Babe. The numbering of the players will clear this up.

It's a great idea!

* * * *

El Ouafi, Arabian winner of the 1928 Olympic Mara-

thon, sailed for France recently with \$5000 earned in his first American tour as a professional runner.

This shows that America is willing to pay for the best.

* * * *

One more all-around college athlete will try his luck in organized baseball. Tony Plansky, former Georgetown track and football star, has signed a contract with the Boston Braves and will go to St. Petersburg, Fla., with the Boston team for spring training. He will try to make the grade as a right-handed pitcher or an outfielder.

Plansky, three times winner of the American decathlon championship, has played little baseball until now as his track work took up almost all of the time he could give to athletics. However, the Boston management was willing to send him south for a tryout on the recommendation of John O'Reilly, Georgetown track coach, who also is good at picking 'em for baseball.

It would not surprise us in the least if Plansky makes good as he seems to have natural ability for everything he undertakes.

* * * *

Charles Williams, of Chicago, won back the world's professional racquets singles championship from Jack Soutar, of Philadelphia, to whom he lost the title sixteen years ago.

The first half of the match was played in Philadelphia and Williams won four games to two. They next moved to Chicago where the ultimate victor won three out of four, giving him seven triumphs to three for Soutar.

It isn't often that a man can win back his title after sixteen years, and especially from the same man he had lost it to.

* * * *

The Chicago Athletic Association's historic track team has been disbanded after more than thirty years of competition on the leading tracks of the country. Lack of interest by members in track events has been given as the reason.

In announcing the action, Sheldon Clark, chairman of the club's athletic committee, said:

"We have discontinued our track team because there was almost a complete lack of interest among the members.

"The energy we have formerly spent in promoting competitive track we are planning to devote to fostering athletics among our members."

For a period of fourteen years—from 1906 to 1921—the Chicago Athletic Association put a track squad in the field that was practically unbeatable. During the period it took fourteen indoor and fourteen outdoor Central A. A. U. championships as well as several national titles.

The absence of the C. A. A. from the cinder path will be felt by all and it is hoped that the club will return to the track soon.

* * * *

Hans Wagner, famous Pittsburgh shortstop of bygone days and one of the greatest players who ever swung a bat, has taken a \$7-a-day job as an assistant sergeant-at-arms in the Pennsylvania House of Representatives.

The man who starred in the National League for years has entered politics in a small way. If Wagner were in his prime today he could command a large salary instead of receiving \$7 a day for handling a mace only while the Legislature is in session.

Another case of a man who was born too early. Wagner should have been born about 20 years after he was

* * * *

Good luck, Helen!

Yes, our Helen, Helen Wills, of course, is going to marry. The lucky man is Frederick S. Moody, Jr., a San Francisco bond salesman.

(Continued on Page 58)

I Gave My Fat for Health and Beauty

Time Lost is Gone Forever, But Lost Beauty Can Be Recovered, So This Married Woman Discovered. Here is Her Story as Told to

Bobby Trebor

IT was a beautiful morning, that Monday as the sun broke bright and clear above the horizon. At least, that is what the papers said about it, but to me it was just another "blue Monday" ushered in by a hang-over headache from the night before and made all the more unpleasant for me by the fact that Harry had prepared his own breakfast and had gone off to the office without disturbing me or the children. Then when I finally awoke there was barely sufficient time left for the youngsters, Harry, Jr., and Betty, aged ten and eight, to dress eat a hasty breakfast, and get away to school on time. I did not have a moment to spare to try those funny exercises I'd heard over the radio once or twice, and which I had been planning for some time to take up. Well, there was no use worrying about it; I would just have to get up early enough some other morning to start them. And between the headache and a general lazy feeling within and the laundry to bundle up and the house to put in order and a trip to the dressmaker's for the afternoon, I concluded that this was an extra deep hued blue Monday.

What was that? Vague, yet familiar, sounds came to me from the general direction of the empty apartment across the hall. Evidently for some one this Monday was not only blue but also was moving day. Heavens, how glad I was that I did not have that, too, to worry about. Why, the last time we moved, well, I hope it was the last time. I didn't recover from it all for a month.

In due time things became quiet across the hall, so I decided that some woman had evidently had an easier time of moving than I had ever known for my own.

Being human, I wondered who and what were my new neighbors, and being feminine, I determined to find out. I dressed a little early for the trip to the dressmaker's and began a watchful waiting policy near my door so that I "accidentally" stepped into the hall just as my new neighbor opened her door. A smile, a "hello," and we were on speaking terms. Lawrence was her name, and she was one of the type of women who are interesting to other women and attractive to men. She might have been in her early twenties, or she might have been in her late thirties, so indefinitely had her years stamped their flight upon her.

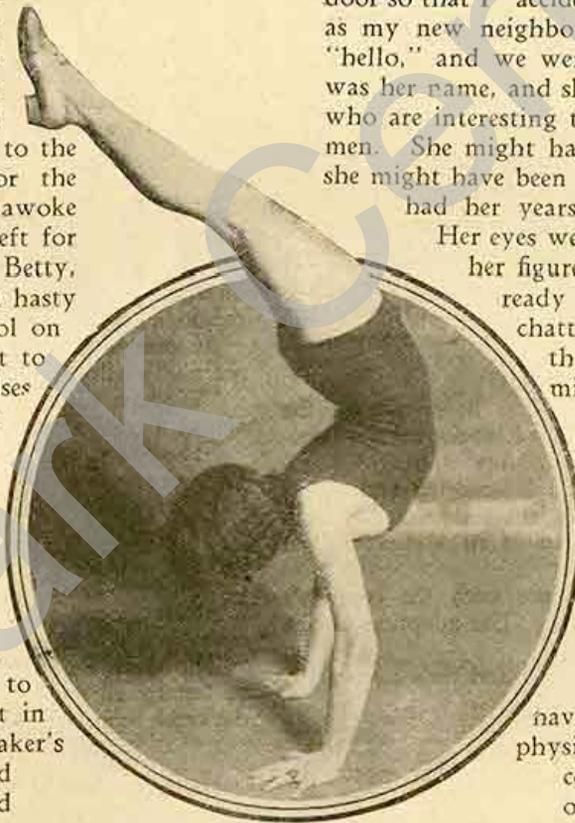
Her eyes were bright, her skin was clear, and her figure—it was simply marvelous. Already during the few minutes we

chatted at her door some strange thoughts were finding root in my mind. Surely, from the things she said she must be about my own age—thirty, but to judge by our respective appearances she would almost pass for my daughter. She had one child, a son of the age of my junior, so evidently motherhood had not been solely to blame for my poor physical condition so young in life. But I haven't told you.

Have I, that I was not then the same physically as I am now? Well, I certainly wasn't. I was fat all over, and my face boasted far too many wrinkles to suit me. My eyes were dull and listless, and beneath them hung pouches of a

hue suggestive of indigo. Now I weigh 120 pounds; at that time I weighed over 150, so you can imagine how I must have looked. Mrs. Lawrence, evidently, had been selected by Nature as a favorite daughter, while I, so I consoled myself, must have been "picked on" as a scape-goat. How silly I was!

A few evenings later we had the Lawrences over "just to get acquainted" and to play a few games of bridge. Harry, who generally acquits himself nobly at the game, played miserably, principally because he



Aside from keeping one fit, exercise provides a never ending joy in the thrill of doing stunts.

scarcely took his eyes from the attractive figure of Flora Lawrence during the entire evening. Her figure was not a bit nicer than mine had been when I married and even during the first few years of my married life; but during the last five years my lines had changed considerably—and not for the better. I could easily understand why Harry preferred looking at his pretty guest to playing cards or adoring me, but I might as well tell you (just as I told him as soon as they left) that I didn't like it a bit.

Good old Harry! He just listened patiently until I talked myself down, then he did a little talking of his own. He told me that I had been my own greatest enemy, and that the reason I had grown fat and had become the victim of head-aches and a dozen other ills was that I had been loafing on the job of caring for my body, to all of which I retorted that the reason I had been neglecting myself was that caring for him and *his* two children had so monopolized my time that none had been left for my own use. And when I did have an idle moment I felt much more like reading or going to a movie than doing horrid exercises or digging into some fool diet book. "You are so keen about your 'caring for the body' business," I retorted at him, "I suppose you take lots of nice little exercises and watch your diet very closely, don't you?"

"You have guessed it," he replied, "for all you needn't tell the Lawrences about it. Just step on the soft pedal and we'll have a great little mutual understanding right here and now.

"You remember," he continued, "that until five years or so ago, when we moved into this apartment from the suburbs, both you and I were almost the same in appearance as we were when we first were married. All this change that has come over you has taken place during the last five years, hasn't it? That's it, be a good girl and admit the truth.

"Did you ever stop to reason out the cause of this change? Of course not. But you did notice, I am sure, that within six months after we took this apartment we had each gained several pounds. Surely, too, you must have noticed that while you gained an additional twenty or twenty-five pounds I have gained nothing. And yet we both eat the same foods. Where, then, does the difference come in?

"Let's go back to those first ten years of our married life, when we lived in the suburbs. What was our daily routine? Up early, get breakfast, and away I rushed to the city. You had the house to look after, the children to care for, and plenty of things to do to keep you busy. Then we were always playing tennis or going swimming or taking a hike or doing some such stunt several times a week. How different things became here! You cut out exercise entirely, and instead of an active woman you became a species of household ornament, accumulating not dust but fat. But, worse than mere fat, your inactivity permitted a myriad of toxins to find root in your system, and your pale skin, circled eyes, head-aches,

and general run-down feeling resulted in due time.

"As for myself, when I discovered this change coming on I promptly took steps to check it. Took out a card at a gymnasium downtown, and drop in there two or three times a week for a work-out. Also took to going lighter on lunch, and did the same thing about dinner. You have taken me to task many times because of my 'loss of appetite' since I became a full-time resident of the city. Listen, sweetheart, my appetite has never been lost—it has merely been disciplined within safe, sane and sensible boundaries. Exercise and diet: they are a great combination, greater than ham and eggs, corned beef and cabbage, steak and mushrooms, and dollars and cents all rolled into one for the purpose of improving health and appearance. Suppose you try them a bit—just ask Mrs. Lawrence what to do; I'll bet a dollar she knows from experience exactly what you need."

As if I would ask *her* for advice on such a problem!

But facts are facts and fat is fat, and one fact is that I had about thirty pounds of the said fat distributed in lumps, rolls and slabs over my body. Another fact is that I knew I looked much the worse for having been here thirty years than I had reason to look, and still a third fact is that I didn't enjoy the way Harry discussed the matter with me.

Immediately above our apartment lived the Nelsons. Mrs. Nelson and I were fast friends of three years' standing, and often we had discussed our mutual affliction—fat, for she and I made shadows like twin sisters—and its possible cause and remedy. She was perhaps ten years my senior, and with all the authority and gravity of those additional ten years she had more than once assured me that ours was a hopeless case, that fat we were and fat we would remain, and that we might better than otherwise console ourselves in our distress and make the best of it. We had, it is true, discussed diet and exercise and various "systems" occasionally, but the first two we dismissed as being too arduous and the last mentioned we agreed upon as being dangerous and unsafe.

Gracious, I hope I'm not taking to much of your time! But I just had to tell all this so you could understand how I felt before my "rejuvenation," and how very, very much it has meant to me.

Now to go on; let's see, where was I? Oh, yes. Well, just a few days after the unpleasant conversation with my husband Mrs. Nelson phoned me to come up "at once." That was all, and as I hastened to her apartment I tried to remember the number of the nearest hospital and the location of the fire alarm box in case such information might be needed. But it wasn't that at all.

"Elizabeth," began Mrs. Nelson as she beamed upon a beautiful young lady beside her, "this is Mrs. McKnight, the lady I have been telling you about. I am sure she and I will make you very apt pupils."

Elizabeth, so Mrs. Nelson explained, was a niece who had just completed her studies at an Eastern school. She was visiting her aunt for a while prior to making a trip to the coast. The "pupil" business,

(Continued on Page 85)

The Atlanta Wizard

Bobby Jones, Greatest Golfer in History of Ancient Scotch Game

By Rolfe Garrett

"BOY WONDER."
"Atlanta Wizard."
"Master Stylist."
"Greatest Golfing Machine."
"Golf's Outstanding Figure."
Who is he?

Nine hundred and ninety-nine out of a thousand sports fans can answer that question.

Why, Robert T. Jones, of course, although the fans will call him by a different name. He is Bobby Jones to them. He was Bobby when he first broke into national prominence as a golfer at the tender age of 14, and he is Bobby now at the age of 27. Age can no more change his first name than it can change his fame as a golfer.

Although he has won every major golf championship with the exception of the British Amateur, although he is hailed as the greatest player the ancient Scotch game has ever produced, Bobby never took a real golfing lesson. He learned the game in his own "back yard," which in this case happens to have been on a golf course.

Born at Atlanta, Ga., March 17, 1902, Jones took his first slice at a golf ball only five years later. Bobby was a sickly lad and the doctors gave him only one year to live. He was ordered out into the country. His father moved to a little house adjoining the East Lake golf links, and little Bobby was sent out to roam in the fields. He soon became a favorite—although some considered him a pest—with the players, and one of them gave him a sawed-off cleek. It was the future champion's first golf club, and he played with it for a long time.

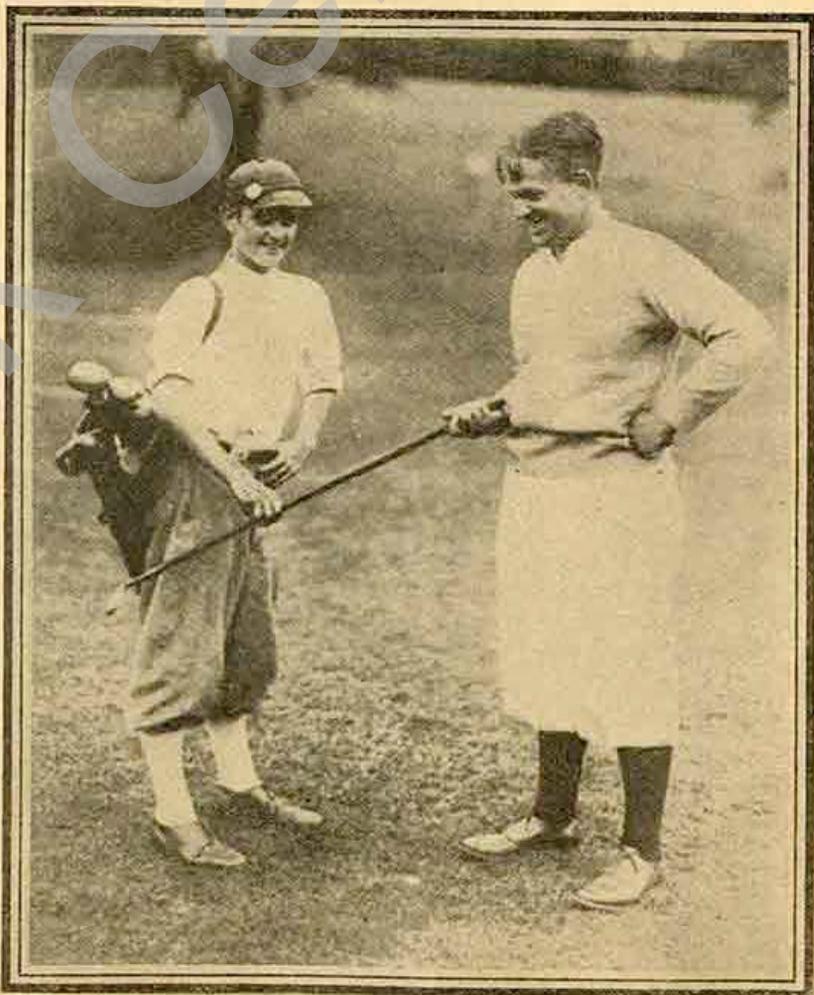
Thrown into the golfing atmosphere by circumstances, Jones himself was fascinated by the playing of Stewart Maiden, the club's professional. Maiden became his hero much as fighters and ball players are the heroes of city boys. He followed Maiden about every time the instructor went out, watched his play carefully and tried to imitate him.

Naturally he started swinging like his "teacher," and everyone got the opinion that Maiden was really teaching him. But such is not the case, according to no less an authority than Jones himself. Bobby just watched and learned and grew up with the game.

Bobby gained recognition as a good golfer when most children are still in elementary

school. By the time he was thirteen years old he already had won recognition in the south, particularly in his native state, and he entered his first national championship tournament at Merion, Pa., at the age of fourteen. He placed third and was hailed everywhere as the "Boy Wonder."

He gained his spurs, however, before entering the Merion tournament, having won the Georgia State Amateur championship. That was the beginning of the most brilliant career in golf. Today Jones outshines the rest of the field as Tilden outshone his rivals when he was at his prime, as Dempsey outshone the rest of the heavyweight field for several years after he won the throne from the giant Wil-



Just one more title. It's nothing new to this master golfer. Jones is giving his club to his caddy immediately after winning the United States open title in 1928.

lard, as Cobb outshone all the other baseball stars of his days and as Ruth today outshines all the other home-run hitters. Bobby is in a class by himself.

But Bobby disclaims being a super-golfer. Asked for his recipe on playing successful golf, he said:

"Golf is played with the head—I do not think one's physical condition is important. Of course, the eyesight must be good, but if you can see and think a little, it seems to me you can play."

Although he has done everything that can possible be expected of him, Bobby, in a pessimistic mood, complained one day:

"My friends expect too much of me."

Yes, Jones' friends expect a great deal of him, but they are not lax in showing their appreciation of the great deeds he has performed on the links and the glory he has brought to his home state and city.

When Jones returned from England last year with his second British Open championship, his fellow-townsmen presented to him a \$50,000 home as a token of their esteem. The money with which to purchase the gift was raised by popular subscription. Thousands of Atlantans contributed to the fund.

The presentation of the home was one of the most elaborate ceremonies ever held in the southern cities. It was made in the presence of the town's leading citizens and officials. Jones accepted the gift. Immediately thereafter there arose a howl throughout the country that Bobby had impaired his amateur status by accepting the gift, which was compared to prize money.

Responding to the cry of over-zealous "amateur fans," the United States golf officials conducted an inquiry into the circumstances surrounding the gift and decided that Bobby was within his rights in accepting the home and ruled that he was not violating any amateur ruling by doing this.

The ruling of the officials should have satisfied all, but it didn't. Jones himself was the least satisfied. The howls and charges worried him and he returned the home to the donors, declaring that he did so to avoid any misunderstanding.

It was a great sacrifice by a great sportsman. It was a petty action by those who attacked Jones' acceptance. What fools some people are!

Jones, by a mere gesture, could be making thousands and thousands of dollars annually through his golf abilities. By becoming a pro he could become wealthy, yet he prefers to stay with the amateurs. He prefers to remain an amateur because he is an inspiration to the youth of the country. He is the idol of not only every young golfer, but of the professionals as well. In fact, some of the greatest tributes ever paid to him have come from the professionals.

"Why do the professionals like Bobby Jones?" Johnny Farrell was asked once.

"That's easy," he replied, "because he's not only a great golfer, but a gentleman."

What greater tribute could be paid to any man. Yes, Jones is a gentleman both on and off the links.

After winning his first British Open crown, one of the British critics wrote of him:

"The admirers of other generations will not, I hope, quarrel seriously with the opinion that no greater and no more accomplished golfer has ever won a British Open."

Jones was the first American-born player to ever win the British Open and the first amateur to do so in twenty-nine years

In his earlier tournament days Jones was known for his bad temper. This cost him many a victory, as he often lost his head early in a match and thereafter couldn't play up to his best form. He was "roasted" everywhere for his ill-temper and was advised to control himself if he wanted to attain the heights his golfing ability indicated he could reach. He took the advice of these critics, and in recent years he has shown a great control over his temper.

William D. Richardson, who has followed Bobby's career for years, writes of his temperamental transformation as follows:

"The Bobby of the amateur championship days was a fretful, impetuous youth—golf's bad boy, a lovable, forgivable, bad boy, but the counterpart of Mr. Peck's juvenile hero nevertheless. The new Robert is a man grown up—cool, calm, calculating—the very epitome of stability.

"Bobby in his younger days afforded amusement for golfing galleries by committing childish capers. He would pursue bees and butterflies when he should have been attending to his putting. He would bash his clubs on the ground when they failed to do his bidding. He would recklessly bat his ball off the green whenever he missed a putt that he thought should have been holed. He was then a headstrong, petulant youth, easily provoked and prone to fly off the handle at any minute."

In his last tournament, the writer continues, "he was mild, even tempered, steady, decisive, determined. Nothing—either butterflies or bees—seemed able to disturb his placency. He was unperturbed when a drive, aimed as a

gunner would 'lay' on a target, took an ill-fated bounce and hopped into the rough. He was unmoved when a putt, starting on the line, swerved off the track at the last moment, derailed by an obstinate blade of grass that had escaped his keen eyes. Whatever the breaks, he took them with a smile, always reserved, collected, dignified.

"He is still the high-strung, nervous youngster that he was then, but instead of letting himself fly into a rage at the slightest provocation, he has learned to hold himself under control. Will-power has turned him from a brilliant but unsuccessful golfer into a golfer who surpasses them all."

Yes, Bobby surpasses them all. He is the finished golfer. He wields a magic wand over the ball.

(Continued on Page 69)



Bobby Jones, the master of them all, taking a slice at the pellet. Bobby can do more with a golf ball than anyone else in the world.



Association Notes

Shoulder Bridge Record of 458 Pounds by Bill Lilly; Challenges 168 Pounders; Other Fine Records; News of Interest; Record List Corrections; New British Records; Australian Records; New York Show, Saturday, May 4

By Mike Drummond

YOU fellows, lifters, body culturists, shape fans, or however you might choose to classify yourselves, who are anxious to win cups, medals and certificates, should hurry and get your photos in for the big Silver Cup Posing Contest. It was supposed to close March 1st, but we are figuring on holding it open a while longer, as it was our experience last year that many photos came in late even after holding the contest open an extra length of time. In the contest last year it seemed the longer we held it open the more entries we received. Get yours in early so as to have a chance at the big prizes.

The monthly contest for this month was won by Owen Brill, of Holyoke, Mass. He wins the gold medal even though his photograph was of very small size. The second prize winner is Rodney Cipriani, of Trinidad, British West Indies. Observing members of the A. B. B. M. may have noticed how frequently medals are won by those who reside outside of the United States. The membership percentage outside of this country is almost negligible when compared to the many thousands of bar-

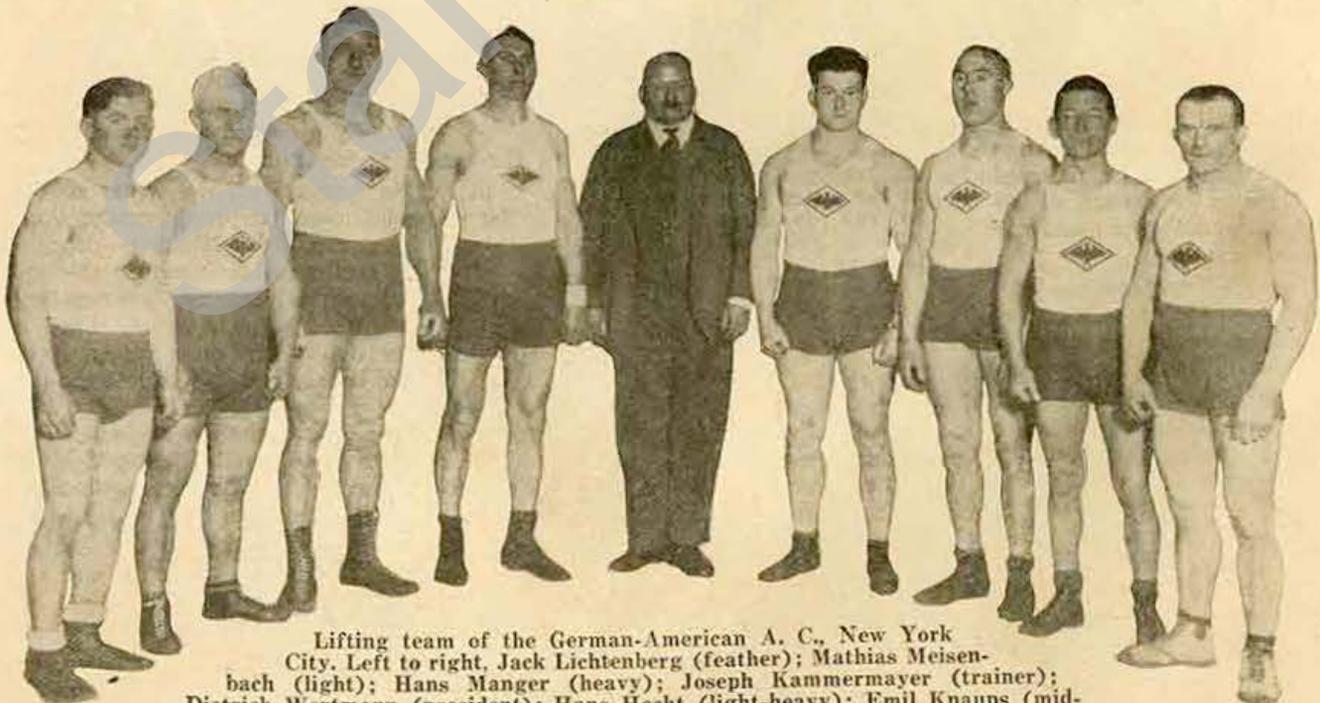
bell users in the United States. The outsiders certainly are to be congratulated for their perseverance in striving for the simple honors.



Winner of the Posing Gold Medal for the month. Owen Brill, of Holyoke, Mass. A small photo, but the judges declared it best.

Lucky, indeed, were the chosen few who were in on the lifting exhibition at the studio of Lynwood (Bill) Lilly, held on the afternoon of Saturday, February 9th. The studio is not adapted to the accommodation of more than a few spectators, but about twenty-five interested fans and lifters managed to keep out of the way of the record-breakers. For we saw some little record-breaking. The show was purposely set for an attempt at setting a new standard on the Shoulder Bridge Lift. Last spring Bill had been going fine on the lift, and then when we expected him to come through with four hundred or more, he seemed to slip. It was a pity, as quite a few of us knew his true ability and had expected to see the record set at a higher figure. Well, Bill had lately signified his intention of showing what he really could do, so in the absence of a big

public showing, one was arranged in his studio. The scales were officially tested a day or two previously by the city



Lifting team of the German-American A. C., New York City. Left to right, Jack Lichtenberg (feather); Mathias Meisenbach (light); Hans Manger (heavy); Joseph Kammermayer (trainer); Dietrich Wortmann (president); Hans Hecht (light-heavy); Emil Knaups (middle); E. Rash (bantam); George Horn (welter).

weights and measure men (two of them), so everything was in readiness for authentic performances.

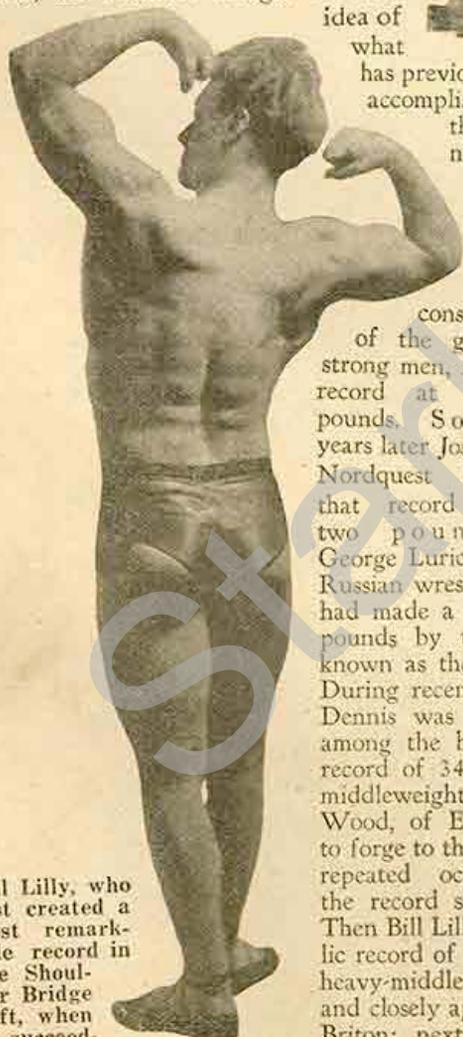
Bill started the show with the lift known as the Lateral Raise, lying; the amateur record stands at 106 to the credit of F. Merrill, who lifted in the heavy-middle class. Bill also scaled in that class, weighing 166 pounds. He started with a pair of 47-pound bells; then a pair of 55-pounders, passing the amateur record by four pounds. Then he succeeded with a pair of 57-pounders, then a total of 115½, and finally after a second attempt 118 pounds. This is, as you understand, a professional record.

Frank Carson was next, weighing 136 pounds. The Pull Over record stood at 89 pounds. Frank started off by equaling that figure; then he set it ten pounds higher at 99 pounds. Failures were registered on higher poundages. It is a certain thing that he will go well beyond 100 pounds.

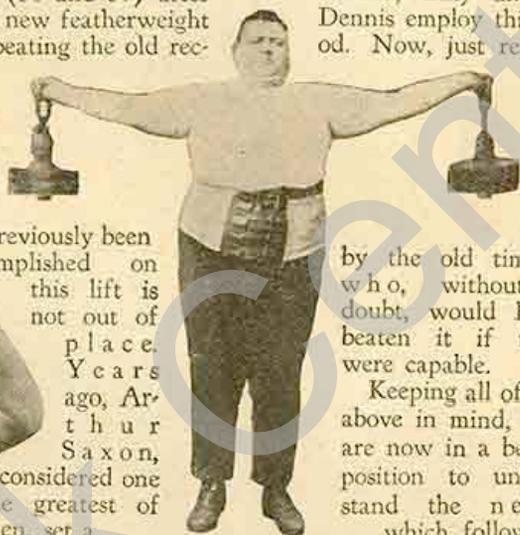
Bill Lilly came back to beat his professional record on the Crucifix, which stood at 109½. He succeeded in turn with 111 and 115 pounds; the latter was accomplished with 58 in one hand and 57 in the other.

Sam Bruck, weighing 122, made his first featherweight record on the Crucifix with 75 pounds (36 and 37) after first doing 70 pounds. Bruck then set a new featherweight record on the Pull Over at 81 pounds, beating the old record by one pound.

Bill Lilly was now set for his big flash, the lift at which he excels the world, the Shoulder Bridge. A brief idea of what



Bill Lilly, who just created a most remarkable record in the Shoulder Bridge Lift, when he succeeded with 458 pounds. This is 15 pounds higher than the all-time record of George Lurich.



Caouette holding 76 pounds in each hand, which seems to be rather easy for him.

has previously been accomplished on this lift is not out of place. Years ago, Arthur Saxon, considered one of the greatest of strong men, set a record at 386 pounds. Some years later Joseph Nordquest beat that record by two pounds. George Lurich, the famous Russian wrestler and lifter, had made a record of 443 pounds by using what is known as the "body toss." During recent years Frank Dennis was considered as among the best and set a record of 340 as a heavy-middleweight. Harold Wood, of England, began to forge to the front and on repeated occasions lifted the record slightly higher. Then Bill Lilly made a public record of 353 for a new heavy-middleweight record and closely approaching the Briton; next he beat the record of the British heavy-weight by a few pounds, when he lifted 381 pounds.

Wood succeeded with around 390 pounds and held honors for almost a year with nothing in front of him but the tremendous poundage of 443 of George Lurich.

Years ago, there was a little difference in the rules; if the weight was lifted off the body and with the aid of the body it was called a "Body Toss—Shoulder Bridge"; a strict Shoulder Bridge had to be executed without the aid of the body in raising the bell. Saxon and Nordquest lifted in that manner. Modern rules draw no distinction, so the "Body Toss" is employed by all who aspire to records. Wood, Lilly and Dennis employ this method. Now, just remember

that the 443-lb. lift of George Lurich was not exceeded

by the old timers, who, without a doubt, would have beaten it if they were capable.

Keeping all of the above in mind, you are now in a better position to understand the news

which follows. Bill signified his intention of starting with 430 pounds. Imagine that, will you? Lilly weighs 166, Lurich weighed 190, Saxon over 200; the referee and judges could hardly take him seriously. With a little trouble in getting the weight properly started, he completed the lift and held the weight for the necessary count of "two." Eighteen pounds were added (Bill wanted more than that, but the referee thought that 448, five pounds above Lurich's record would be plenty to succeed or fail with); and, easier than the first lift, this new world record went up. Ten more pounds were added, making 458, which also went the way of the two previous poundages. A new record for all bodyweight classes and for all time, set by a 166-pound man at 458 pounds.

We don't blame you if you won't believe it. We are expecting the world to call us prevaricators or something with a little more strength to it. We anticipate a disbelief on the part of the lifting world in general. The poundage is so great as to be almost unbelievable. Yet, we went and we saw it with our eyes. Furthermore, we are fortified with a list of sixteen witness signatures, besides the referee and two judges—Mr. Berry, Sol Welsh and Robert L. Jones. Fifteen-inch plates were used, the bar was straight, the weights were weighed on a tested scale. The weight was lifted from the floor to arms length solely by the man himself, using nothing but his hands and his abdomen.

But how many men in this world can bend the way Lilly can? He actually lifts the weight with his body to



Eugene Caouette, of Montreal, Can., the giant of whom we have heard so much. He weighs 334 pounds.

Almost a straight-arm position. The average man can't imagine how heavy 458 pounds would feel across his abdomen. Imagination is about as far as we are willing to go, as a few tons and 458 would seem about alike to us.

There is a small technicality to be mentioned in connection with this lift. Previous to making the actual lift, the bell is pulled over from behind the head to the starting position across the abdomen. It is customary to do this by rolling the bell like a pair of wheels on an axle; in this instance, the depth of Bill's chest and the tremendous weight made it impossible to roll the bell farther than the upper chest: from this point, he rolled the bell across one shoulder, then by using both hands on one end of the bar, the bell was rolled to the starting position. We see no reason why the lift should be ruled out on such a small technicality, as he pulled the bell over unassisted, and completed the lift unassisted. It is to be remembered fifteen-inch discs were used. If, and when we change to Continental Rules permitting eighteen-inch plates, he will not encounter this difficulty. When he set his previous record at 381 he experienced no difficulty in pulling the bell over. Likewise, he used to be able to roll the bell the full way, but an increase in chest depth makes it impossible. In connection with the above mentioned technicality it must be mentioned that the rules do not state the manner in which the bell must be pulled across the face and chest.

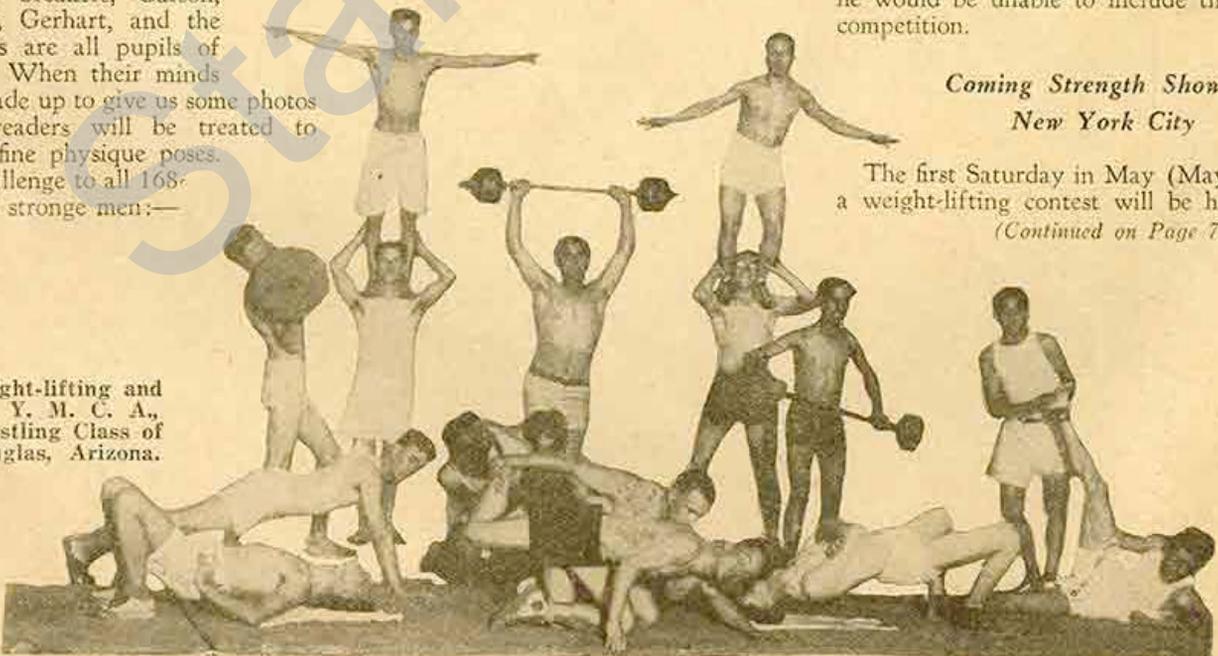
Following the Shoulder Bridge, to resume our discussion of the lifting show, Bob Gerhart made a record of 66 pounds in the Lateral Raise, standing, for the middleweight class, his weight being 145 pounds.

Bill Lilly attempted a new record on the Right-Hand Bent Press with dumb-bell, 190 pounds, but after a few unsuccessful attempts gave it up.

Though records were set up by four men, the honors for heavy lifting must be given to the leaders, Ralph Gross and Joe Mihok. These boys saved the bother of a regular work-out by no less than several tons of grip lifting. The record breakers, Carson, Bruck, Gerhart, and the loaders are all pupils of Lilly. When their minds are made up to give us some photos you readers will be treated to some fine physique poses.

Challenge to all 168-pound strong men:—

Weight-lifting and the Y. M. C. A., Wrestling Class of Douglas, Arizona.



Silver Medal Winner,
Rodney Cipriani, of
Trinidad, B. W. I.

428 Chew St.,
Olney, Phila.,
February 10, 1929.

Dear Sir:

Some time ago I read in the "Strength" magazine some talk intended to stir up some competition amongst the American lifters. In one issue was a letter written by a strength fan suggesting an open contest for amateurs and professionals regardless of bodyweight in an all-around lifting contest to determine America's strongest man. Then later, in the columns of *Strength* came the challenge by Siegmund Klein challenging any lifter in the United States on a certain set of lifts.

At the time I read these things I was not in such a wonderful condition for breaking records, but I was greatly inspired by thoughts of future competition and consequently I went through a rigid training program which enhanced my strength and lifting ability immensely. As a result I am now ready and willing to meet any first-class middleweight or heavy-middleweight in the United States in a contest wherein each man chooses three lifts. My challenge is especially directed to Siegmund Klein and Frank Dennis, but any other lifter in the above class will suit me. Also, in case anyone doubts the veracity of my record in the "Shoulder Bridge Lift," I will meet any man in the world, regardless of bodyweight, in a contest on that one lift, the Shoulder Bridge.

Trusting that this letter may stir up more interest and competition in the lifting world, I remain

Your friend,
Lynwood Lilly.

Mr. Lilly wishes to make a further statement in regard to the lifts on which he is willing to contest. He is interested only in standard bar bell, dumb-bell and kettle bell lifts. He bars such lifts as Finger, Teeth, Back, Harness, the Jefferson, Kennedy and Hand and Thigh Lifts. Never having practiced that class of lifts, he would be unable to include them in competition.

Coming Strength Show in
New York City

The first Saturday in May (May 4th)
a weight-lifting contest will be held in
(Continued on Page 79)

Rank with the Best at Your Favorite Sport



Among my pupils are many professional ball players. You, too, can have the enormous strength in your arms and shoulders so essential to all good hitters and fielders.



Want the speed of a bullet in your serve and drives? Let me work for 30 days on your arms, wrists and shoulders, and you'll gasp at the improvement.



Have the punch of an army mule in both those fists. When I get through with your shoulders and back muscles even the best will fear you.

IT'S not as difficult as you think! I've found a way to quickly improve your game that will amaze you. It is easy, and surprisingly simple, and you can do it by following my instructions only 15 minutes a day for a few short weeks.

The first step is to let me build giant strength into you. Then the rest is easy. And that's one job I can do, and do well.

Strength Few Men Can Equal

People call me the Muscle-Builder. By a special method of scientific body building I go all over your body, strengthening your internal organs, broadening your shoulders, cutting off fat here and putting on muscle there, until you are transformed into a healthy, handsome, muscular figure that just yearns for sports and action.

In the first 30 days I add one whole inch of real live muscle to each of your arms, and two inches more of the same marvelous strength across your chest. I deepen your lungs, turn your legs into strong, sturdy pillars of speed and action. I give you a grip of iron and a wrist of steel.

With this new enormous power you will be able to "knock the cover" off a baseball; dive through the toughest football line for enormous gains; send a bowling ball down the alley at a mile-a-minute speed; and knock out your opponent with a single blow of your sledge-hammer fist.

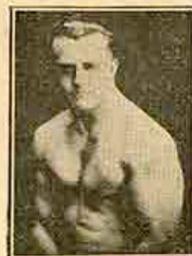
I Speed You Up, Too

But I not only give you strength such as few men have. I speed you up, too! This new giant power can be made to act with the lithe swiftness of a cat. Every muscle functions behind a razor-keen brain.

A Sure Path to Fame and Fortune

With a body like that no coach will dare to keep you off a team. Every college and club in the country will want you, and bid for your services.

And what a picture you'll be in a bathing suit! What a sight in a gymnasium!



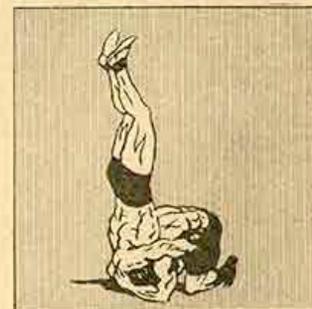
EARLE LIEDERMAN,
The Muscle Builder



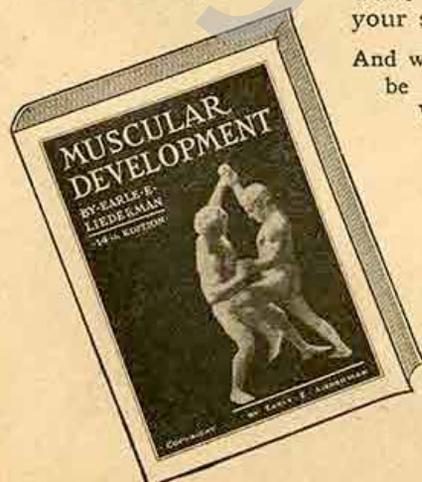
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With the wrists and forearms I give you, 50 yards more on your drives is a simple matter.



Every wrestler must be a strong man. Let me strengthen your weak spots in my own quick way, and in a few weeks you'll be putting the best of them on their backs.



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Dept. 704, 305 Broadway,
New York City

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by Professor Maurice Scholder, the famous Scalp Specialist, who has saved many thousands from **BALDNESS**. Give him this coupon and have him send a few of his hairs (*ordinary combings will do*) and add any details he thinks will help with his case.



Professor Scholder, examining specimens of hair

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The Professor Scholder Institute, Inc.
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I am enclosing a few of my hairs for analysis, with the understanding that you will tell me what to do to save my hair and renew its growth. This places me under no obligation whatever. **849-5**

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GYM JUNIOR COMPANY
 528 Gregory Ave., Weehawken, N. J.

Sports Served Short

(Continued from Page 49)

Speaking of her betrothal, Miss Wills said that modern women should be intelligent enough to weave a career and romance into a harmonious life.

A future in which she will follow a triple career—as an athlete, an artist and a wife—was painted by the Berkeley, Calif., girl.

"I shall never stop playing tennis until I'm too old to lift a racket," was her answer to the query whether or not marriage will halt her remarkable career on the courts of the world.

Helen is a smart girl and no doubt will make a success of matrimony. We hope it is as big a success as she made of tennis.

Good luck, Helen!
 The whole sports world is talking.

* * *

Fordham and Georgetown universities will not meet in any major sport this year. Neither has scheduled the other for football or baseball and the two basketball games of this season have been cancelled.

No reason has been assigned for the break, and there was never a lack of financial profit for them. Taking the athletics in general, neither team is superior to the other, both being about even.

We do not know what the cause of the break is, but we are interested. We feel that the public is entitled to know why two such prominent institutions have severed relations.

* * *

Army polo teams representing the United States and England will not meet this year in renewal of their rivalry begun in 1923, the British having declined an invitation to send a British army team to the United States next summer.

The British refusal was received by the Army Central Polo Committee at Washington through the American Embassy at London. It said that although the Army Council of the British War Office "realizes the many advantages that accrue from these friendly contests," it feels that "it would be quite impossible to spare the services of the officers who would form a representative team for the length of time that would be involved."

The action of the British is indeed to be regretted as the annual contests between the two war services have been colorful and have done much to cement the athletic relations between the two nations. Perhaps England will see its way clear to send a team over next year. We hope so.

* * *

A plea to President Hoover to act as peace maker in the athletic dispute between the Army and Navy is planned

by Congress leaders in the hope that it will result in the re-establishment of the colorful football game between the two military institutions.

The interested members of Congress are hopeful that relations between the academies can be settled in time for the 1929 classic to be played, if not, they are looking forward to 1930.

Members of the House have indicated that they will ask President Hoover to direct his Secretaries of War and Navy to settle the difficulties that led to the suspension of sport activities between the two government institutions.

Similar appeals, although unorganized, were made to President Coolidge, but he refused to interfere.

It is hoped that the new appeal will be fruitful and that we once more will see the Navy goat and the Army mule on the gridiron.

* * *

"Wild Bill" Melhorn is going great guns in golf this year, winning tournament after tournament. He added his third title recently by capturing the Southern Central open.

Since the first of the year Melhorn's achievements include a record 271 for competitive golf to win the El Paso open, a 277 card for the eight-year-old Texas open at San Antonio, and a 290 for the Southern Central.

Melhorn will bear watching this year. He is playing better than ever.

* * *

Oscar Mathieson, of Norway, who twenty years ago was invincible as amateur skating champion of the world, recently made a new world record for 500 meters, which he covered in forty-three seconds flat.

His record of fifteen years ago of forty-three and four-tenths seconds was beaten by Larsen, of Norway, in 1928 with forty-three and one-tenth.

Once a champion always a champion.

* * *

The British Ryder golf team will be led by George Duncan when it competes with the American professional team at Leeds, England. Besides Duncan, the British team will be composed of Percy Alliss, Stewart Burns, Audrey Boomer, Archie Compston, T. H. Cotton, Abe Mitchell, Fred Robson, Charles Whitcombe and Ernest Whitcombe.

The United States team, which will defend the cup held as a result of a 1927 victory at Worcester, Mass., has not yet been selected. It will be captained by Walter Hagen and of course will include Johnny Farrell, the U. S. open champion, and Leo Diegel, the professional champion. Hagen also was

Continued on Page 60

MEMBERSHIP

IN THE

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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

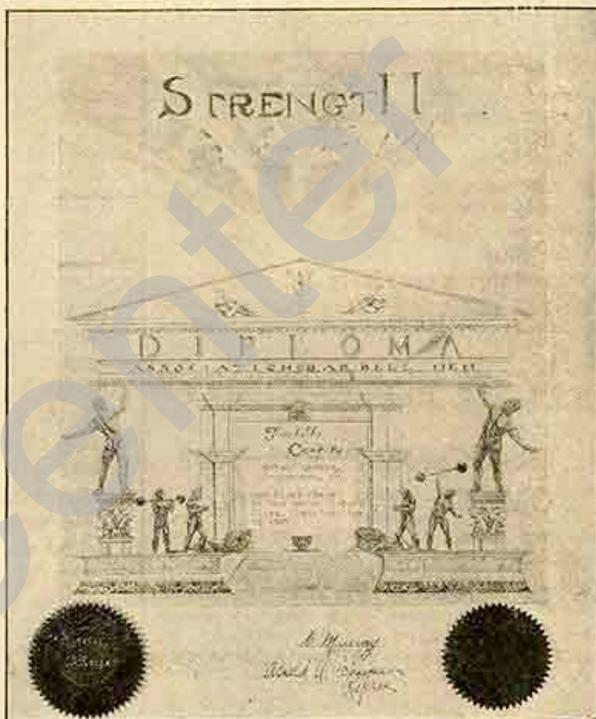
We want to enlarge this Association beyond all former possibilities, and having found that thousands of fellows who were otherwise very enthusiastic, preferred to buy STRENGTH from the newsstands, we decided on the present method of enrolling members.

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 Diplomas; 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 the two best photos received.



BIG

Silver Cup

POSING CONTEST

2nd Place Gold Medal
3rd Place Silver Medal
4th and 5th Places . Bronze Medals

Enter any number of Photographs

Amateur A. B. B. M. Members only
are Eligible

Closes March 1st.



Our Lapel Button

A. B. B. M., Care of Strength Magazine,
2739 N. Palethorp St., Philadelphia, Pa.

Dept. S-4-29

Secretary: I am enclosing

10 Cents for Membership Card only.

50 Cents for both Card and Lapel Button

Name

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

Have You These Symptoms of NERVE Exhaustion?

Do you get excited easily?

Do you become fatigued
after slight exertion?

Are your hands and feet
cold?

Do you suffer from consti-
pation or stomach
trouble?

Is your sleep disturbed by
troubled dreams?

Have you spells of ir-
ritability?

Are you often gloomy and pessimistic?

Do you suffer from heart palpitation, cold
sweats, ringing in the ears, dizzy spells?



These are only a few of the signs of weak, un-
healthy nerves that are steadily robbing thou-
sands of people of their youth and health.

What Causes Sick Nerves?

WOMEN In women this is largely due to
over-active emotions, and to the
constant turmoil in their domestic and marital
relations.

MEN In men, these signs of nerve exhaustion
are produced as a result of worries,
intense concentration, excesses and vices. The
mad pace at which we are traveling is wrecking
the entire Nervous Organization.

How to Strengthen Your Nerves

No tonic or magic system of exercise can ever
restore the health and vigor to weak, sick, un-
balanced nerves. To regenerate lost nerve force,
to build up strong, sound nerves, requires an
understanding of the action and abuses of nerves.
It needs a knowledge of the natural laws of
nerve fatigue, of mental and physical relaxation
and nerve metabolism. And it is only through
the application of these laws that stubborn cases
of Nerve Exhaustion can be overcome.

Read This Wonder Book

Based upon many years of intensive experience
and study, the famous author, Richard Black-
stone, has written a remarkable book, entitled
"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 founda-
tion for your future success and happiness.
Mail coupon for your copy today. Address:
Richard Blackstone, N-24 Flatiron Building, New
York.

Richard Blackstone,
N-24 Flatiron Building, New York City.

Please send me a copy of your book "New
Nerves for Old." I am enclosing 25c in coin or
stamps.

Name

Address

City

State

Sports Served Short

(Continued from Page 58)

captain of the American team in the
last international matches.

* * *

William Hickman Pickens, stormy
petrel of the automobile racing game,
again is in good standing.

His latest disqualification, which has
stood since 1924, has been removed by
the contest board of the American
Automobile Association.

Pickens has been in hot water with
the A. A. A. on many occasions. His
first disqualification came in 1911,
when he promoted an automobile race
between Jack Johnson, then heavy-
weight champion of the world, and the
great Barney Oldfield.

Restored to good standing in 1916,
Pickens again broke the A. A. A. regu-
lations, was suspended, and brought
an unsuccessful suit for damages
against the organization.

His 1924 suspension grew out of his
connection with unsanctioned races
staged at the Ascot Speedway in Los
Angeles.

He is now promoting a dirt track
racing circuit, including Los Angeles,
Bakersfield, San Jose, Stockton and
Sacramento.

We hope Pickens has learned his les-
son and that he will in the future obey
all regulations of the A. A. A. which
has done a great deal to advance the
automobile racing game.

* * *

An ice hockey war is brewing.

A second major league is expected
to enter the field in competition with
the National Hockey League, according
to P. T. "Paddy" Harmon, promoter of
the new Chicago Athletic Stadium,
now under construction.

While denying he was connected
with the formation of the new circuit,
Harmon intimated there would be two
major hockey teams playing in Chi-
cago next winter and that one of them
would be at the Stadium.

Major Frederic McLaughlin, owner
of the Black Hawks, the only major
hockey team in Chicago now, has re-
signed as chairman of the Chicago Sta-
dium Corporation, stating that he
would erect a permanent home for his
club next year.

Harmon denied having made over-
tures for the purchase of the franchise
of the Ottawa Senators, said to be on
the auction block because of the lack
of interest shown by the Canadian city
in the game.

If Harmon should try to buy the
Senators he will find strong opposition
from Philadelphia, where a group is
determined to buy the Senators. The
Philadelphia interests have come out
in the open. They will spare nothing
to get major league hockey for the

Quaker City, where the game is very
popular.

Yes, an ice hockey war is brewing!

* * *

Many swimming records have been
set recently. It seems that every meet
means a new record. The mermen and
mermaids are getting better all the
time. We wonder when the end will
be.

Some of the new records are:

George Kojac, of New York, broke
his own world's record for 100-yard
backstroke. He covered the distance,
in the Penn A. C. pool in Philadelphia,
in one minute three-fifth seconds, just
three seconds faster than he did in the
same tank late last year.

Arne Borg, of Sweden, swam a half
mile in ten minutes and twenty-seven
seconds. The distance was over an
eight-lap course in Sydney, New South
Wales. It was Borg's third record in
a week. The others are 220 yards in
two minutes and twenty seconds, and
400 yards in five minutes and five and
a half seconds.

Not satisfied with these three rec-
ords, the Swedish Hurricane shattered
by more than half a minute the rec-
ord for the mile, which he negotiated in
twenty-one minutes and six and four-
fifths seconds, beating his own previous
mark. He established his former record
in the distance in 1925 in a race in
Gothenburg, Sweden.

* * *

Albert Zorilla, of the New York A.
C., Olympic 400-meter swimming
champion, who is spending the winter
in his native Buenos Aires, bettered
two of Argentine's national free-style
records in 50-meter baths recently.

He negotiated 200 meters in 2.14 1-5
and 400 meters in 4.53, as against the
registered standards of 2.19 and
5.00 1-5.

* * *

Lacrosse is rapidly coming into favor
with the women in England in spite of
its strenuous nature. Already there are
95 schools and 57 clubs affiliated with
the All-England Lacrosse Association
and the number is growing weekly.

Lacrosse is much more popular
abroad than it is in the United States.

* * *

The 1500-meter speed skating cham-
pionship of Europe was won by Clas
Thunberg, the Finnish skating star, in
a contest at Davos, Switzerland. Thun-
berg covered the distance in two min-
utes and nineteen seconds, being fol-
lowed closely by Ballangrud, of Nor-
way.

It marked Thunberg's second cham-
pionship in the meet. The other is
the 5000-meter event.

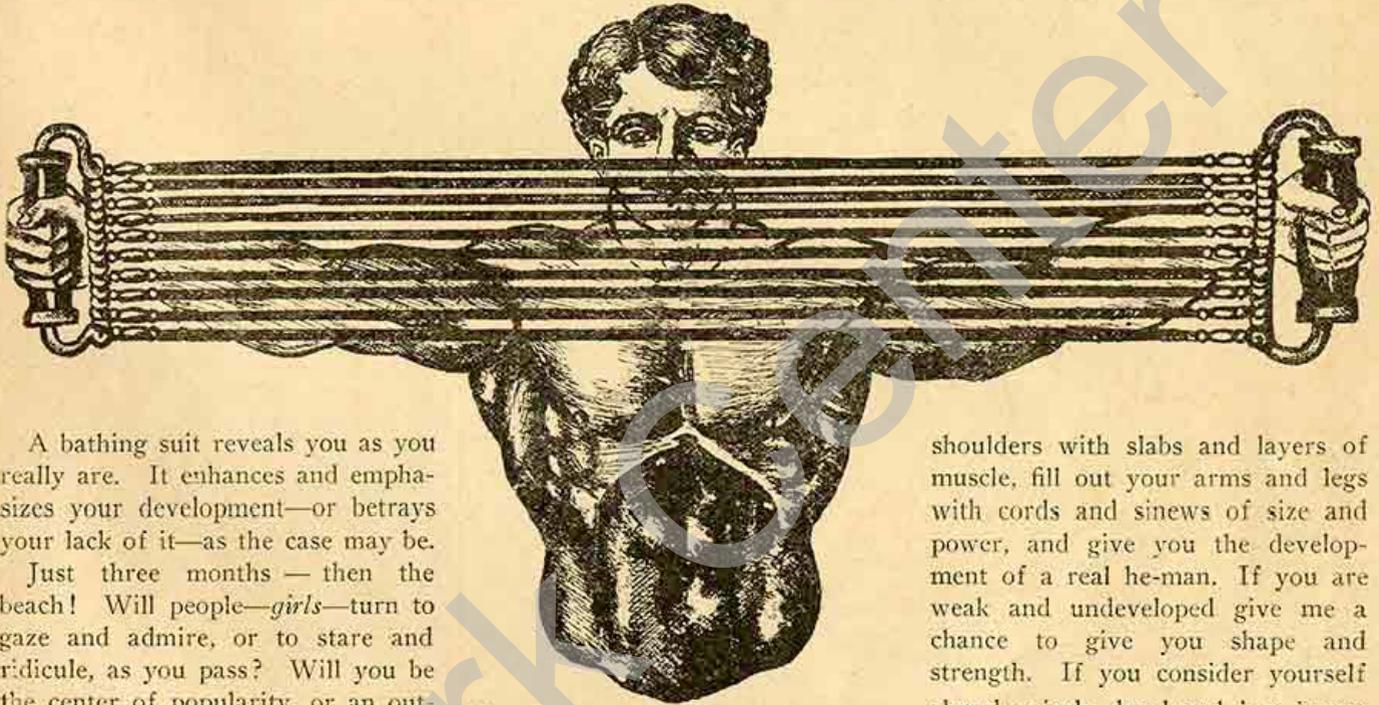
(Continued on Page 62)

Just Three Months

April—May—June

Then Swimming Time!!

How Will You Look In a Bathing Suit



A bathing suit reveals you as you really are. It enhances and emphasizes your development—or betrays your lack of it—as the case may be.

Just three months—then the beach! Will people—*girls*—turn to gaze and admire, or to stare and ridicule, as you pass? Will you be the center of popularity, or an out-cast? Which? Now is the time to decide!

Three months—just three months!

That is all the time I ask to put you in tip-top shape physically. In that length of time I will pack your

shoulders with slabs and layers of muscle, fill out your arms and legs with cords and sinews of size and power, and give you the development of a real he-man. If you are weak and undeveloped give me a chance to give you shape and strength. If you consider yourself already nicely developed just invest a few dollars in my course and learn what real development is!

JUST THINK!

And each outfit

5-Cable Outfit,	100 lbs. Resistance	\$3.00	<i>comes complete with</i>
10-Cable Outfit,	200 lbs. Resistance	5.00	<i>My Own Course of</i>
15-Cable Outfit,	300 lbs. Resistance	8.00	<i>Instructions</i>

JACK SANDOW,
Room S-4-29, Federal Life Building,
Michigan Ave. and Randolph St.,
Chicago, Ill.

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

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Address

City State

Act now! Enter now on the road to health and strength, and begin in a few days to develop that body of yours to its stage of greatest development and highest efficiency. Just use the coupon in the corner—you can't beat my apparatus and course anywhere for twice the money!

JACK SANDOW

Room S-4-29, Federal Life Building

Michigan Ave. and Randolph St.

Chicago, Ill.

CORRECT YOUR EATING

and

PULL DISEASE OUT BY THE ROOTS



You need exercise, plenty of sleep, pure air, and other things that help keep one healthy, but above all you need a knowledge of what to eat and how much of it to eat in order to attain and retain perfect health.

No matter what you do to try to become healthy your efforts are of no avail if you continue to overwork and mistreat your stomach, liver and kidneys by eating the wrong kinds of food and too much of them. Correct eating naturally overcomes such troubles at their source, but incorrect eating tends only to increase their severity and to weaken the system for the appearance of other and more serious troubles.

DON'T GO ON SUFFERING AND WORRYING IN IGNORANCE

Invest the small sum of one dollar in this thoroughly comprehensive and reliable course by Carl Easton Williams and let it put you on the road to complete health. Its advice is sound and has been proven by experience as the best. And there are no long fasts or difficult practices advised! You will like its pleasant way of controlling the diet.

ARE YOU TROUBLED WITH ANY OF THE FOLLOWING? IF NOT, HOW DO YOU KNOW YOU WON'T BE —EATING INCORRECTLY AS YOU ARE?

"Everyday Mistakes In Eating" tells you how to rid yourself of Acid Stomach, High Blood Pressure, Asthma, Auto-Intoxication, Bilioussness, Bright's Disease and Kidney Trouble, Catarrh and Colds, Constipation, Diabetes, Diarrhea, Fermentation, Headaches, Indigestion, Insomnia, Liver Trouble, Muddy Skin, Neurasthenia (weak nerves), Neuritis, Pimples and Boils, Rheumatism and Tuberculosis, besides giving you the correct diet to prevent Cancer.

NOW IS THE TIME

to get on the right track and give yourself a square deal. Pin a dollar bill to the coupon in the corner and mail it today.

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Philadelphia, Penna.

Gentlemen: Please find enclosed \$1.00, for which you are to send me immediately Carl Easton Williams' complete Five-Lesson Course, "Everyday Mistakes in Eating," and oblige

Name

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City State

The Milo Publishing Co.

Dept. S-4-29

2739 North Palethorp Street

Philadelphia, Pa.

Sports Served Short

(Continued from Page 60)

Oxford and Cambridge universities will send a tennis team from England to engage representatives of Yale and Harvard at Newport, R. I., in August.

Arrangements for the match, the third international contest for the Prentice Cup, have already been completed. The collegians of each country hold a leg apiece on the trophy.

* * *

Baseball will take to the air if the plans of the Southeastern Baseball League materialize. Major P. Murphy, of the Tampa club, has asked for bids from aviation companies operating between this country and Cuba, for transportation of baseball teams between Florida and Havana.

The day is not far distant when the majors will travel from city to city by plane and thus eliminate many off days. It would help keep the schedules within good playing weather.

* * *

New York University's outdoor board track, said to be the fastest stretch of boards ever built, probably will be host to the Canadian Olympic athletes who will come here next week. Phil Edwards, captain of the N. Y. U. team, as well as a place winner for Canada in the Olympic 800-meter run, has invited the Canadians to take advantage of the Violet's facilities for training while in New York.

In view of the fact that Edwards will be one of the members of their relay team at indoor meets, it is very likely that his invitation will be accepted.

* * *

In the first daylight basketball game played in the Big Ten since 1912, Ohio State recently defeated Chicago by the score of 40 to 30. Seventeen years ago Chicago played Wisconsin in a twilight game at the latter's court in Madison, Wis.

Shortly after the Ohio State and Chicago game twilight basketball was tried out in the East with great success. Temple University, Philadelphia, played with Pittsburgh, the 1927 intercollegiate college champions, before a jammed hall in Philadelphia. Thousands were turned away.

Twilight basketball is a good idea and no doubt will become popular if made a regular thing.

* * *

The first opponent for the United States in its attempt to regain the Davis Cup this summer will be Canada. The winner of this contest will meet Japan and the winner of the latter series will meet the victor of a match between Mexico and Cuba.

Only five nations will play in the American zone while 24 nations have elected to play in the European zone.

The United States should have no trouble coming through in the American zone. It is almost certain that the final rivals for the cup will again be America and France.

Who will win then? We would like to see America regain the laurels, but still are inclined to favor France.

* * *

With football and basketball the only sport at Princeton University which were self-supporting, the revenues for the fiscal year ending July 31, 1928, were \$239,201.30, of which football brought in \$233,440.69.

Basketball, the only other sport which swelled the coffers of the association, added \$5,680.09. Football made possible the carrying on of other sports in the university. The thirty odd other form of athletics were all operated at a deficit, the crew heading the list with a total expense of \$23,005, while baseball showed a loss of \$19,601 and track \$18,957.

* * *

Ski jumping is increasing in popularity in the Middle West. More than 18,000 persons attended the meet held by the Ogden Dunes Ski Club near Gary, Ind., recently. On another day more than 10,000 fans braved a temperature of 10 degrees below zero to watch another meet at Cary, Ill.

They sure must like the game to sit through one with the temperature 10 degrees below zero. We'll stay indoors on such days.

The ten-man baseball team, advocated by President Heydler, of the National League, will get a tryout in the Timber League, of Washington. Managers of the various teams in the league voted to give the proposal a trial during the coming season.

The ten-man team is designed to permit a batting line-up excluding the pitcher.

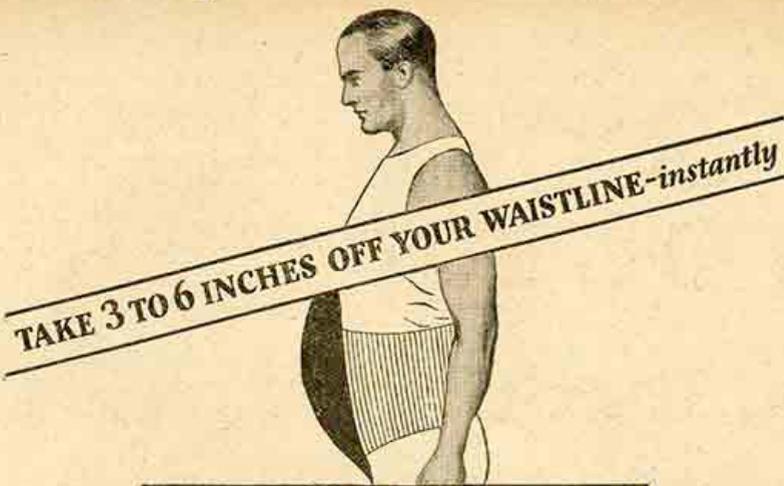
We'll watch the experiment patiently.

* * *

What was said to be a high-water mark in the cost of athletics at Harvard University—with football the sole support—was shown in the report of Charles F. Adams, secretary of Harvard, who disclosed that while total receipts from athletic contests was over a million dollars, the profit was only \$15,594.

Receipts for all athletic activities for 1928 were \$1,014,554, and expenses were \$711,774. From the receipts also was subtracted \$287,184, guarantees, paid to visiting teams.

The football team was the only athletic organization at Harvard which operated at a profit. The income of the university football team was \$577,254, while expenses were \$148,837. The income of football at Harvard in 1927 was \$524,195.



FREE PROOF THAT WAISTLINE FAT Can Be Quickly Reduced —Without Drugs and Diets or Exercises

10 Days' Free Trial

HOW many times have you made up your mind to reduce? How many times have you said to yourself: "I'm going on a diet" or "I'm going to start exercising"?

For a whole week you may have struggled through gymnastics and starved yourself. You rolled around the floor, cut out desserts and starchy foods. And at the end of the week you found that you had lost only 2 pounds!

A good diet strictly lived up to, and a course of exercise rigidly followed, will undoubtedly help you reduce waistline fat. But from your own experience you know how slow and unpleasant these methods are.

Look Thinner at Once

Instead of wasting your time—instead of risking your health by weakening diets, exhausting exercises and pill-taking in an effort to get rid of bulging waistline fat—try the popular Weil Reducing Belt for 10 days—at our expense.

Made of scientifically treated rubber, it fits snugly to the body—and every move produces an unconscious massage which moulds away the flabby flesh. It not only makes you look thinner at once, but keeps you so—permanently. Every instant of the day this famous Weil Reducing Belt is at work slenderizing your figure.

So you may see for yourself the remarkable reducing powers of the Weil Belt, we have arranged a plan by which you can test it for 10 days—at our risk.

Just write to us and you will receive our Special 10-Day Free Trial Offer. We will include a detailed description of this guaranteed reducing method, the principles of which are highly endorsed by physicians and professional athletes everywhere. For the sake of your health and appearance take advantage of this unique offer at once. Send no money. Write now! The Weil Company, 504 Hill Street, New Haven, Conn.

THE WEIL COMPANY,
504 Hill Street, New Haven, Conn.

Gentlemen: Please send me complete description of The Weil Scientific Reducing Belt and also your Special 10-Day Trial Offer. There is no obligation, of course.

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Address

City State



I POSITIVELY GUARANTEE

to increase your arms one-half inch in size, chest one full inch; strength 25 per cent, health 100 per cent in one week's time by following my instructions and using my exerciser 10 minutes, mornings and night. Send \$1.00 for complete course and exerciser. Satisfaction guaranteed or \$1.00 refunded.

Prof. J. A. DRYER
Box 1850-R Chicago, Ill.



\$5000 WILL BE PAID TO ANYONE WHO PROVES THAT THIS

is not the actual photo of myself, showing my superb physique and how the Ross System has increased my own height to 6 ft. 3 3/4 inches.

Hundreds of Testimonials. Clients up to 45 years old gain from 1 to 6 inches in a few weeks!

No Appliances—No Drugs—No Dieting.

ROSS SYSTEM NEVER FAILS

Fee TEN DOLLARS Complete

Send To-day, and WATCH YOURSELF GROW!

Dr. E. MALCOLM ROSS, Height Specialist

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(Allow time for return mails across the Atlantic)



Skin Troubles

Cleared Up—often in 24 hours. Pimples, Blackheads, Acne Eruptions on the Face or Body, Barbers Itch, Eczema, Enlarged Pores, Oily or Shiny Skin. "CLEAR-TONE" has been tried and tested in over 300,000 cases. Used like toilet water. Is simply magical in prompt results. At All Drug-gists—with Proven Directions. You can rely on "CLEAR-TONE" for Skin and Complexion. Mfg. by GIVENS CHEMICAL CO., Kansas City, Mo.

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Are you low in health and spirits—Over weight? Muddy complexion? Stomach and bowels off? Open your pores! Take a weekly Turkish Bath at home—cost 2 cents—in the wonderful Robinson Bath Cabinet. Write for the great free book on Health and Beauty. Agents wanted.

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Article used by women. Sold by mail or through agents. Advertising copy furnished FREE. Send for letter that sold over 10,000 orders. Make spare time increase your income. S. SERVICE 63 E. Lake, Dept. 307 CHICAGO



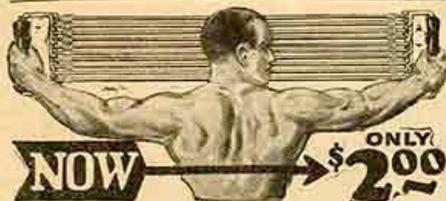
Feet were made before shoes. Until Pediforme Shoes were designed to give the toes, joints and muscles natural action, man had done his best to cramp nature's handiwork. That is why so many people suffer with foot troubles and bad arches, due to improper footwear.

Have yourself fitted for a pair of Pediforme Shoes and get back to nature without sacrificing good looks in the least. The greatest orthopedic authorities endorse Pediforme Shoes as best for the feet.

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Write for **FREE Book TODAY!**

This 48-Page book shows how to be comfortable and train your feet to do their work uncomplainingly. Full instructions on proper care and exercises for the feet. Also illustrates PEDI-FORME shoes for men, women and children for every purpose. Ask for book S



Grow strong and healthy this quick, new way. The Giant Chest Expander and Progressive Exerciser will keep you fit and full of pep and vitality. Only \$2 for 5 cables; \$4 for 10 cables; \$6 for 15 cables and \$8 for 20 cables. Complete instructions for exercising sent with each exerciser. Send no money. Simply pay the postman plus a few cents postage, on delivery. Every exerciser fully guaranteed. Money back in five days if dissatisfied.

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Tobacco Slaves FREED!

Free Book Shows Easy Way to Quit Tobacco!

Are you nervous? Do you suffer from heartburn, headaches, sleeplessness, inability to work at full capacity, etc.? If you do, you may not be aware that tobacco is the cause. No man or woman can continue using tobacco and escape its harmful effects. The Keeley Institute has published a valuable and helpful book that every tobacco user should read—it tells how to quit the tobacco habit easily and quickly—at home—and without a bit of trouble. Tells how The Keeley method quickly banishes all craving for tobacco.

Send for Your Copy Today

The Keeley Institute has proven positively that anyone can quit tobacco by their simple, easy method. They have helped thousands restore themselves to glorious new vitality and health when tobacco had almost ruined them and robbed them of success. The method is simple and absolutely harmless. Don't try to banish unaided the firm hold tobacco has upon you. Write today for your copy of this valuable book. Banish tobacco forever! Enjoy the mental vigor and hearty appetite, the sound, sweet sleep, and the sheer joy of health that freedom from tobacco will give you. Write Now—no obligation.

The Keeley Institute

Dept. A-820 DWIGHT, ILLINOIS

By affixing his signature to the City Council ordinance, Mayor Malcolm E. Nichols brought to an end the battle for professional Sunday sports in Boston. His signature made the ordinance legal, and granted licenses to the Braves and the Red Sox.

However, one technical formality

still remained before either of the clubs can engage in Sunday sport. That was the payment of a fee. The ordinance provided that clubs, like the Braves, with a seating capacity of 44,000, be taxed \$2,500, while the Red Sox, with Fenway Park, seating but 29,000, will have to pay \$1,000.

Nurmi--the Incomparable

(Continued from Page 34)

or so records for distance varying from 1,500 to 10,000 meters, including the mile, 3, 4 and 5 miles, 3,000 and 5,000 meters, and a whole "raft" of other important distance and time records. No other man has ever equaled his performances, and only one has ever done anything comparable to his achievements. That man is Shrubbs, Alfred Shrubbs, the sensational Englishman of the early years of this century.

Shrubbs, it was, who on one fine day over in Scotland (November 5, 1904) in one race set up records for nearly every distance up to twelve miles, records which remained intact for more than twenty years until Nurmi came along and lowered the 3, 4 and 5-mile marks a few seconds. The great Englishman's record still stands for the 6, 7, 8, 9 and 10-mile distances, and are likely to stay put for some time to come. Alf was a marvelous performer, all right, and aside from being the best in the world in the middle distances until the advent of Nurmi he also was a wicked man to meet in the marathon. He did not, however, shine as brightly in that long grind as he did in the shorter distances. Shrubbs ran in a day of many great marathoners or he might have ruled even that distance. Dorando and Longboat and Willie Kohlainen were there, as well as Willie Hayes. (This was after Shrubbs turned professional.) Longboat, it was, who probably did more than any other man to bring about Shrubbs' exit from the game. They were pitted against each other at the 26-mile plus distance in the old Madison Square Garden; Longboat was then in his prime and Shrubbs was well past his. But for mile after mile the English star piled up an enormous lead, only to have his legs give out at about

eighteen miles, and to have to give up at about twenty. Longboat, so "they" say, took the heart out of him, but the truth is that Shrubbs was not built to stand the gaff of more than twenty miles or so, while the Indian could keep hammering away at the miles all day. Longboat, for all his endurance, did not have the Englishman's speed, and Shrubbs later beat him at the three and five-mile distances. These two races occurred in 1915 at Parry Sound, Canada, and were the last major efforts of the man who had been king at such distances for more than a decade, and who was destined to retain his grasp upon the records for many of them far into the years.

Shrubbs, like Nurmi, was built along lines not the least suggestive of the tremendous powers contained within his body. About 5 feet 7 inches in height, he weighed 130 pounds and was sparse and light throughout, save in his legs and chest. Nurmi is two inches taller and some fifteen pounds heavier, and is similarly built. He has a 38-inch normal chest, 15 neck, 12 upper arm and 10 forearm, 30 waist, 19½ thigh, 16½ calf and 7½ ankle. His expanded chest measures 42 inches. That and his powerful calves explain his record-breaking achievements.

Fight fans sigh in ecstasy at the dream of a match between Jack Dempsey in his best day and John L. Sullivan in his prime—a thing to contemplate would be a race between Nurmi and Shrubbs with each at his peak! The Finn, just as Shrubbs in his day, rarely encounters opposition capable of making him extend himself, and it is our opinion that such a race, bringing together as it would the two greatest men of all times, would have produced a time record for the distance that would stand the test of many, many decades. Nurmi, we believe, would have brought home the bacon, for it is our opinion that he is the better man, but he would have been forced to his limit by a foe worthy of his best effort.

Yes, we say Nurmi is the greatest man at the middle distances ever to dig a spike in the turf or cinders. Nurmi is *The Incomparable*.

SLEEP WITHOUT 'DRUGS' SAYS EMINENT SPECIALIST

Former Battle Creek Sanitarium Physician States Amazing Flaxon Discovery Relieves Constipation Condition Naturally and Brings Sound, Restful Sleep by Perfecting Digestion

Thousands of people who formerly suffered nights of sleeplessness and days of agonizing stomach distress due to constipation—now feel fit, eat with keen appetites, and sleep serenely since taking Nature's own formula, Dr. Luntz's Herbal Flaxolyn.

According to Dr. A. W. Herr, formerly physician at the Battle Creek Sanitarium, "Flaxolyn relieves in a natural way that dreaded condition called constipation. In many cases where auto-intoxication prevented sleep, the use of Flaxolyn has been the means of so cleansing the colon that natural sleep is now the usual thing and life has taken on a different—a brighter—outlook for these people."

That is the unique feature of Flaxolyn—it is a remarkable

"TONIC LAXATIVE, NOT A DRUG"

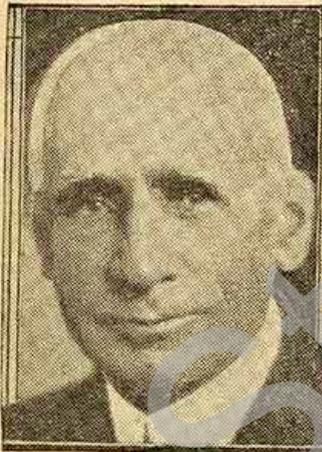
Hundreds of other doctors and health sanatoriums all over the world have used Flaxolyn in the treatment of such symptoms as dizzy spells, liver disorders, indigestion, sleepless nights, kidney and bladder troubles, and have already written in praise of Flaxolyn.

Dr. George Starr White, of Los Angeles (M.D., LL.D., F.R.S.A., London) tells how "Flaxolyn helps to eliminate the irritants from the intestinal and urinary tracts, and by so doing makes possible quick, sound, restful sleep."

Los Angeles Minister Says "Flaxolyn Saved My Stomach and Health."

After 15 Years' Suffering

Dr. Middlekauff writes as follows: "Some years ago when I was in personal need of Gastro-Intestinal help, I used your Flaxolyn with most excellent results. I am enclosing \$10 for a quantity of Flaxolyn to help my patients, as I am now a Naturopathic physician. I am a retired Baptist minister. I broke down in health completely 15 years ago, but on Nature-cure lines (and with the help of Flaxolyn) I have gotten back my health. I am sure of helping many people with Flaxolyn because it pays proper attention to STOMACH NEEDS—which ordinary laxatives do not."



Dr. Middlekauff of Los Angeles, himself benefited by Flaxolyn, now highly recommends it to his patients.

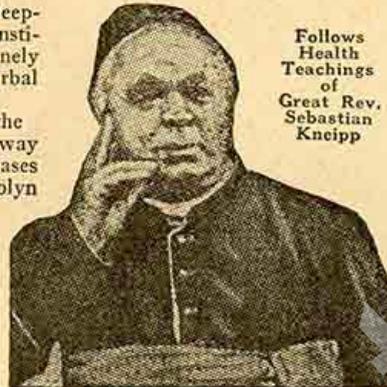
Dr. Middlekauff's experience with Herbal Flaxolyn has been more than duplicated by doctors and patients all over the world.

Gas Quickly Relieved

Nothing could be greater testimony to the effectiveness of Herbal Flaxolyn than this statement of Dr. J. A. Royer (N.D., M.E.), of Montreal, Canada.

Dr. Royer says: "I was recently called into the home of a lady patient and found that she suffered from an acute attack of gastritis. Instantly I gave her a Flaxolyn herb powder. This treatment I repeated in 15 minutes and again in 30 minutes. In one hour the patient was recovering rapidly and surprisingly. The following day when I called, she had spent a good night's rest and was positively normal."

Flaxolyn is highly endorsed by the London Health Centre; Academy of Physical Reconstruction of Los Angeles; Houston, Texas, Health Food Clinic; Sanitarium Health Baths of Olympia, Washington, etc.



Follows Health Teachings of Great Rev. Sebastian Kneipp

The following from Dr. Benedict Lust (M.D., N.D.), of New York, the well-known editor of "Nature's Path," speaks for itself:

"I have been using Flaxolyn in my treatment of a number of my patients at the Butler Sanitarium. I consider it a most modern and natural adjunct and find it a great help in assisting the process of elimination of irritants from the system. It helps bring the body back to its normal stage. It is certainly a natural remedy and complies with the teachings and tenets of such teachers as the great Father Kneipp and other authorities for natural healing. I advise every drugless believer to give Dr. Luntz's Flaxolyn a fair trial."

Renewed Energy, New Grip on Life

A box containing many treatments costs but \$1, and may be the means of starting you on the joyous road to health.

Don't wait. If you suffer from stomach distress constantly, if toxic poisons and constipation are causing poor blood, weakened condition, loss of sleep and vitality, act at once.

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

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12. CALIFORNIA BARK—Cleanses the colon and removes foreign matter from the intestines.

Great Chicago Health Institution Lauds Flaxolyn for Constipation

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

They declare it the natural way to overcome constipation.

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or in the pages of this magazine—but you never thought it was possible that you could some day have the same kind of a figure. Now it is possible!

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Room S-4-29

Federal Life Building

Michigan Ave. and Randolph St.

Chicago, Ill.

Do You Follow A Balanced Diet?

(Continued from Page 44)

The Stout Person

All ladies and gentlemen of plethoric proportions should taboo sugar, candy, pies, buckwheats, butter and maple syrup, chocolate and cocoa, all pastries, potatoes, sweet potatoes, beets, sago, rice, tapioca and other starchy foods, and use only a limited amount of bread.

These should also forswear sweet fruits, "fat" nuts, dates, jams, all alcoholic drinks, ice cream and sweetened ices, olive oil, thick soups, pork and pork sausage, goose, duck and all fat meats or fish (as salmon, mackerel, eels, sardines).

They should feed largely upon lean steak, chops and roasts, green vegetables, as parsley, dandelion and spinach greens, celery, salads, asparagus, lettuce (using only vinegar and salt, no oil), and other vegetables that "grow above the ground."

The Baby

If the mother is capable of nursing it, it should be breast-fed.

If the mother is incapable, it should be fed a combination of cream or top milk, water or whey, sugar of milk of magnesia (to overcome the acidity of cow's milk and assist in breaking up the curd). These ingredients should be proportioned to suit the age of the child and its individual requirements.

A good formula for a child of two or three months would be:

Cream, ½ ounce.

Milk or whey, 1 ounce.

Water, 1½ ounce.

Milk sugar, ½ teaspoonful.

Milk of magnesia, 10 drops.

At one feeding, every three hours.

The Big Muscular Man

Should eat a good, liberal, mixed diet, consisting of a little of everything—and not too little at that—laying especial emphasis upon blood and bone-producing food, such as eggs, meat, milk puddings, whole wheat and graham bread, vegetables rich in iron, as spinach, lettuce, etc.

If his work is very heavy, he should eat a fairly "concentrated" diet, and not fill up on turnips, squash and other roots and foods containing much fiber and water, but which are poor in nutritive value.

A Thin Nervous Girl

A thin nervous girl uses up a lot of nervous energy. Hence she should eat large quantities of food rich in phosphates, phosphorus and lecithin. These are to be found in whole wheat, eggs, meat, milk, cheese and

fresh fish. She should also take plenty of green vegetables to keep the liver active, and prevent development of biliousness from this high proteid diet. An occasional box of bonbons and plenty of fruit, such as figs, dates, oranges and grape-fruit, are excellent.

A Business Woman

A girl or woman who goes to business should eat a nutritious breakfast consisting of fruit, an egg or two, toast or rolls, and coffee, cocoa or chocolate.

A light lunch of fruit or a salad, a sandwich, plate of ice cream and a few cakes. If ice cream is taken, vinegar must be omitted on the salad.

Then a generous dinner of soup, meat or fish, and anything edible—not forgetting something "green."

During the winter she should eat more candy and sweets than in the summer, more thick soups, rich gravies and more fat on the steak or roast. Also roast goose, pork and duck may appeal appetizingly, and be heartily relished, whereas in summer they might provoke acid fermentation.

Sweet chocolate and cocoa will also help fire the body furnace and may be most acceptable in the winter. And a cup of hot milk at bedtime may help bring well-earned repose.

A Laboring Man

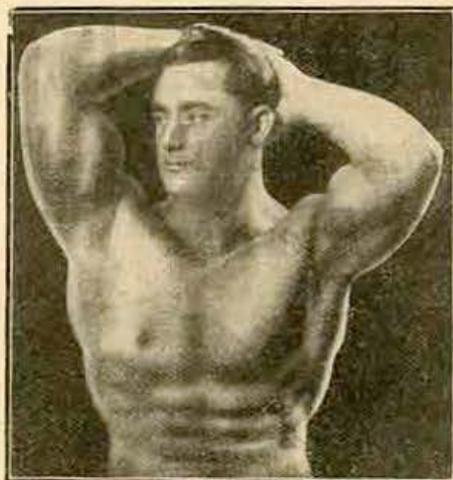
If one gets sufficient fresh air and has an easy conscience, he can eat and digest almost anything. As a compensation for short-changing the laborer on this world's goods, nature endows him with the ability to extract more nutriment out of a dinner-pail lunch than many a jaded epicure can out of a full meal.

George Kojac, Olympic Champion at 18

(Continued from Page 38)

dead heat. Suddenly, with about 50 yards to go I noticed a black, hammer-shaped head come out of the water near my feet. It was a hammer-head shark. Well, you've seen the comic movies where a man suddenly sees a bear or bull coming out the woods and runs so fast that he passes autos, or the comic strips showing a negro beating a bullet that was fired at him. Well, that was me. I forgot all about the race when I saw that shark, and all I could think of was to get to the end and out of the water as quick as I was able. That I did; I don't think anybody ever got out of the water faster than I did that day. Once out and safe, I remembered that I had been in a race, and I asked one of the officials who won. 'Why,' he said, 'you did.'

(Continued on Page 69)



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JIM BANDY

I don't know who the fellow in the center picture is. However, it can be you—three months after you've taken my personal course of physical training.

My system of acquiring Physical Perfection, personally planned by myself for each individual, has made grateful, lifelong friends with thousands of youths and men who came to me—weak, thin, sickly—with sunken chests and stooped shoulders—with broken spirits and feeble vitality. They told me they'd give me anything in the world for a healthy, strong physique—I told them I didn't want anything in the world, but just a few minutes of their time each day for three months, and their promise to be earnest, hard-working pupils under my watchful guidance. They worked faithfully and in three months were rewarded by the attainment of REAL bodies—modeled of broad shoulders, deep chests, powerful backs, sinewy biceps, steely wrists and fingers—bodies of all-round development and great internal strength.

There is no reason why you, too, cannot follow in the footsteps of these fellows. Stop envying other men who have superb physiques. You get little satisfaction out of doing that, but you'll get the greatest satisfaction in the world out of being one of them.

Don't you think you will be in their class after I add several inches to your chest, biceps—broaden your shoulders—strengthen your back—develop your whole body sym-

metrically, and fill your veins with rich, red blood, flowing with the vigor and ambition of NEW LIFE. I GUARANTEE to do those things. The same method that changed me from a weakling to the world's most perfectly developed man I now offer to you.

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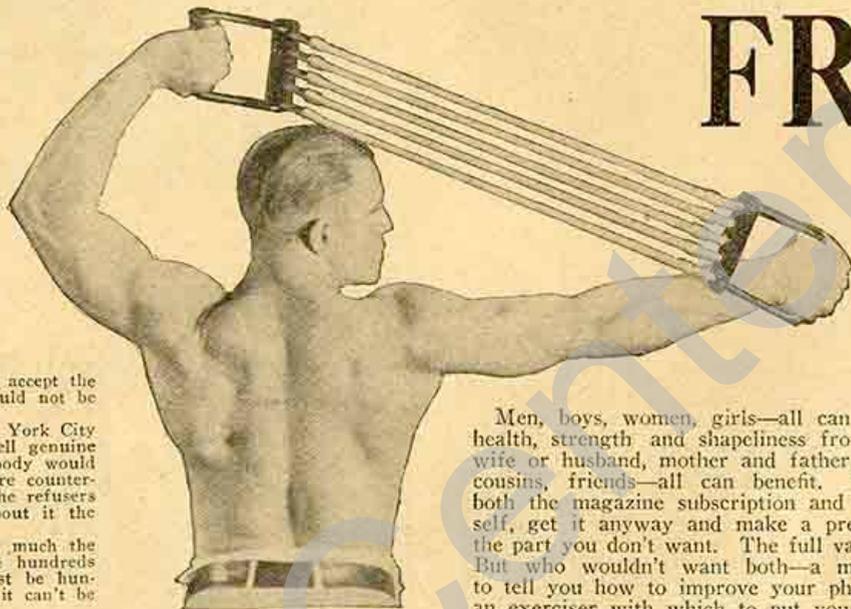
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There is a story that you probably all remember reading or hearing—we don't remember where it happened and it doesn't matter—about a man who stood on a bridge at the busiest time of the day and offered the passersby gold coins for nothing.

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

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

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

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

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You simply ran away from the field within the last 50 yards. It seemed as though you had a shark after you.' He laughed, but I assure you that I didn't. But," and here George smiled, "I still believe that I never would have won that race if it wasn't for that shark."

"Another funny experience I had, although it has only to do with my swimming indirectly, occurred last year in Germany after the Olympics. I was scheduled to swim at Gratz in Austria. As luck would have it we missed the last train that would get us in Gratz in time for the meet. What were we to do? One of the party suggested that we hire an airplane. No sooner said than done, and a plane was chartered. To make matters worse for me, who was the only one to object, of all the seats in the plane to give me I had to get one right next to a window. Believe me, I was scared when I got into the plane, and doubly frightened when it started to climb into the air. I was beginning to get over my fear when we hit an air pocket. The engines seemed to stop, and a sinking feeling came into the pit of my stomach. I surely thought my end was near; I saw my whole past life before me. The thing finally got so bad that I buried my head into the cushions like an ostrich and refused to come up for air until we arrived at Gratz. I know one thing, however, Stribling and Tunney may go to their fights by airplane but you can bet your life that the train is good enough for me. I'm off planes for life."

Advanced Muscle Control

(Continued from Page 43)

much more impressive display of his upper back and shoulders.

So much, then, for actual instructions in the art of muscle control. These two articles have not covered the subject completely—to do so would require many times the space allotted to the subject—but enough has been writ-

George became serious again. "You know, we all look forward to our future accomplishments with rosy views. I suppose my ambition and expectations are very optimistic, but there are two things on which I have set my heart to do this year. The first is to do the 100 yards in less than a minute, and the second is to break Weismuller's record of 57 4-5 for the 100 meters. They are both big tasks, but I think I can do it."

I agreed with Kojac that they were both mighty ambitions, but how could anyone doubt—after seeing and speaking with the lad—that the records would not be broken? He impresses one with a sense of confidence because he is intensely earnest and not inclined to boast promiscuously of his powers. Furthermore, with the addition of another year of experience there is no reason why Kojac should not improve on his past performances.

Now that Weismuller has turned professional, Kojac must take rank as the most outstanding and promising young swimmer in the United States, and the one to whom the country must, and has the best reason to look forward to carrying on the present supremacy now being relinquished by an American. That Kojac is capable of assuming the robe left by Weismuller all who know and have observed him sincerely believe, and as sincerely feel that this lad of 18 who holds one of the world's proudest titles will not fail them by reason of neglect or careless living.

ten to enable one desirous of learning the art to make considerable headway in it and to learn the principles by which any feat of muscle control can be duplicated—position, voluntary relaxation and voluntary contraction of the entire muscular system.

The Atlanta Wizard

(Continued from Page 53)

A funny thing about Bobby's golf is that although he has been playing regularly for more than twenty years, he was unable to get into the "Hole-in-One Club" until February 23, 1927. A coincidence about this feat is that he was practicing with Maiden at the time he made the hole in one and that it was made on the eleventh hole of the East Lake course, the course where he first learned the game.

Jones is at his best today, we believe. He will be better at 30 than he ever

was, opines George Duncan, the fast-moving Scot.

What does Bobby say of his future? "I hope to play reasonably good golf at forty," the Atlanta wizard ventures. "I might even be a threat at forty-five if the demands of my profession do not make too big inroads on my game." He is a lawyer.

Why worry about his future! His game is assured and he will go down in history as the world's greatest golfer ever if he never wins another title.

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The Mat

(Continued from Page 47)

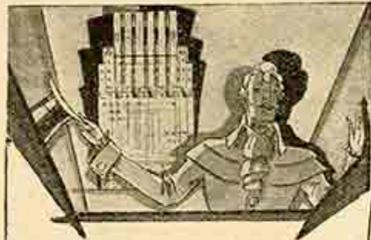
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in Figure A. Hold it for only a few seconds, then grab the chains or post and rest a while. Then practice bouncing a little as in position A. Next practice dropping the body part way down by allowing the knees to bend, and while keeping the body upright as much as possible let the buttocks drop into a position similar to Figure D, without any weight. Practice several repetitions of this movement. For the first week or so confine your efforts to these two or three simple movements. Beginning with the second week, you may practice bending backwards the whole way to the floor, in a position similar to Figure C, though without any weight. This is accomplished easiest by doubling up the body at the hips and knees, and then sort of rolling down to the hanging position. To regain the sitting position, raise the arms, grasping the thighs or trunks with your hands, and more or less rolling the body back to position A. For the next week, confine your Roman Column work to this exercise and the previous movements, attempting nothing more strenuous.

It is necessary to proceed with a little caution at first to avoid overstretching or over-taxing the muscles involved. When you are sure the muscles have become well used to the exertions, practice holding the position shown in Figure B. Later, when you become farther advanced, you may practice dropping to the hanging position and back again while keeping the body rigid, all the bending taking place at the knees. Remember, leave all attempts on that movement alone till you have handled weights on the column for a while. The first movement to be performed with a weight should start from position Figure C. Pull the bell up over the front of the body as high as you can. Double the body up, and while attempting to gain the sitting position, push the bell up along the legs. This will bring you to the position shown in Figure D. Carry the bell as far forward as possible, as that assists you in getting to the sitting position. You should have some sort of rack on the column, on which to rest the bell.

To replace the bell on the floor, drop into position D, and then roll the body down, keeping the bell against the legs till you have dropped fairly low. This exercise will do a lot in the way of strengthening you. As you become stronger practice holding the bell in position A, and then drop to the hanging position. Later practice holding the bell at your hips while holding po-

sition B. Do not attempt to start with more than twenty-five or thirty pounds, and take your time in adding to the weight. The steady practice of all the foregoing exercises will add to your general bodily strength and efficiency in a surprising manner. You will never grow tired of this class of exercises, whether practiced on the Roman Column or Roman Chair. Once the muscles become thoroughly accustomed to the work, there is no danger of overdoing this valuable form of exercise.

Dear Sir,

What can I do to make my collarbone less prominent? The darn thing shows awful. I am getting a good trapezius, but that doesn't help at all. Has that anything to do with the neck (sterno-cleido-mastoid) muscles?

Also, please mention some helps on developing the forearms.

R. M., Md.

Answer—A proper development of the muscles in front of the neck and the pectoral muscles will help to keep the collarbones from appearing so prominent. The sterno-cleido-mastoid alone will not hide these bones, as the attachment is not on the great prominence, which is the difficult part to hide. The trapezius has nothing to do with covering these bones. There are no muscles actually covering the collarbones, nor can you cause any to grow there. By bringing about a normal muscular development of the neck and upper chest, you may cause the skin to cover the bones in such a manner as to make the bones less prominent. A generous accumulation of fat will very nicely accomplish that which the muscles cannot, in hiding these bones over which so many physical culturists worry.

A general program embracing overhead pressing, raising weights at arms' length in front of the body, pressing weights while lying on the back, the lying down crucifix, and neck exercise will help you to overcome your source of worry. Even the best-developed athletes show these bones, unless they pose in such a manner as to make them less apparent. If a man has them completely hidden, fat may have something to do with it. Try to cultivate the habit of holding the chest out and the chin in; it will help some.

The forearms! The best formula is hard work and then more, repeated in big doses. You must pump the muscles full of blood and do so quite frequently. Wrist bending and gripping exercises; another fine exercise was published a short time ago in the Mat,



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winding a weighted cord upon a stick; giving the fingers plenty of work; all these will accomplish the trick, but you have to progressively get the forearms more accustomed to an accelerated blood flow.

The Mat Editor.

Dear Sir:

This letter should be headed, "What Is Wrong With Me?" I will start by saying I am 30 years old, 5 feet 7 inches tall and weigh 168 pounds. I have considerable experience in gymnasium work and athletics. My body measurements are: Neck 17, chest natural 42 $\frac{3}{8}$, chest expanded 44, chest empty 39, waist 37, thigh 23, calf 16, ankle 9, biceps 14, forearm 12, wrist 8. I have used bar bells on and off for six years, but during that time never took training seriously with them. I boxed professionally three years while in my "teens"; never got to the top, just a mediocre fighter. Next I took "gym" work, that is, apparatus work in the Y. M. C. A. gymnasium for 3 $\frac{1}{2}$ years, and I surely lost strength though I looked better physically. Next the "flu" got me down and I dropped in weight to as little as 138 pounds. For seven months I simply loafed and took to walking and "very light" exercises which did me some good, but I put on enormous poundage and went up to 185 pounds naked.

To get a more healthy body I started wrestling the last three years and have kept it up to date. Sometimes I work with the bar bells for a month or so on exercises only, not heavy lifting. I kind of get tired and lose interest in them. The same goes to the hard training that goes with wrestling. Now, I never yet have been able in all my life to put on massive or big, bulgy muscles on my body; my muscles are very plain, that is, they do not show much. I cannot brag about my strength, I look big yet somehow soft, and though I can give a good account of myself in boxing or wrestling I am still far from perfect and surely would like you to analyze my case and counsel me as to the proper way to get the best out of my muscles.

T. R., Texas.

Answer—My opinion is that the thing mostly wrong with this fellow is inconsistency. His physical proportions can easily be summarized by an advanced bar bell man. He has an eight-inch wrist, which is fairly large for a man of his height, which may account for his forearm of twelve inches; but an upper arm of fourteen is small and weak for a man of his height, framework and bodyweight. This evidently is the result of insufficient effort at development. Some of his other measurements seem good, but may be assisted by an accumulation of

(Continued on Page 73)

A SMASHING NEW WAY to Muscular Power!

Boys! Men!! Fellows!!!

We have made the greatest and most amazing discoveries about muscle building that you ever heard of! We have learned how *Strength* and *SEX* are connected! We have put the story in a brand-new book full of pictures—and for a little while you can have that book *free!*

If you want the body of an athlete—and we know you do—shoot that coupon along **NOW!** If you want to load your frame with roll upon roll of smooth, easy-moving, rippling **MUSCLES**—mail that coupon *now!* If you want the speed and lightning agility, the quick-moving grace and crushing power of a *Tiger*—print your name on that coupon before you are three minutes older.

BIG BOOK FREE!

We are not ashamed to admit it. *We went to the ape and the tiger to learn about bodies and how to build them!* **MEN WERE NOT STRONG ENOUGH FOR US!** We wanted *more* strength than any man had ever had before—so we went to the animal kingdom where every fibre is spun-steel.

No matter how weak or how strong you are *now*—we can make you **STRONGER!** Put your name on that coupon. Put the coupon in an envelope and mail it to us *before you sleep tonight!* We will immediately send you a copy of our big, illustrated book *absolutely free!* After that you use your own judgment. Get going **NOW!** The supply won't last forever.

Jacques Sampson

Inc.

Times Building, Times Square, Dept. 24,
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MONEY FOR YOU

Men or women can earn \$15 to \$25 weekly in spare time at home making display cards. Light, pleasant work. No canvassing. We instruct you and supply you with work. Write to-day for full particulars. **The MENHENITT COMPANY Limited**
203 Dominion Bldg., Toronto, Can.

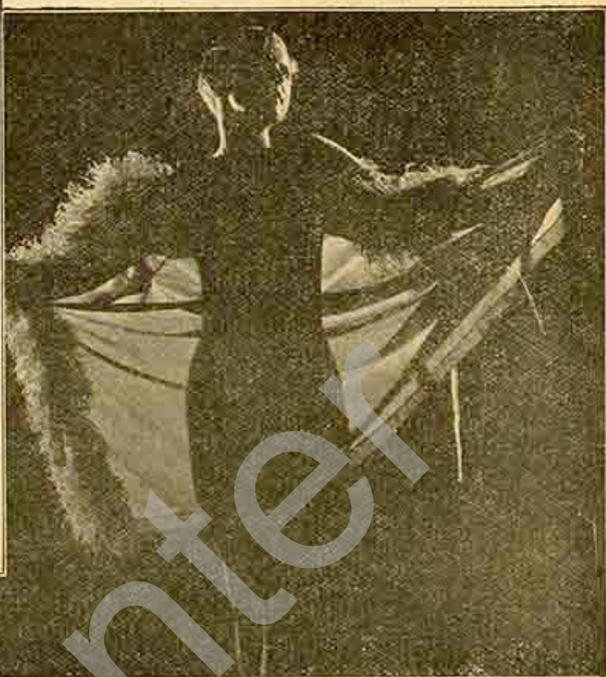
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FOR AESTHETIC DANCING—CLASSICAL, INTERPRETIVE, ACROBATIC & LIMBERING—
\$1.75
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SELVA & SONS, INC. 1607 B'WAY, N.Y.

A Reward of 1000 Dollars for bald-headed and thin-haired



An elegant growth of beard and hair can be produced when using *Comos Hair-Balsam* during 3 weeks. This balsam causes hair and beard to grow on all bald-headed persons or persons with thin hair. "Comos" is the best product of the modern science of this domain, being the only balsam which really produces hair and beard even on persons of old age. "Comos" brings the dormant Papillae of the hair to grow again after having been used in a few days, and within a very short time you will have a very vigorous growth of hair. **HARMLESSNESS IS GUARANTEED:** If this is not true, we will pay a net amount of 1000 Dollars to all bald-headed and hairless persons, or persons with thin hair who have used the *Comos-Balsam* for three weeks without any result.

One parcel of "Comos" costs \$5—two parcels cost \$8. "Comos" gives to the hair and beard a becoming wave, as well as a soft and delicate texture. "COMOS" is sent in a registered packet against prepayment—money order, cheque or bank notes. (C. O. D. Impossible.) **THE COMOS MAGAZINE CO., Copenhagen V. Denmark 12. (Europe)**



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. There 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.

ROTOLIZER, 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.

The Mat

(Continued from Page 71)

fat, which is suggested by his waist of 37. It would be, and would have been, far more sensible for this fellow to exercise faithfully with bar bells for a few months' time, leaving other things alone during that period. After having developed himself to proper proportions and having gained a worth-while degree of strength, he would have a far better chance in sports requiring strength and stamina. We would attribute what little ability he possesses at wrestling to a knowledge of wrestling science plus a fair bodyweight for his height. Stronger and more efficient muscles, plus the organic strength resulting from systematic training, should make a more successful athlete of him. Sports and athletics of all sorts are cluttered with failures who never properly developed and prepared themselves for the physical demands of any strenuous game. The mistake they make is in trying to become good at a game by experience, without first acquiring the physique. I have written along this line in the "Arena," but have not had much to say upon the subject in "STRENGTH." Editor of The Mat:

The only lift I have spent much time on is the Bent Press. Am able to Bent Press 205 pounds and stand up with it; can press much more to arms' length but can't get up with it. Is this common with most lifters? Though my Bent Press record is 205 pounds, my Military Press ability is only 55 pounds. I have put in more practice on the Bent Press than I have pushing weights up over my head, that's why my Military Press is poor.

One authority stated any one who could Bent Press 2 1/2 times as much as he could Military Press with one arm was considered a star at that particular lift. According to his reasoning, I am doing 3 1/2 or over. Robert Snyder missed the 2 1/2 times by 2 1/2 pounds, his records being Military 91, Bent Press 225.

Who has lifted the most in this way? Is it possible to keep this percentage over your Military Press as you advance on that lift? What was Saxon's record, right handed, on both lifts?

I am nineteen, 6 feet tall and weigh 160 pounds, with an eight-inch wrist. Thanking you for any questions you might answer.

G. V., Md.

Answer—There is no foundation in fact for the ratio you mention between the two lifts. Lifters vary in ability on the lifts as much as they vary in height or general build. However, you are extremely poor on the One Arm

(Continued on Page 74)

Science's Challenge To Men Past 40



Must You Suffer the Aches and Pains of Middle Ages?

WHY are many men 60, 70 and even 80, full of vim, vigor, vitality—while many men in middle age are broken down? Science says this is often due to a decline of the prostate gland in men past 40. This tiny gland becomes swollen and fails to function properly. It is painless in itself and is therefore often unsuspected. Yet if uncorrected it may mean old age of misery or grave surgery.

Do You Suffer From These?

Often the symptoms of this dangerous weakness are very plain. Many men mistake them for approaching old age and take endless treatments without the desired relief. Look out for debility, fatigue. Loss of vitality—strength—vim. Chronic constipation, bladder trouble. Frequent night rising. Pains in back, legs and feet. Headaches. Mental depression. Sciatica. These may indicate prostate trouble.

Amazing Relief

Now an Ohio scientist has perfected an amazing drugless home treatment that has brought almost incredible relief, even sometimes in almost hopeless cases. Some report noticeable results overnight. Others felt 10 years younger in 6 days. Many doctors and sanitarians endorse it and use it. It goes directly to the area of the prostate gland, relieves congestion, increases circulation, tones and stimulates. Not a medicine, drug or massage, diet, violet ray or exercise. Results are often swift and lasting. Already over 50,000 men have used this remarkable method.

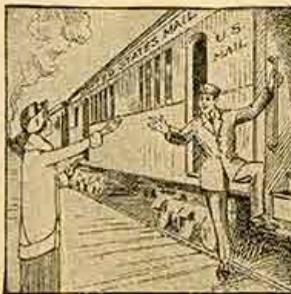
SPANISH TABS

This amazing tonic invigorates and vitalizes the tired, exhausted nervous system of over-worked, run-down men. Stop worrying and experimenting. A single trial will prove its quick effect—or money positively refunded. We take all the risk.

Send \$2.00 or pay \$2.15 C. O. D.

(Double size box \$3.00)

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Sirs: Rush to me without charge: (1) List of U. S. Government Jobs now open to men and women, 18 up; (2) Send 32-page book, "Government Jobs"; (3) Full particulars telling how to get a position.

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FREE TRIAL

The inventor now makes this daring offer. If it doesn't bring quick relief—if you don't feel 10 years younger in 6 days—it will cost you nothing. Send THIS BOOK FREE no money. Just the coupon.

Daring Book Free

Deals frankly with "intimate" secrets heretofore "handled with kid gloves." "Why Many Men Are Old at 40" is a book worth reading. Mail the coupon for your copy.



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W. J. KIRK, Pres.,
6416 Morris Ave.,
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Send details of your Free Trial Offer and Free copy of "Why Many Men Are Old at 40." No obligation to me.

Name _____

Address _____

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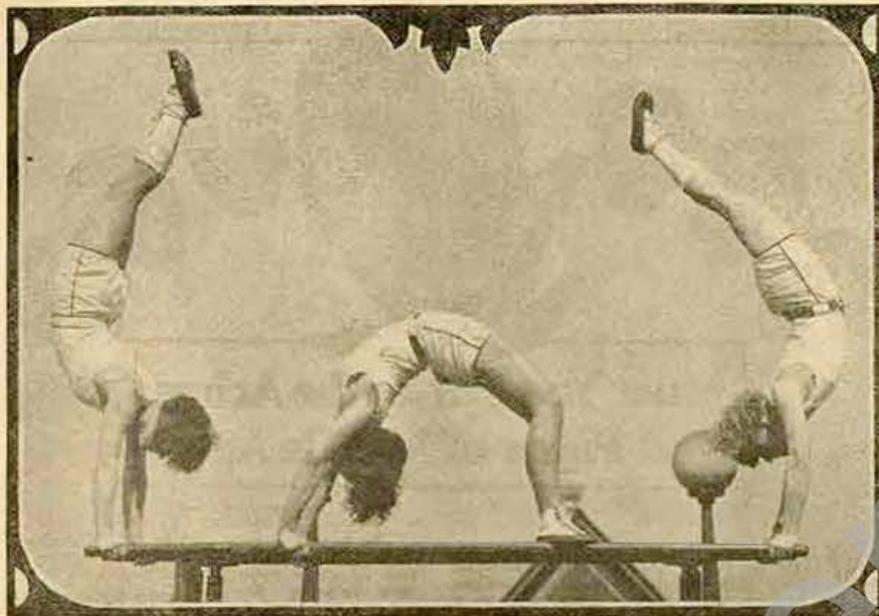
Send for my Book STRONG ARMS and BROAD SHOULDERS

for 25c coin or 30c stamps
Illustrated with 20 full-page half-tone cuts, showing exercises that will quickly develop, beautify and gain great strength in your shoulders, arms and hands, without any apparatus.

Equal to a \$20.00 Course.

ANTHONY BARKER
865 6th Ave., Studio 31 New York City

Men and Women Have Gained Strength Thru Fun!



Health, strength and agility through fun. That is what tumbling gives you. And tumbling is not only easy to learn but far more interesting and beneficial than ordinary exercising. Doing the same exercise over and over becomes monotonous, but in tumbling there is always something new. Today you learn a simple roll, tomorrow another; the day following you combine them for a complete new movement that is a real stunt.

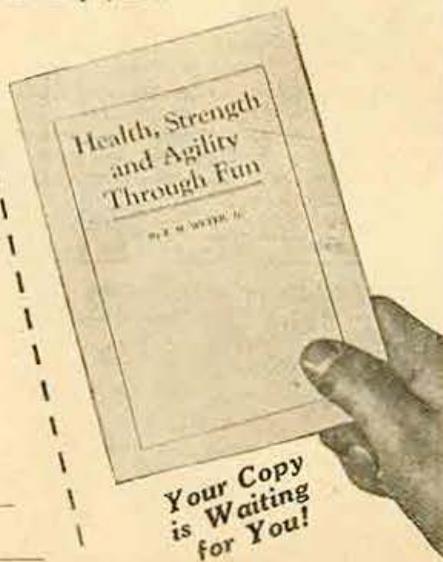
Fun! Loads of it. Wouldn't you like to develop a supple, well-formed body by merely performing pleasant stunts. If you are tired of just plain exercising and want to do something different, then don't fail to send for a Weyer Tumbling Course right away. The course alone sells for only \$2.00.

We will sell you this famous Weyer Tumbling Course and one year's subscription to **STRENGTH** for only \$3.50. We make this unusual offer because we believe **STRENGTH** will appeal most strongly to readers interested in the Weyer Course, and that **STRENGTH** coming to you every month, helping you

inspiring you and teaching you how to live will become indispensable to you.

The Weyer Tumbling Course was written by an expert, Mr. Edgar Weyer. He knows what he is talking about and explains the tumbling game from A to Z. The beginner has no difficulties whatever. You will save considerably by getting this course—it is almost like getting personal instructions. If you have ambitions of becoming an expert tumbler and perhaps a professional, you will find the course very valuable. The stunts are all illustrated and there are 193 in all. When you complete this course you will be a better tumbler than most stage performers. All lovers of tumbling, whether beginners or experts, cannot afford to be without this course.

Send today for your Weyer Tumbling Course and one year's subscription to the wonderful **STRENGTH MAGAZINE**, for only \$3.50.



The Milo Publishing Co., Dept. S-4-29
2739 N. Palethorp St.,
Philadelphia, Penna.

Gentlemen:

- Enclosed please find \$3.50 for the Weyer Tumbling Course and please enter my subscription to **STRENGTH** for one year.
- Enclosed please find \$2.00 for which send me at once the Edgar Weyer Tumbling Course without **STRENGTH MAGAZINE**.

Name _____

Street _____

City _____ State _____

Military Press for a fellow of your weight. On the other hand, your Bent Press is quite good, considering your age and the short time you have been lifting. Some very strong men cannot perform a decent Bent Press; others are exceptionally good on the lift, but are very poor on presses when the body must be kept upright.

Arthur Saxon is officially credited with 336 pounds on the Bent Press, although it is claimed he did 370. His best One Arm Military Press was around 127 pounds. We are unable to furnish information as to who lifted the greatest percentage on the two lifts, without spending a few days among a maze of figures; then, after we got through, it wouldn't mean anything unless a man were exceptionally good on both lifts. Saxon was remarkably exceptional at Bent Pressing, but far short of that on the Military Press. It is common for a lifter to press to arms' length more than he can stand erect with.

When you consider that feather-weights can handle weights of 75 to 80 pounds in a One-Hand Military Press, you should be capable of at least the latter figure, which would give you a ratio of around 2½ times.

What the Heck!

The above exclamation is forced from me by a certain case which lately came to my attention. The strong man business sure needs a housecleaning when such conditions can exist. Big, husky professional strong men should be put to shame after reading of this "Hercules." That is, they should be put to shame if their routine of tricks embraces such feats as pulling an automobile with the teeth, tearing cards and bending iron bars and spikes. For there has come into the game a young "strong man" who performs all such feats at public exhibitions, and yet his possession of strength or development is of a minus quantity. Here is the reason for this outburst.

Lately there appeared in Atlantic City a young boy of about sixteen, short in stature and very light in body-weight, who pulled a loaded automobile one block (according to reports) with a teeth grip. He has also appeared at amateur vaudeville performances, lifting a couple of hundred pounds with his teeth, and bending iron straps (which are referred to by all such performers as iron bars), he also tears decks of cards, and I believe also includes the tearing of telephone books in his routine, and bends spikes of some size or other. No use in going into little details, as it is not my object to tell how much he can do. I want to point to the fallacy of a fellow of this type engaging in "feats of



**STRONG MEN
KNOW
Muscle Control
--Do You?**

My Course

TEACHES YOU how to learn and perform all the sensational muscle control feats of professional strong men, feats which you must now if you are to be classed as a real strong man.

If you hope to class with men like Arco, Klein, Maxick and the rest you must be able to do their isolation and flexing tricks, and my course will do the work for you.

Send only one dollar, now, and begin training yourself in this most interesting and profitable art.

CHARLES MacMAHON S-4-29
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

Please find enclosed \$1.00, for which send me immediately your new course, "Muscle Control and How to Become a Professional Artist's Model."

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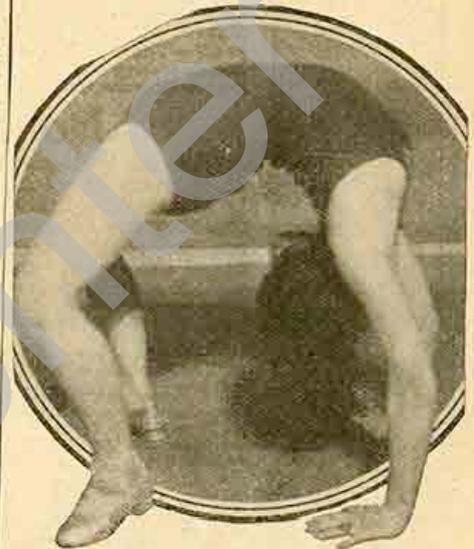
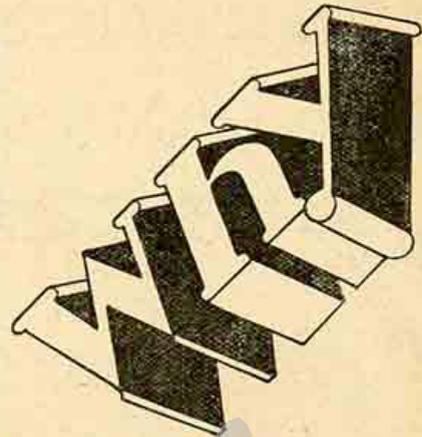
strength." As far as I can discover, this boy never followed any prescribed course of physical culture, although he may have exercised haphazardly to some extent. The boy is not physically equipped to perform any feats and possesses no degree of muscular development to class him as an athlete. And the worst part of it all is that he is ruptured, not as a result of the feats he performs, but was ruptured previous to becoming interested in such things. He told me he was ruptured riding a bicycle. Now what right has a ruptured boy like that going around giving "strength" performances.

Almost any day he is liable to become seriously injured if that rupture slips while trying some feat for which he is unprepared. He has evidently become acquainted with a number of physical culturists in the Atlantic City and Philadelphia districts, and has been selling exercisers and books on health. A strange thing all around, I say. A fellow like that needs to have his rupture attended to, and then spend a few years developing himself to become a strong man.

In my office there is a solid bell weighing 139½ pounds. This young fellow became interested in the bell; the farthest he could lift it was to his hips, and even with tremendous straining he could get it no farther. Then he tried a bell weighing about 90 or 85 pounds; he got that to his shoulders, but couldn't budge it above that height. Of course, he didn't know how to handle a bell, but a fellow who pulls autos by a teeth grip and performs the other feats mentioned should be capable of tossing 100 pounds around like nothing. Just imagine; newspaper clippings in front of me tell of him pulling a five-ton Pierce-Arrow truck, also another truck of 7000 pounds, and he lifted a can of milk weighing 320 pounds with a teeth grip. Possibly you might think it would be better to leave all the above unsaid; perhaps you might consider the subject of the above to be unworthy of even that much comment. We take a different attitude, though; you must consider that it is cases of this kind which bring out all of the "knocks" and adverse criticisms of weight lifting. In case something serious happens to the young kid mentioned above, you will have advance information and will be better prepared to defend the cause of sensible fellows who follow expert instruction.

Well! Well! Fellows! look at this one. As you will see, the writer of the following letter is inviting plenty of arguments.

Dear Mr. Berry: I have been reading your articles in the STRENGTH MAGAZINE for the last two or three



Learn to Dance

Dancing, especially acrobatic dancing, is more and more in demand at theatres, studios, social entertainments, and at parties.

Acrobatic dancing is the most fascinating, the most thrilling, and the most useful dance today. It fascinates and thrills you to see the dancer gracefully going through each step and stunt. You wonder how it can be done, and if you could ever become a dancer like that.

Now You Too Can Be a Dancer

You can now learn how to do the split, cart wheel, back bend, arabesque, hand balancing, the tinsica. Right in your own home, too! Ivan Vosiloff, famous for his wonderful dancing, has written a remarkable course in acrobatic dancing, explaining each movement carefully, and teaches you just how to do the various stunts. You can practice these during your spare time. Just 15 minutes a day, and within an amazingly short time you will be surprised at the many acrobatic stunts you can master.

Rebuild Your Form

By regularly practicing these fascinating stunts you will be surprised what it will do to your body. Your legs will develop into that rounded shapeliness; firm, lovely arms, and strong back. That irresistible grace and poise, and a well-developed body will be yours, which means

Health

Grab this chance, all of you, housewives, business girls, school girls, boys and men. You will never regret a perfect body, health and strength. You will always have use of these acrobatic stunts, and some day you will be a dancer, so start your career NOW! Mail this coupon today.

IVAN VOSILOFF S-4-29
104 Fifth Avenue, Room 1803
New York City, N. Y.

Dear Sir:
Please send me your acrobatic dancing course, for which I am remitting the sum of \$1.00, covering the complete course.

Name
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Swear Off Tobacco

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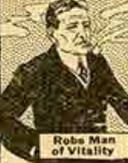
Shatters Nerves



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Tobacco Habit Banished Let Us Help You—Quick Results

It doesn't make a particle of difference whether you have been a user of tobacco for a single month or for fifty years, or how much you use, or in what form you use it—cigars, cigarettes, pipe, chewing of plug or fine cut, or using of snuff—Tobacco Redeemer will positively remove all of your tobacco craving in a very few days. Your desire for tobacco will usually begin to decrease after the very first dose—there is no long waiting for results.

Not a Substitute

Tobacco Redeemer is a radical, efficient treatment. It is marvelously quick, scientific and thoroughly reliable. It contains no habit-forming drugs of any kind. After finishing the treatment you have absolutely no desire to use tobacco again or continue the use of the remedy. It helps to quiet the nerves and will make you feel better in every way. If you really want to quit the use of tobacco, here is your chance. It will so completely rid you of the habit that when you see others using it, it will not awaken the slightest desire in you to begin its use again.

Results Absolutely Guaranteed

A single trial will convince the most skeptical. Our legal, binding, money-back guarantee goes with each full treatment. If Tobacco Redeemer fails to banish the tobacco habit when taken according to the plain and easy directions, your money will be cheerfully refunded on demand.

Let Us Send You Convincing Proof

Mail the coupon below or send your name and address on a postal and receive our Free Booklet on the deadly effect of tobacco on the human system and positive proof that Tobacco Redeemer will quickly free you from the habit. If you are a slave of the tobacco habit you know that it is undermining your health and is a needless drain upon your pocketbook. Therefore you owe it to yourself and to your family to find out how easily, quickly and surely you can "quit for keeps" with the aid of Tobacco Redeemer. Mail the coupon or write us immediately. Don't delay. Send today!

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Send, without obligation to me in any way, proof that Tobacco Redeemer will positively free me from the tobacco habit or my money will be refunded.



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possible without drugging or operations. Retain youth. No need now to get up nights. Information sent plain sealed FREE. James M. Myers, 213 Third and Main, Cincinnati, O.

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"Few weeks ago before taking STRENGTHNER I weighed 150 lbs. now I weigh 198 lbs. I find by taking STRENGTHNER with your physical training you gain in development much faster." C. B.

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Send only \$1 for two weeks supply—\$2.50 for six weeks supply

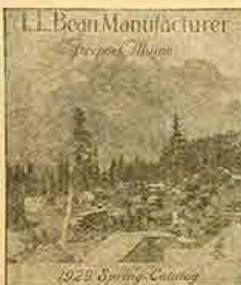
STRENGTHNER

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through my famous course, "Abdominal Control," the true secret of Health, Strength and Muscular Power. Beautifully illustrated 128-page book complete on diet, weigh reducing, body building. Constipation chapter alone a revelation. Sold world over for \$3. Now for limited time \$1. Order today. It will add years of happiness to your life.

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FREE CATALOG

Just off the press. Shows 50 items of footwear, clothing, tents, etc., for the fisherman and motor camper.

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Freeport, Maine

months and think that they are very interesting. However, there is one thing that I would like to ask you. Just what good are these muscles that you get from weight-lifting? The only thing that you can do with them is to lift and pull. The only person who could use these muscles would be a truck driver, and I am sure only a small percentage of weight-lifters are truck drivers. I think that it would be much more useful to have the long, flat, smooth muscles of a boxer. This kind of muscle is usually gotten from light exercise. Therefore I think that light exercises would be much more beneficial. There is much more fun in punching a bag, swinging Indian clubs, boxing or chinning, than in lifting weights. However, I don't know very much about weight-lifting and may be wrong. I would like to read your opinion on the matter. Another thing I would like to ask is, why do people, and your magazine, make such a fuss about the tearing of a deck of cards or a telephone book? These feats do not require much strength. I can do both and I am far from being considered strong. I think Anthony Sansone has the best-looking body I have ever seen. Where could I get a picture of him? I hope this letter and your answer will be published in the February STRENGTH.

Yours

L. N., New York City.

We must presume our friend is really sincere in all he says. We do not care to take up space in the Mat in carrying on an argument of this kind, as it will, in all probability, lead us nowhere. In our way of thinking, it would be more appropriate for Mat fans to reply to him, and we will publish the gist of such replies in a forthcoming issue. Please note his request to have this covered in the February issue. His letter was received in January, but the Mat department for February was closed the first of December. My present efforts should be completed the latter part of January, if intended for the April issue. It would be well for other Mat fans to remember this fact when requesting an early reply.

To return to the subject at hand: If our friend knew anything of bar bell exercise and weight lifting he would hardly be so foolish as to write such remarks. To begin with, development comes as a result of bar bell exercise and not weight lifting. You might refer to bar bell exercise as weight-lifting exercises, but there is some difference between such exercise and actual weight lifting. The latter is not attempted till the ambitious one has spent considerable time on body-building movements and is in proper condition for strenuous exertion.

The muscles of a weight lifter, or a

man who has specialized on bar bell exercise, are just as long and smooth as those of a boxer. The difference is that the bar bell man knows how to flex and tense his muscles when trying to make a good appearance. As he suspects, very few bar bell users are truck drivers. I have kept a very close check on the occupations of bar bell users, and I can assure our friend, and any others who are interested, that a surprisingly large number of bar bell users belong in the high-grade occupational classes—clergymen, physicians, lawyers, dentists, business executives, etc. I just received a letter from a Supreme Court Judge who wished to challenge all men of his age at feats of strength and hand balancing. You would really be surprised to know how many judges exercise with bar bells. On the other hand, a surprisingly small percentage of bar bell users belong in the truck driver class, or hard-laboring class. Please understand that I do not wish to cast any aspersions on men who earn their livelihood by driving trucks. A truck driver is merely a professional automobile pilot—nothing more or less. As to tearing cards and phone books, the average untrained man can't do it and thinks it is a great feat of strength; so the average physical culturist likes to demonstrate his superiority over the untrained man.

As a further reply to our correspondent we would suggest a regular perusal of this department each month, in addition to my other writings on the subject of progressive exercise.

Your Abdominal Development

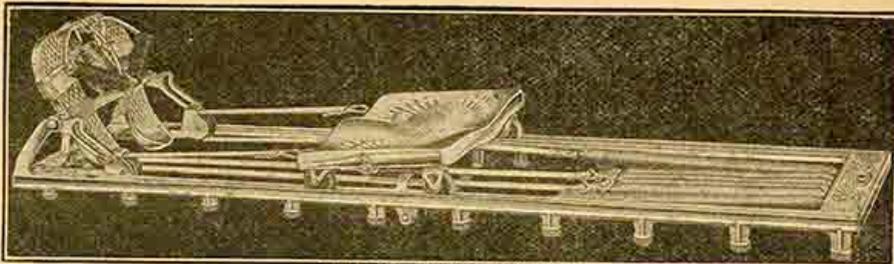
(Continued from Page 28)

groin. The following exercise, however, is still better for the above purpose because it is more direct.

In Illustration 5 we have the exercise that helps most to prevent a rupture. All abdominal exercises help to prevent a rupture, but any exercise that calls into play the lower muscles of the abdomen are best.

In this exercise you lie on your back and raise your straight legs up and over toward your head and return the legs to the floor again. This movement and similar exercises, as you can see, affect the muscles and ligaments of the groin and lower stomach as directly as is possible. If you try this one on the floor without padding you can place the hands palms down on the floor under the buttocks. This makes the exercise more comfortable and more strenuous.

(Continued on Page 79)



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Your Abdominal Development

(Continued from Page 77)

If you let the toes go back until they touch the floor, or nearly so, above the head, you have a very fine internal organ massager.

In Figure 6 and 7 we have a very fine abdominal exercise which is at the same time a good all-around exercise, too. You get down on your hands and toes as in the floor dipping position and then keeping the arms and legs rigidly straight bend at the waist until the abdomen touches or nearly touches the floor as shown in Figure 6.

Next you raise the middle of the body until you are in the position shown in Figure 7. Then you repeat it until you feel it in the abdominal muscles. This one can be made gradually more difficult by working the hands farther from the feet on the floor. This one is great for a quick morning workout and in a few minutes or seconds makes

you feel fine.

Figure 8 shows an exercise that affects the back muscles more than it does the abdominal muscles, but as the small of the back is close to digestive organs, as well as the abdominal muscles are, you should consider this part also. Besides, you must have a fine back to go with a finely developed abdomen.

This exercise massages the kidneys and is performed by lying first on the abdomen and then by raising or attempting to raise the head and shoulders so as to bring the chest off the floor. You can do this one with the feet held down at the ankles or by raising the feet and legs as well as the head, shoulders and chest. If you do it right you will feel it around the region of the kidneys and the kidneys are organs that should and must be kept in good working order.

Association Notes

(Continued from Page 56)

Bryant Hall, Sixth Avenue, below 42nd Street. The contests will be for the purpose of deciding A. A. U. Champions in each bodyweight class. The show will start at 8:00, so try to be in good and early. It is expected that the majority of competing lifters will represent various German clubs in the East. However, a few entries are expected from American lifters who are unaffiliated with such clubs. The bodyweight classes and complete list of rules were printed in this department last month. Some further word regarding the strict interpretation of such rules should be mentioned. Last month we called attention to the International Rules, which if strictly interpreted, permit certain laxities in performance. However, the committee in charge has decided to call for a more strict brand of lifting than the reading of the rules would indicate. For instance, the International rules in describing the correct performance of a Two Hand Snatch state: "In this lift, the fundamental principle is a single motion, no slowing of movement shall be at all admitted until the wrists turn over, which shall not take place until the bar has quite plainly reached higher than the top of the performers head. Suspension wrenching or pressing the weight to straight arms before it has passed higher than the top of the head is unlawful."

The rules here infer that the bell

may be pressed out after having passed the top of the head. Over in Europe they permit the lift to be performed in that manner. In the A. A. U. Championships, the lift must be performed as American lifters have been accustomed to, in one continuous motion.

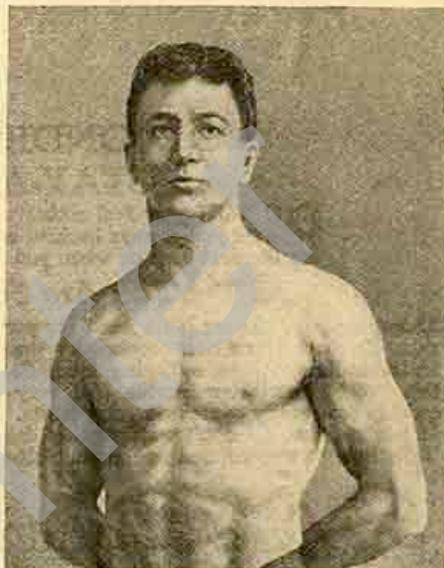
In the performance of the Two Hands Military Press, the body must be kept erect with the eyes pointing front. No bending of the body will be permitted either previous to, or during the actual lifting. The rules adopted by the A. A. U. were incorrect in regards to the diameter of handle bars. International rules permit bars as thick as 1 1/10 inches; the standard American bars are 1 1/16; the A. A. U. rules read 1 inch, but we have received word that this will be changed to 1 1/10.

In case the word "wrenching" proves difficult of understanding, the following should prove helpful. Wrenching is a sort of literal translation of the French word for Snatching—"Arache"—referring to a ripping or tearing motion; thus in a Snatch, the bell is "ripped" or "torn" from the ground to arm's length.

The Metropolitan A. A. U. Championships will be held in the middle of April; the exact date being unknown at present. Anyone interested may get in touch with the German-American Athletic Club, 190 Third Ave., New York City. That is a preliminary contest to the contests to be held May 4.

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Harry L. Good and Arthur Levan, national heavy-middle and featherweight champions, weighing respectively 172 and 126, held a lifting exhibition at the Fire Hall in Reamstown, Pa. Both lifted for first-class diplomas of the A. B. B. M. Their lifts were as follows—the first poundage being for Harry L. Good and the other for Arthur Levan:

One Hand Military Press (left)
81 lbs., 76 lbs.
One Hand Side Press (left), 145
lbs., 119 lbs.
One Hand Bent Press (left), 179
lbs., 133 lbs.
One Hand Snatch (right), 140 lbs.,
133 lbs.
One Hand Clean and Jerk (right),
174 lbs., 138 lbs.
Two Hand Military Press, 159 lbs.,
153 lbs.
Two Hand Snatch, 176 lbs., 167 lbs.
Two Hand Clean and Jerk, 235 lbs.,
215 lbs.
Totals, 1289 lbs., 1134 lbs.

Not having received an affidavit, or scale test slip, we do not know at this time whether or not claims will be made for records on some of Arthur's lifts. The One Hand Snatch of 133 is especially commendable.

A Two Hand Dead Lift record for the state of Missouri in the middleweight class was recently established by Edward Zercher who lifted 435 pounds at 148 bodyweight.

Louis Schmidt, of McHenry, Ill., would like to contest with any 140-pound lifter in his state. If interested, you may either write him direct or communicate with this office.

Within the past couple of months we printed the challenge of Otto Laube to lightweights in the state of Wisconsin. At the time we called attention (if our memory serves us right) to his bodyweight of 145 pounds which placed him in the middleweight class. He has just written that his bodyweight is around 143-145, so he wishes to issue the challenge to middleweights. Mr. Laube was a lifter in Germany more than eight years ago, and craves a chance to join a lifting club in the United States. He expects to move to Los Angeles this coming summer and has hopes of becoming affiliated with the L. A. A. C. We hope to hear of him playing an important part in the next national championships.

Ray Bakke, of Duluth, Minnesota, wishes to claim the middleweight title in his state.

Albert E. Mitchell, of Webster Groves, Mo., claims the featherweight title of his state. Owen Thomas, of Kansas City, wishes to claim the heavy-middleweight title of Missouri. We expect other class championship claims to

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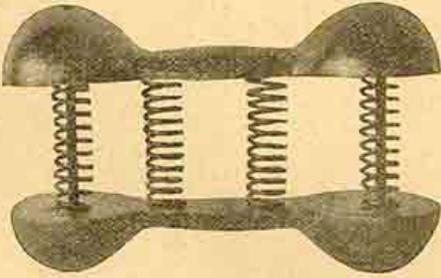
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be entered shortly.

A weight-lifting club has been started in Paterson, N. J., at the Y. M. C. A. by Mr. Rowland MacLuckie, Associate Physical Director. All barbell users in that vicinity should do their best to co-operate.

Leo Gaudreau, of 10 Ropes St., Salem, Mass., has in mind another Strong Man Championship of New England. His idea is to have a total of six or eight lifts, with suitable medals and a championship trophy to be presented to the winner. His further idea to insure competitors showing up for the contest is to have each post a forfeit, to be returned on the appearance of the lifter. Mr. Gaudreau wants the privilege of naming the lifts as he has his own ideas regarding all-around strength. Very good, but we think it a better idea to let some others have something to say. The best way to come to an agreement regarding the whole thing is for all of you iron men in New England to get in touch with Leo. The part of the business causing him worry is the possibility of financial failure. We believe this could be overcome and suitable awards could easily be paid for by each contestant paying an entry fee of one or two dollars, payable in advance to insure success of the project, whether or not every lifter put in an appearance.

Record Corrections

In the February issue we published a list of American records. As we expected, the list contained some errors. It must be explained that the list was added to the editorial matter of the magazine at the last moment with but a short time to make a check-up and necessary corrections. Furthermore, there was no one available who understood lifting to check the list. Hence some omissions were to be expected. Some corrections to be made:

Two Hands Clean and Jerk Behind Neck—Lightweight class, 233 pounds, A. E. Sundberg.

The following should be entered to the credit of Richard Bachtell, all in the Lightweight class:

Left Hand Clean and Jerk, 164½.

Left Hand Swing, 126½.

Left Hand Bent Press with dumbbell, 124½.

Left Hand Military Press, 80.

Two Dumb-bells Military Press, 142.

Two Dumb-bells Clean and Push, 154.

A few new British Amateur records, of exceptional merit, are herewith shown:

Two Hands Clean and Press Behind Neck:

11 Stone (144 lbs.) class, 175¼ S. Ingleson.

12 Stone (168 lbs.) class, 187, C. F. Attenborough.



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9 Stone (126 lbs.) class, 103, N. Thewlis.
Pull Over and Push on Back with Bridge:
9 Stone (126 lbs.) class, 251¾, N. Thewlis.
Left-Hand Swing:
9 Stone (126 lbs.) class, 134, A. Hopkins.
Two Hands Clean and Jerk Behind Neck:
10 Stone (140 lbs.) class, 228½, A. Hopkins.
(They claim a world's record, but evidently neglected to pay any attention to the lift of 233 pounds by A. E. Sundberg, of Oregon.)

11 Stone class, 241, R. Mason.
Two Hands Clean and Jerk:
9 Stone class, 226½, A. Hopkins.
Left-Hand Dead Lift:
9 Stone class, 321½, S. Frost.
11 Stone class, 403½, R. Inwood.
Two Hand Swing:
Heavyweight class, 170¼, H. Wood.
Two Hands Clean and Push:
Heavyweight class, 254¼, H. Wood.
Two Hands Dead Lift:
Heavyweight class, 539½, H. Wood.
Pull Over and Press without Bridge:
10 Stone class, 234½, D. Smarinsky.
Lateral Raise—lying:
8 Stone class, 73½, S. Amphlett.
Left Hand Clean and Bent Press:
11 Stone, 181, V. Renshaw.
Left Hand Anyhow and Bent Press:
11 Stone, 186, V. Renshaw.
Left Hand Bent Press—Two Hands to Shoulders:
11 Stone, 196, V. Renshaw.
Left Hand Clean and Jerk:
11 Stone, 164, R. Mason.

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Leg Muscles

(Continued from Page 32)

to the two photos of him on these pages will fail to give you any idea of his great size, he was so evenly proportioned for a big man. It is unusual for tall or large men to have legs so evenly proportioned and yet so great in girth. Among tall athletes, various forms of disproportion are common. The calf may be of good size and shape with proportionately thin thighs, or the latter may be bulky from large lumps of fat. The legs of the tall man do not show to advantage unless so developed as to present long sweeping curves to the eye.

Twenty to thirty years ago the 'Butcher' was considered one of the

greatest of wrestlers in France. He was also regarded as a top-notch at pressing and muscling out weights, as well as on the Two Hands Dead Lifts. Under old French rules it was required to perform the Dead Lift with both palms facing the same way; at this style he did 487 pounds, a high class performance.

His measurements are: chest 53¾, waist 42, thigh 28¼, calf 18, upper arm 17½. Remarkable measurements and yet so evenly proportioned as to give no idea of unsymmetrical massiveness.

A correspondent suggests a discussion on the relative leg power of Charles Rigoulot and a certain college football star, contending the latter really possesses the greatest force. He suggests a probable answer of "merely a matter of personal opinion." Now, we know nothing concerning the bodily strength of this particular football star, nor for that matter, of the comparative running ability of the two men. Our correspondent seems to think a lot of this star, but it is strange that his name is not mentioned so much in the sporting columns of our newspapers. Many other players have received a thousand times more publicity, and among "All-American" stars of a period covering years, no one would even think of the fellow. At any rate, we are positive that Rigoulot possesses by far the greater amount of bodily strength and leg power. One reason we will advance, and by far the most important, is that no college football player has reached anywhere near the ultimate limit of his physical powers. The majority of college football players are too young and inexperienced in physical training; they spend too small a percentage of the year in high grade strenuous training. Stop for a moment to consider oarsmen, collegiate and professionals. The World Sculling Championship is always held by men with years of experience.

Rowing is one college sport which may be compared to college football. Furthermore, how about baseball? Who is going to be so foolish as to compare collegians with big leaguers? If professional football was developed to the same extent as baseball, or soccer football in Europe, then we fight say that

football players had a chance to reach the peak of physical efficiency. Furthermore, no single college player stands out as being head and shoulders above all other players. To claim that a college football playing youth is as powerful as the generally accepted champion strong man, is claiming that dozens of immature youths are on a par with a man whose strength records exceed all previous champions. The man, Rigoulot himself, may be used as a basis of comparative judgment. At twenty-two (about the average age of finished college players) Rigoulot won high honors in lifting at the Olympic Games, startling the world with his performances. At that time he weighed one hundred and eighty pounds. Not so long afterwards he turned professional. His bodyweight soon had increased to two hundred and twenty pounds; his lifting performances have continued to mount higher, till four years later, he snatches with two hands a weight heavier than his Olympic two arm Jerk record. With one hand he has lately snatched a poundage greater than his Olympic Two Arm Snatch. All of his feats require great leg power. It is hardly logical to assume that a man who excels powerful strongmen should only be on a par with dozens of college youths. Our correspondent also brings up the question of comparing the leg development of football players and weight lifters. He has evidently been impressed by the calf development of some college athletes.

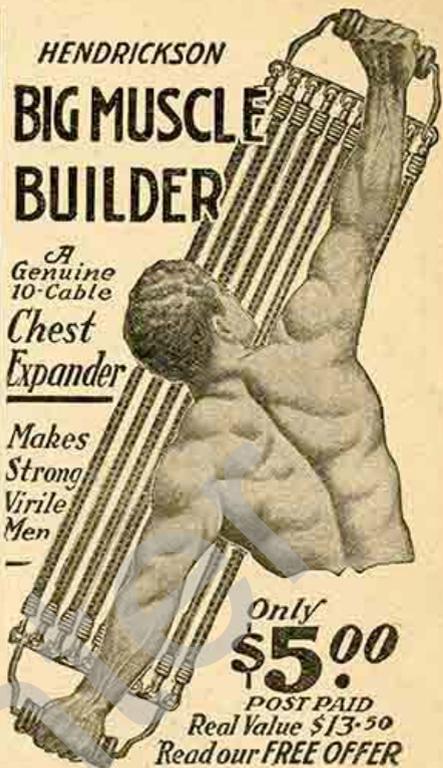
Considered as a class, athletes who excel at fast running possess calves of great size and impressiveness. Great sprinters almost without exception are gifted with finely muscled calves. Why? My contention is that the ultimate size of the calf is controlled by nature more than many of my readers may be inclined to believe. I have mentioned this subject previously and will deal with it at greater length elsewhere at a later date. The ultimate size of the calf is controlled by the bony conformation of the foot and lower legs. If the foot possesses a certain type of leverage, the calf is of proportionately large size. Another type of leverage makes great size of calf unnecessary for ordinary movements. All of

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us were accustomed to a great amount of running as boys, playing tag and other kid games, running foot races, playing ball, and in a variety of ways. We early discovered whether or not there was anything exceptional about our running speed. Those boys who were naturally fastest were most likely to specialize, and furthermore to be favored in the selection of teams. As they grew older, the specialization developed the calves, which were of the leverage type favoring unusual development. We are of the opinion that large calf muscles are more closely related to certain movements of the body than to the possession of exceptional strength either in the legs as a whole or in a general bodily sense. We look at the great calf of Roumageon and then read of his sprinting ability. The calves of Bachtell, which are splendid, were naturally large although he increased them 1 1/2 inches by bar bell exercise. "Ralph the Butcher" with eighteen inch calves can be said to have large calves for even a man of over six feet, but the 28 1/4 inch thighs and large knee muscles more or less detract from the appearance of the calves.

Our correspondent may also be comparing big college men with much smaller lifters. An actual comparison of measurements will prove his folly. The college man is likely to have legs which are larger in proportion to his upper body, as he is apt to be lacking in that respect. This would make his legs look larger than they really are when comparing them with lifters who are apt to be relatively better built in the upper body. A com-

(Turn to Page 93)

Health--Strength--Beauty

(Continued from Page 40)

was in school. I am married and have two children. My health has been poor for eight months, have lost weight, and the doctors say I am on the verge of a nervous breakdown. I would appreciate your advice on how to overcome my condition. Also, I am sending my measurements. I would highly appreciate a personal letter from you or an answer through "Strength." Thanking you for your kindness, I remain,
 Bristol, Tennessee. Mrs. J. P. B.

Measurements:

Age 24 years
 Weight 120 lbs.
 Chest 31 inches

Waist	29 inches
Biceps	9 inches
Forearms	9 inches
Wrist	6 inches
Hips	36 inches
Thigh	19 inches
Calf	12 inches
Neck	13 inches

ANSWER: Your rundown condition, my dear, is due to the fact that you are neglecting your body. Why not try to resume some of your school-girl games? Surely you can find time for some outdoor sports—particularly tennis.

Before attending to your daily duties, practice a few exercises for about fifteen minutes every day if you expect results and not once a week.

Change your system of living, and perhaps you can check that nervous breakdown. I wonder if you realize that a nervous breakdown is something very serious—something that hangs on to you for months.

In this month's department I have outlined a few exercises for the benefit of all my readers. You will find this list in D. H. C.'s answer.

I trust that you will benefit by the advice I have given you herewith, and I will look forward to hearing from you in the future as to your progress.

I Gave My Fat for Health and Beauty

(Continued from Page 51)

so it developed, concerned the superfluous weight carried by us two matrons, and Elizabeth assured us that she could, in the course of the few weeks of her visit, put us well on the road to proper proportions and poundage. In school, so she explained, the girls had been impressed with the necessity of caring properly for their bodies and had been well instructed in the correct methods of doing so. She knew, so she said, exactly what was wrong with us, how the trouble originated, and how it could best be remedied. And would you believe it, she told me almost exactly the same things Harry did, after asking a few questions about my past life?

That afternoon class number one was held in the Nelson apartment. It consisted of two parts, first, a "lecture" on diet, and second, a work-out followed by a shower. That work-out was great. Elizabeth as instructor wore a natty little costume she had used in gym class in school. We two pupils wore our "undies." For a few min-

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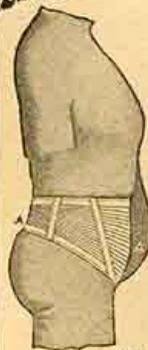
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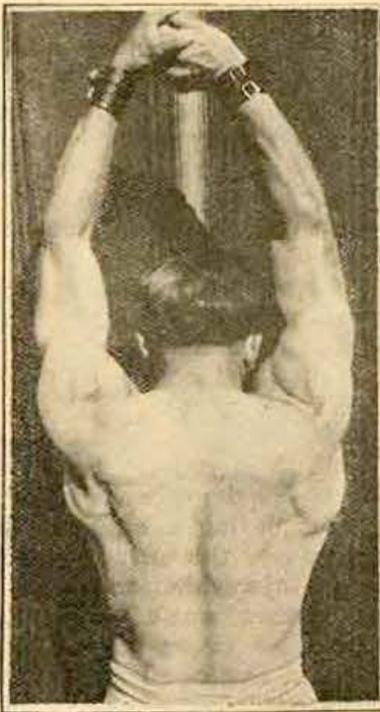
utes it was a problem; Elizabeth would explain and perform an exercise movement, then we would try it. Doubtless we were most awkward, for I caught a smile on the face of our instructor more than once. Then, just in the midst of performing a really simple movement I took a notion to steal a glance at my partner. At the exact instant she looked toward me, and as we each saw the funny grotesque figure of the other we burst out laughing. That laugh "broke the ice," and ever after our exercise was nothing but fun. Each tried to do the movement better than the other, and the spirit of friendly competition kept us going many times when we would otherwise have given up.

Need I tell you that the morning following that first session, and the next, and the next, there were two very sore and very stiff fat women in the La Paz Apartments? But within a week's time we noticed a difference, not in weight—that didn't show up quite so soon—but first in general health. Somehow the constipation which had bothered me so long began to disappear, my headaches went with it, and soon my skin began to clear up and the circles to disappear from beneath my eyes. By this time I was in love with exercise, and now I began carefully to revise our daily diet along more wholesome lines. The first time Harry saw whole wheat bread on the table he let out a cheer I'm sure the Lawrences must have heard.

"You can't deny it," he bantered, "you are a convert. I don't know who did it, or where, but you have been taking exercise somewhere and getting the right dope on food, too. I noticed two weeks ago that you were beginning to look better."

That is about all the story, for what more encouragement can a woman desire than that from her husband when she loves him? A week after this incident occurred Elizabeth left, but the seeds of wisdom she had sown had fallen on very fertile soil. We two pupils remained faithful to our instructor, continuing with our "stunts" and watching our diet carefully, until in the course of six months we had returned to our correct weights. At

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factor, by the way, that has a lot to do with his present standing—but was as yet uncertain though brilliant player. His future depended upon his ability to overcome the erratic spells he was subject to. Furthermore, there were two points in his armor which were fatal against the best men: a weak, undercut backhand and a tendency to play safe when in a tight place rather than to step out and win his points by a daring shot. Both of these shortcomings were grave ones, and had to be corrected before he could hope to become champion.

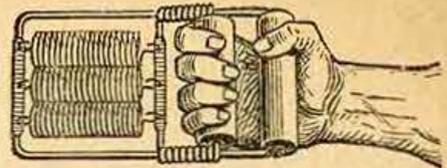
The remedies taken to overcome these faults were characteristic of the man. The winter following his defeat by Little Bill in 1919 Tilden retired to the gymnasium with the intention of perfecting his backhand. He made few tournament appearances that winter, and those that he did make found him losing to men far below him in class and ranking. Tilden however disregarded the contemporary results and kept on working with an eye to the future. The bravery of this action cannot be overestimated; one finds it easy to lose to those men who have always beaten you, but only a man with the stern stuff of champions can lose steadily to men they are capable of putting there!

Should Children Exercise?

(Continued from Page 36)

stood, of course, that care should be taken to avoid causing any injury to the youngster. Every baby and growing child should be given regular periodic examinations to determine whether it is developing properly, and these examinations become all the more essential when any form of exercise is given, special attention being directed to the spine, the heart and various parts of the body principally involved in the exercises given. But as long as no physical irregularity becomes evident nothing but praise can be directed at exercise for the baby and young child as well as for the man and woman.

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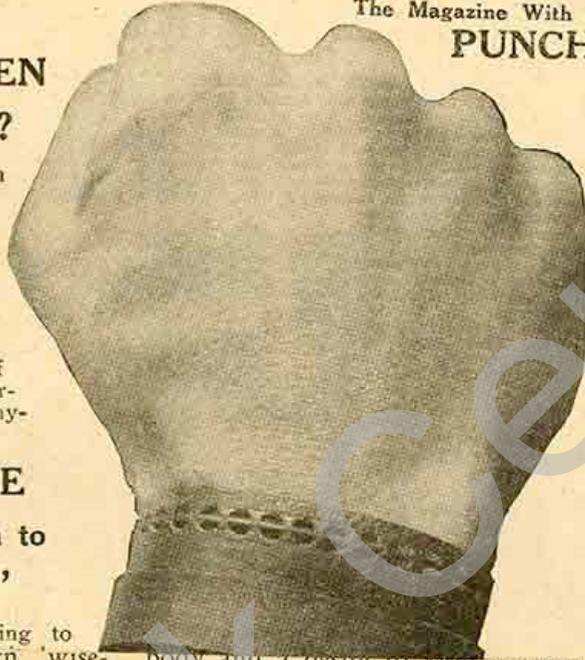
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"For the average child of today no special attention needs be given to the exercise program until the age of fifteen or so is reached, at which time a favorite sport may be stressed. During these early years it is necessary only to create in the child proper respect for the human



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body and a desire to keep it clean and healthy. Beginning about the fifteenth year teaching should be commenced showing that exercise is the keystone to well being, and that, therefore, exercise should be made an important part of the daily life of the individual. Remember that up to the age of fifteen or so there has been plenty of time for recreation, which generally means to the child of this period some sort of play, whereas after this age the recreation is often sought in channels other than those requiring an outlay of physical energy.

"There are, of course, exceptions to this general rule. If a child possesses some physical defect the parents should begin at the earliest possible moment a course of exercises calculated to overcome the trouble and to make the child normal in every respect. Again, some very few children are particularly 'book-worm-ish,' or inclined to shrink the activity of play. They

uld be encouraged to partake in active games of the other children of their age or led to indulge in exercise of some sort. It is also true that there are in some crowded quarters insufficient facilities for the youngsters thereabouts to have as much space and time for play as they need. In such cases, of course, specific exercises of various sorts are desirable and even necessary.

"We adults and parents, however, must be very careful about fixing our children to 'exercise.' In fact we must bring our children to look about this matter we should endeavor to lead them to it as a part of game of 'good time,' because if they do not like it the benefits to be derived therefrom will be materially lessened. A great idea here an exercise program must be forced is for the entire family to line up together and go through the movements as a class—the activity will do the youngsters plenty of good and will hardly harm 'papa and mama,' even if they don't heed it."

"Well, there you are, boy. Go straight home, tell the wife she is right. But that playing a bit with the youngster even this early in his life will not injure him, and if your wife's mother won't understand, just send her to see me. What? Oh, yes, in that case I should prefer being out."

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Can Tilden Come Back?

(Continued from Page 25)

order to properly value the man's chances for "coming back."

When Tilden first burst onto the tennis horizon in 1918 as a national figure the question was asked, "Is he a flash in the pan?" The question was a sensible and timely one. Up until that time Big Bill had been one of the numerous in-and-outers of tournament play; he was equipped with fine strokes, good technique, and wonderful enduring powers—a

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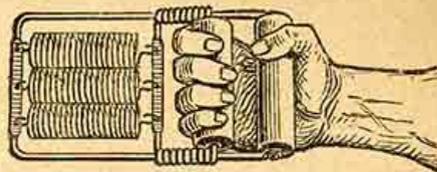
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factor, by the way, that has a lot to do with his present standing—but was as yet uncertain, though brilliant player. His future depended upon his ability to overcome the erratic spells he was subject to. Furthermore, there were two points in his armor which were fatal against the best men: a weak, undercut backhand and a tendency to play safe when in a tight place rather than to step out and win his points by a daring shot. Both of these shortcomings were grave ones, and had to be corrected before he could hope to become champion.

The remedies taken to overcome these faults were characteristic of the man. The winter following his defeat by Little Bill in 1919 Tilden retired to the gymnasium with the intention of perfecting his backhand. He made few tournament appearances that winter, and those that he did make found him losing to men far below him in class and ranking. Tilden however disregarded the contemporary results and kept on working with an eye to the future. The bravery of this action cannot be overestimated: one finds it easy to lose to those men who have always beaten you, but only a man with the stern stuff of champions can lose steadily to men they are capable of defeating. Tilden was made of that mold; as a result he received his reward—the greatest backhand tennis has ever seen.

Tilden got the opportunity to correct his second fault during the summer of 1920. Tilden, with William M. Johnston, Richard Norris Williams, 2nd., and Charles S. Garland as players and Thomas Hardy as non-playing captain, was sent to Europe to try to win the preliminary rounds preparatory to challenging Australia for the Davis Cup. Tilden and Johnston bore the brunt of the attack, and carried everything easily before them. Following the last inter-zone encounter the world's championship at Wimbledon began; this was Tilden's first chance to show whether he could step out and win rather than have his opponent beat him. Johnston, the rival he feared most was eliminated by Parke. Tilden, playing cagily, fed the hard hitting Irishman balls that skidded, slid, and did everything but bounce straight to win the next day. But



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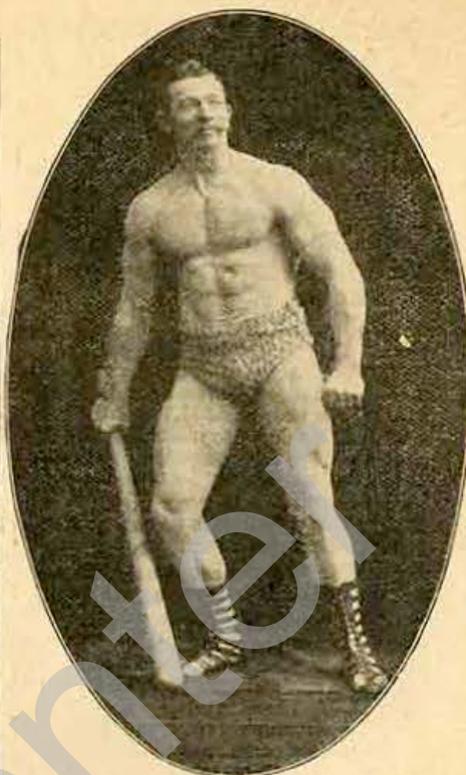
though Tilden won, he had done so by letting his opponent beat himself. The question was still to be answered, "Can Tilden step out and win his points?"

The next day Tilden met Patterson for the world's championship. Patterson had carried all before him the previous year by his terrific service and daring volleys. To play safe against him was considered suicide; to beat him at his own game was considered impossible. The first set saw Tilden playing his usual cautious and safe game; Patterson won it easily. With the beginning of the second set Tilden changed his game, and with it tennis history. He threw aside his waiting methods, and attacked where he had before defended. The spectators were treated to the sight of seeing the hard hitting Australian bowing to a man who hit harder, and more accurately. Tilden won the next three sets, and with it the championship.

Tilden's Wimbledon success was the first of a long line: the tall Philadelphia had found himself. He returned home that year to win the United States championship at Forest Hills; repeated at Wimbledon over B. I. C. Norton in 1922, and at Germantown against Johnston that fall, and at Forest Hills the next year. He was supreme.

Then, when at the height of his career, an accident occurred which would have ended the playing days of nine out of ten men. While playing an exhibition at Bridgeton, N. J. Tilden ran against the fence and scratched his hand. He paid little attention to the cut; as a result blood poisoning developed. The poison spread and soon only one solution was seen to be possible in order to stop the poison from passing through the whole body, the middle finger of his tennis hand must come off. When his finger came off the end of Big Bill's days as champion was predicted by nearly all tennis followers.

The champion's first appearance after the accident was keenly awaited. Would he still be the same Tilden despite the physical handicap a cruel fortune put upon him? The question was answered, and in a manner typically Tildenesque. Big Bill ran through the year as a wild man; he capped the climax by doing the hitherto impossible feat



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of defeating Little Bill in straight sets in the final round of the championship. Once again he was at the topmost point of the ladder, the acknowledged monarch and genius of the game.

Nineteen twenty-five found Tilden still invincible, but 1926 saw ill-luck pursue Big Bill. Bad health, business worries, and finally a crippled leg, on which he played through the national championships under such an obvious physical handicap verged on the "quixotic"; most men would have remained out of the event without being censured in any way.

The next year Tilden lost his first Davis Cup singles match to Rene Lacoste of France; a week later he lost the national championship to the same young man. The end of the era of Tilden's domination seemed to be at hand; the tall, guant figure of the Philadelphian was being replaced by the sturdy frame of Rene Lacoste.

We now come to the question, "Can Tilden come back?" The answer cannot be easily given, nor given without qualification. Can he come back far enough to distance the field again, to dominate tennis as he did in the golden years from 1920 to 1927? The answer there must be a positive and unequivocal no. The fault is not Tilden's; few times in the history of sport is it given to a man to so completely overshadow his sport as Tilden did, and never more than once to that man. Hoppe held billiarddom in complete subjugation until his first defeat by the young Jake Schaeffer; once the spell of his reign was broken he never regained his invincibility even though he did regain his crown.

But, can Tilden gain the championship, can he rule tennis as a normal champion, even if not despotically? The answer depends on two important factors, Tilden and his opponents. We shall treat the second of these factors first in order to clearly understand the task Big Bill has set for himself.

The chief obstacles in Tilden's path are the Four Musketeers of France, Henri Cochet, Rene Lacoste, Jean Borotra, and Jacques Brugnon. Of these, the first two are most to be feared, though the "Bounding Basque" is liable to

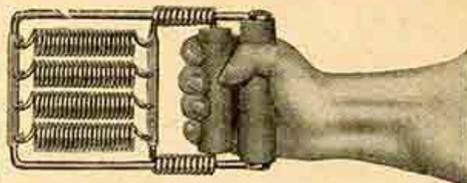
beat anybody when he has a good day.

Since Cochet was the outstanding figure in the game last year, we will take his chances first. But though Cochet was the winner at Wimbledon and at Forest Hills, and even though he beat Tilden and Hennessey in the Davis Cup challenge round, I do not consider him to be as much of a threat as Lacoste. The Lyons man is essentially a net player; one who attempts daring angles and sharp placement for the point. As a result of his style of play the rallies are short; the point is either quickly made or quickly lost. Furthermore, the present champion furnishes a target for Big Bill's beautiful passing shots, and furnishes this angle from the place where Tilden is best—a difficult angle off court. However, Cochet was the victor in their last meeting and that is always a big factor in an important match.

The man whose shadow looms most ominously across Tilden's path to the crown is that of Rene Lacoste. This phlegmatic young man is the possessor of a game that is an anathema to Tilden. His game is the defensive game raised to the highest point of perfection; he waits, and waits, and waits for you to make errors while he makes none in the meantime. There are no short rallies with Lacoste, each point is played out fully to the bitter end. Add to that one of the keenest tennis brains, a steady eye and arm, and that most valuable of all assets, youth, and a little idea may be had of the task confronting Big Bill. Moreover, the youthful French star has beaten our number one man four out of the last five times they met, a psychological factor that cannot be overestimated.

There are, of course, others who loom as championship possibilities. Among the old guard are such men as Borotra and Hunter, among the newly rising stars Hennessey, Lott, Austin, and many more too numerous to mention. But the ones Tilden has to fear, and fear greatly, are Cochet and Lacoste.

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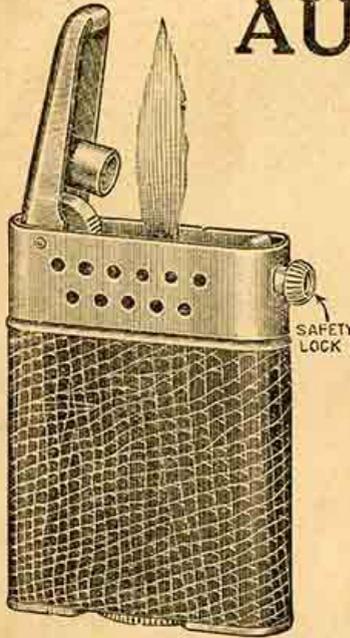
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Let Nature Be Your Spring Tonic

(Continued from Page 23)

affects some people in a different way. Many become fat; others remain thin, and still others (as was the case of our friend above) fall into a state of ill health. Therefore, as I have said time and again, in almost all my articles in STRENGTH, if you desire beauty and a healthy body you must work for it, set aside a little of your time each day, and exert a little effort.

The girl in our story turned to activity; to-day she is a different person—happy, carefree and is admired by all wherever she goes. Wouldn't you like to overcome all of your physical defects?

So take a hint from the above case and follow a routine such as I am going to outline for you. Do not wait until you are a hopeless case.

Upon arising in the morning drink two full glasses of cold water.

Then throw open your bedroom window and practice the following breathing exercise: stand with hands on hips, shoulders high, and stomach in. Now rise high on toes, swing the arms backwards and inhale. Exhale, and at the same time return the hands on hips.

Your next exercise is that of touching the fingertips to the toes. Perform twenty repetitions of this.

Next on the list is the body roll. Stand with hands on hips, feet together. Now roll the body in the form of a circle, being sure to keep the knees perfectly straight throughout.

Plain rising high on toes and walking across the room and then back again to your starting position should be performed next.

Now we do not want to forget an exercise for the arms and chest. Although the following is very simple to perform, it is very beneficial for the arms and chest. Stand erect and bring the arms in front of you, palms of hands touching. Now swing the arms backward, with force, until you can clap hands together in back of you.

These exercises can be performed before retiring at night or upon arising in the morning. Don't lie in bed in the morning to the very last minute. Hop out of bed, and first perform the breathing exercise I gave above in front of an open window. Perform each and every exercise with snap, and wind up your whole program with a good shower. And one more thing: just trying these exercise one or twice will not benefit you whatsoever. You must persevere with them if you expect to get anywhere. Stop envying other girls who are shapely and well proportioned. You, too, can be the envy of all your friends by simply following the simple rules of health and spending at least fifteen minutes of your time daily on an exercising routine.

We are sorry to inform our readers that due to lack of space we are unable to run the Prize Contest this month. Look for it, however, in next month's number.

Leg Muscles That Count

(Continued on Page 84)

parison of men of the same types will show far better legs on the lifters; to be fair, it would be necessary to consider men of equal bony framework, in which case we might have to include some of the mammoths in the lifting world. My reason for mentioning this is to refresh your mind on the point that many of the college football stars are simply young beefy giants who are used in the game for their massiveness. Obviously it would be unfair to compare the leg size of such "natural wonders" with men of average size, however well developed the latter might be.

Ambitious culturists are intensely interested in knowing something about the limit for which they can hope to strive. A man standing about five feet eight inches will write me to tell him what measurements he should have after exercising for a proper length of time. As the experienced fellow knows, that is impossible. It is hard enough to tell you, even if I have a fair idea of your natural bony framework. Individuals vary so greatly that each one is a separate problem. To attempt to arrive at some understanding, we must have a complete list of data, comprising knee and ankle girths, size of shoe worn, in addition to a complete list of your present measurements.

A careful study of the proportions of thousands of men shows us that the knee is one part of the body which may be safely used as a guide, especially among men of average, undeveloped build. The athlete with well developed shanks, or lower thighs, will have a relatively large knee girth. The average undeveloped man of any height will be found to have neck and knee measurements of almost equal size. If the bones are of larger than average size, the knees may be considerably larger than the undeveloped calf and neck. The man who does not possess prominent shank muscles should be able to develop calves of an inch or so larger than the knee girth. If the shank muscles are well developed, the calves should be at least as large as the knees.

The fully developed calf does not round out into the same shape on all men. There are various types of calf development, each of which may possess great strength and the power of potential quickness. The finished shape of the calf is controlled by many factors, including the relative lengths of the lower and upper leg bones, the total length of the foot, the length of the heel, and the development of the muscles on the back of the thigh. You will generally find that well developed men whose calves do not compare with the rest of the body, have the type of calf development which tapers from the ankle up to the back of the knee. A calf of this type may be just as strong, or even stronger than the bulging type, but the greatest bulk of muscle is not concentrated appropriate to a large measurement or the most pleasing appearance. The man possessing exceptional sprinting ability invariably has the type of calf which is bulging at the sides and back about midway between the ankle joint and the knee. Leverage is mostly responsible. Note the difference in the calves of Roumageon and Boucher. There is some little difference in shape and appearance, yet each has a calf measurement equalling one-fourth of his height, or rather Roumageon has a calf measuring 25 per cent. of his height and Boucher slightly over 24½ per cent. Bachtell has a calf measuring 15¾ inches which is hadly over 25 per cent. of his height of five feet, two inches. The calves of Francois are of the same proportion as those of Bachtell and Roumageon. So, here you have a method of computing the measurement of a calf of exceptional size, very well developed but not huge. Without considering some of the giants who had a great amount of fat mixed with muscle as did Cyr and Barre, we can mention Appollon, the French giant. This man was famous even before the other Frenchmen mentioned in this article, and was a tower of strength standing six feet, four and three-quarter inches in height; his calves measured 20½ inches when he had developed to about the limit, about 26¾ per cent. of

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his height. Built in the same proportions, a man of average height (67¾ inches) would have calves of eighteen inches, and Bachtell would have a measurement of 16½. The majority of exceptionally well developed men, with calves in proportion to the rest of their build, will be found to have the 25 per cent. girth. The girth of the thigh does not mean everything, as we have pointed out in the early part of this article. Some of the most important thigh muscles are so situated as to not affect the maximum measurement of the buttocks, and the thigh biceps will have a lot to do with the size of the point of greatest girth. A thigh girth in proportion to the 25 per cent. calf would be of approximately 38 per cent. or 39 per cent. of the height. Francois has a 40 per cent., Boucher 38½ per cent., Bachtell slightly over 37 per cent., Roumageon 35.8 per cent.

Various machines and contraptions have been invented and designed with the idea of developing all the thigh muscles. For instance, some physical culturists have been worried over the problem of bringing about a proper development of the muscles on either side of the thigh, and particularly the sartorius (or tailors' muscle) which runs diagonally from the inside of the knee to the upper outside of the thigh. Observation of the best developed and proportioned thighs has convinced us that an all around program of bar bell and general lifting movements will develop the leg muscles as they should be. Truly, the training routine of the all around bar bell man is not a limited one. It would include such movements as the deep knee bend, the straddle lift, the dead lifts, the foot press, the leg curl, roman chair and column work, and many of the popular lifts. The snatches, swings, cleaning and jerking movements being particularly valuable. The deep knee bend may be performed both on the toes with moderate weights, and flat footed with really heavy weights. The last mentioned method is especially valuable for the important shank muscles, as are all movements where the legs are bent to the full extent while undergoing strenuous exertion; such movements call upon the shanks (or muscles just above the

knees) to act as a powerful hinge supporting the weight of the body plus the added exercise resistance.

The calf, like the forearm, requires an unusual amount of work if we expect to materially add to the development. The chief formula to keep in mind is to pump the calves full of blood when you give them exercise. In order to do this properly, it may be necessary to repeat your calf exercises two or three times during each work-out. Don't be afraid of overdoing calf work; your calves are so constructed as to stand an almost unbelievable amount of strain and exertion. You may tire them repeatedly without danger of strain or overwork.

Bear in mind that these remarks pertain to strenuous exertions of short duration and not to endurance running or walking. The calves are, of course, built to stand an unlimited amount of this class of exertion, but it tends toward a toughened and drawn condition of the muscles rather than the peak of development. The calves too easily carry the accustomed weight of the body; some men are gifted with leverage favoring better development than possessed by the average; we see this in the case of the sprinter, who possesses a happy combination of favorable leverage and consequent development making possible great running speed. Anyone may increase the size of the muscles of the lower leg by forcing them to grow accustomed to carrying a greater load. Full range movements are essential. We recommend walking on tip toe, squatting exercises while standing on the edge of a block, the same movements with heels on the block and toes on the floor, walking up and down stairs, hopping and jumping on the toes; all of these to be performed with weights sufficiently heavy to give the proper resistance; start with a moderate number of repetitions and gradually work up to a score or more counts on each.

The fully rounded calf requires proper development of the shins; leg bending exercise with the feet flat on the floor will develop these muscles, as will many lifting movements where the feet are kept flat on the floor during all or part of the lift. The practice of heel and toe walking at all times, will greatly assist; in fact, a greater strain is