

CHARLES ATLAS
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New York, N.Y. 100110

Founder of the Fastest Health, Strength and Physique Building System



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Lesson 1

Dear Friend:

“The truest SUCCESS is but the development of self”:

In giving you my first lesson, I am assuming that you value Health and Muscular Power sufficiently to be willing to pay for it in the full legitimate price of intelligent, persistent labor. You cannot get results without effort on your part. If this is your decision you are invited to follow my Dynamic—Tension methods of development indicated in this and all succeeding lessons.

To succeed in the building of superb HEALTH and STRENGTH you must have POWER OF WILL, resolutely making up your mind that you WILL follow the instructions no matter what sacrifices you are obliged to make. You must be HOPEFUL, and expect the results assured you will ultimately be yours. You must have COURAGE and fear nothing. You must have absolute CONFIDENCE in this System. You must have FAITH in yourself and these methods. Then results will more than satisfy you. And you must have PERSISTENCE. Please remember that weak, spasmodic efforts will get you nowhere.

Henceforth THINK Health. Make up your mind that radiant Health shall be yours, realizing the results will be worth the effort involved. Throw off any tendency to unwholesome influences and keep the mind well occupied with thoughts of Health and Strength. From now on, you must resolutely curb your impulses, strengthen the good ones and positively reject those that are harmful.

The first great step necessary is the reformation of habits. Where previously you may have directed your energies in certain channels that resulted in weakness or disease you must now use this same energy in methods for rapidly building up the body so that glorious HEALTH may be yours forever. You are what you are because of our past daily habits. Day by day you make or break your body. You either build it up or tear it down. Having enrolled, your object is to build up your HEALTH, STRENGTH and PERSONAL POWER. You must now conserve your energy for the acquisition of new and better health habits. Once they become fixed, you will experience no difficulty in retaining HEALTH and STRENGTH all through life.

To overcome your past injurious habits and develop better ones, you must bring your entire ATTENTION to the matter, you must think intently of the motives and the outcome involved and thus occupy your mind with better things, turning away from past habits toward freedom.

REMEMBER, ALL EVIL HABITS MAY BE DESTROYED BY THE MAN WHO REALLY DECIDES TO CONQUER THEM.

Therefore, your desire for Health, Strength, Increased Personal Power and Physical Magnetism must from now on, Be greater than your desire to continue on in the old way.

**HERE ARE THE ELEMENTS OF SUCCESS IN ALL EXERCISES -
NOTE THEM CAREFULLY.**

You can make your exercises a success or a miserable failure. You can make them monotonous and irksome, or you can make them a sheer delight. It depends entirely upon your own mental attitude. You should — and I want you to — regard all your bodily activities and exercises as a pleasurable delight. You should look forward to them as a joy to perform. The results will then be much more satisfactory and certain. Hold in the mind's eye AT ALL TIMES the Ideal of Physical Perfection. Think of yourself as possessing a Perfect Body. Realize each time you are exercising you are arriving at still greater perfection. Regard each day's exercise as a goal in itself. Follow my instructions faithfully Every day, and as you string these healthy days together you will have woven a healthy and happy life. Remember - step by step and the thing is done!

In all your bodily activities you are invited to put CONSCIOUS CONCENTRATED EFFORT INTO EACH MOVEMENT. Perform all your exercises with a WILL. THINK Strength into the parts involved. THINK Power. THINK the muscles are growing larger, stronger, more beautiful, while you are exercising.

Put pep and punch, vigor, vim and snap into every movement! Put life into your exercises! Don't ever perform them in a half-hearted manner. Avoid the lackadaisical attitude. Refrain from dreaming of other things while exercising. Do not dread them as something to be shunned or skipped through as quickly as possible.

MAKE UP YOUR MIND NOW YOU ARE GOING TO PUT YOUR WHOLE HEART AND SOUL INTO EACH DIRECTED EXERCISE, AS GIVEN IN EVERY LESSON. THE DESIRED RESULTS WILL BE YOURS.

The first series of exercises will consist of those for building a solid foundation for the entire body. This Lesson will give special methods for developing a strong powerful chest and acquiring great lung power. THE EXERCISES ARE TO BE FAITHFULLY PRACTICED EVERY MORNING IMMEDIATELY ON ARISING AND BEFORE RETIRING.

This system consists chiefly of various exercises which aid in the elimination of toxins in the blood, at the same time building up the tissues, rounding them out, giving muscular power and health.

Part of the secret of Health and Longevity of life lies in getting rid of poisonous, dead, worn—out cellular tissue, which if allowed to remain would prevent the perfect functioning of the various organs. One of the methods by which this dead matter may be eliminated is by properly directed muscular exercises, such as I am giving you.

***You* will understand these lessons better if you will read them out loud to yourself in a private room where you will not be disturbed.**

PURE AIR

DEEP BREATHING. The very first essential thing to do in securing radiant HEALTH and physical STRENGTH is the DEEP BREATHING OF PURE OUTSIDE AIR. We can live without food for many weeks, without water for many days, but we cannot do without air for more than a few minutes. Air is equally a food as fruits and vegetables. As it enters into

the composition of the body, its value cannot be over emphasized. Yet because it is so cheap we ignore its real value. The first step required is to practice daily, **FULL, DEEP LONER BREATHING**. There are some teachers who advocate blowing out the upper chest to an enormous extent, but this is both useless and injurious because as you get older you neglect the deep breathing with the result that the cavities of the lungs are unused and this forms a suitable culture medium for lung troubles and disease. What I advocate is formal deep breathing so that **ALL** parts of the lungs are filled to their utmost in proportion to the size of the body without straining.

The air you breathe must be **PURE**. See that your rooms are well ventilated. Gas, kerosene, etc. when burning in a room eats up the oxygen you need so that if you are obliged to remain in a room where these are burning, insist upon an extra supply of fresh outside air continually entering the room. Otherwise you are breathing air contaminated with carbon dioxide.

There are several reasons why I want you to practice this deep breathing daily. The air when pure is composed principally of nitrogen and oxygen. Oxygen is **LIFE!** The more oxygen you breathe the more health and strength you will get. This life—giving oxygen furnishes the power to pump the blood through the heart. It assists in carrying off the waste products from the myriads of tiny cells in the body, and helps to build new and stronger cells. Furthermore, it furnishes warmth to the body. As a result of continued deep breathing the lungs are developed, the chest expands, the ribs are thrown upward and outward, flat chest is overcome, and the deep breather is likely to be forever free from the symptoms of chest and lung troubles.

Do not be afraid to breathe deeply and fully at all times, especially when outdoors when away from the crowds. Do not be afraid of “night air”. Although the night air is not laden with the sun’s healthful rays, it is often purer than the air breathed during the day, because all the accumulated dust, dirt and smoke has had a chance to settle. There is no need to be afraid of mild drafts for a draft is simply air in motion, and contrary to the popular belief it is really beneficial. You should learn to welcome these cooling drafts of pure, vitalizing air as health builders. Of course a strong draft is not desirable. The modern treatment of consumption compels the sufferers to live, sleep and work outdoors, wet or fine, hot or cold, because it has been discovered that pure outside air has healing qualities which can be secured in no other way.

Practice this deep, full l lower breathing every morning and night!

Dynamic-Tension is the name of my non-apparatus methods — the same methods that built me and my thousands of pupils. Remember - “Dynamic-Tension” methods can help you, but only if you are willing to follow my instructions carefully.

PROPER POSTURE

One of my first requirements in developing a **MAGNETIC PERSONALITY** is the assuming of a proper bodily posture while standing, walking and sitting. Nothing indicates a **REAL MAN** more than the way in which he holds himself. If your chest is sunken and your stomach sticking out, you cannot stand out as a man with **PERSONALITY**.

You are especially urged to concentrate on this and make sure that you hold yourself upright, walk with dignity but without affectation. **HOLD YOUR SPINE ERECT**. Keep your chin back. **PUT YOUR SHOULDERS FIRMLY BACK**. Make them square. **HOLD**

your abdomen in without forcing. Breathe deeply and naturally, walk properly and avoid a slouching attitude while sitting keep your body erect, keep your feet under your seat, and refrain from flopping down in a lazy fashion. LOOK “ALIVE” AT ALL TIMES. In this way you FEEL self-confident, successful. You are able to look all the world in the face. You WILL be successful.

At frequent intervals during the day it is an excellent plan to stretch upwards with the hands above the head. Endeavor to reach the ceiling a dozen times each day. With each effort try still harder to reach higher. In this way you loosen up all the vertebrae of the spine and prevent the internal organs from sagging. Try this. After a dozen trials it becomes a habit. Then it is easy to continue it every day throughout life. It will aid you in maintaining the proper posture for better health and self—confidence.

By assuming a correct posture while sitting and standing, you help overcome constipation, prevent rupture, fill the lungs with air, and improve every vital organ. This is accomplished by the muscles and internal viscera having an opportunity to expand and allow the free, normal passage of blood to all parts of the body, which is hindered when the abdominal region is relaxed and protruding. Bear in mind at all times correct posture for Health, Strength and Personality.

HERE ARE MY SPECIAL EXERCISES FOR DEVELOPING A POWERFUL CHEST.

Artists, Doctors, Scientists, Sculptors and Physical Culture Experts have declared that I have the largest and most perfectly developed pectoral (chest) muscles of anybody they have ever seen. The tremendous strength of my enormous shoulders and powerful arms is due to my muscular chest development. My chest measures 47 inches normal — not expanded, ten or twelve inches more than the average individual's. Do not despair! I was once known as “flat-chested”. I came to realize the importance a great POWERFUL chest played in my search for robust health.

Today nobody wants a flat, sunken chest. It is an unmistakable evidence of lowered vitality and a lack of resistance to disease. You should strive diligently to possess a fine BIG chest for two important reasons. Firstly, because it gives unusual energy and strength to the entire body, and secondly, because it adds to the beauty of contour and symmetrical development giving grace, poise and self—confidence. A full round chest is an indication of strength, vitality and boundless energy. It insures a strong healthy pair of lungs; a sound heart, and the promise of a long life.

MASTER METHODS FOR ACQUIRING GREAT INTERNAL STRENGTH.

This series of unique and very effective methods is for acquiring great internal strength and building up your chest and every muscle in your body. Follow instructions faithfully DAY BY DAY, and perform them all with CONSCIOUS effort, concentrating earnestly on what you do, and you will be more than delighted with the results.

Now for the splendid special exercises I discovered, which can give you a MASSIVE and POWERFUL chest.

Be sure to take these special movements regularly EVERY DAY without fail. Perform these, and all other movements, where possible, in front of a large mirror, while nude.

One of my secrets of acquiring an enormous chest is persistence of the dipping” exercise, which should be performed as follows:

1 — Place two chairs side by side about 18 inches apart. Then with a hand resting on the seat of each chair, the body extended in a sloping position, feet on the floor, dip down as low as you can between the chairs, letting the chest down as nearly as possible to the floor. See the photographs at the end of this lesson. Come up slowly, breathing in, and go down again while breathing out. Bend the elbows as you go down and bring the arms straight as you come up. Continue until slightly tired. Never perform these exercises until exhausted or you do yourself more harm than good. A few times in the beginning will soon give you sufficient strength at the end of the week to double the number of times you are able to do them at first. This exercise can be performed on the floor; or with the hands on the edge of a desk; or at the side of a bed - wherever you find it most convenient. The great thing, however, is to perform them regularly.

YOU CANNOT GET ANYWHERE WITHOUT EFFORT. TO SECURE MUSCULAR POWER AND HEALTH YOU MUST USE DIRECTED EFFORT DAILY. BE SURE TO PRACTICE THIS EXERCISE EVERY DAY THROUGHOUT THE COURSE. IT IS HIGHLY IMPORTANT, AS IT IS LAYING THE FOUNDATION FOR OTHER FUTURE EXERCISES.

2 — Here is another very potent exercise, also my favorite. While standing erect, throw the arms far outward and upward from the sides, in a supreme effort to reach the ceiling at both sides of the room, and slowly cross the arms downward over the chest, with the left hand stretching far to the right and downward, and the right hand to the left. Then as far as you can reach, make two or three efforts to reach further. You should allow the chest to sink inwards and exhale. Then gradually throw the arms upward and outward while filling the lungs to their utmost capacity. Do this before an open window and continue until tired.

3 — With your hands placed around an imaginary rope just above the head, pull downwards, tensing the chest muscles. Keep the hands close together and pull down to the knees, keeping the body upright. Repeat about 20 times.

4 - Lock the middle finger of one hand with that of the other hand on a level with the waist and strain as if to pull the hands apart. Still pulling, raise both arms up high over and above the head. Make this as powerful as you can without STRAINING. Repeat till tired.

5- Place your right fist in the palm of your left hand on a level with the hips. Have both hands over the left hip with the left elbow bent. Vigorously push the right hand with the left, resisting with the right. Now cross over to the right hip with the right elbow bent and push the left hand with the right, resisting with the left. Alternate and continue.

6 - While standing erect, hands normally at the sides, bear down the shoulders and arms at the same time contracting the chest muscles. You can do this exercise frequently during the day, at any time that you think of it.

7 — Maintain at all times a correct bodily posture, chest well forward, shoulders set back, chin in and down, breathing deeply and fully without straining. While sitting in a chair, grasp the seat with both hands and raise the body slightly, going up and down several times.

The FAITHFUL DAILY performance of these movements will build for you a powerful perfect chest. I DO NOT ADVISE DOING THEM ALL AT ONE TIME, but relax and wait a few moments between each exercise. Concentrate the mind on the chest muscles while performing the exercises. Say to yourself something like this: “I am now building up a magnificent powerful chest and laying a corner stone for perfect radiant Health and I will therefore continue these exercises faithfully and persistently every day”. The mind

controls the body; this thought will help in your efforts to secure the ideal proportions you desire, and will keep the goal in sight at the same time giving each exercise added stimulus, pleasure and interest.

These movements should be repeated until tired only be sure to relax between each exercise. You should perform these movements faithfully each morning on arising and again before going to bed. While they, of course, bring into play many other groups of muscles their primary object is to build up the strength of the great vital organs, the foundations of the body. In what way do they have this effect? Strength comes from use, and these powerful exercises bring into active play the Solar Plexus, The Lungs, The Bronchial Tubes, The Pulmonary Veins, The Aorta and other great Blood Vessels. While these vital centers are being energized the old tiny cells of which they are composed die off and NEW and STRONGER ones take their place. In this way your body is ever kept in a state of renewal for **YOU ARE CONSTANTLY BUILDING UP A NEW BODY OF STRONG, FIRM, HEALTHY TISSUE.** Remember, your object is to TRAIN not STRAIN. Don't be too enthusiastic at the start and give it up later. Be patient, keep on practicing and you will get much better and more satisfactory results.

You will find it much more interesting if you will perform these and all other exercises in front of a large mirror. It is understood you should take these exercises while undressed, because you can better concentrate on the parts to be strengthened, it gives added interest and most of all, it gives your skin the benefits derived from contact with the fresh air. Your skin breathes, and, if covered by clothing, especially while doing your exercise it is so much value lost.

Practice these movements carefully, without hurry. Never miss a day without performing them. **YOU CANNOT GET STRONG BY MERELY READING ABOUT IT.** I am showing you the easiest, quickest, newest and best ways to secure better health and strength, together with muscular power and beauty. **IT IS UP TO YOU TO APPLY THE METHODS YOU ARE TAUGHT.**

HOW TO STORE AND INCREASE MAGNETIC ENERGY

Another one of the secrets of my own success in Health, Strength, and Physical Perfection is that I pay special attention to secure sufficient, sound undisturbed sleep. Sleep is Nature's restorer. During sleep the muscles relax and rest, the organs recuperate, and the brain and nervous system gather fresh strength, storing up increased energy. This is just what you want. Remember, that two hours spent in sound sleep BEFORE midnight are worth four hours afterwards. Go to bed EARLY - EVERY NIGHT. Late hours are actually injurious. You may not notice the effects now, but the time will surely come when you will regret it. One of your principal objects in taking this Course is to increase your Energy. One of the most effective ways of doing so is by getting sufficient sound sleep nightly.

Make the habit of going to bed not later than 10:30 or 11:00 P.M. each night. Realize your health is of first consideration. Better health insures a longer life, — more time to enjoy the pleasures — real pleasures — of life. If you dissipate by keeping late hours, you're going to pay the penalty, for you cannot cheat Nature. Temporary pleasures you may now enjoy at night get you nowhere. In truth they rob you of all the finer joys of life. There is no lasting happiness to be derived from them. Go to bed early, even if it does seem a sacrifice. It will pay you in the end. Before you go to bed have a good wash, and thus get rid of all the day's accumulated dust and dirt and germs. This practice will also induce more sound slumber. On getting into bed, relax absolutely every part of the body. Sprawl your legs and arms out. Rest your mind and consciously relax your head, neck, shoulders, chest, arms, hands,

abdomen, thighs, legs and feet. See that they become lim~5 and “lifeless”. Learn to LET GO and AVOID ALL TENSED STIFFNESS. Then follow this by trying to make the mind a blank. Blot out all worries, fears, anxiety, thoughts of business, finances and other personal affairs. Understand you go to bed to sleep, to recuperate, to rest, TO GATHER FRESH STRENGTH for the coming morrow, NOT to brood or worry. Your day is done. Forget it! Before going to sleep it is helpful to hold in the mind’s eye the ideal you wish to attain. Just think of yourself as being Strong, Healthy, Perfect — free from all weakness and disease and suffering. Saturate the mind with pleasant thoughts. Thank the Creator for life and health for the day just past, and call on the Universal forces for increased energy for the new Tomorrow. During sound sleep the real mind — the subconscious mind - is working, and acts on the thoughts you think just prior to going to sleep. These thoughts have a powerful influence over the body. So you see if you take your troubles to bed to brood over you are not going to improve your health any. That’s why I strongly urge you to think thoughts of Health and Strength. Hold in the mind’s eye the Ideal of Human Perfection, and day by day you will assuredly arrive nearer and nearer the goal. Keep your sleeping room neat and tidy. Make it attractive and clean. Above all things see that your sleeping—room window is OPEN at all times and that you are breathing a free and uninterrupted supply of pure cool air. NEVER CLOSE YOUR BEDROOM WINDOW. You need pure air at night equally as much as during the day. Avoid a severe draft, a freezing atmosphere, and a hot room. Keep the temperature of your bedroom, and all other rooms as far as possible, between 50 and 70 degrees. Sleep on a fairly hard, stuffed mattress and a light pillow.

Get up immediately on awakening - providing you wake at a reasonable hour. Don’t dilly dally! GET UP! if you linger and hesitate you are weakening your will power, with the tendency to start the day all wrong, slouching through it with no conscious aim. As an additional exercise to strengthen your will power, I insist upon your getting up promptly on waking. It may require a big effort during the first few times, but there is consolation in knowing that with each repetition the act becomes easier.

EVERY NIGHT INSIST UPON GOING TO SLEEP EARLY, BREATHING PURE OUTSIDE AIR, THINKING PLEASANT THOUGHTS ARISING IMMEDIATELY ON WAKING FOR INCREASED HEALTH, STRENGTH AND PHYSICAL BEAUTY. KEEP THE GOAL IN SIGHT.

PRACTICAL SUGGESTIONS FOR BUILDING MAGNETIC POWER

I aim to make you powerful, graceful, magnetic. So, in addition to the original Dynamic Tension exercises requiring no apparatus, in addition to the full advice on diet and nutrition, proper bathing, the value of rest and kindred suggestions, I am here offering you very valuable information to make your PERSONALITY more complete in every way.

Personality today is of great importance. The man with a good personality is sought as a friend by everyone. He is the one who is given the best position and is thought of first for increases in salary.

To be successful you must be persistent, and the first secret of persistence is a good start. You have started this Course because you desire HEALTH and STRENGTH . Constantly review the motives you had in taking up this System. Never work at cross purposes. Here you are given advice to achieve the results you want. At all times, therefore, see that all your habits are now in accord with the health promoting principles of which I am advising you.

As an additional means of mental and physical uplift, I suggest that you give careful

attention to your perfect grooming. Care of your clothing and small personal habits may make all the difference between failure and success. avoid mental waste. By this I mean do not dissipate or squander your thought forces on things, which you know in your heart, are of no value. You will listen to no idle talk keep your own counsel, listen for advice and constructive criticism, and **GO STEADILY ON FROM ONE SUCCESS TO ANOTHER.** You will take pains to develop your human machine - the body - to a state of perfection, until you arrive and become a **MASTER OF MEN** because you have learned to become **MASTER** of your own body. Aim to develop strength of character as well as strength of muscle. Make discipline an ally rather than an enemy. Kindly read that again. Saturate yourself with the **SPIRIT** of this page.

Do not overlook the values of good music. Like attracts like. Music is pure and clean. Good music inspires and lifts you into higher realms. I very strongly recommend that you take what I will call a **“MUSIC BATH”** daily. If you own a musical instrument, let its beneficial harmonies elevate and refresh your mind, body and soul. It should be as much a part of your regular day’s routine as working, eating or sleeping. See that you listen to good music. Good music is to the soul what the water bath is to the body. Make it a point to hear it often.

These simple instructions, if faithfully observed and followed will have a profoundly good influence on your life. Because of their simplicity do not neglect them.

After all, the methods I am teaching are a natural and a better way of living, so that you may become **HEALTHY, STRONG** and **MAGNETIC**. I have exploded the idea that to be a **“Strong Man”** you must be a **“rough neck”**. **PERSONALITY** is also of great importance. Throughout your Course I shall be giving advice on this subject as well as **Health and Strength**.

Now start with your **Dynamic—Tension** exercises, especially the dipping exercise. Do it as many times as you can, then relax a while, and do it again. Remember I do 200 daily - See how many you can do **WITHOUT STRAINING**.

In your next lesson, I will tell you how to increase **Muscular Power** and **Inner Strength** by the proper combinations of the most **HEALTHFUL** foods, which will be of the utmost importance, because **WE ARE WHAT WE EAT!** In these days our diet is of even greater importance than normally.

With best wishes for your progress,

Yours for Perfect Development,

Charles Atlas

P.S. Don’t forget to write and tell me how you are getting along. With your **SECOND LESSON** I’m sending your Charles Atlas membership card.

LESSON 2

Dear Friend:

How was that first week of exercise? I often receive letters by this time telling me that the chest muscles are already beginning to “stand out”. Let me hear from you.

WE NOW LEARN THE TYPES OF FOODS AND WHICH ONES GIVE HEALTH, POWER AND GREAT NERVE ENERGY.

The huge new streamlined express airplanes, which hurl themselves from New York to California, shrieking through the air with enormous power and terrific speed, depend upon the proper kind of fuel for their energy. What would you think of the aviator who put any old junk into the tanks and expected this fuel to create the power and energy to get his plane to its destination on time? You would say, “That man’s a fool.” Yet that is exactly what millions of people are doing today with regard to their eating habits.

Proper food furnishes the power with which to run the human engine. Our modern airlines take special care in selecting the best grades of fuel, and watch that no dirt or other impurities enter into the gasoline tanks. If only human beings were more careful in selecting those foods which give them brain speed and power, they would be immeasurably better off.

Energy is largely derived from the foods you and the way in which you eat them. It is of vital importance, then, that you use great care in eating only those foods which will build health and increase your strength and energy, thus giving you more and more POWER.

So that you may intelligently understand the underlying principles of dietetics, I am furnishing you with a little non-technical information regarding the science of nutrition.

First of all you must know WHY you eat, then you will be better able to avoid things that you know to be injurious. Foods eaten under proper conditions repair the waste and worn—out tissue, build up brain and nervous energy, supply the cells with the elements of life, and also store fat.

The six principal classes of foods are:

1. NITROGENOUS or PROTEIN, muscle forming foods.
2. CARBOHYDRATES or STARCHES, heat, energy and gaining weight.
3. MINERALS and VITAMINS, which supply the body with life.
4. FATS, for warmth and gaining weight.
5. SUGARS, for stamina and endurance.
6. ROUGHAGE, which aids in elimination of body waste matter.

All foods containing the above constituents to any degree are valuable for the perfect nourishment and maintenance of the body in a state of normal health. In other words, health cannot exist unless all the six classes of food are eaten daily. If one or more are omitted, you will suffer in consequence. There are other important factors to be taken into consideration, such as the right proportion of foods in each of the six classes. They must also be combined in such a way that on entering the stomach they can be acted upon by the various digestive juices with the minimum expenditure of energy. They must be eaten at regular intervals; under wholesome conditions; presented in an attractive and appetizing

manner and thoroughly chewed before swallowing.

Nutrition

Here is a list of those foods containing a large percentage of nitrogen or protein, that is muscle forming food:

- | | | |
|----------------------|--------------------|----------------|
| 1. Nuts (all kinds). | 4. Milk and Cheese | 60 .Lean Meats |
| 2. Eggs. | 5. Poultry. | 7. Fish |
| 3. Beans, soy, peas | | |

Carbohydrates, foods containing starch are:

- | | | |
|-------------------------|----------------------|-------------|
| 1. Bread. | 3 Cereals | 5. Crackers |
| 2. Macaroni, spaghetti. | 4. Meals and Flours. | 6. Potatoes |

Those foods very rich in Organic Salts and Vitamins are:

- | | | |
|------------------------|-----------------|------------------|
| 1. Green Vegetables. | 5. Tomatoes. | 9. Herbs |
| 2. Celery and Lettuce. | 6. Squash, etc. | 10. Root |
| Vegetables | | |
| 3. Oranges and Lemons. | 7. Berries. | 11. Apples and |
| Pears | | |
| 4. Bananas. | 8. Melons. | 12. Other Fruits |

The foods predominant in fat are:

- | | | |
|---------------|----------|--------------------|
| 1. Cream. | 3 Butter | 5. Cooking fats |
| 2. Fat Meats. | 4. Nuts. | 6. Table and Salad |
| Oils | | |

Another group that cannot be overlooked are sugars, including:

- | | | |
|----------------------|-------------|--------------------|
| 1. Sugar. | 5. Honey. | 9. Molasses |
| 2. Chocolate. | 6. Syrups. | 10. Desserts |
| 3. Preserved Fruits. | 7 Jellies | 11 Jams |
| 4. Dried Fruits. | 8. Raisins. | 12. Dates and figs |

The foods giving the essential roughage are:

- | | | |
|----------------------|--------------------|---------------|
| 1. Bran. | 3. Whole Wheat. | 5. Cereals |
| 2. Leafy Vegetables. | 4. Root Vegetables | 6. Fruit Pulp |

Note that the selection of foods is derived from fruits, vegetables, dairy products, meats, oils, cereals and their products, fish, poultry, preserves. This includes a large selection in

each respective food group, but you must exercise care and choose only those that are called Undenatured foods. That is, those foods from which the life principle has not been extracted by commercial processes.

Before going further I will describe those particular foods which are hardly worth eating, because of their lack of nourishing qualities. Undoubtedly, the greatest food products condemned as lacking in the vital elements of nutrition is white bread and white flour products. In the refining process of white flour, the millers have unwisely extracted an important food constituent. The strength of the wheat has been rejected and is given as feed to pigs. This is a crime. Together with white bread, is to be included such things as pies, puddings, pastry, cakes, doughnuts, rolls, muffins, cookies, biscuits, and similar preparations made from white flour. This, the white flour, is the real part the millers should throw away. There is little nourishment in it. You cannot become healthy and strong by eating this product. Many recent food tests and experiments have conclusively proven beyond all possible doubt that animals fed exclusively on a diet of white bread and water, have lived only a very short period. The body soon became emaciated and extremely weak, while those fed on whole wheat bread and water have been healthy and robust, full of energy and vim, and are well nourished. The whole-wheat kernel contains all the essential food qualities in almost perfect proportions. There is vitality concealed within its germ. On a white flour diet, you clog the alimentary tract. The use of white bread and similar products made entirely of white flour is one of the causes of constipation, which is America's predominating complaint. If you are eager to be free from this annoying condition, refrain when possible from using any foods where the base is white flour. Fortunately, many of our breads today are fortified by the addition of Vitamin B-1. It is quite all right to eat such products.

Another class of food stuffs you are urged to avoid is all fatty meats. If you eat meat, see that it is very fresh, lean, tender and well cooked. The undesirable feature about the fat meat is this: There are several qualities of fat, but a large percentage is known as stearin, sometimes called tristearin, which is pearly white crystalline compound, and is ALMOST IMPOSSIBLE TO DIGEST - the various digestive juices have very great difficulty in trying to absorb it and digest it. Refrain from eating it if you value your health.

Also to be avoided are sharp spices such as: pickles, pepper, mustard, sauces, vinegar and all similar "foods". These I strongly condemn because they retard the normal action of digestion, hardening the lining of the stomach and intestines, preventing the natural secretion of the gastric fluids, which mix with the food in the process of digestion. Perhaps the least harmful of spices is salt. You may use a small quantity, but if the foods are properly prepared they need no addition to bring out their true flavor. The excessive use of salt, mustard, pepper, and vinegar dulls the taste sensibilities, so that the real flavors of the foods are not known.

Together with the foregoing articles to be condemned in your dietary, should be included the frequent use of candies and all commercial sweet products -- even the use of white sugar. These manufactured products are composed largely of a cheap glucose and other inferior sweetening mixtures, including various injurious chemicals, compounds, and similar ingredients. If you must eat candy at times, be sure it is of the very highest quality, and wherever possible, substitute regular maple or brown sugar for the white commercial kind.

There are still a few more food products which are to be avoided if possible and embrace such articles as ordinary rice. The Chinese live almost entirely on rice, but not the rice we get. Genuine rice is unpolished or undressed, and you should insist upon getting this kind if possible. It is of a brown appearance, and, like the whole wheat-flour, has not been robbed

of its vital elements. This also applies to spaghetti and macaroni, that are products of white flour. There are some manufacturers who make these foods from pure whole-wheat. Their new delicious flavor and nourishing qualities make it worth your while to procure them.

While on this subject of condemned foods, I must not overlook certain drinks. No nation in the world drinks so much coffee and tea as does America. No nation has so many people suffering from “nerves” and similar troubles. Tea and coffee are stimulants of an artificial nature. There is no real nourishment in tea or coffee. They are actually narcotics and poisons, and should be shunned if you value your health.. Instead of soothing your nerves, as you think they do, their real action is to paralyze them. You cannot have strong, responsive, keen nerves by paralyzing them, which effect results from the drinking of tea and coffee. The caffeine of coffee and tea is a deadly poison. (Of course only when taken in concentrated form). Look inside your tea—pot or coffee percolator and observe the dark brown stains deposited by these poisons. This same condition goes on in the lining of your stomach. Do you think then, the use of these drinks will give you health, strength and Power? They will not! If you are wise you will avoid them.

I have mentioned a great many ordinary articles of diet I want you to refrain from eating and drinking. From my past experience, long study and careful observation, I have found that the large majority of people are sick today because of dietetic errors. They do not know what to eat and what not to eat to insure the maximum of health and efficiency. Now that I have told you what to avoid, you will, I hope, switch from those articles to others which will supply the body with its needed elements. You want increased health, muscular power and strength magnetism, personality, courage and confidence -- you cannot get them from eating products that will not build for you a strong perfect body. It is essential that you grasp this idea and at all times refrain from eating anything which has no real dietetic value. If you do, you simply hinder the building—up process. You sow the seeds of disease, and you MUST reap the penalty of poor health as the result of your disobedience of Nature’s unalterable laws. Again I must repeat; as the mighty engines derive their power from carefully selected fuels, so do you derive your power from carefully selected foods.

Because of the tremendous importance diet plays in the actual promotion of your health, I feel it my imperative duty to inform you fully and freely of my latest investigations and experiments along this line. I warn you to treat your stomach with respect, and supply it with only those foods which will aid in the building of a more perfect and beautiful body.

It is a well established fact that a great number of diseases may be overcome merely by the selection of proper foods suited to the individual’s requirements. Thus, if you are overweight, by cutting out the fat forming foods you will, other things being equal, become normal. On the other hand, if underweight, you can make considerable gains by following out a well planned dietetic regime. It is, of course, impossible to give menu lists for you to observe all through life, so I am devoting a little space to give you more information concerning foods, thereby enabling you to select your own wisely and carefully.

As many diseases originate from impurities in the blood, and the blood is manufactured from the food eaten, it stands to reason if you select healthful foods, you will have pure blood. Therefore, in building up a perfect and muscular body, you must henceforth confine your diet to those particular foods which contain all the elements to thoroughly nourish the body, making sure you get a very generous supply of vitamins and minerals.

Special care must be exercised in having the right food combinations at each meal. The various foods should blend when mixed in the stomach. No matter how nourishing the

foods are, if you display ignorance in not combining them appropriately you will suffer in consequence. If you wish to determine before hand as to whether the foods of any meal are a satisfactory combination, imagine all these foods mixed up in a large bowl, and consider what possibilities there are of making good, rich blood from the mixture. Do not eat all nitrogenous (muscle forming) foods at one meal. Nor should you eat all starch or carbohydrate foods at any one meal. You can easily consult the food groups given on an earlier page and see that at each meal you combine proteins with starches, minerals, vitamins and so forth. This will be a fair guide in helping you decide just how to balance your diet for maximum health and strength.

Do not forget the first process of digestion commences in the mouth. All your food must be carefully and thoroughly chewed before you swallow it. So many people are in the habit of hurrying their meals and then help wash it down with a cup of coffee. This undigested mass lies in the stomach a very long time, requiring considerable energy to cope with it. You cannot afford to waste this energy. You need it - every ounce. Conserve it as much as possible by giving your teeth the work they are meant to do. Do not impose on your stomach by sending down un-masticated foods. All foods, including fluids, must be well mixed with the saliva in the mouth before swallowing. Then, on its arrival in the stomach it is ready for the next process in the act of digestion. Avoid eating between meals. You should be really hungry when you eat, and you cannot enjoy your food when constantly eating snacks between meals. Allow at least five or six hours to elapse between your meals. The digestive system needs a rest just the same as you do. Many foods take from three to five hours or more to be digested, so you see the poor stomach does not get much rest anyhow. Treat it with respect! Never exercise for at least two or three hours after a meal. The stomach demands an extra supply of blood when digesting food; if you exercise just after a meal the stomach is denied the blood it needs for its work, and the process of digestion is considerably delayed, therefore you derive no benefit from the exercise. Have a care! If you are in a great hurry, do not eat until you have time to really sit down quietly and enjoy your meal. If you MUST eat at this time eat only a very small quantity. Realize, it is not how much you eat, but what you ASSIMILATE that counts. Therefore, a little properly eaten is of far more value than a lot of food gulped down any way.

You are especially urged to beware of the common practice of getting a light lunch of a soda and a slice of cake. What nourishment is in this? Very little. Yet millions of men and women are doing this every noon. If you have only the time for a light lunch get some whole-wheat or Graham crackers and a glass of milk - eat them very slowly. The price is the same but the amount of nutrition cannot be compared. You may vary the milk by using Malted Milk with an egg beaten up in it. What has been said regarding sodas applies equally to the habit of drinking soft drinks and the like from fountains. Rushing in to a soda fountain for a drink is largely a matter of habit. Satisfy actual thirst with water or milk, refraining from iced tea and iced coffee. Restaurant foods should be selected with care. Demand whole wheat or rye bread in place of the white flour rolls. Finish your meal with a fruit salad or fruit of some kind. This insures your getting some minerals and vitamins, at the same time leaving a clean taste in your mouth. See that all your meals are eaten under wholesome conditions, amid pleasant surroundings. Of the utmost consequence in securing the maximum benefit from your eating, is the assumption of cheerfulness. Do you realize your food cannot be digested if the mind is disturbed by anxiety, fear, and other mental troubles? Such is actually the case. Refuse absolutely to be mentally disturbed during mealtimes. You should enjoy light, sociable conversation on pleasant topics during meals.

With regard to your eating see that you get sufficient nourishment without over-eating. You may be eating far beyond your bodily requirements and still be undernourished. This is because you are not selecting the proper kinds of foods. In seeking health and strength,

you should select muscle—forming foods. Many thin people are so because they not only do not eat enough but also because they eat too rapidly. If you feel tired, loggy, heavy and the mind clogged, you can depend upon it you have been over-eating.. This condition is far worse than under—eating and must be guarded against.

VALUE OF WATER: A very important but simple method in Health and Strength Building is the frequent drinking of PURE WATER. I want you to get the water-drinking habit. Water is the universal solvent. Its great value is that it flushes out the impurities from the body — washing away all poisonous waste matter from the stomach, thoroughly cleansing the kidneys. In addition to the debris from the system it is also a vitalizing element because sweeping among its constituents are oxygen and valuable minerals.

I suggest that you drink from six to eight glasses of pure water each day. As in all other things, there is a correct method of drinking water, and, the following rules you are kindly asked to observe: Drink at least six or eight glasses of clean water daily. Do not drink at meal times to “wash down” your food. It is preferable to avoid drinking half an hour before and half an hour after meals. If, however, you are very thirsty drink sufficient to quench actual thirst. Avoid gulping down water. Sip it slowly, mixing it with the saliva, endeavoring to almost “chew” it as you would a solid. Refrain from drinking ice-cold water. By thus freezing your stomach you retard the natural action of the gastric juices and work havoc with the digestive system. Likewise avoid very hot drinks. Why scald the stomach with fluids sizzling hot? If you are hot and very thirsty, refresh the mouth by rinsing, but do not swallow for a time. Water should be cool as normally comes from the faucet. If the water has been standing any length of time, it is well to aerate by pouring from one vessel to another, or sipping through a straw which has been pierced with several pin-holes. Drink a glass of warm water immediately on arising. If it has a flat taste, sweeten with a spoonful of pure honey, or add the juice of half a lemon. Do not drink too much water prior to going to bed. Satisfy normal thirst to be sure. If you drink late at night it may mean you will wake at an unduly early hour to relieve the bladder. Whenever this desire is experienced by all means eliminate the waste matter. Never retain it or you may do yourself considerable harm. Have a glass of pure water always on hand on your desk or table and drink freely and often between meals, because it washes away toxic matter and gives new tissue an opportunity to grow.

DRINK WATER FREQUENTLY EVERY DAY. MAKE IT A REGULAR HABIT.

At dinner see that you get a properly balanced meal, with the proteins, fats, carbohydrates, minerals, vitamins, and cellulose. This can be assured if you have a vegetable soup, lean meat or cheese omelet, etc., nut— loaf, green vegetables, potatoes, fruit salad or fruit of some kind. If you have potatoes, you do not need macaroni, spaghetti, rice, tapioca or sago because they are all carbohydrates. If you have peas you do not require beans or nuts at the same meal. It is hardly likely that you will get too great a quantity of minerals and vitamins from fruits or raw green vegetables so therefore eat plenty of those. It is the better plan if possible to have your dinner — the heaviest meal — at mid—day, and a supper consisting of something not quite so substantial as at noon.

Please do not make the mistake of eating MORE than you can enjoy. Do not FORCE food on the stomach. If you are not eating very much increase the quantity a little at each meal. Remember, you cannot increase the size of your muscles and round out the body to perfection living on a split pea and a glass of water. You’ve GOT to eat. Each meal should thoroughly satisfy you and you ought to experience a feeling of contentment after eating.

In addition to the above suggestions take care that you do nothing that will in any way

lower the vitality and tear the body down. Conserve your energies as much as possible. Strive to perfect your body for your particular type of build.

Concentrate on gaining strength and you will be astonished at your progress.

I'll now say "Good-by until Lesson No. 3."

**Yours for perfect manhood,
CHARLES ATLAS**

Founder of the Fastest Health, Strength and Physique Building System

Lesson 3

CONSTIPATION

Dear Friend:

In this lesson you will find the main facts about one of the commonest disorders -- constipation. This disorder affects health, physique building, appearance, physical and mental efficiency, and happiness. Probably there is no complaint about which there are more false ideas. This widespread misinformation all too frequently leads to self-medication that aggravates the difficulty and may have serious results. I know that you will be glad to learn the important, scientifically established FACTS -- they will be valuable to you in helping to prevent constipation now and in the future and in helping your doctor to help you, if you are already troubled by faulty elimination of wastes from the intestine.

The very first and most important fact about constipation is: If you suffer from constipation, it is wise to seek the advice of your doctor. Constipation may be a symptom of a very serious disorder -- especially in a case where the person suddenly begins to suffer from chronic constipation after having been previously free of the difficulty. For example, if you were constipated and had pains in the abdomen, it would be VERY dangerous to take a laxative; appendicitis might be the trouble -- a laxative might then cause a ruptured appendix. So, be sure to remember that the information in this lesson is true and valuable but cannot take the place of medical advice when you do become constipated. But, of course, an ounce of prevention is worth a pound of cure. Do all you can to avoid the disorder by wise health measures, as recommended in this lesson.

JUST WHAT IS CONSTIPATION

Constipation is delayed or incomplete evacuation of the intestinal wastes (wastes from food, bile from the liver, and wastes taken out of the blood by the tissues of the intestine). In constipation the quantity of the wastes is reduced, so that wastes tend to accumulate in the lower bowel and remain there through a prolonged period. Generally, the feces (solid wastes, or "stools") are abnormally dry and hard in the constipated individual.

Most doctors agree that a person may be said to be constipated if the bowels move less frequently than once every 48 hours; the average, healthy individual, however, should have

a good movement daily. Of course, it is possible for a person to have several bowel movements a day and still be constipated -- if only a very little waste is evacuated each time.

Constipation is not a disease. Constipation is a symptom rather than a disease -- a symptom of some disorder or, in many cases, of some disease (which may or may not be serious). Statistics show that about 85 out of every 100 cases of constipation are caused by faulty living; in the other 15 per cent of cases, it is a symptom of disease (chronic appendicitis, gallbladder disease, some obstruction of the intestine, tumor growths, hemorrhoids or "piles")

THE CAUSES OF CONSTIPATION

Constipation may result from any one of a variety of causes but most often from faulty living: bad habits, faulty nutrition, drinking too little water, overwork, over-worry, lack of exercise, laziness, neglecting the calls of nature, use of laxatives, excessive smoking, drinking too much coffee, overindulgence, lack of sleep, irregular mode of living, and habitual use of sleeping pills.

But it must again be pointed out that, although most cases of constipation are caused by faulty living, at least some cases result from disease -- this fact cannot be overemphasized. Many lives have been lost because of failure to seek good medical advice after the symptom (constipation) showed up.

CONSTIPATION SOMETIMES CAUSED BY LACK OF EXERCISE

The tendency to become constipated may be increased by weakness of the abdominal muscles. Some individuals have abdomens so flabby that the rhythmic (peristaltic) movements of the intestine are subnormal and wastes are only slowly and irregularly moved along. In such cases there frequently is a vicious cycle; the flabbier the abdomen, the greater the interference with the processes of elimination -- and the greater the accumulation of wastes within the intestine, the larger and flabbier does the "paunch" become. The weight of accumulating wastes is astonishingly great in some cases of constipation; it is easy to see how this extra mass causes bulging of the intestines and of whole abdomen and tends to pull the intestines downward and out of place.

Exercise generally has decidedly beneficial effects in counteracting the tendency to become constipated. This does not mean that exercise alone will prevent constipation or ensure constant, regular elimination of the intestinal wastes; as you have already seen, regular elimination is affected by a variety of factors. But exercise is necessary to strengthen the abdominal musculature and to replace flabby fat with firm muscle and more solid connective tissue. Regular exercise also tones up the nervous system -- including the nerve centers that control the movements of the muscles of the intestinal walls. Muscular activity, moreover, promotes the circulation of the blood to all parts of the body; this is important in maintaining the healthy functioning of the digestive organs, especially the liver which produces the bile necessary not only for normal digestion of fats but also for promotion of removal of wastes from the intestines.

HARMFUL EFFECTS OF CONSTIPATION

The harmful effects of constipation are numerous: a tendency to headaches, mental dullness and inefficiency, nervousness, constant feeling of tiredness, physical weakness, reduced ambition, stretching of the colon (lower bowel) and abdomen by accumulated wastes, loss of appetite, nausea, dizziness, impaired digestion, insomnia, heartburn, flatulence (“gas”), foul breath, poor complexion and pimples. Certainly, you must regularly evacuate the wastes from your body if you are to develop a powerful physique, mental alertness and quickness, stamina, and buoyant vigor. Medical authorities generally agree that eventually more serious difficulties (and even diseases) may result from chronic constipation. Prolonged constipation increases the chances of appendicitis. The accumulated wastes cause irritation and may cause the inflammation of the lining of the intestine. The region around the anus (opening of the intestine through which wastes are evacuated) may itch constantly. The veins around the anus may become chronically swollen and may bleed; these enlarged, protruding veins are known as hemorrhoids (piles). (Constipation, however, is by no means the sole cause of hemorrhoids -- it is believed to be only one factor in the development of this condition.) Constipated people usually have to strain when trying to evacuate the wastes; this straining is potentially dangerous it may cause ulcers of the anus, hernia, (rupture), and, in older persons, even the bursting of tiny blood vessels in the brain (a “stroke,” or cerebral hemorrhage).

Medical authorities are not in general agreement about the absorption of poisons from wastes that accumulate in the lower bowel during constipation. Some authorities are convinced that very harmful poisons are absorbed into the blood stream when the bowels do not move regularly; these poisons are thought to act on every tissue of the body, including the brain, heart, and kidneys. There is no doubt that the wastes do contain these poisons; surely, to be safe, it is wise to eliminate the poisons regularly and completely.

HARMFUL EFFECTS OF HABITUAL USE OF LAXATIVES

It is a fact that sometimes over—use of laxatives may tend to cause constipation rather than cure it. Many laxatives act powerfully on the linings and muscle of the intestines -- so powerfully, that irritation and sometimes even inflammation may result. The intestinal musculature becomes insensitive to the natural influences (such as the mere presence of wastes) that usually stimulate evacuation; the muscles will then force the food wastes along by rhythmical movements (peristalsis) only stimulated (actually “shocked”) by some harsh chemical or foreign oil. The laxative does not strike at the cause of the constipated condition -- most often the laxative acts as a sort of irritant poison that the body is trying to throw off and, in so doing, incidentally eliminates the accumulated wastes.

Laxatives frequently have harmful effects on all the tissues, especially those of the digestive and nervous systems. Some laxative chemicals irritate the lining of the stomach as well as the inner walls of the intestines. Others, mineral oil in particular, interfere with the absorption of indispensable vitamins and markedly slow up digestion by forming a thick coating around the food particles. Long—continued use of mineral oil leads to actual leakage of oil from the anus - a decidedly obnoxious after—effect. Bicarbonate of soda, milk of magnesia, and other alkaline laxatives halt the normal digestive action of the gastric (stomach) juice by neutralizing the necessary acid of this important juice. Indeed, it is risky to take any alkali (unless under the supervision of a physician); the blood may become too alkaline, the results being quite serious.

WISE NUTRITION NECESSARY TO PREVENT CONSTIPATION

Thousands of people suffer from constipation merely because they do not eat the right foods. A monotonous, unappetizing diet — almost the same foods day after day,— will alone increase the tendency to become constipated; an appetizing, varied diet stimulates the flow of digestive juices, promotes easy digestion, and helps to ensure the normal movement of the bowels. A well—balanced diet, as I explained in the lesson nutrition, provides all the vitamins and other indispensable foods. Lack of vitamins causes intestinal sluggishness as well as loss of appetite and actual muscular weakness. An abundance of vitamins — supplied by fruits, fresh green vegetables, milk, eggs, lean meats — promotes the health and normal vigorous activity of the intestinal muscles as well as of all the tissues of the body.

The Remarkable Value of the Juices of Fruits and Vegetables

As a very efficacious aid in stimulating bowel movement and preventing constipation, the juice of a lemon in a glass of warm water may be taken regularly every morning upon arising; I have made this my routine procedure and have found it extra ordinarily valuable.

Indeed, the more fruit juices you drink, the greater are the odds against your becoming constipated. Fruit acids, especially citric acid, increase intestinal activity; fruits also provide important quantities of the vitamins required for the normal vigor and tone of the intestinal musculature. When constipation seems to threaten, drinking two or three glasses of prune juice is a very effective countermeasure in many cases. Or try the juice from stewed figs. Remember that these juices may have little or no effect when you drink only a small quantity whereas two or more glasses may have prompt action — and in fact may be effective in different types of constipation, especially constipation caused by nervous states (over-worry, anxiety, or simply “nerves”).

Vegetable juices — such as tomato juice and mixtures of juices (vegetable juice “cocktail”) — are likewise highly beneficial when taken regularly and in sufficient quantity every day.

Foods to Avoid

As another measure against constipation, avoid eating rich foods (particularly very spicy dishes and rich pastries), greasy foods (fried in an excess of fat), too much white bread, indigestible foods of any type, and any food which is likely to upset you or cause discomfort.

The Problem of Roughage

You have already learned (in the lesson on nutrition) that fruits and vegetables are valuable in providing bulk or roughage-- that portion of the food which is not digested but which helps the intestines to move the wastes along. A certain amount of roughage is necessary in the diet of every normal person. Constipation is sometimes caused by lack of sufficient roughage; be sure that your diet is varied enough to provide the needed bulk for the intestinal wastes. BUT the tendency toward constipation is increased in certain people when comparatively large quantities of roughage are included in the diet;

this is true particularly of high—strung, nervous individuals. Therefore, unless your doctor finds extra roughage to be necessary in your case, don't go out of your way to increase greatly the quantity of roughage in your diet that is, take care not to eat too much fruit pulp or bran (which may be good for some people but not for every one). Bran and other foods, (raw fruits, coarse vegetables) containing a great deal of roughage may clog the intestines and even cause irritation and abnormal contraction (spasm) of the intestinal musculature. When in doubt, get first rate medical advice. In diet, moderation pays —— strike a happy medium. Find out the most healthful diet for your particular type of digestive system and profit by your own experience.

EAT REGULARLY -- AND EAT ENOUGH!

For regular bowel action, eat regularly. Your digestive system has a rhythm that is readily upset by irregular habits of eating. Eat the right foods in the right quantity; some cases of constipation are caused by under-eating. A vigorous man who exercises regularly must have enough calories (food energy); otherwise he suffers from partial starvation - and resultant irregularity of elimination. Too many people get into the habit of skipping breakfast or eating an adequate lunch. Get your three square meals!

DRINK ENOUGH WATER

As I have previously pointed out, you should drink six to eight glasses of water every day -- or more than eight glasses if you are one of those numerous people who have what is called a "greedy bowel" or "greedy COLON" (lower bowel), where wastes tend to accumulate). A greedy colon absorbs extraordinary quantities of water, so that the wastes become dry, hard, and rough, hence difficult to evacuate. An extra glass or two of water daily may be all that's needed to counteract a tendency to constipation.

IMPORTANCE OF THOROUGH CHEWING

Eat slowly and chew your food thoroughly. If you bolt your food, chunks of food are forced into your stomach and are hard to digest. Such chunks may cause indigestion, nausea, and vomiting (peristalsis in reverse!). Delayed digestion means delayed passage of food and wastes through the small and large intestine and delayed elimination. So mix your food thoroughly with the saliva and keep on chewing until the food is practically a liquid and is easily swallowed. Then the food particles are very small and the gastric juice (stomach juice) can readily act upon them and speedily digest them.

Remember also that saliva contains starch—digesting ferments (enzymes). Thorough mixing of the saliva with starchy foods promotes starch digestion —— and every normal diet contains more starch than any other type of food.

Lesson 3

-6-

Obviously, your teeth are helpful in preventing constipation by facilitating digestion. Take care of your teeth throughout life. Visit your dentist regularly every six months - and, of course -- whenever you have tooth trouble. Clean your teeth regularly -- if possible, after every meal. People who have bad teeth often suffer from digestive disturbances which result from insufficient chewing of food. If the teeth are neglected, more and more of them are lost as the years pass -- and because of the difficulty of chewing, the tendency is to eat only soft and highly refined foods -- which are constipating, not only because they do not supply enough roughage but also because they lack the vitamins necessary for healthy functioning of the intestines.

PSYCHOLOGICAL FACTORS IN CONSTIPATION

Constipation is often caused by mental difficulties, especially in people who are high-strung and nervous. In fact, worry over constipation may itself increase the tendency to be constipated. Some persons have such a morbid dread of constipation that they eventually become neurotic -- and their nervous condition brings on a chronic spasm (state of contraction or excessive tenseness) of the lower bowel (colon), so that their fears are realized and bowel movement does not occur unless powerful purgatives are used.

Violent emotions -- such as anger, fear, hate, profound anxiety -- tend to upset digestion and the normal functioning of the entire digestive system, including the large intestine. Unhappiness and nervous depression also have their harmful effects on normal elimination of wastes. Still another common factor in constipation is the nervousness resulting from dissipation, "burning the candle at both ends, over-indulgence in foods, beverages, and tobacco. Habitual use of sleeping pills produces nervous upsets and makes the intestines abnormally sluggish.

Of course, if a person suffers from constipation caused by a nervous disorder, his physician should be consulted -- self-medication may have disastrous effects. But everyone can do much to prevent nervousness and the resulting constipation. Experience has taught me the value of the following recommendations:

- (1) **Do not worry excessively about constipation.** If you are constipated or if at some time you begin to suffer from apparently chronic constipation, be sure to seek your doctor's advice. Take the steps he suggests, so that you do not become a habitual user of laxatives. So, instead of worrying yourself into a nervous state, take prompt, practical measures to solve your problem.
- (2) **Do not permit yourself to become overexcited.** Be habitually calm and cool. Remember that violent emotions and great anxiety disturb every system of the body and that nervous states usually cause irregular bowel action.
- (3) **So far as possible, avoid rush and hurry.** They result in nervousness.
- (4) **Avoid smoking, the drinking of too much coffee, and over-indulgence in general.** Overindulgence is a common cause of nervous difficulties which tend to bring on abnormal bowel action.
- (5) **Get enough recreation.** Do not overwork.
- (6) **Exercise regularly to counteract nervousness.** Exercise tones up the nervous system and is an indispensable means of relaxation.
- (7) **Get enough sleep -- regularly.** Constipation may result from fatigue and nervous exhaustion. Not only loss of sleep but also irregularity of rest important factors in chronic constipation. For regular elimination, sleep has to be regular. The rhythm of the intestines depends upon the rhythm of your mode of life.
- (8) **Do not focus too much attention on bowel action.** If you become over-anxious about every aspect of bowel action, you may actually give your bowels "stage fright" -- you work yourself into a nervous state, which may cause spasm of the lower bowel and faulty

elimination or no elimination at all. When at stool, don't be fearful that your bowel action will be subnormal; instead, it is a good idea to divert your attention by reading something interesting and pleasant.

(9) Keep a high morale. Cheerfulness, confidence, courage, and determination benefit the whole body and are important in preventing constipation. Moodiness and depression cause bowel sluggishness. Your mental condition affects your physical condition.

(10) Some cases of constipation are not favorably influenced by the state of mind: remember that your mental state is important but there are many other factors to be considered.

HELPFUL DYNAMIC TENSION EXERCISES

The Dynamic-Tension movements for strengthening the abdomen are important aids in preventing the constipation that results from flabbiness and weakness-- and lack of exercise. Not only do they reduce a prominent "belly" but they also increase the health and strength of the muscles used in forcing wastes from the body; they will therefore be highly valuable to you throughout life. The following are recommended as special measures against constipation caused by underdeveloped muscles and lack of exercise.

EXERCISE 1

Position: Sit erect (on stool or straight-backed chair), hands on hips, feet well apart.

Exercise: Bend down slowly to the right as far as you can go, meanwhile extending the arms so that you touch your fingertips to the floor as far to the right as possible. Slowly return to starting position (hands on hips).

REPEAT 10 to 15 times.

NEXT, perform the same movements to the left, the same number of times.

Breathing: Exhale as you bend over. Inhale deeply as you return to starting position.

Note: This is an excellent exercise to practice at odd moments during the day.

EXERCISE 2

Position: Lie flat on your back. Bend your right leg and bring it up toward your chest. Clasp hands across right leg below your knee. Keep left leg extended and straight. Tense muscles of arms, right leg and abdomen.

Exercise:

Against the powerful resistance of the tensed muscles of right leg (and thigh), pull your right knee close to your chest. Perform this movement **GRADUALLY AND FORCEFULLY** but of course do not overstrain. Next, against the pull of the tensed muscles of your arms, try to extend your leg and force your knee -- **SLOWLY** -- as far as possible away from your chest.

Breathing: Inhale deeply as you draw your knee toward your chest. Exhale as you force your knee from your chest.

REPEAT 10 to 15 times.

NEXT, PERFORM THE SAME EXERCISE WITH THE LEFT LEG THE SAME NUMBER OF TIMES.

EXERCISE 3

Position: Stand erect, feet about 20 inches apart, hands on hips.

Exercise: Without bending your knees, slowly bend toward your left and extend your right arm, making an effort to touch the floor with your right hand just in front of your left foot. Gradually return to starting position.

REPEAT 10 to 15 times.

Breathing: Exhale as you bend over. Inhale deeply as you return to the erect position.

NOW PERFORM THE SAME MOVEMENTS TOWARD THE RIGHT, TOUCHING THE FLOOR WITH YOUR LEFT HAND -- JUST IN FRONT OF YOUR RIGHT FOOT.

GOOD POSTURE HELPS PREVENT CONSTIPATION

If you slouch, or have a stooped posture with the abdomen protruding, you may increase the likelihood of constipation. Stand, sit, and walk erect -- draw your abdomen in (backwards and upwards) and keep your shoulders squared and your neck straight (chin drawn back).

REGULARITY AND MODERATION

REMEMBER: Eat and sleep regularly. Exercise regularly. Set aside a regular time for going to the toilet. Promptly answer the calls of nature --don't be lazy when your bowels tend to be regular; otherwise you disturb their natural rhythm. Lead a calm, moderate existence -- don't overindulge in tobacco, coffee, alcoholic beverages, rich foods. Work regularly but don't overwork. Take practical steps to replace worry with a high morale -- maintain confidence and manly courage.

**Yours for Health and Strength,
CHARLES ATLAS**

Founder of the Fastest Health, Strength and Physique Building System

Lesson 4

SPECIAL ABDOMEN EXERCICES

Dear Friend:

The importance of a strong abdomen *can not to ignored* or overlooked. It means an aid to the function of the digestive system, a powerful stomach, the relief and prevention of common constipation, due to lack of exercise. it is all very well to have strong arms and a grip of steel, but of what use are these unless the abdominal area is in perfect condition? Here is located the power house for manufacturing good, rich blood, and, also, the main sewer of the body which must be kept working normally. This can often be accomplished by proper systematic exercise. The movements suggested here are very simple, but at the same time very powerful and effective. You do not have to wait long to see the results both in improved health and in the muscular power you will gain from these exercises. The rectus-abdomus muscles will stand out firmly like a wash board. Well, let's DO the exercises!

EXERCISE 1. While lying flat upon the bed, devoid of all clothing, raise the feet, together, as high as possible, bring them well over, so that they come in close proximity to the head. Then allow them to go slowly forward. Repeat this a few times, taking care to relax a moment between each regularly.

EXERCISE 2. Lie flat on the back, on a bed or some similar comfortable place, then sit up and bend far forward, and try to reach the knees with your head. As you increase your strength in this movement, place your hands behind your neck. Repeat each movement until tired. **DO NOT STRAIN.** These exercises are very effective, if practiced regularly.

EXERCISE 3. Lie on your back, raise the feet as high as possible, spread the legs as wide as you can, then close and cross over each other as far as possible, making two or three efforts to go still further.

EXERCISE 4. Grasp hands firmly on arms of a chair. Bring feet to a position shown in illustration then bend elbows allowing body to slowly sink, and lift your body by straightening your arms. This is a difficult exercise, but a little faithful practice will enable you to do it many times. Study this picture and note the muscles brought into play during the exercise.

EXERCISE 5. Here is a splendid exercise for the hips. While standing, with arms outstretched at the sides, bend far downward to the right, come slowly back to an upright position and bend down far to the left. Now vary the movement by swinging the body in a half circle while bending to the left and then to the right. Continue until tired. This exercise is not illustrated.

EXERCISE 6. With your back towards the floor, bridge your body from a chair to the floor as shown in the illustration. Now permit your body to sink slowly; then come up. Do this several times. Do it slowly and carefully, and do not strain. This is an all around stimulating movement for the abdomen and hips.

EXERCISE 7. While standing, tense the muscles of the abdomen, press the open palms on it, and rub firmly back and forth over the entire region of the abdomen. Do not allow the hands to slip, or there will be no benefit. Relax after a few moments and take this exercise: tense the muscles of the abdomen and with clenched fists, gently tap the abdomen, going over all parts. This forces a fresh supply of rich, red blood to come to the muscles, which feeds them with new oxygen and life -blood. Stop when the skin shows a pink glow.

EXERCISE 8. Sit on a stool or side of a chair, which should be placed about two feet from the edge of the bed. Place the feet under the bed then bend your body as far back as it will go, and come slowly forward to a sitting position. Keep the hands clasped on back of the neck. This is a very vigorous exercise which you must not do too often in the beginning. Relax a while between each attempt. Always remember to breathe deeply between each exercise. This exercise is not on the sheet of illustrations.

EXERCISE 9. Stand on the toes, bend the knees forward and lower your body, extend your arms backwards between the legs and touching the floor with your hands. Be sure to **BEND** the knees thus tensing the abdominal muscles. This is a very good movement, giving remarkable results.

While sitting, crouch down and vigorously tense all the abdominal muscles; then make a further effort to tense them still more. Relax entirely and sit up straight. Repeat a few times. This movement can be practiced any odd moment. It is an excellent exercise.

These exercises can be performed in the morning immediately on waking and at night before retiring. **CONCENTRATE** your mind on the region involved throughout all the movements. Throw intelligent effort into every exercise. Make them snappy.

Yours for **HEALTH** and **STRENGTH**,
CHARLES ATLAS

Lesson 5

We will now take some Dynamic Tension movements for strengthening the Spine and Muscles of the Back.

IMPORTANT! The first movement of all these exercises is to be performed with all parts entirely relaxed so that all the muscles, tendons, ligaments, and tissues are thoroughly stretched. In the second movement it is important that you stretch the muscles involved to their utmost capacity, and when that point is reached make an effort to stretch them still further. This extra stretching is of special value in strengthening unused muscles. However make sure that you do not strain.

EXERCISE 1. While sitting on a stool or bed, twist the upper body as far to-the right as possible; repeat, making an effort to go much further around. Then do this exercise turning far to the left, and endeavor to twist further arc Continue until slightly tired. Alternate turning left an right. **DO NOT STRAIN** or jerk around in these movements.

Relax! Breathe deeply

Now perform the same exercise with arms folded in front. This will enable you to twist still further, making a more vigorous and effective movement.

EXERCISE 2. For Neck, Cervical and Upper Dorsal Spine. Bend the head downward and forward as far as possible, then slowly upward and backward as far as possible. Perform the same movements again and stretch the neck still further forward and further backward. Make the exercises as vigorous as possible without straining or discomfort.

SPECIAL EXERCISES

The kidneys are glandular organs and their strength is of prime importance and must be maintained at all times. --hey are part of the body's vital organs, and as such demand special attention and care. While they are deep-seated I have a number of potent exercises which are frequently found useful in strengthening these small but necessary organs.

Lesson 5

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FIRST EXERCISE: Standing with feet about ten inches apart and upper trunk bent slightly forward tap your back with the edges of the hands, starting as high up the back as possible gradually working downwards.

SECOND EXERCISE: In the same position but with clenched fists tap gently over the region of the back that you can reach with your knuckles. Each tap to be short and not severe. Repeat until slightly tired.

THIRD EXERCISE: Grasping hands at the tack, twist the body as far to the left as you can, then make an effort to turn a little further to the left. Repeat the movement far to the right, endeavoring to go still further around to the right. **DO NOT** continue this beyond the fatigue point.

FOURTH EXERCISE: Standing at attention, with arms high above your head stretch downwards and touch the floor, keeping the knees straight; come upward and tend as far backward as possible. Repeat until tired.

FIFTH EXERCISE: Standing in the same position as in the previous exercise with hands high above the head, turn the upper part of the body to the right as far as you can. Then turn as far to the left. Continue until tired.

These twisting and turning movements you will discover have a direct influence on the kidneys. The pressure and percussion movements force an extra supply of fresh rich blood to the kidneys, and that is why you are to perform these movements first— and the twisting exercises later. In this way you are able to perform the latter exercises because of the previous supply of blood brought there by the pressure movements.

EXERCISES FOR THE NECK

It seems unnecessary to mention the importance the neck plays in the general scheme of physical perfection. The ox has a tremendous neck— while the animal is tugging at a heavy load, but this cannot compare with the lion whose neck is longer, more supple and slender, capable of immense power. This is the kind you wish to possess. The specially prepared exercises I am giving will give you a neck with great strength and power. Rit — you must practice each exercise diligently. You cannot get a splendid neck on a massive pair of shoulders by merely wishing for it. You have to **DO** your exercise **TODAY**, each day, until you have a firm, solid neck. Now get busy; each day remember, is a step nearer the goal of perfection. While some of these exercises are very simple they are nevertheless very

effective; you can, however, make them as vigorous as you desire.

EXERCISE 1. Bend your head as far back as it will go and place your hands across your forehead. Now slowly bring your head forward and resist the movement slightly with your hands. Vary this by bringing your head SLIGHTLY to the right and then SLIGHTLY to the left resisting with your hands. Repeat several times. As your strength increases make the resistance more severe and intense.

EXERCISE 2. This movement is similar to the preceding exercise, except that you have the head bent far forward and the hands are placed behind the head, resisting with the hands while endeavoring to force the head backwards.

EXERCISE 3. Bend the head way over to the left, place the right hand on the side of the head and force the head to the right resisting with the hand. Now bend the head to the right side, bring slowly over to the left and resist with the left hand.

EXERCISE 4 In this exercise turn the FACE far to the right, and resist the movement by placing the right hand on the forehead, while trying to turn to the left. Turn the FACE to the LEFT and resist by placing the left hand on the forehead and force the face to the right. These are powerful exercises for the neck.

EXERCISE 5. Turn the head far downward, slowly bend around to the right, then backward to the left and round to the front again. Make this circular motion as energetic as possible without straining. Please relax thoroughly after each of these neck exercises and gently massage the neck. Exercise this part sufficiently, but do not over do it, or you are likely to get a stiff neck.

There are other movements you can take for variety if you desire, for instance while lying face down on a bed, dig the head into the mattress and rest the weight of the body on the toes and the head, raising the rest of the body. Then work the head about in various directions.

EXERCISES FOR THE FACE

The face can be made very pleasing by a little daily painstaking care. Flabby cheeks can be reduced, wrinkles avoided or eliminated, hollow cheeks filled out, double chin can become normal — by intelligent, proper exercise. Hollow cheeks are the hardest to overcome.

Indeed it is practically impossible with some types of faces, especially where the upper cheek bones are very prominent. Often people with large cheek bones have quite normal faces, but they appear somewhat hollow owing to the protruding bones.

Close the mouth tightly and blow out the face as full as possible, and push the tongue into the right cheek and then into the left. Open the mouth wide as in yawning and stretch it open still wider. Screw the face up on one side and stretch the other side. Do this alternately. Get hold of the cheeks with the hands and pull them outwards and relax.

Gently massage the face with the hand by pressing the flesh from the nose outwards to the ears.

Bathe the face occasionally with very hot water and finish off with cold wet cloths. This freshens the face and gives a rich ruddy glow of radiant health. After this, pull the face into all manner of contortions, remembering exercise always helps toward perfection. It reduces fat cheeks and builds up hollow ones. Give the face the careful consideration it deserves. Next Lesson I shall give you the “Dynamic-Tension” way of getting a strong, powerful back.

Lesson 6

Dear Friend:

I call you “Friend” because I seem to actually know you very well by now. It is with this thought in mind that I am sending you this Lesson.

Everyone loves to see a strong, powerful back. It seems to be synonymous with tremendous power. The many layers of muscles on the back are quickly developed by Dynamic—Tension, which fact should encourage you to perform each exercise in this series faithfully and intelligently.

It is not necessary to go into minute details giving you the names of all the various muscles in this region, but if you will persistently go through the movements here suggested you will speedily acquire a wonderful back, with every muscle strong and powerful.

You are required to perform all the exercises given here each morning and evening. The reason I tell you to do this is because the various exercises will bring into active use different sets of muscles, while other muscles will have a chance to rest. Thus, all muscles get sufficient exercise and the body becomes perfectly proportioned.

EXERCISE 1. FOR THE BACK. Bend forward and interlace the fingers of both hands behind the lower part of the right thigh and slowly raise the body to a standing position, lifting but resisting with the thigh. Repeat this movement several times, rest and interlace fingers around left thigh and continue the exercise. This is a very valuable exercise for the small of the back. As you gain strength from this movement, make the exercise more vigorous by increasing the resistance of the thigh.

EXERCISE 2. Crouch down in a squatting position, with hands placed firmly on the floor, lean forward and quickly extend the legs out straight at the back, so that you are resting on your hands and toes. Then return to the squatting position. Continue until the muscles are good and tired.

EXERCISE 3. Place a chair about two feet from the side of the bed, with a pillow or cushion on the chair seat; now rest the ABDOMEN on the cushion with the heels under the side of the bed. With hands placed at the back of the neck, slowly lift your body up and down as far as it will go. Repeat several times BUT DO NOT STRAIN. This is a very powerful exercise, and may be made still more vigorous by placing the hands out straight, arms in front.

EXERCISE 4. Place the hands high above the head while standing, feet about 18 inches apart, reach down, touch the floor, and come back as far as you can. When stretched back as far as possible make a few attempts to go still further back.

EXERCISE 5. Grasp the hands together behind the back. Push the shoulders far downward and backward, now bend the head and the back as far back as you can tensing the muscles of the back and neck. Continue until the muscles tire.
THIS IS AN EXCELLENT EXERCISE FOR HELPING ROUND SHOULDERS.

EXERCISE 6. Sit, with face toward the back of a chair, arms folded behind you and turn

far to the right, make a few extra turns to the right, now turn to the left and try to turn still further around. Continue many times.

EXERCISE 7. In the same position as the preceding exercise, arms folded behind you, bend downwards on the right side as much as you can, come up and bend downwards far to the left. Repeat and relax.

EXERCISE 8. While lying on the bed, chest downward, grasp the hands behind your back, and raise the upper part of your body, also the feet and thighs as high as possible. Lower the feet and head a moment, relax and repeat. Now while performing this exercise turn your body so that all the weight is on the left hip, roll over and rest the weight upon the right hip while the head and feet are raised from the bed. A very good and vigorous exercise I recommend.

EXERCISE 9. Here is a very powerful and effective Dynamic—Tension exercise for the upper back muscles. Be sure and not miss this one.

With the feet about twenty inches apart, bend down and touch the floor, come up and then fling your arms **OUTWARD** and upwards and backwards as far as they will go. Repeat this frequently, filling the lungs as you stretch upwards and outwards.

I want you to make up your mind that each day you will try to spend at least half an hour in the morning and half an hour in the evening **EXERCISING**, —building yourself up, —giving yourself muscle, health and strength. Isn't it worth it? Are not health and strength more valuable to you than anything else? Won't you sacrifice those temporary pleasures which are really injurious to you for health building exercises? Of course you will! Don't come with the excuse you haven't got time. You've got twenty—four hours each day the same as everybody else. Others insist upon making time to keep their bodies healthy and in good condition, so should you. In this **SYSTEM** I am giving you the very best methods for quickly adding muscular power and health to your present physique. Understand you cannot buy a couple of inches of muscle from me, all I can do is to tell you how to use "Dynamic—Tension" — these exercises — to develop yourself. If you will be faithful to yourself by carefully following these directions you will be more than satisfied with your bargain.

Muscles, health and strength don't come by merely wishing for them. You've got to buckle to and work for them, but the results from the efforts you make will amaze and delight you. Perform every exercise until you are good and tired, then stop. Never go as far as to exhaust yourself. You must be well tired before you quit because it's the last few movements that make the increase, and give you the strength you are aiming for. Remember, **PRACTICE, PERSEVERANCE and PATIENCE WIN - ALWAYS.** Are you going to be a winner - a winner of health, strength and muscle? Then keep on practicing, persevere at all costs, and be patient.

PRACTICAL METHODS TO AVOID STIFFNESS,

SORENESS AND MUSCLE BUILDING.

While it is very necessary to put **VIM** and **SNAP** into each and every movement, I earnestly request you **NOT** to strain or make any effort to force your development. There is an infallible method to determine when you have performed an exercise a sufficient number of times. It is to continue **UNTIL THE MUSCLES ARE FATIGUED.** You must not go to the point of exhaustion. When your muscles ache, then is the proper time to stop exercising. If

you persist in going beyond this feeling of tiredness you are then straining. This means you are tearing down muscular tissue, and NOT building it up. Exercise almost to the point of fatigue is highly beneficial — beyond that point it is actual injury. As soon as your muscles tire, stop the exercise immediately. Take a few moments rest. Relax thoroughly every muscle in the part involved by allowing it to become quite ham. **THIS IS THE SECRET OF ACQUIRING INTENSE MUSCULAR ENERGY.** By so doing you are storing up **RESERVE POWER**, you are not calling on this reserve supply as you would if you continue exercising beyond the fatigue point. Another secret is:

As soon as you have completed your exercise and relaxed — shake the arm limply while still entirely relaxed. If it is the leg, shake that, if the body, shake the trunk loosely. In this way you release all the stiffness. Following this, get hold of the group of muscles exercised with your hands and gently roll, pull, vibrate, massage, knead and thoroughly stretch the muscles. This has the effect of loosening up the tissues, brings fresh blood and oxygen to the parts involved, removes poisonous waste matter, preventing “muscle binding” and soreness after exercise.

Another very good method is to feed the tissues by rubbing them gently with pure olive oil. Pour a little olive oil in the palm of the hand and firmly massage in upward strokes. Always massage toward the heart, which forces the venous or impure blood back to the heart and lungs to be purified.

This keep the muscles and entire body nice and supple and yet firm. The hard, knotty, ugly appearance of many of the old time “strong men” will then be avoided.

Yours for HEALTH and STRENGTH,
Charles Atlas

Lesson 7

THE TRUE TONIC OF LIFE.

(Very Valuable Lesson. Pay Special Attention to it.)

Dear Friend.

We all know the familiar saying: “Cleanliness is next to Godliness ‘ but cleanliness is only one feature we derive from water. Intelligent bathing and the application of water to the body is a valuable factor in building superb health and bodily vigor. There is hardly a tonic that can compare in value to the scientific application of water administered in its various ways to the body.

Please bear in mind that water is a natural tonic; a wonderful invigorator, a cleansing agent to wake up the body and soothe the nerves. The application of water can soon make your mind and body glow all over with new vitality; you will notice a new vivid sparkle in your eyes. Understand you **MUST FAITHFULLY** follow these instructions carefully.

If you are not already enjoying the luxury of the morning cool bath, you are urged to commence in this manner: After you have performed your exercises immediately on arising and are quite warm, if not actually perspiring, quickly step into the bath tub, rinse

the hands, then the face and neck; follow this by getting a fairly wet cloth or sponge and going over your entire body. By dashing water over your hands and face **FIRST**, you can more easily stand the cool shock of the water, and this greatly helps you to get accustomed to the cold splash. After using the sponge, rub your entire body with your wet hands, rub off the water with the sponge, and rub the body practically dry with the bare hands and snap into it as quickly as you can, so that your body is all covered with a pink glow. Now get a good, thick, heavy Turkish towel and vigorously rub the body thoroughly dry, getting dressed while still warm.

Never take this cold sponge until you have exercised well before hand and are quite warm. **IF YOU ARE COLD OR CHILLY REIFRAIN FROM THIS COLD WATER RUB. BE SURE AND GET WARM FIRST.**

Twice each week at night, after your exercise and just before retiring to bed take a warm soap and water bath. The morning bath is to act as a stimulant, a tonic, a natural bracer, a revitalizer; the twice—a—week evening bath is a cleansing bath. Remember that — the water must be real warm, not cool or scalding hot for the latter is weakening, while the former makes you chilly. After carefully washing with a good soap, rinse the body with a cool sponge or cloth. The hot bath opens the pores and the final cool rub closes them, thus you avoid taking a chill. After the bath dry the body and get to bed as soon as possible.

SECRETS OF POWER FROM A SIMPLE SOURCE

Perhaps one of the greatest and most effective sources of human power is derived from applications of water. Here are the secrets now revealed. I want you to enjoy them as frequently as you find convenient. It is a well established fact that the great nerve centers are the main sources of power. Now if we can stimulate and tone up in a natural manner these particular zones, their strength and force will be greatly increased. The three especially important localized zones are the spinal column, the solar plexus and the genital organs. I am glad to inform you of these rare and effective methods, which you can do as follows: Every morning bathe the sexual organs with very cold water for a few minutes. Keep the cold wet applications on as long as convenient, frequently renewing the wet cloth. This is a marvelous tonic and will do you a world of good. **DO NOT NEGLECT IT.** The reproductive system is endowed with a very delicate and sensitive nerve supply which when is in a healthy condition is highly beneficial by the application of **COLD** wet cloths. What has been said with regard to the reproductive organ. applies with equal force to the solar plexus. Dab this area, a little above the navel with very cold water, frequently renewing the water with sponge or cloth. If the first two or three applications are likely to prove too severe, have the water with the cold chill taken off, gradually reducing the temperature until you can stand it almost ice cold, which you should be able to do after the first week. Do not penalize yourself by freezing. The safe rule which you may rely upon at all times is to see that you experience a pleasant warm glow in that region. Both these secrets can be indulged in every morning while having your cold rub down. You do not have to make a special ordeal of it.

As for the spinal zone, you can conveniently do this part twice each week when you are getting your hot bath as previously described. Have a good supply of water very hot, but not so hot as to burn or cause pain, and while lying on the chest, apply the hot wet cloths to the small of the back. Renew with hot water frequently. Dab the back lightly a few times so that the skin can become accustomed to the heat, then lie the entire cloth across the lower part of the back. Complete the process by applying cooler water, finally using a cold. application to close the pores. Understand this **HOT** water is to be applied to the small of the back only. and the water for bathing the entire body should be warm, not hot.

CONQUERING WORRY AND ANGER

In my experience of dealing with human nature I have found mighty few people who were not inclined to worry and anger at some time of their lives. While it is a recognized human weakness, fortunately it can be helped. Worry, irritability and anger are mental and physical poisons. By giving vent to these undesirable habits the body tears down far more quickly than it can be built up. I suggest that you do not worry or get very angry. However, occasions may arise when you will have a fit of anger and it is well to know how to throw off the mood. Do you know that babies have been killed by poisoned milk from angry nursing mothers? This illustrates the terrible consequences of anger and worry on the physical body.

On NO account allow yourself to become worried, either over the past, the present or future. The past is dead. Forget it! Why dig up the corpse? The future has not arrived, why anticipate what probably will never happen? And why worry over the present? Can your worry accomplish anything good? Will it benefit you any? You know it won't. Then why worry? Resolve to cut it out of your life forever. Live on the sunny side of life. Companions with large souls, think pleasant thoughts. Worry and like habits are a drain on the vitality; they are a waste of mental energy. They poison the blood and prevent the best and quickest development of a perfect body. It has been said:

“Worry works its irreparable injury through certain cells of the brain, and that delicate mechanism being the nutritive center of the body, the other organs become gradually affected. Thus, some disease of these organs or a combination of organic maladies may result.” Worry and fear retard the functioning of the entire digestive system. Thus if you eat while worried, you can expect a good case of indigestion.

Don't Fret. Force yourself out of the mood. Laugh, think of the funniest things you can recall to mind. On the morning of each day think of, or read, some inspiring beautiful thought, and think over this frequently during the day. In other words, substitute your worry thoughts for thoughts of health, strength, happiness and joy. Life is short. Get all the sweetness and happiness out of life possible. Make the best of your life, in every respect. You are entitled to be happy. Make up your mind you WILL be! All this will have a powerful effect on your physical body, giving it an added power and magnetic charm. Saturate your life with noble, lofty plans, ideas and ambitions and you will have no time or desire to worry. The following suggestions are given by a well known philosopher and you are urged to scorch them deep into your soul: **ELIMINATE FEAR. CONQUER WORRY. AVOID ANGER. OMIT DEPRESSION. SHUN HATE, STUDY CHEERFULNESS. CULTIVATE HOPE. DEVELOP COURAGE. EXHIBIT CONFIDENCE, ASSUME SUCCESS. LIVE SIMPLY. MAINTAIN BUOYANCY. CONTROL SELF. THINK HEALTH YOURS.**

I will add, **CULTIVATE HAPPINESS.** Do all you can to make yourself and others truly happy. This will soon reflect itself in your life. For remember, health and happiness go hand in hand.

CONTINUE THIS REGIME UNTIL YOU ARE MASTER..

THE VALUE OF AIR AND SUN BATHS AS A HEALTH AND STRENGTH BUILDER
You have already been advised to take your exercises as far as possible in just your trunks and shorts, but here you are invited to make a special daily practice of spending a definite time each day devoid of most clothing and enjoy the benefits of an air bath. To secure the

fullest benefits you should remain in an atmosphere that is reasonably warm. The skin “breathes” and if perpetually covered by clothing it has little chance to get the air it needs. The sense of freedom without clothes gives an added pleasure.

Whenever possible your air baths should be taken while basking in the warm sunshine. You do not have to be on the bathing beach to enjoy these baths, but at the bathing beaches the wearing of just your bathing trunks will give the sun a chance to reach most of your body. These combined air and sun baths can be taken while lying on the porch, in the bedroom or other convenient places where the sun can shine through the open windows. If you can get out into the country and enjoy these baths so much the better. You must see that the windows are wide open if you are obliged to remain indoors. The morning is a good time to take these sun and air baths, and during the day at week—ends. Of course be careful not to catch cold.

The sun’s rays on the body have the same influence as on plants and flowers. If you hide a beautiful flower in a dark cupboard you know that flower will soon wilt, fade and die, but when placed in the warm sunshine it soon blooms in all its magnificent beauty. The same applies to your body. There is life and vitality in the rays of the sun, which seekers of bodily perfection will not miss getting. Then again, the air and sun have a soothing influence on the nerves, calming and quieting them in a natural manner. If the air is cool it is a splendid tonic to the skin and entire body, and has often proven a good method of preventing colds. The ultra-violet rays of the sun impart vitamin D to your body.

When taking sun baths be very careful to avoid burning the skin. You can do this by sun bathing BEFORE or AFTER the sun arrives at its height, and make your baths of short duration the first few times. If you should get burned AVOID exposure of the area burned by the sun, and gently bathe the burn with olive oil, resting the part for a few days. Pure air and the sun’s warm infra—red and ultra violet rays are the best germicides and most powerful disinfectants we have. Of course if you are allergic to sunshine you should not sunbathe.

After this sun bath it is an excellent idea to get a coarse towel and give the entire body a friction rub. This thoroughly arouses the activity of the skin and gives it a natural stimulation which is highly beneficial. Please do not neglect it. During rainy weather and in the winter months an ultra-violet sun lamp could take the place of the sun for your daily sun bath.

In your next Lesson I’ll give those shoulders of yours some powerful “Dynamic Tension” work.

Yours for Health and Strength,
CHARLES ATLAS

Lesson 8

Part I -- Exercises for the Shoulders

Part II -- Exercises for the Thighs and Legs

Hello Dear Friend:

Whenever I think of the shoulders I always associate them with massiveness and great strength. I use the expressive term — broad powerful shoulders — as an indication of one of the dominating parts of the body. And yet how few of us have shoulders that we are proud of! The exercises fully described here will soon give you a coat of muscles of unusual POWER. You must put energy and strong resistance into all the motions, performing them with diligence and regularity. With continued daily practice it is surprising how quickly you will note the remarkable increase in size and power the shoulders will develop. Let nothing discourage you from doing all you can to make your shoulders more massive.

Exercise No. 1. Allow your right arm to hang at the side slightly backwards. Now grasp the elbow from the back by the left hand, and endeavor to pull the right hand far forward resisting very strongly with the left hand. Repeat this exercise alternately with the left, relaxing between each effort. This movement greatly strengthens and develops the front part of the shoulders. Practice it regularly

Exercise No. 2. Bring your right elbow across the chest and grasp the elbow firmly with the left hand, force the right arm slowly downwards and backwards powerfully resisting with the left hand. Grasp the left elbow with the right hand forcing the left elbow downwards and backwards resisting securely with the right hand. Repeat until thoroughly tired. Take care to give both shoulders an equal amount of exercise so as to acquire a symmetrical development. This exercise is for strengthening the back part of the shoulders.

Exercise No. 3. Place your right arm downward and slightly backward and grasp the right WRIST with the left hand in back of you. Raise the right shoulder as high and as slowly as possible resisting with strenuous power from the left hand. Continue with the left shoulder in like manner resisting with the right hand. Make each attempt as energetic as you possibly can without straining. Remember you must USE power to make power. Don't be afraid to put plenty of pep into this as well as all movements. This strengthens the center of the shoulders.

Exercise No. 4. Grasp the right hand with the left hand in front, gradually force the right arm outward and upward resisting strongly with the left hand. Practice this an equal number of times with the left hand by resisting with the right hand. Continue until good and tired but do not become exhausted. By faithfully exercising in this way you develop speedily the outer muscles of the shoulder.

There are in all seventeen muscles of the shoulder, it is unnecessary to mention all other names because they would not interest you. What you need is just solid instruction for building a perfect body. I sin giving exercises for developing and strengthening all these muscles. It is your duty to go ahead and practice them all with unflinching zeal.

There are several other exercises you can take for increasing the development of the shoulders, such as swinging the arms in an outward circular motion, throwing the arms outward and backward as far as you can. Another simple but very good exercise is tensing the shoulders. Vigorously tense the shoulders and direct the mind into it (you should do this in all exercises) and then relax. See that both shoulders get their full share of work in

this tensing. Of course the dipping exercises given in a former lesson will supply considerable exercise to the shoulders.

If you would be successful in business you must be industrious; likewise in your exercises. It requires unwavering attention, great concentration and will—power to persistently continue these movements, and if you are faithful in this you are sure to be successful. You are making excellent progress so far, keep up the splendid work. Keep the goal of human perfection constantly in sight and success will crown your efforts by HEALTH and muscular power. It's well worth the little sacrifice you are obliged to make.

PART II

Exercises for the Thighs and Legs.

Exercise No. 1. To develop both your thighs and calves you should walk at least three miles every day. At frequent intervals during the walk, please be sure to force the legs as far backwards and as far forwards as possible. The object being to give the thigh muscles (and calves also) plenty of good stiff exercise. Ordinary mild walking is not sufficient to bring out any pronounced muscular display. The muscles have to be stretched, tensed and fully relaxed before any improvement can be seen. You see many runners and long distance walkers with more or less thin legs and thighs. Running and walking are excellent exercises because they compel you to be outdoors breathing the pure air, but they do not give muscular development as do the properly directed exercises as here outlined for you. Therefore, kindly remember to tense the muscles in your thighs and calves at frequent intervals while out walking or running. Make this an everyday exercise without fail.

Exercise No. 2. A familiar one, quite popular, and very effective. Stand erect, heels together, toes apart, raise high on toes, now lower the body bending the knees, keeping on the toes. Go as slow as you can. If necessary hold on to something (like the back of a chair) with your hand until you have learned to control your balance. Vary this exercise by doing it very quickly about fifteen times. Rest. Relax and repeat doing it reasonably slow.

Exercise No. 3. Squat down sitting in "tailor" fashion (legs crossed under you). Make an attempt to rise and stand erect. You do this by sitting on the floor, legs crossed, head bent low against the knees, hands behind the back. Now try and get up. For the first few times try this exercise with your arms outstretched to balance yourself. This is excellent for your thighs.

Exercise No. 4. Assume the squatting position, sitting on the heels, with the knees wide apart. Grasp the knees with the hands just INSIDE and endeavor to bring the knees together resisting strongly by pushing the hands outward. Continue until tired.

Exercise No. 5. While in the same position as the preceding movement except that the knees are together instead of apart, place the hands on the OUTSIDE of the knees making an effort to spread apart the knees and resisting with the hands. Practice this a number of times.

Exercise No. 6. Stand erect, bend the right leg at the knee as far back and as high as you can. Now vigorously tense the muscles of the thigh while bending the toes downwards. See that you do not get cramped in this or any of the thigh exercises. If you do, stand immediately on both legs and bear down, briskly massaging the legs and thighs upwards.

Exercise No. 7. Stand erect, bend the left leg far forward and stretch the right leg far backward, then stretch both legs still further apart. The left leg is to be bent at the knee

while the right leg is kept quite straight. Alternate between left and right legs.

Exercise No. 8. Raise one foot high from the floor and make it perform a complete half circular motion. Keep it as high up as you can while the thigh muscles are tensed. Practice faithfully with both feet. Hold on to something at first until you learn to keep your balance. The body should be erect all the time and do not lean over in any direction. Watch yourself in a mirror until you are able to do it with perfect ease. The majority of the exercises for the thigh will aid in giving you strength, grace and perfect balance. The triple purpose they serve makes it important that you PERFORM THEM WITH REGULARITY.

Exercise No. 9. Practice kicking with one foot as high as you can. Make a small mark on your bedroom wall when you first begin this exercise noting how high you can kick. Try and make it higher each day. Do this exercise also kicking backwards but do not lean the body too far forward. Try it kicking outwards and note your improvement. Practice with both legs.

SPECIAL NOTE: All exercises for the thigh and abdomen are also very valuable for strengthening internal organs, giving them remarkable power and vitality. These exercises constitute the natural preventative for rupture and the possibility of hernia by strengthening all muscles, ligaments, cords and tendons in the lower abdominal regions.

Yours for HEALTH and STRENGTH,

Charles Atlas

Lesson 9

Dear Friend:

By now you are pretty far on the road to Perfect Health and Strength. But don't start to take things easy. There are other important parts of your body to work on.

The first muscle everybody loves to display is the bicep, (upper arm) possibly because it is the most quickly developed of all the muscles. There are several instructors whose first object is to get their students to develop the bicep. This is all wrong. What is the use of an enormous bloated bicep if the shoulders and pectoral muscles of the chest are not strong and powerful? Yet this is exactly what many so-called 'physical experts' are requesting their pupils to do!

You will remember the first Lesson consisted of strengthening the lung capacity so that you could absorb more life and vitality—giving oxygen. Then you were asked to perform various exercises for developing a powerful chest. These were followed by special movements insuring broad, massive shoulders. Now when I give you exercises for the upper arm you have something definite to work on. It is true the arm has already had considerable exercise in all the foregoing Lessons, and it will be to a certain extent greatly benefited by this preliminary work. When you come to the exercises for developing a beautiful and shapely forearm, and a wrist with a grip like steel you will have had. those exercises to prepare you for that work.

In the upper arm there are two IMPORTANT muscles, the bicep, so named because it has two heads; and the tricep, situated at the side and back, and has three heads. The latter muscle is used in punching, striking and landing hard blows, while the bicep is used in flexing, pulling and tugging. The exercises here given are planned so that the tricep will get

the same amount of exercise as the bicep. Because you are not so familiar with the tricep, do not neglect it. There are smaller muscles in the upper arm, but they are not so readily noted, and providing you give the bicep and tricep sufficient exercise you may depend upon it that the muscles of minor importance are receiving their full quota of work. Before beginning these movements take accurate measurements of the bicep contracted, and then observe your monthly improvement. As in all the other exercises you do, practice this wearing just shorts, and perform all your exercises, if you can, in front of a large clear mirror. Try and place the mirror on the same side of the wall as the window so that the reflection is encouraging. when you perform your exercises at night arrange, if possible, to stand directly under a good light, and watch the reflection in the mirror. By this simple plan you can inspire yourself with fresh zeal each new day. This little hint means a great deal in your progress. Kindly observe this suggestion.

Put plenty of snap and pep into these movements! You can gain no benefit by going through them in a perfunctory manner. You must concentrate your whole attention on their perfection. Put your mind into the exercise. I am obliged to keep on drilling this important fact well into your mind; I repeat it so often because I want you to Do it.

Exercise 1. Grasp the right wrist with the left hand, and force the right wrist towards the shoulder, resisting smartly by the left hand. Practice this with the left arm the same way. Repeat by alternating with both arms. This is for the bicep.

Exercise 2. With the right arm down at the side and slightly to the rear, place the left hand in the right palm from behind and bring up the right hand towards the shoulder, resisting with the left hand. This is one of the most powerful exercises for developing the biceps. Practice it so that the left arm gets its full share of work. Repeat until tired.

Exercise 3. Grasp the hands together in front, and grip tightly, slowly bringing the right hand as high as you can to the shoulder. This will be resisted by the left hand. Try this also by placing the left hand over the back of the right hand. Practice this with both arms, continuing until tired.

Exercise 4. With the upper arm close to the side and the forearm across the chest, place the left hand over the back of the right wrist, and slowly force the right forearm outward, and upward, keeping the upper arm quite stationary. This develops the side muscles in the upper arm. Give the left arm an equal amount of exercise. Repeat until tired. **DO NOT STRAIN.**

Exercise 5. In this exercise have the right hand against the right shoulder, interlock the fingers of both hands and resist with the left while pushing the right arm outwards and downwards. A splendid exercise for developing the tricep. Try it with the left arm, too. Continue until fatigued.

Exercise 6. Clench your fists tightly and bend and stretch the forearms, thus contracting the biceps (the front upper arm muscle), and relaxing the triceps (the back upper arm muscle); then contract the triceps while relaxing the biceps. Repeat many times.

Exercise 7. Allow the arm to hang perfectly limp, now vigorously tense the tricep muscle of the upper arm. Compel it to stand out in bold relief. Make it feel hard and solid, by directing the mind into it. Relax, now shake the arm so that it is entirely limp again. While the tricep is tensed relax the hand muscles. Perform this with one at a time.

Exercise 8. Another Dynamic—Tension exercise for the biceps: - Bring the hand in close

proximity to the shoulder, relax the hand and tense the bicep as much as you can , making it appear very firm and hard. Relax entirely and gently massage the arm and shake out all stiffness.

These powerful exercises will surely build enormous arm muscles if you will put plenty of pep into them and carry them out faithfully day by day. Manual work exhausts the body. These exercises tire you for a few moments but give you increased strength and development. That is the difference between “work” and these scientific exercises. So do not hesitate to put plenty of powerful resistance and energy into every movement. The results will begin to show within a few days if you are really conscientious in your efforts. You will be surprised at your progress.

Yours for HEALTH and STRENGTH, Charles Atlas

Lesson 10

CALF EXERCISES

Dear Friend:

How are you today? I was just thinking that with out automobiles and other means of travel we seldom do any honest walking. While we all would like to be owners of well developed calves, they are often the most neglected of any part of the body.

I am giving you a number of special exercises for the calves, legs and feet in general, because I want you to have well—developed shapely calves. Although there are several exercises, they are not at all difficult, and the majority of them can be practiced daily at odd moments. It is important that you go through them all, as you will discover they bring into use new muscles you did not realize existed. As a chain is no stronger than its weakest line you cannot afford to neglect even so—called “unimportant” muscles.

Not only will the faithful practice of these movements prevent the possibility of being a “skinny legs”, but it will also ward off any tendency towards bow legs, flat feet, etc.

Now snap into the following exercises for muscular POWER and STRENGTH of the lower legs!

Exercise 1. Standing with one foot a little in front of the other, rise on the toes as high as possible, making several efforts to rise still higher. Reach toward the ceiling. Repeat with right hand and left foot alternately, until tired. This is an excellent exercise for the large back muscles of the calf.

Exercise 2. Stand with feet about 18 inches apart and bear the weight of the body on the heels with the toes turned outwards. Now bear the weight of the body on the toes and turn the heels outward. Stretch the legs outward as far as they will go without discomfort. Repeat several times until the feet are brought slowly together, continuing until the muscles tire.

Exercise 3. Stand on your toes, raising as high as you can, and make several efforts to rise still higher. Be sure to fill the lungs to the utmost while rising and exhale while lowering. Continue until fatigued.

Exercise 4. Raise the left foot from the floor and stretch it out as far as you can and point

the toe far downward. Repeat with the right foot. This is a very excellent exercise for the front of the ankle and the large back calf muscles.

Exercise 5. Now with foot in a forward position, as in the illustration, twist the toes in a circular motion. Practice this alternately with both feet. A valuable movement for the ankles.

Exercise 6. While standing on the ball of your foot on the **EDGE** of a chair, step, or a telephone directory rise on the toes as high as convenient, and lower slowly, until the heels are way below the edge of the surface on which you stand. Repeat until tired. Another vigorous back calf muscle exercise.

Exercise 7. In this exercise stand with the heels resting on the edge and lower the toes as much as you can. Now raise the toes as high as possible. Repeat until somewhat tired. Do not strain in any of these exercises.

Exercise 8. While standing flat on both feet, twist the left ankle outwards to the left, and twist the right ankle in the same direction. You will have to lean the body in the opposite direction to maintain your balance. Reverse the movement, twisting the right ankle outwards and the left ankle to the right, so that both ankles and calves receive full benefit. Splendid for the ankles.

Exercise 9. Stand on one foot and raise up on the toes as high as you can go, now rest on the heels and raise the toes. Practice this with the other foot, until the muscles ache slightly. A very fine exercise.

Exercise 10. Stand on the **HEELS**, toes up, bending the ankles and rolling the feet outward until the weight of the body rests upon the outer sides of the feet. Then roll them in the opposite direction (inwards) so that the weight rests on the inner sides of the feet.

Exercise 11. This is similar to the preceding exercise, except that you stand on your **TOES**, rolling the feet until the weight of the body rests on the outer sides of the feet. Reverse, so that the weight is resting on the inner sides of the feet. Be sure and not let the heels touch the floor. This develops the outer and inner calf muscles and should be practiced faithfully.

Exercise 12. This *consists* of two exercises. Sit in a chair and reach down, placing your hands on the **INSIDE** of the toes. The feet should be together, heels touching, toes apart, and bring the toes slowly together, resisting with the fingers. Repeat until tired. Now, with the toes together and heels apart, open the toes, resisting with the fingers which are placed on the outside of the feet.

The performance of these exercises will not take many minutes, and if you practice them regularly you will notice a very marked improvement. It is a very good plan to take your calf measurements and watch the increase each month. I will repeat, you cannot secure health and strength unless you are willing to do your share and practice patiently and perseveringly.

Yours for **HEALTH** and **STRENGTH**,
Charles Atlas

Lesson 11

EXERCISES FOR WRIST AND FINGERS

Dear Friend:— This week I am giving you the best exercises ever devised for quickly developing the wrist and fingers. By this time you will have had considerable work for the chest, shoulders and arms to prepare you for These strengthening exercises. After a few weeks' conscientious practice you will be really amazed at the increased power and endurance you will possess from these simple movements. Here are the exercises; get busy on them as soon as possible.

No. 1. Close your hands thus forming fists. Extend your arms as far forward as possible. Then turn your fists inwards and downwards as far as they can be turned, then suddenly open the fingers and hand and quickly fling back to the normal position.

No. 2. Perform the same exercise but keep the fists closed all the time, omitting the latter part of the previous exercise.

No. 3. Repeat both exercises, alternating with both hands, until tired.

No. 4. Bend the right fist inwards to the left, now grasp the fist with the left hand and try to pull the right fist far to the right while resisting power fully with the left hand.

No. 5. Turn the right fist far to the right, that is, outwards, grasp with left hand and resist while pulling the right fist inwards to the left.

No. 6. Perform the same exercise with the left hand.

No. 7. Do the same exercise vigorously while bending the wrist upwards, and. again downward.

After each exercise thoroughly shake the hands loose work your fingers about and allow them to hang limp and so release any tendency of stiffness. Do not exercise this group of muscles beyond the fatigue point.

No. 8. With the fingers and thumb all close together, hand open, bend the wrist in a full circular movement, first to the right then far to the left. Practice this with both hands at the same time.

No. 9. Get a large double sheet of newspaper open flat. With your arm outstretched, hold the sheet of paper with the fingers of ONLY one hand and starting with one corner of the sheet, roll up the paper to the size of a small ball in the palm of your hand. Repeat the exercise with the other hand. This is a most excellent exercise, practice it faithfully.

No. 10. Clench the fists tightly and make a further effort to grip them still more tightly, as though you were making a superhuman effort to crush some strong resisting object. Be sure to relax thoroughly after each effort.

No. 11. Now shake hands with yourself, squeezing and gripping as vigorously as you can with the other hand. Practice this alternately with both hands.

No. 12. Get bundles of old newspapers, magazines, cardboard, paper back novels, telephone directories and before throwing them away, practice tearing them to pieces. Be

sure that they are thick enough to offer stubborn resistance.

No. 13. Place the tip of one of your fingers on the edge of the table or some such convenient object and press down firmly, making an effort to press down still more.

No. 14. Repeat the exercise with each finger of both hands, including the thumbs.

No. 15. Make the tips of all fingers and thumbs of one hand touch lightly, the fingers of the other hand, then press together very hard, resisting with the opposing hand.

No. 16. Press your right hand (palm and finger) against your left hand, and while in this position bend the elbows upward and outward. This is a very powerful exercise and should not be repeated too often at any one time.

No. 17. To give each finger individual control open the hand wide, fingers well apart, now bend each finger towards the palm, keeping the other fingers quite still in their original position. Practice this with both hands.

No. 18. Lock the fingers of one hand in the fingers of the other and try to pull apart as vigorously as possible.

The above exercises, I positively promise you, will develop marvelous strength and power of the wrists, forearms and fingers. But remember, you cannot make any improvement unless you perform the movements faithfully and persistently.

Simple? Of course they are. But DO them and see how vigorous and effective they are. At the end of three short months you'll have a steel—like grip, and strong, well developed wrists and forearms of which you'll be more than proud.

Don't say you odd moments. to be served.
haven't time to do these exercises. You have lots of time during A most suitable time is .just before meals while waiting at the table Utilize these moments, and you will be more than amply repaid.

NOTE: The SECRET is this: Practice them every day, do not miss an exercise. Concentrate the mind on the group of muscles involved, and relax after each movement. Do not strain. Grind this secret well in your mind. It is the infallible key to your success.

Yours for HEALTH and STBENGTH,
Charles Atlas

A Strong Nation for Lasting Peace!

Lesson 12

Dear Friend:

This is your twelfth and last regular lesson. If you have been true to yourself and this Course, you will have been more than satisfied with the results already secured. In the previous lessons you have been instructed as to how to exercise every part of your body for maximum development. Now that you are at the finish of the Course, do not neglect the methods outlined for you. You have acquired the habit of exercising daily —keep it up. It is also very important that you continue to pay special attention to your diet. At least every two weeks, re—read the second lesson. It will help you select a balanced dietary and keep you from eating harmful food stuffs.

Dynamic—Tension Methods for Acquiring Physical

Magnetism of Special Importance

I want you to avoid every habit which you know to be injurious to your health, or practices which do not promote the best physical condition. Especially is this important in the matter of diet, drink, sex and tobacco if used to excess.. Each morning, if possible, take a cool or tepid bath. Follow this rubbing thoroughly dry with a very rough towel corn with vigorous rubbing with the hands, completing it with muscle stretching and deep breathing. You should take this bath immediately on arising, and should feel a warm glow over the entire body after the bath. During the operation throw the magnetic WILL into this and every effort connected therewith.

Two or three times each week vigorously rub your scalp making it move with your fingers. Massage carefully every part of the head and conclude the magnetic stimulation by gently throwing the hands outwards and quickly rubbing them together.

It is a good plan to rub a little olive oil into the scalp once a week. This may help overcome and avoid dandruff, thin hair and other scalp troubles. It will make your hair lustrous.

At least once each day the facial muscles should be pulled into all sorts of contortions, massaged with clean hands, and exercised completely by voluntary movements. This keeps away wrinkles and flabby cheeks, giving the face a pleasing appearance and expression.

Maintain daily scrupulous cleanliness of the hands, feet and teeth. In the evening the feet should receive a tepid bath with a cool rinsing especially during the warm weather. This strengthens the feet and ankles, keeping them in good condition at all times, and prevents that tired feeling so many experience after their regular day's work.

Before meals each day throughout life practice full deep abdominal breathing. Empty the lungs as cinch as possible, disregard the chest, and depress tile diaphragm by muscular effort, pushing out the abdomen. Now slowly fill the LOWER lungs. Then slowly exhale. Relax. Repeat several times. Again empty the lungs, disregard the abdomen and swell out the chest by muscular effort, slowly filling the upper lungs. Slowly exhale. Rest and then repeat a few times. Now while standing erect, lungs empty, swell out the chest and abdomen, pushing down the diaphragm, slowly filling the lungs as much as possible. Relax and repeat. See that the air is fresh and cool. Also practice these exercises while walking. During each experience throw the will into each inhalation. Ordinarily the breathing should he ABDOMINAL, by pushing the diaphragm downwards. Remember the body cannot live for more than a few moments without oxygen, and the larger volume of air — within reason — you take into your lungs the healthier and stronger you will become.

In addition to the deep breathing exercises before meals occasionally perform the following muscle—stretching and relaxing exercises. When stretching see that the movements are slow and gradually increased in tensity to their ut most limits.

Likewise the relaxing must be gradual from stiffness to entire limpness. As muscles you exercise are becoming stiff fill the lungs full of pure air. During the period of relaxing, slowly empty the lungs. Avoid jerky movements, but see that they are gradual with mind concentrated intensely upon the muscles involved, saying to yourself: “I am now increasing my muscular strength and magnetism”. The first part of the body you are required to stretch is the neck. Stretch the neck far backward while inhaling, slowly exhale while relaxing and allow the head to slowly fall far forward quite limp. Concentrate the mind on the neck.

Vigorously stretch the right shoulder and inhale deeply, then relax slowly. Alternate the method by using the other shoulder. Repeat a few times.

Stretch out the right arm as far as it will go, make a further effort to reach out still more. Inhale at the same time. Relax. Repeat with the other arm. This movement will include stretching the forearm, upper arm, wrist and fingers. Now stretch the chest outward and upward as far as it will go while taking a full deep breath, gradually relax. Repeat twelve times.

While sitting , bend the back at the upper part slightly forward. Stretch it as much as possible, pushing out the elbows at each side, making a fan—like shape of the upper back. Relax and repeat a few times.

When out walking stretch powerfully the rear foot, pointing the toe backwards a second. Stretch the whole thigh, leg, calf, ankle, the foot and toes. Make it as vigorous as you can without straining. As the other foot is in the rear stretch that, relaxing as you bring the foot forward in the usual course of walking.

While these are simple exercises they become dynamic as you direct the WILL into each movement, giving each movement definite concentrated attention.

These special exercises are not to be confused with the regular exercises for developing physical perfection which you are to take in the morning and at night. The special movements indicated above are to be taken during the day at odd times, while out walking or waiting. They form excellent supplementary exercises to the regular ones.

Under no circumstances continue these movements beyond the fatigue point. If you persist in going beyond that point you tear down the muscular tissue, doing more harm than good. To get the best and quickest results perform vigorously all motions with a WILL, continue the movements until SLIGHTLY fatigued — THEN STOP and relax.

The value of these special magnetic exercises is achieved by the stretching and combined deep breathing. This draws increased supplies of rich pure blood to the parts, brings them large quantities of oxygen, and thereby builds up the tissues making the entire body a Power—House of Energy.

The total length of time in performing these simple but effective movements is but a few

moments, and there is no excuse for not going through them regularly each day.

While an ox may have perfect health it is not magnetic. The subtle quality you wish to acquire is like that of an Arabian steed, which is both powerful, healthy, virile and **MAGNETIC**.

Simple laws of nature, performed in the spirit of **HOPEFULNESS** combined with this compelling power of radiant health is the result of obedience to the **DIRECTED WILL**.

You may increase this **POWER** by carrying out the instructions in this Course with alert, energetic and **EXPECTANT ATTITUDES**, which you should endeavor to make permanent in your life.

The benefits of these simple but powerful methods if persistently followed will enrich your life and bring you splendid health, prosperity and happiness. Keep up the instructions as far as possible throughout life. If you care to send me your photograph within the next few weeks showing the results accomplished, I shall be glad to receive it.

Your next and final lesson I call the Perpetual Lesson. In it are the best **Dynamic—Tension** exercises for you to do daily to keep in perfect shape.

Your Sincere Friend and Instructor,
Charles Atlas

EXERCISES FOR PERPETUAL DAILY PRACTICE

Dear Friend:

To get the maximum benefits and most satisfactory results from my Course some of the exercises should be carried out faithfully all through life. You have developed the habit of exercising regularly and have noticed its splendid value. But now for **Life—Long health and Strength** do the following exercises daily. They are what I believe you need most to keep you fit for **LIFE**.

EXERCISE 1. For Chest, Shoulders and Back. Excellent for preventing Lung and Chest troubles. Do the “dipping” exercise as described in the first Lesson at least 100 times every day. Aim to do it 200 times daily if you are keen on getting a very big and powerful chest development. Do this by dipping 25 or more times, rest and relax a few moments and do them again. Rest and do them again. If you prefer, do 50 to 75 in the morning and another 50 to 75 at night. I do 200 or more “dips” daily.

EXERCISE 2. For the Abdomen. Ideal for preventing or reducing a large stomach, perfecting the digestive system, relieving constipation, preventing rupture and for the general toning up of the body. While lying on the bed clasp the hands back of the head and raise the upper body so that your chin touches your knees, keeping your feet flat on the bed. This is to be done 20 times. Rest awhile and repeat. Rest and relax and do them as many times as you possibly can.

EXERCISE 3. A similar exercise except that you bring your feet over to touch your head. This should be done until you are thoroughly tired, then rest, and repeat several times. While doing this exercise open and cross the legs for variation.

EXERCISE 4. For Thighs, Bow Legs, Knock Knees. Do the squatting exercise spreading apart the knees. Repeat at least 35 times or until tired. Rest awhile and go at them again. Do this exercise energetically. Rest and repeat as before, but this time keep the ankles close together. This will develop the muscles of the back of the thighs. Rest one of your hands on something for support if you find it difficult to balance. These exercises can be performed in the morning as soon as you get up.

EXERCISE 5. Strengthening Internal Organs and Preventing Rupture. Clasp hands behind head while standing erect. Bend far to the right, come up and bend over to the left, keeping the legs straight and bending the upper trunk only. Repeat until you are tired but do not overdo. Rest and relax, then repeat, this time making a complete circular motion.

EXERCISE 6. Developing Biceps, Triceps, Arms and Forearms. Grasp the right wrist with the left hand in front and bring the right hand towards the right shoulder, resisting powerfully with the left hand. Continue till the muscles really begin to ache. Then repeat with the other arm. Rest and do them again.

EXERCISE 7. Strengthening your neck. Bend the neck far downwards, then far backwards. Now side to side, now in a complete circular motion. Rest and relax. Do the same exercises more powerfully by resisting strongly with the hands. These are very effective if done persistently.

EXERCISE 8. Calves, Flat Feet, Fallen Arches and Strengthening weak ankles. Raise up and down on the toes 50 to 100 times. Do this preferably while standing on your toes on the edge of a block about three inches high with your heels overhanging. Another good exercise is to stand on the heels and rock back and forth first on the heels and then on the toes. Do this till really tired. Rest a few moments and repeat as before.

These exercises can be performed at night, just before getting into bed. Some of them, however, can be done at odd moments during the day. When out walking make a practice of stretching the entire legs and calves to the full limit. Be sure and raise up your toes as you walk along. By keeping this up for a distance equal to about ten blocks you will soon have a fine pair of well shaped legs. These exercises may seem to you quite a long routine to practice daily for the balance of your life. But thousands upon thousands of men are doing them daily, and very busy men, too, so do not say you haven't time. You will find when you divide the exercise, doing half in the morning and the other half at night it takes only a few minutes.

In closing I want to say to you that I have enjoyed sending you these Lessons for I know you must be Stronger, Healthier, more Muscular and full of Pep and Energy. It has been a pleasure to help you. Men like you will live longer and enjoy life more.

I hope you will induce your friends to enroll with me, so that I can help them, too. Just send me their names and addresses.

Although this Lesson completes my Course, I want you to feel at liberty to write me at any time if ever you have any questions.

With my very best wishes and warm hand-clasp, I remain

Your Sincere Friend and Instructor,
Charles Atlas

AN IMPORTANT LETTER TO YOU!

My Dear Friend:

I have received your application for enrollment in my DYNAMIC-TENSION SYSTEM of health, strength and physique building. I most cordially welcome you as one of my students. I accept you because I assume that you are a normal individual with no ailment that would not indicate exercise. If you are in doubt, I suggest that you ask your physician.

The First Lesson contains the priceless discoveries I have made using the principle of DYNAMIC-TENSION to build up your chest muscles incredibly fast! Go over this Lesson carefully and begin the instructions at once. Your Course has been proven the world's best method to build MUSCLES rapidly and SAFELY. This is the very same method that changed me from a weakling and has done the same for hundreds of thousands of other people all over the world.

I would like you to practice Lesson One throughout your entire Course. Likewise follow the valuable food information in Lesson Two through the Course. Every two weeks I would like you to add two new Lessons to Lesson One. Then drop those two Lessons and take the next two new ones. For example; Practice Lesson One for two weeks then add Lesson 2 and 3. Practice these for two weeks then drop Lesson 3 and add Lessons 4 and 5. After two weeks drop 4 and 5, and add 6 and 7. Continue this until you finish all the Lessons. But remember to continue the exercises in Lesson 1 and the food information in Lesson 2 all through the Course. Due to delivery problems in the Post Office service the two week interval between Lessons may vary but just be sure to get at least two weeks or more on each two Lessons.

Study the photos illustrating the exercises so that you are sure to be doing them correctly.

THE DESIRED RESULTS WILL SURELY COME!

Yours for Health and Strength,

CHARLES ATLAS

ANALYSIS AND ENROLLMENT FORM

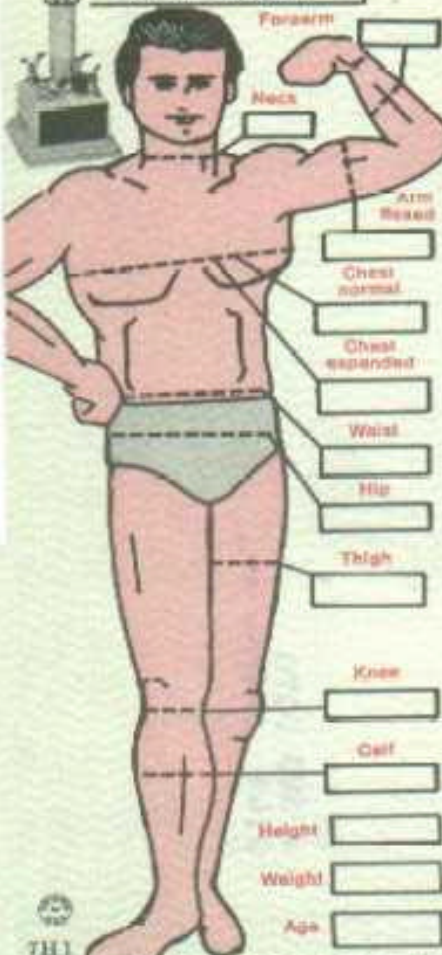
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SPECIAL

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Dear Sir: According to your MONEY-BACK AGREEMENT, I hereby enroll for your course in Health and Strength. In addition to this three months training I am to receive advice on health and strength for LIFE at no extra cost.

I am making payments as marked below with an (X):
 (.....) \$5. enclosed and \$5. (.....) I wish to save \$5. each month for 6 months, and am enclosing ONLY making a total of \$35. \$30. as payment in full.

As part of the Money-Back Agreement I promise to make my payments as stated above.

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Address _____

City _____ State _____ Zip _____

Date _____ Occupation _____

IMPORTANT: It will help if you take a few minutes to answer these questions. In most cases all you have to do is to check off your answer. ALL INFORMATION WILL BE KEPT STRICTLY CONFIDENTIAL.

Constipated?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Complexion bad?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Breath bad?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Tire easily?	<input type="checkbox"/> <input type="checkbox"/>	Popular with friends?	<input type="checkbox"/> <input type="checkbox"/>	want to gain or lose weight?	<input type="checkbox"/> Gain <input type="checkbox"/> Lose
Are you bashful?	<input type="checkbox"/> <input type="checkbox"/>				

What parts of your body are you most anxious to develop? _____

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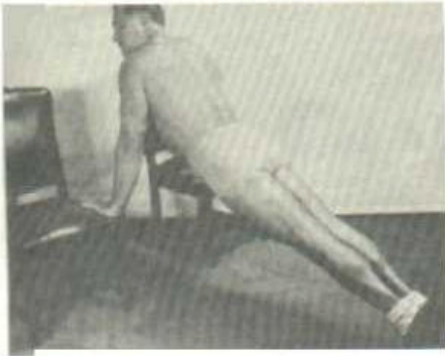
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Charles Atlas LTD

No. C-12



Exercise No. 1

Assume position as shown, between two chairs, arms rigid, then bend arms as in next picture. Go up and down as many times as possible. Rest. Repeat the exercise till thoroughly tired. Rest and continue again. This must be practised faithfully morning and night throughout the entire Course and during your life.

These Dynamic-Tension exercises, practiced with patience and perseverance are infallible methods for building a powerful, muscular body. Get busy and snap into the exercises.



Exercise No. 2

A powerful deep breathing exercise. First empty lungs by crossing arms across the chest and exhaling. Now slowly inhale, fling arms outwards and upwards. Practise this before an open window and breathe deeply.

SPECIAL! An extra exercise for you. Sit erect on a chair. Grasp the seat firmly. Tense your chest and arm muscles. Push downward with your hands on the chair thus raising your body slightly from the chair seat. At the same time raise your feet off the floor. Slowly lower yourself down to the chair. Repeat until you begin to tire. Try this at odd moments during the day.



Exercise No. 3

Pull on an imaginary rope—as illustrated, tensing chest and shoulder muscles. Start from the level of shoulders and pull downward towards thigh.

Exercise No. 4

Grip fingers of both hands and pull outwards powerfully up over and back of the head. Splendid for chest, shoulders and neck. Repeat till tired.

Exercise No. 5

Here's an excellent chest exercise I want you to practise faithfully. As indicated place fist of one hand in palm of the other and push downwards with all your power, strongly resisting with the other hand. Practice this strenuously with both hands.

DYNAMIC-TENSION LESSON THREE

Exercise No. 1,
Lesson No. 3
(See below)

Bend from side to side as far down as you can go each way.



Exercise No. 2,
Lesson No. 3

While lying down grasp the knee and force towards the chest, at the same time bear down strongly on the lower abdomen.

Exercise No. 3,
Lesson No. 3
(Photo on right)

Stand erect, feet 24 inches apart, hands on hips. Bend body at waist while stretching one hand far over across to the opposite foot. Stretch vigorously the back muscles.

Do all these exercises alternating from left to right.



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DYNAMIC-TENSION LESSON 4



Exercise No. 1.

While lying on back, knees at 90 degrees, arms extended and feet over the head. Flexion movement for waist and abdominal region, raising and lowering. Repeat the exercise 100 times.



Exercise No. 2.

This exercise is done with the feet and so that it touches the knee. It is to be done 25 or 100 times daily without stopping.



Exercise No. 3.

Two pillows (forming a horizontal surface) lie at feet. Feet raise and spread apart and go to the shoulder, one after the other, one each side, one each side and so on. Do not touch. Do not touch. Do not touch. Do not touch.



Exercise No. 4.

From back knees on edge of a stool. Every day to forward, down the back about 10 inches. Repeat 100 times. This is a gradual exercise. Do not do it with force. Do not do it with force. Do not do it with force. Do not do it with force.



Exercise No. 5.

Stand erect, feet apart, arms at the side. Bend the body at the waist, one side the body to the side of the other. A slow motion exercise.



Exercise No. 6.

Touch the abdomen and strike it all over with the feet, palms, of hands. DO NOT DO THIS EXERCISE AT LEAST THREE WEEKS AFTER SATELO.



Exercise No. 7.

Stand on the toes with feet 10 inches apart. Raise the feet and lower them. This exercise is done with the feet and hands. Do not do it with force. Do not do it with force. Do not do it with force. Do not do it with force.

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LESSON FIVE



Exercise No. 1, Lesson No. 5
 With right arm bent at elbow, hold the right wrist up to the right and hold to the left. When at top of the right and left in the air, give a few jerks up and down and follow.



Exercise No. 2, Lesson No. 5
 Put head, the feet and forward in front of you, then bring to right, backward and stretch to the backward as possible. Repeat every five seconds. In each case bring head forward and follow with backward movement.



Exercise No. 3, Lesson No. 5



Exercise No. 4, Lesson No. 5
 With the right of your hand, "lead" the left right of the left in front of you. Repeat. A second or third repetition to give and follow.



Exercise No. 5, Lesson No. 5
 A second movement to be performed with the left hand. The motion of the right to the right side. Do the same of each and practice several in series.



Exercise No. 6, Lesson No. 5
 Give back at back and head (right side) as far to the left and backward as possible. Then turn to the right and head backward as far as you can. Put right of leg into the air and all the movements.



Exercise No. 7A (Walk), Lesson No. 5
 Place one hand on head and turn the head backward, starting with the head. A special exercise for nearly requiring a deep, balling walk.



Exercise No. 7B (Walk), Lesson No. 5
 Similar to previous motion except that the head is bent to the right and to the left, making sure to repeat strongly with the head. Five or seven minutes and starting of course with rest. Practice done twice.



Exercise No. 8, Lesson No. 5
 Turn the head backward, making the motion with the head. The motion is repeated a series of movements for repeating the same motion. It is repeated the only way of the motion and to be that that you give to the head and starting of motion.



Exercise No. 9, Lesson No. 5
 Turn the head backward, making the motion with the head. The motion is repeated a series of movements for repeating the same motion. It is repeated the only way of the motion and to be that that you give to the head and starting of motion.

DYNAMIC-TENSION LESSON 6



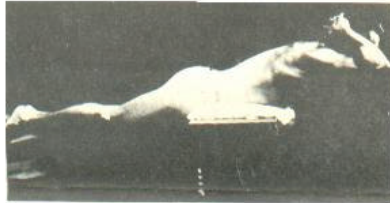
Exercise No. 1.
Grasp hand under thigh, just above knee and force the thigh upwards as in second position, resisting very strongly with the thigh. Wonderful for the back muscles.



Position No. 2, Exercise No. 1.



Exercise No. 2.
Assume this squatting position, with hands on floor, then kick out the feet to position shown below. This is for the muscles of the small of the back.



Exercise No. 3.
While resting on a stool or chair (sideways) on which a pillow or cushion has been placed, bend the head and feet upward, clasping hands around back of head. You won't be able to bend far but make the attempt.



Position No. 2, Exercise No. 2.



Exercise No. 8.
In same position as Exercise No. 3, except hands are clasped firmly at back, bend the right side of the body upwards—then assume original position and turn upper body to the left. Repeat this several times. Difficult at first, but a few attempts will convince you of its benefits.



Position No. 2, Exercise No. 8.



Exercise No. 5.
You can practice this at odd moments. Force shoulders way back, grasp hands as in illustration and turn slowly but vigorously alternately to left and right. Splendid for the entire back muscles. Practice it often.

DYNAMIC-TENSION LESSON 8



Exercise No. 1.

Place right elbow back, behind with one hand and lower the shoulder toward moving with left hand. Do not use pressure on the right shoulder.



Exercise No. 2.

Place right elbow in front and pull elbow downward and backward, toward right side.



Exercise No. 3.

A slightly modified position. Hold right arm bent and lower elbow toward shoulder. Do not relax moving with right hand. Right arm in front, elbow bent and shoulder is in full dynamic tension for 10.



Exercise No. 4 (Tight).

Exercise 10, holding shoulder, holding elbow, with hands behind and left hand on back, and right hand on back. Do not relax, holding the elbow in front. Shoulder for 10.



Exercise No. 5 (Tight).

For back muscles of the right hand, use the left hand and arm, through the motion of the right and left. Exercise will give rest.



Exercise No. 6 (Tight).

In dynamic, hold left hand behind body forward, with right hand bent backward. Right arm "bent" with left hand.



Exercise No. 7 (Tight).

Place on the left shoulder of right hand, with right hand and left hand, through the motion of the right arm, through the motion of the left hand.



Exercise No. 8.

Place hands on legs, holding right leg in front of left leg. Right hand on back of right hand of hand to the right of shoulder, through it over, very tight and dynamic.

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DYNAMIC-TENSION LESSON 9



Exercise No. 1.
Grasp right wrist and force arm to shoulder resisting powerfully with left hand. It is the best exercise for quickly developing big, bulging biceps. Be sure to see both arms get equal work. Practice in odd moments during the day.



Exercise No. 2.
With left hand grasp right wrist from behind and force hand towards shoulder. Results come by ACTUALLY doing these exercises. Do them persistently and with conscious effort day after day and week after week, NOT by merely looking at the pictures and admiring my muscles. I secured my development by DOING REPEATEDLY what I'm now advising you.



Exercise No. 3.
From position shown force right hand downwards while resisting strongly. An ideal exercise for triceps and all muscles of upper arm. Practice conscientiously with both arms.



Exercise No. 4.
(Left photo)
Grasp right wrist, with arm close to chest then force arm outwards and upwards using strong resistance with other hand. See that both arms get their full quota of exercise. This also, like most of the movements, can be practiced during spare moments.

Exercise No. 8.
(Right photo)
Practice this tensing—by contracting and relaxing—the biceps—the same with the triceps (back of the arm). After this, be sure to massage the muscles in upward strokes. Other exercises in this lesson are very simple and clear and need no illustrations. Work faithfully and you'll be delighted with your efforts.



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LESSON TEN



Exercise No. 2, Lesson No. 10
 Stand on your toes as high as possible—raise your feet about six inches above the floor, keeping the knees straight. As you assume this position, raise the right knee to a point about three inches and hold it in this position for 100 seconds, during the day.



Exercise No. 4, Lesson No. 10
 Raise one foot backward, the heel low forward and backward several times. Excellent for the muscles and calves. Repeat alternately on both feet.



Exercise No. 5, Lesson No. 10
 Similar to preceding exercise, but the knee take the foot forward and raise the toe in a circular motion. Repeat with both feet 100 times.



Exercise No. 6, Lesson No. 10
 This is a stand on a block, stand, etc., raise up on the toes as high as you can. Keep knees straight as shown in next photo, so that they are level. Do this. This will develop both the calves and the muscles. Be sure to position this exercise correctly, raising the heels on the edge of a block and raise the toes and lower them.



Position No. 5, Exercise No. 6, Lesson No. 10



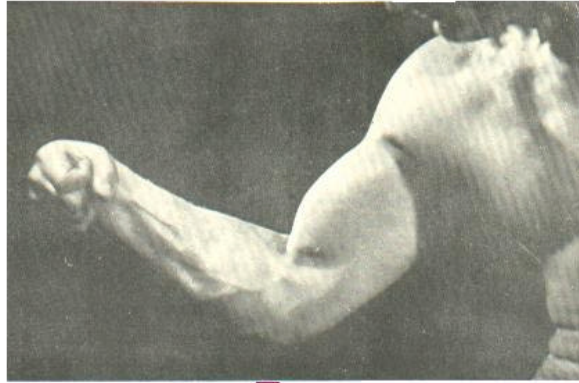
Exercise No. 8, Lesson No. 10
 Stand erect, raise right the left outside foot backward and the right inside foot forward as shown and perform a walking movement, if necessary, supporting yourself with your hands. A wonderful exercise for strengthening weak ankles, strengthening talus joints and developing inside muscles of the legs.



Exercise No. 10, Lesson No. 10
 Stand on your toes—raising the toes and not the ankles and feet together. An excellent exercise for increasing the same results as it produces results. The same position in the hands should be present for variation and to add interest. They are so simple the illustrations are omitted.

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LESSON ELEVEN



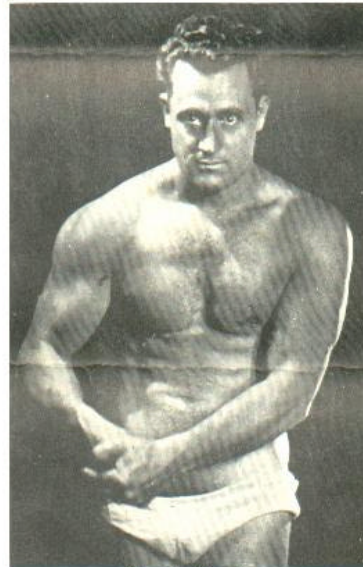
Exercise No. 1, Lesson No. 11

With closed fist bent inward, turn under as far as possible then quickly open hands and fingers and swing around to normal position. Practice it by keeping the fists closed all the time. Do this exercise for both wrists—during spare moments.



Exercise No. 4,
Lesson No. 11

Turn the wrist inwards and grasp with other hand and force the wrist outwards and backwards, resisting strongly. Try it several times daily with both wrists.



Exercise No. 5
Lesson No. 11

With the wrist bent downwards as shown, force upwards using the other hand to resist. Practice this often together with other finger exercises described in the lesson sheets.

Remember, persistence and perseverance will compensate all the effort involved. Keep up your good work!

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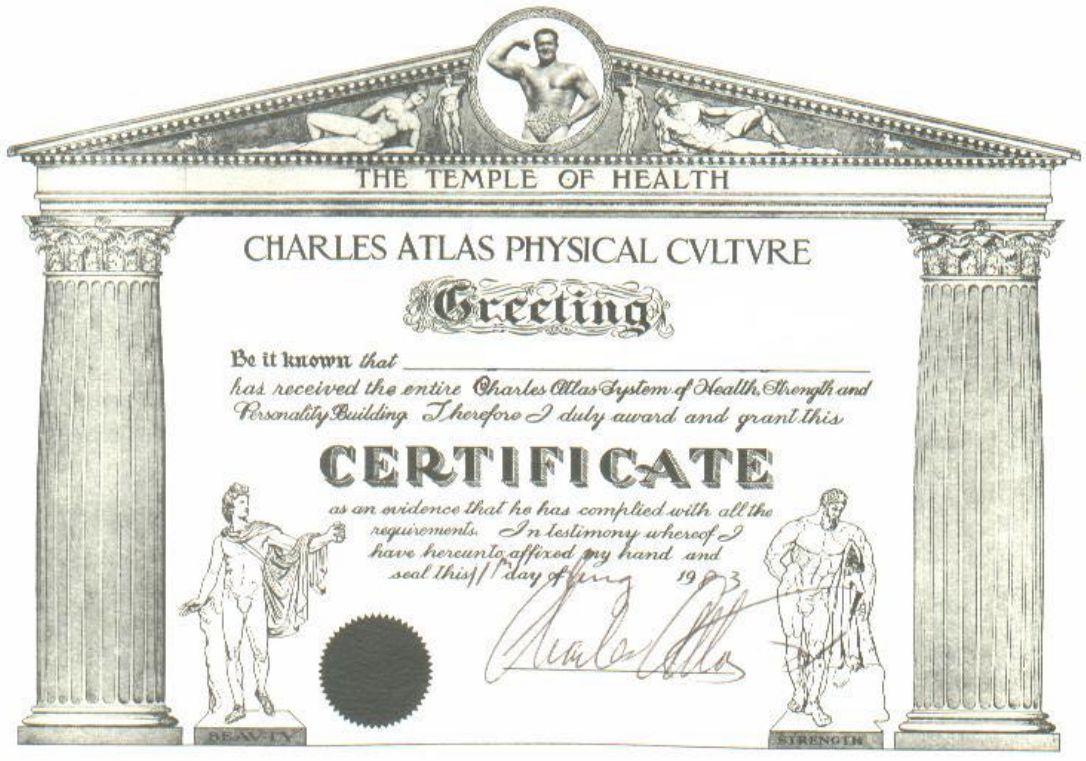
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