



Founder of the Fastest Health, Strength and Physique Building System

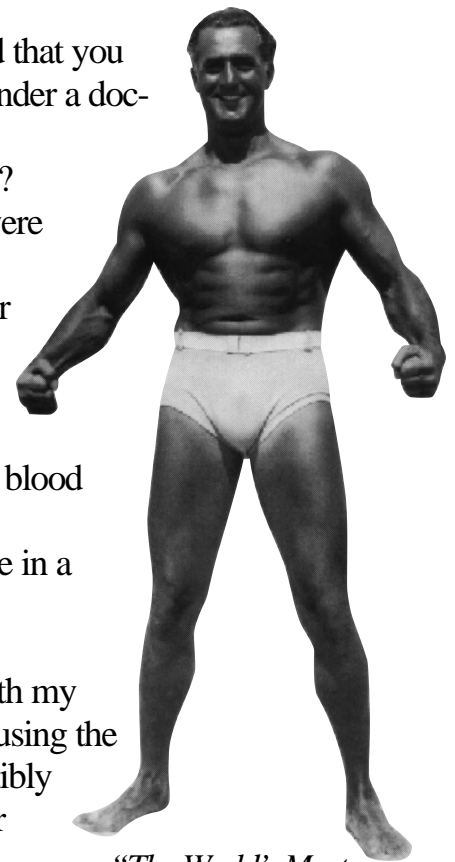
EXERCISES FOR LESSON ONE

DEAR FRIEND:

Congratulations on enrolling! 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, which would prevent or limit your participation in a physical exercise program. Before beginning consult with a physician because you must honestly answer NO to all of the following questions:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor or under a doctor's care?
2. Do you feel pain in your chest when you do physical activity?
3. In the past few months, have you had chest pain when you were doing physical work?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your daily physical activity?
6. Is your doctor prescribing any medication of any nature for a blood pressure circulatory or heart condition?
7. Do you know of any other reason why you should not engage in a physical exercise program or activity?

If you are in doubt, I suggest you ask your physician before continuing with my program. 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 by students throughout the world to be one of the greatest methods available to build muscles rapidly and SAFELY. This is



*"The World's Most
Perfectly Developed Man"*

the very same method that changed me from a 97-pound weakling and has done the same for millions 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 all 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. Also, remember as a rule, do all exercises 10 - 12 times (reps) or until you become tired, unless otherwise specified. Study the written instructions as much as the photos illustrating the exercises so that you are sure to be doing them correctly. **THE DESIRED RESULTS WILL SURELY COME! NOW, GET GOING ON LESSON ONE!**

Yours for Health and Strength,

Charles Atlas

LESSON 1

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 ten-

dency 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 your past daily habits. Day by day you must 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 PERSON WHO REALLY DESIRES 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 pleasure. 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 halfhearted manner. Avoid a lazy 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 can not live 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 LOWER 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 myriad 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 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. Practice this deep, full lower breathing every morning and night!

Dynamic-Tension is the name of my non-apparatus methods - the same methods that built me and my millions 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 a 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, in loose fitted clothing.

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

Exercise 1

Place two chairs side by side about 18 inches apart. Then with a hand resisting 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. Go down slowly, breathing in and then come up slowly, 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.

Exercise 2

Here is another very potent exercise, also one of my favorites. 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.

Exercise 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.

Exercise 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.

Exercise 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.

Exercise 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.

Exercise 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 you 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 grime. 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 limp and lifeless. Learn to LET GO and AVOID ALL TENSED STIFFNESS. Then follow this by trying to make the mind blank. Blot out all worries, fears, anxiety, thought 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 day, 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 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 normal.

With best wishes for your progress,

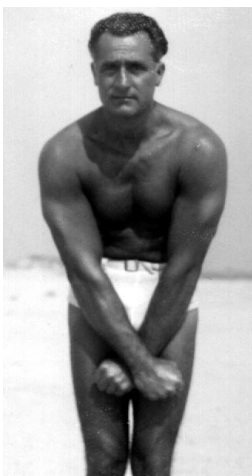
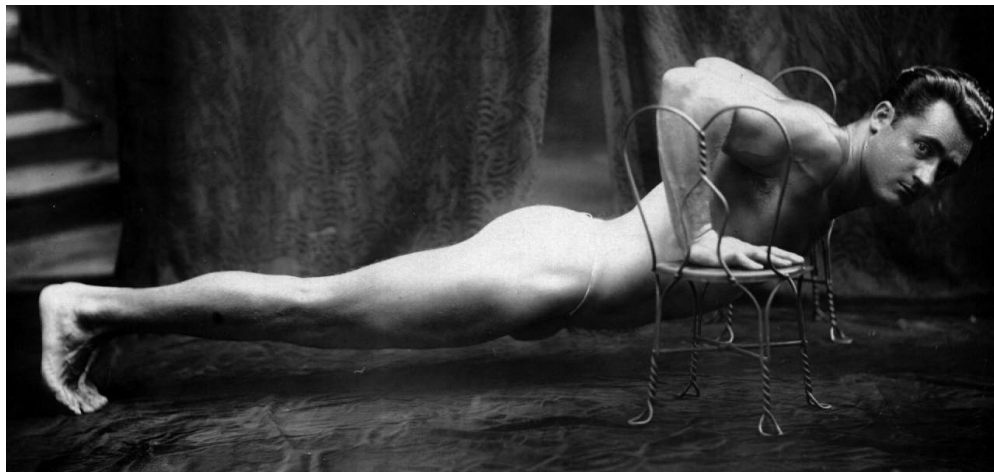
Yours for Perfect Development,

The signature of Charles Atlas, written in a red, cursive script.

P.S. Don't forget to write and tell me how you are getting along.



Exercise No. 1. Assume position as shown, between two chairs, arms rigid, then bend arms as in the next picture. Go up and down as many times as possible. Rest. Repeat exercise till thoroughly tired. Rest and continue again. This must be practiced faithfully every morning and night throughout the entire course and during life.



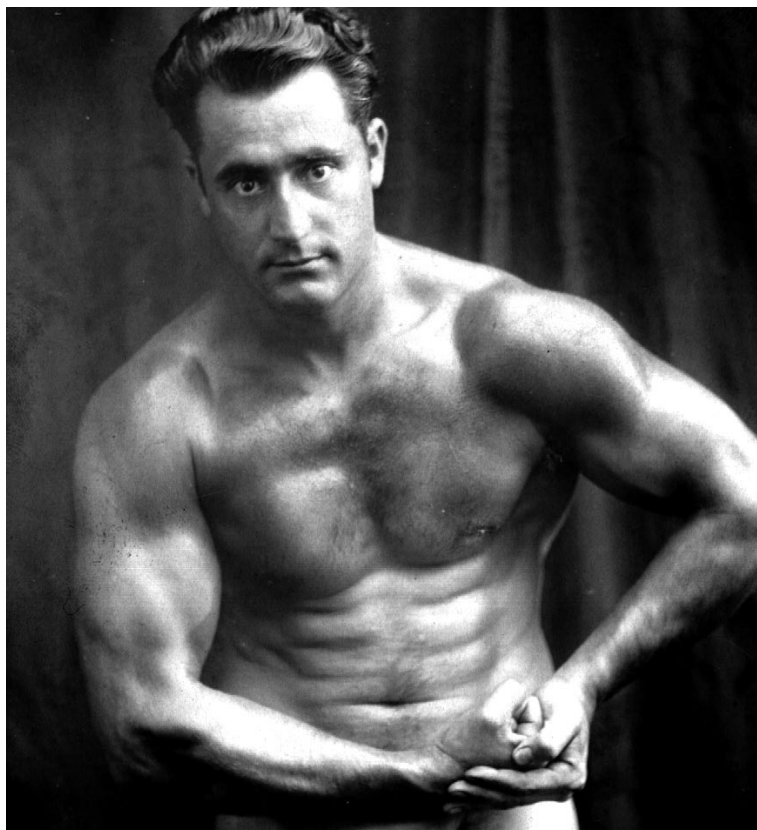
Exercise No. 2. A powerful deep breathing exercise. First empty lungs by crossing arms across the chest and exhaling. Now slowly inhale, fling arms outwards and upwards. Practice this before an open window and breathe deeply.



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 on 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 practice faithfully. As indicated, place the fist of one hand in the palm of the other and push downwards with all your power, strongly resisting with the other hand. Practice this strenuously with both hands.



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E X E R C I S E S F O R
LESSON TWO
NUTRITION

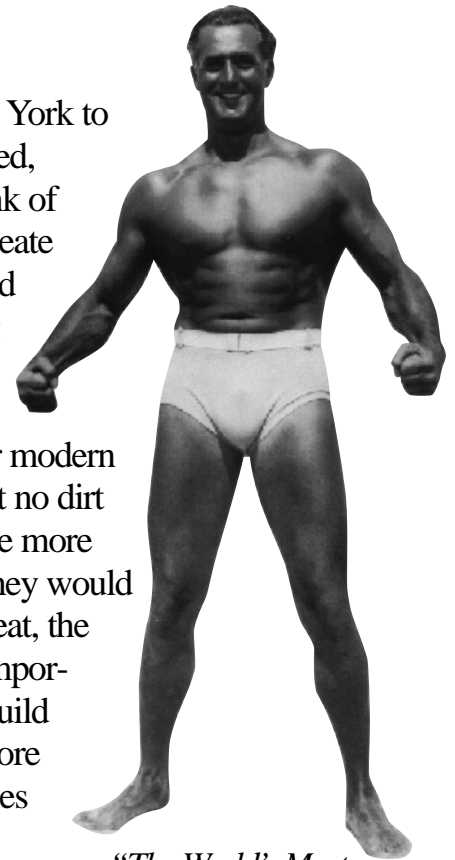
DEAR FRIEND:

How was that first week's 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 WILL NOW LEARN THE TYPES OF FOODS AND WHICH ONES GIVE HEALTH, POWER AND GREAT ENERGY.

The huge 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 eat, the way in which you eat them and at what times 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.



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Perfectly Developed Man"*

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, among other things, repair the waste and worn-out tissue, build up the brain, supply the cells with the elements of life, and also store fat.

The seven principal classes of nutrients are:

1. **PROTEIN**, largely composes muscles, organs, antibodies and all enzymes.
2. **CARBOHYDRATES**, the body's principal source of energy
 - a. Simple Carbohydrates - all sugars including dextrose, maltose, lactose, table sugars (sucrose)
 - b. Complex Carbohydrates - primarily starches. Some examples are bread, rice, pasta beans, fruits, vegetables and potatoes
3. **VITAMINS**, helps to regulate many bodily functions, including the digestive and nervous system
4. **MINERALS**, essential for numerous processes from bone formation to heart functions; they become part of the body.
5. **FATS**, Numerous body functions from warmth to maintaining healthy skin.
6. **FIBER**, aids in the elimination of body waste and reduces the risk of contracting certain diseases; the indigestible part of the carbohydrate.
7. **WATER**, basis for all body fluids, cell processes and organ functions.

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, to maintain good health you should eat from all the seven classes of food daily. If one or more are omitted, you will suffer the consequences of undernourishment. There are other important factors to be taken into consideration, such as the right proportion of foods in each of the seven 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 protein:

1. Nuts
2. Eggs
3. Beans, soy, peas
4. Milk and Cheese
5. Poultry
6. Lean Meats
7. Fish

Carbohydrates: foods containing simple and/or complex carbs are:

1. Bread
2. Macaroni, spaghetti
3. Table sugar
4. Syrup
5. Cereals
6. Meals & Flours
7. Crackers
8. Potatoes

Those foods very rich in Vitamins are:

1. Green Vegetables
2. Oranges & Lemons
3. Butter
4. Melons
5. Tomatoes
6. Herbs
7. Bananas
8. Root Vegetables

The foods predominant in fat are:

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

Another group that cannot be overlooked are the minerals, including:

1. Shellfish
2. Apricots
3. Fluoridated Water
4. Broccoli
5. Whole Grains
6. Leafy Green Vegetables
7. Organ Meats

The foods giving the essential fiber are:

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

Note that the selection of foods is derived from fruits, vegetables, dairy products, meats, oils, cereals and their products, fish, poultry and preserves. This includes a large selection in each respective food group, but you must exercise care and choose only those that are called organic or unde-

natured foods. That is, foods from which the life-principal has not been extracted by commercial processes.

Before going further, I will describe those particular foods which hardly contain any nutritional value. Undoubtedly, the greatest food products condemned as lacking in the vital elements of nutrition are white bread and all white flour products. In the refining process of white flour, the millers have unwisely extracted most of the important food constituents. Most enriched white bread replaces only four of the twenty-two nutrients it originally started out with before the milling process and contains seventy-five percent less fiber than whole wheat breads. This is a crime. Along with white bread should be included such things as pies, puddings, pastry, cakes, doughnuts, rolls, muffins, cookies, biscuits and similar preparations made from white flour. This white flour is the real part the millers should throw away for lack of nourishment. You can not become healthy or strong by eating this product.

Whole wheat, on the other hand, has more vitamins, minerals and fiber than enriched white bread. The whole wheat kernel contains all the essential food qualities in almost perfect proportions. However, bread advertised as "whole wheat" must be made from one-hundred percent whole wheat flour. Breads that are labeled "cracked wheat" or "sprouted wheat" usually contain a large percentage of white flour. Many 'so called' wheat breads, for example, contain about seventy-five percent WHITE FLOUR. So, don't be fooled by the labels. Any product labeled "whole wheat" must have whole wheat flour listed as the only type of flour used.

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. 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 greatly decrease 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: the saturated fats in some meats can be a threat to health. Eating an abundance of fat can lead to elevated levels of blood cholesterol, which in turn may lead to clogged arteries, which can lay the foundation for heart disease and heart attacks. 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 such as ordinary rice. Rather, substitute organically grown brown 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. Brown rice, 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 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 teapot 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 a strong

perfect body for you. It is essential that you grasp this idea and at all times refrain from eating anything which has no real nutritional 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 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 avoided and even reversed 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 and exercising regularly, you will, other things being equal, become normal. Be sure, however, that your energy output is equal to or exceeds your caloric intake. On the other hand, if underweight, you can make considerable gains by following 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 be more likely to have healthy 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 beforehand 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 protein (muscle forming) foods at one meal. Nor should you eat all starch or carbohydrates 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. 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 unmasticated 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 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 food 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. What has been said regarding sodas applies equally to the habit of drinking soft drinks and the like from fountains. Rushing for a soda 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 worry, 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 overeating. 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 overeating. 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 sweeping the debris from the system it is also a vitalizing element, because 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 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 pinholes. 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 it 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, miner-

als and vitamins. This can be assured if you have a vegetable soup, lean meat or cheese omelette, etc., nutloaf, green vegetables, potatoes, fruit salad or fruit of some kind. If you have potatoes, you do not need macaroni, spaghetti or rice 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 midday, 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 now say Good-bye until Lesson No. 3.

Charles Atlas®

Founder of the Fastest Health, Strength and Physique Building System

EXERCISES FOR LESSON THREE DIGESTIVE AND INTESTINAL MAINTENANCE

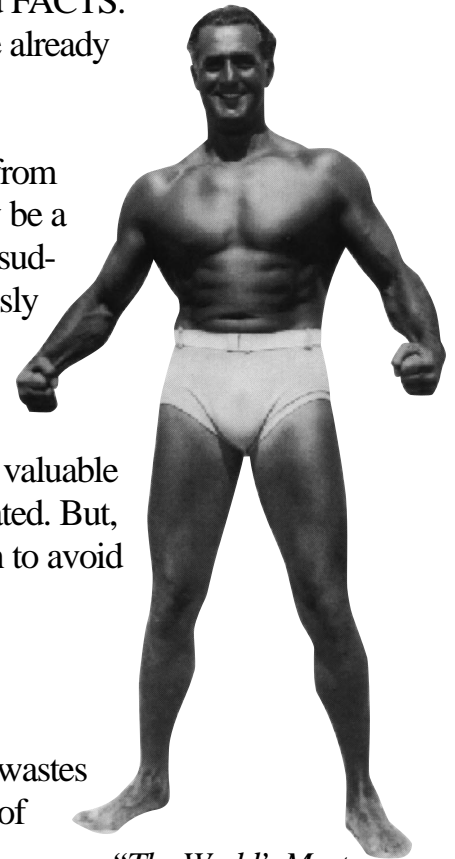
DEAR FRIEND:

In this lesson you will find the main facts about one of the most common 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 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 liver, and waste 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



“The World’s Most Perfectly Developed Man”

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 waster 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 one of a variety of causes but most often from faulty living: bad habits, faulty nutrition, drinking too little water, overwork, overworry, 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, 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 eliminations and the greater the accumulation of waste 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. 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 waste; 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 accumulated 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 overuse 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 stim-

ulated (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 system. 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 aftereffect. 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 insure the normal movement of the bowels. A well-balanced diet, as I explained in the lesson on nutrition, provides all the vitamins and other indispensable foods necessary for health. Lack of vitamins can cause intestinal sluggishness as well as loss of appetite and actual muscular weakness. An abundance of vitamins, supplied by fruits, fresh green vegetables, milk, eggs and lean meats, promotes the health and normal vigorous activity of the intestinal muscles as well as leading nourishment to 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 juices of a lemon in a glass of warm water may be a token regularly every morning upon arising; I have made this my routine procedure and have found it extraordinarily 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 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 (overworry, anxiety, or simply stress).

Vegetable juices, such as tomato juice and mixtures of juice (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.

FIBER

You have already learned (in the lesson on nutrition) that fruits and vegetables are valuable in providing fiber, that portion of the food which is not digested but which helps the intestines to move the waste along. A certain amount of fiber is necessary in the diet of every normal person. Constipation is sometimes caused by lack of sufficient fiber; be sure that your diet is varied enough to provide the needed dietary (mixture of water soluble and insoluble) fiber for the intestinal wastes. (BUT the tendency toward intestinal gas, bloating and cramps is increased in certain people when comparatively large quantities of fiber are included in the diet; this is true particularly of high-strung, nervous individuals.) Therefore, unless your doctor finds extra fiber to be necessary in your case, don't go out of your way to increase greatly the quantity of fiber in your diet. That is, take care not to overeat or stuff yourself with too much fruit pulp or bran. Remember, moderation in all things, including your diet is essential for health. Bran and other foods, (raw fruits, coarse vegetables) containing a great deal of fiber may clog the intestines and even cause irritation and abnormal contractions (spasms) of the intestinal musculature. When in doubt, get first-rate medical advice. 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 underrating. 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.

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.

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.

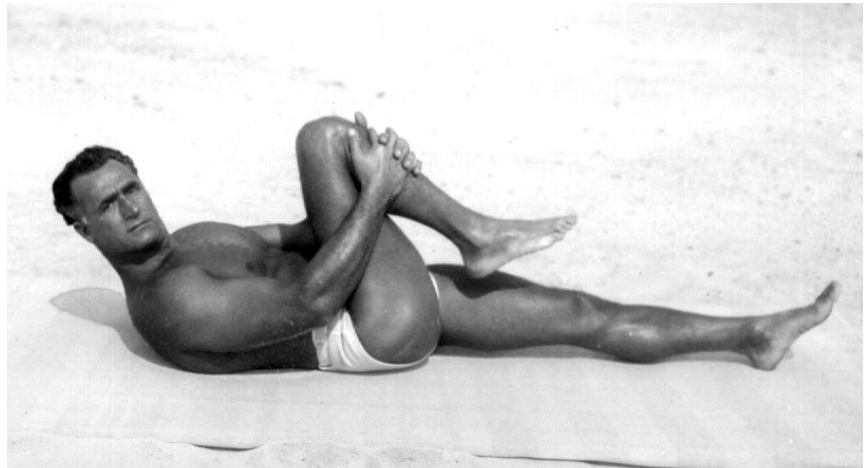
EXERCISE 3 - Position: Stand erect, feet about 20 inches apart, hands on hips. Exercise: Bend knees slightly. With left hand resting on left knee, slowly extend your right arm, making an effort to touch the floor with your right hand just in front of your left foot. Gradually return to starting position. 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.

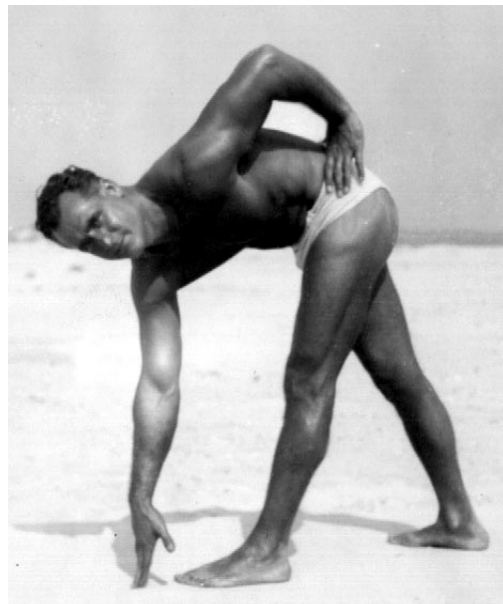
NOTE: The illustration on the proceeding page is a more advanced version of this exercise. Please use caution when doing the more advanced version and never strain yourself when performing this, or any other exercise.



Exercise 1 - Bend from side to side as far down as you can get each way



Exercise 2 - While lying down, grasp the knee and force towards the chest, at the same time, bear down down strongly on the lower abdomen



Exercise 3 - Stand erect, feet 24 inches apart, hands on hip. Bend body at waist while stretching one hand far across to the opposite foot. Stretch vigorously the back muscles.

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EXERCISES FOR LESSON FOUR SPECIAL ABDOMINAL EXERCISES

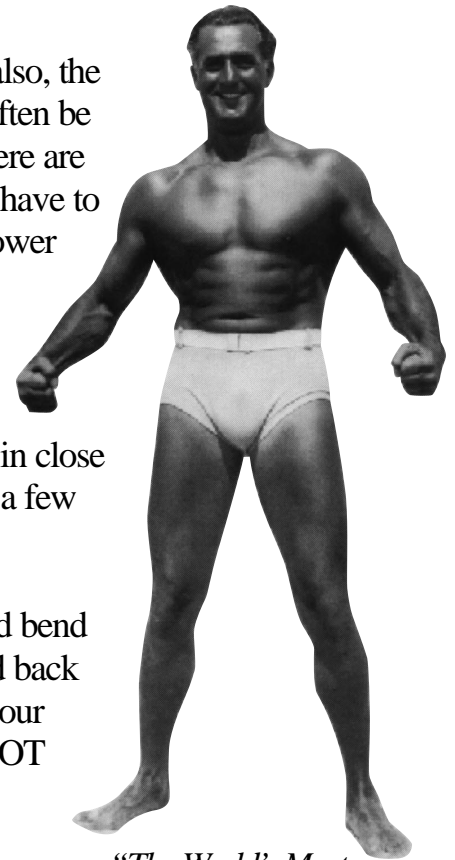
DEAR FRIEND:

The importance of a strong abdomen can not be 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 abdominal muscles will stand out firmly like a wash board. So, let's DO the exercises!

EXERCISE 1 - While lying flat, in loose or breathable 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, crossing arms across chest, sit up and bend forward. Come up approximately 12 inches, while keeping head, neck and back perfectly straight. As you increase your strength in this movement, place your hands on the sides of your head. Repeat each movement until tired. **DO NOT STRAIN.** These exercises are very effective, if practiced regularly. *Note: Advanced students may place hands behind head without clasping fingers as in photo illustrated.



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EXERCISE 3 - Lie flat on the 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 2 or 3 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 the picture and note the muscles brought into play during the exercise.

EXERCISE 5 - Here is a great 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.

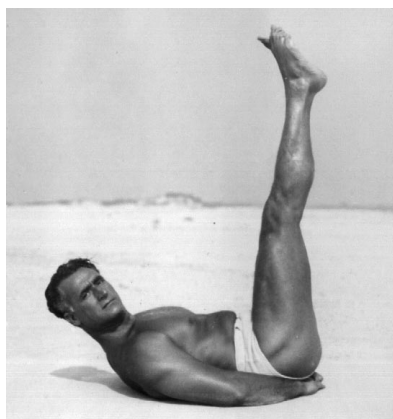
EXERCISE 6 - With your back towards the floor, bridge your body from a chair to the floor as shown in the illustration. Now permit your body to sink slowly; then come up. Do this several times. Do it slowly and carefully, and do not strain. This is an all around stimulating movement for the abdomen and 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 lifeblood. Do this for about 45 - 60 seconds.

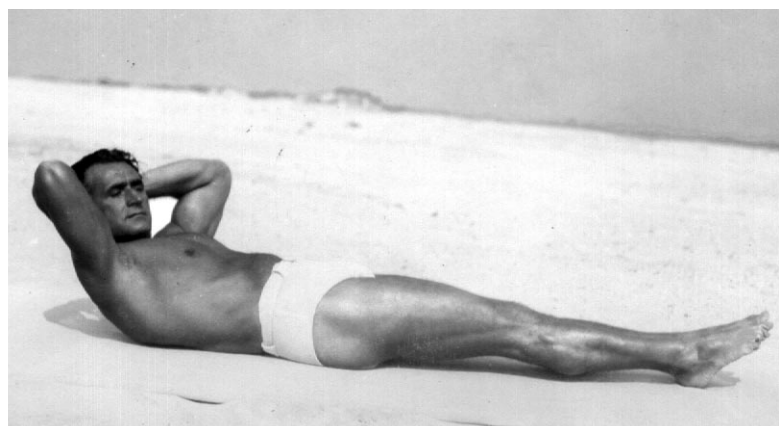
EXERCISE 8 - Sit on a stool or side of a chair, which should be placed about two feet from the edge of the bed. Place the feet under the bed then bend your body as far back as it will go, and come slowly forward to a sitting position. Keep the hands clasped on back of the neck. This is a very vigorous 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.



Exercise No. 1. While lying on back, hands at side, bring feet upward and way over head. Powerful movement for making abdominal region strong and muscular. Repeat exercise till tired



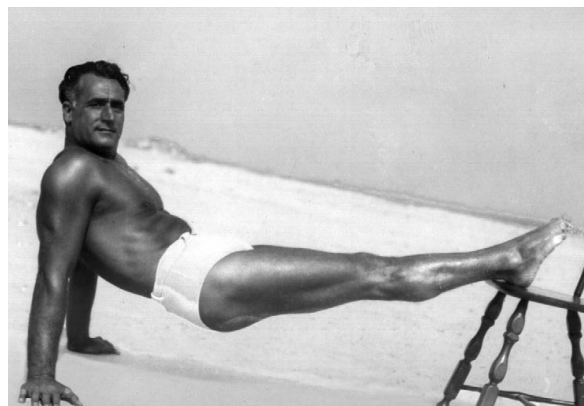
Exercise No. 2. This time raise upper trunk, bring head over so that it touches the knees. Aim to do this at least 75 to 100 times daily without straining.



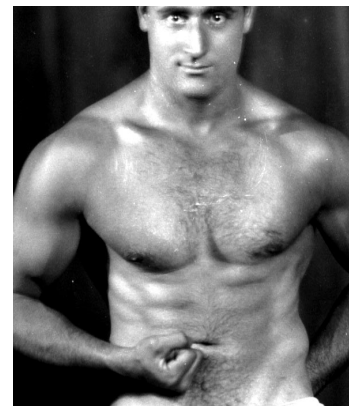
Exercise No. 3. Lie on your back, raise feet, spread them out as far as possible. Now close, cross over each other, continue, relax and repeat several times. These are wonderful exercises. Please don't neglect them.



Exercise No. 4. Grasp hands firmly on arms of a chair. Bring feet to position shown, then bend elbows, allowing body to slowly sink, then straighten arms. This is a difficult exercise, but a little practice will enable you to do it many times.



Exercise No. 5. From position indicated, permit the back to touch the floor, then raise the body to the level of the chair. A most effective exercise.



Exercise No. 7. Tense the abdomen and then strike it all over with the fists, gently of course. DO NOT DO THIS UNTIL AT LEAST THREE HOURS AFTER EATING.



Exercise No. 9. Stand on toes, with feet about 20 inches apart. Bend knees and lower body. Extend arms between legs and touch floor. Reach as far back as possible, tensing abdominals. Continue forcing hands further backward, always tensing abdomen. Try several times - relax and repeat.

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EXERCISES FOR LESSON FIVE THE SPINE AND BACK MUSCLES

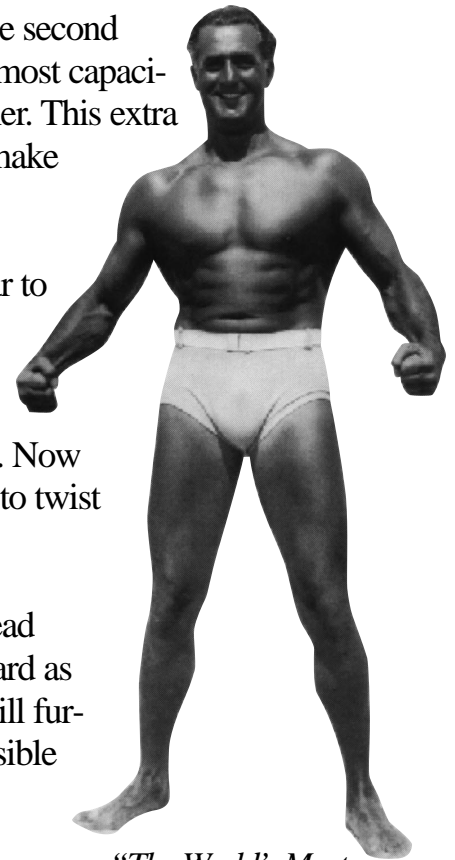
DEAR FRIEND:

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 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 around. Continue until slightly tired. Alternate turning left and 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 fast as possible. Perform the same movement again and stretch the neck still further forward and further backward. Make the exercises as vigorous as possible without straining or discomfort.



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SPECIAL EXERCISES

The kidneys are glandular organs and their strength is of prime importance and must be maintained at all times. They 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.

FIRST EXERCISE: Standing with feet about ten inches apart and upper trunk bend 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 back, 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 slightly bent; come upward and bend 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. But - 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.

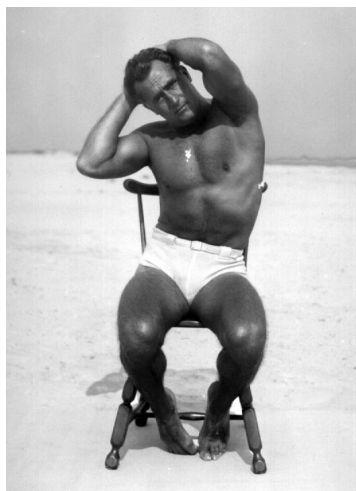
EXERCISE 5 - Turn the head far downward, slowly bend around to the right, then backward to the left and round to the front again. Make this circular motion as energetic as possible without straining. Please relax thoroughly after each of these neck exercises and gently massage the neck. Exercise this 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 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.

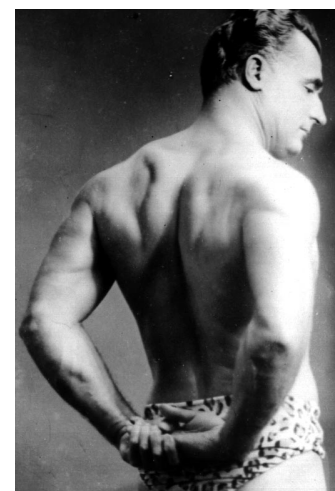
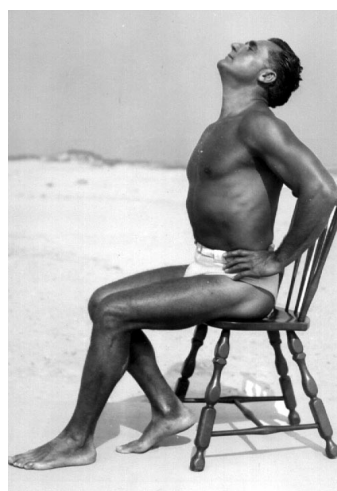
Next Lesson I shall give you the Dynamic-Tension way of getting a strong, powerful back.



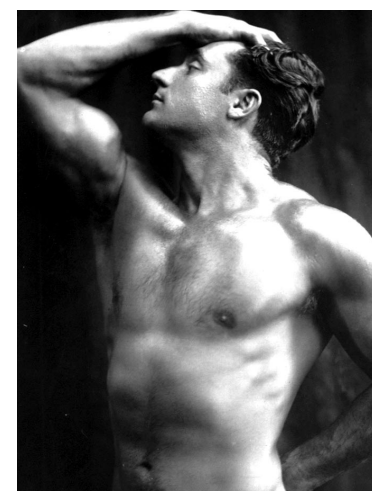
Exercise No. 1. Grasp head as shown. Bend neck to right and then to the left. When as far to right and left as you can go, make a few attempts to bend neck farther.



Exercise No. 2. First bend head far forward and then stretch far back. Repeat several times. Remember to exhale while bending forward and inhale when stretching backwards.



Exercise No. 3. (Kidneys) Grasp hands at back and bend upper body as far to the left and backwards as possible. Then turn to the right and bend backwards as far as you can.



Exercise No. 1. (Neck) Place one hand on forehead and force head backwards resisting with the head. Great for quickly acquiring a thick, bull-like neck.



Exercise No. 3. (Neck) Similar to previous exercise except the head is bent to left and then to right, make sure to resist strongly with hand.



Exercise No. 1. (Kidneys) With the edges of your hands, chop the entire region of the back, as far as you can reach. A powerful but natural stimulant to liver and kidneys.



Exercises for the Face. This may look funny...but they really work for perfecting facial muscles. They merely suggest a variety of movements possible for improving the face. Since your face is practically the only part of you that others see, it is vital that you give your facial muscles the care and attention they require.





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E X E R C I S E S F O R
LESSON SIX
BACK EXERCISES

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.

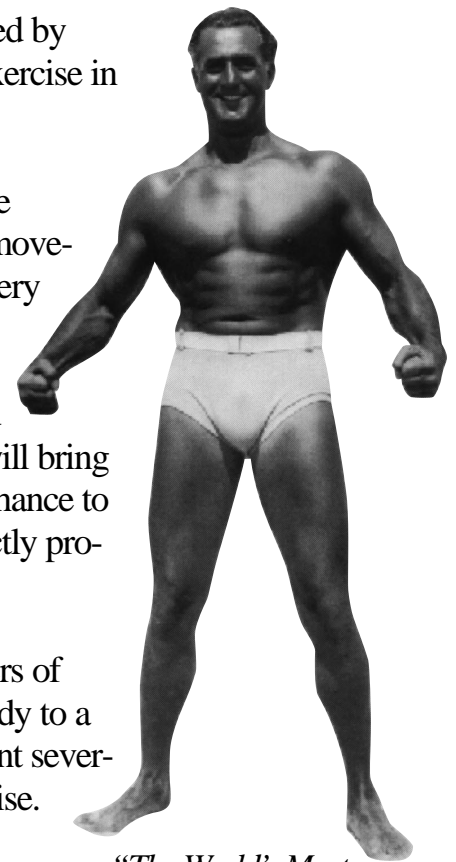
Everyone loves to see a strong, powerful back. It seems to be synonymous with tremendous power. The many layers of muscles on the back are quickly developed by Dynamic-Tension® , which fact should encourage you to perform each exercise in this series faithfully and intelligently.

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



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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 muscle 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 up 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 down 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. 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 minutes rest. Relax

thoroughly every muscle in the part involved by allowing it to become quite limp. **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:

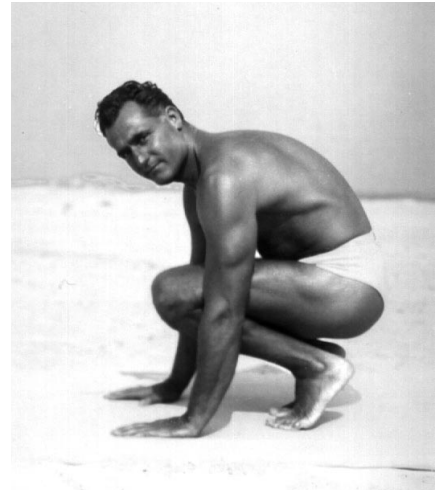
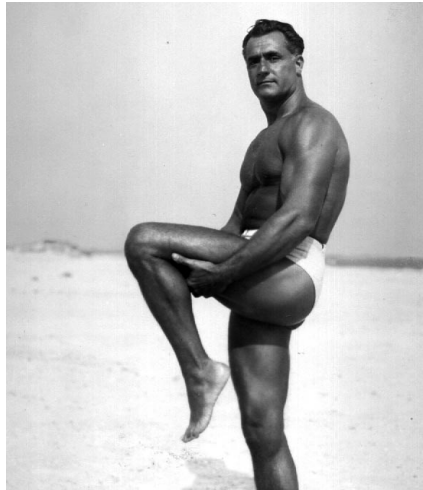
As soon as you have completed your exercise and relaxed - shake the arm limply while still entirely relaxed. If it is the leg, shake that, if the body, shake the trunk loosely. In this way you release all the stiffness. Following this, get hold of the group of muscles exercised with your hands and gently 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 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 keeps 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,

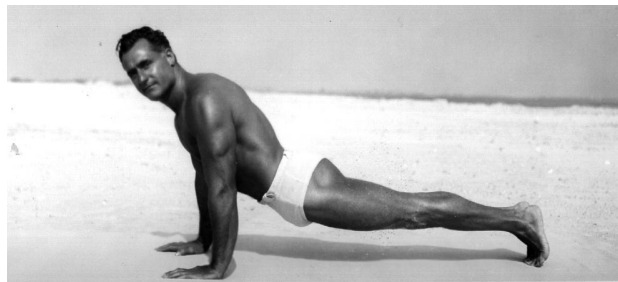
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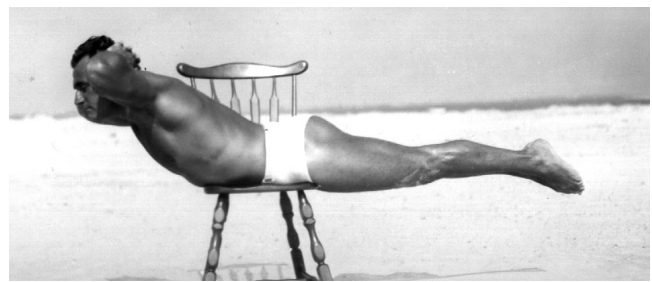
Exercise No. 1 - Grasp hand under thigh, just above knee and force thigh upwards as in second position, resisting very strongly with the thigh. Lift up as high as possible. This exercise is really wonderful for conditioning your back muscles.



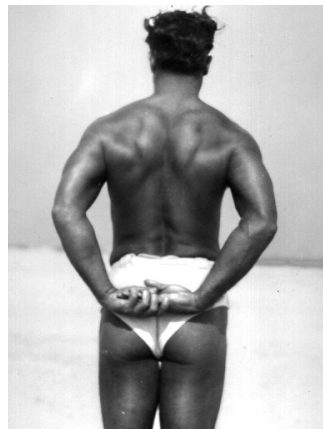
Exercise No. 2 - Assume this squatting position with hands on floor, then, kick out the feet to position shown below



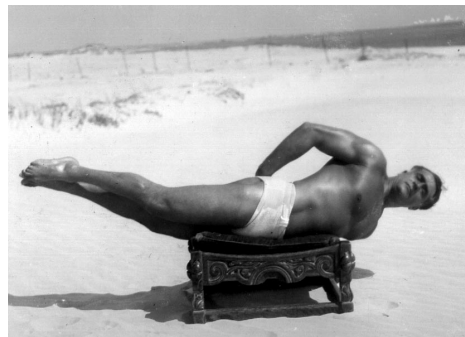
Exercise No. 2 , Position 2



Exercise No. 3 - While resting on a stool or chair on a pillow or cushion, bend head and feet upward, clasping hands around back of head. You won't be able to bend far but try.



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



Exercise No. 8 - In the 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.



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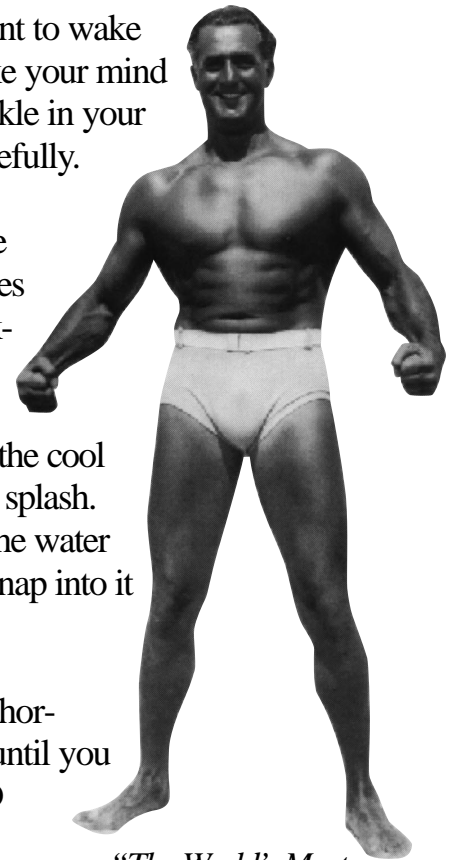
EXERCISES FOR LESSON SEVEN THE TRUE TONIC OF LIFE

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 bathtub, 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 beforehand and are quite warm. **IF YOU ARE COLD OR CHILLY REFRAIN FROM THIS COLD WATER RUB. BE SURE AND GET WARM FIRST.**



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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 SINGLE SOURCE

Perhaps one of the greatest and most effective source 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 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 in a healthy condition is highly benefited by the application of **COLD** wet cloths. What has been said with regard to the reproductive organs 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 a 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 not 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 wide 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. 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 or 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 weekends. 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 ultraviolet 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 with olive oil, resting the part for a few days. Pure air and the sun's warm infrared and ultraviolet 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 ultraviolet 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 exercises.

Yours for Health and Strength,



Charles Atlas®

Founder of the Fastest Health, Strength and Physique Building System

EXERCISES FOR LESSON EIGHT SHOULDERS; THIGHS AND LEGS

DEAR FRIEND:

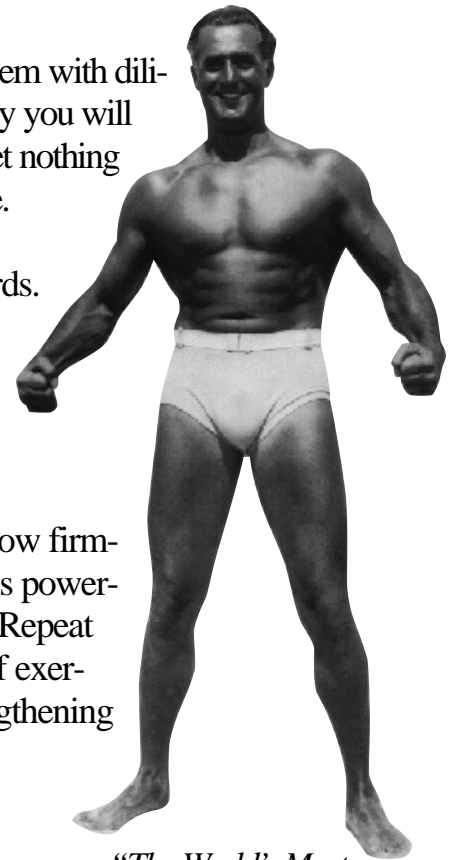
Whenever I think of the shoulders I always associate them with massiveness and great strength. I use the expressive term - broad powerful shoulders - as an indication of one of the dominating parts of the body. And yet how few of us have shoulders that we are proud of! The exercises fully described here 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 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, relaxing between each effort. This movement greatly strengthens and develops the front part of the shoulders. Practice it regularly.

EXERCISE 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. 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 3 - Place your right arm downward and slightly backward and grasp the right WRIST with the left hand in back of you. Raise the



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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 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 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 willpower 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 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 outlined in this lesson. 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 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 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 4 - Assume the squatting position, sitting on the heels, with the knees wide apart. Grasp the knees with the hands just **INSIDE** and try to bring the knees together resisting strongly by pushing the hands outward. Continue until tired.

EXERCISE 5 - While in the same position as the preceding movements 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 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 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 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 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.

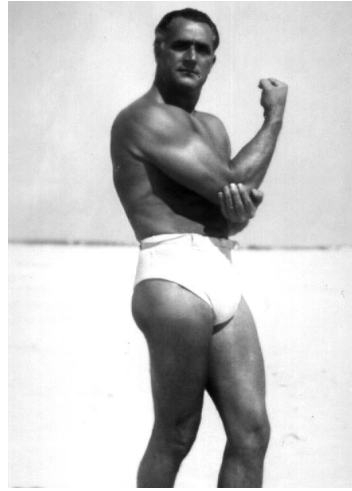
SPECIAL NOTE: All exercises for the thigh and abdomen are also very valuable for strengthening internal organs, giving them remarkable power and vitality. These exercises constitute the natural preventative for rupture and the possibility of hernia by strengthening all muscles, ligaments, cords and tendons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

Yours for HEALTH and STRENGTH,

Charles Atlas



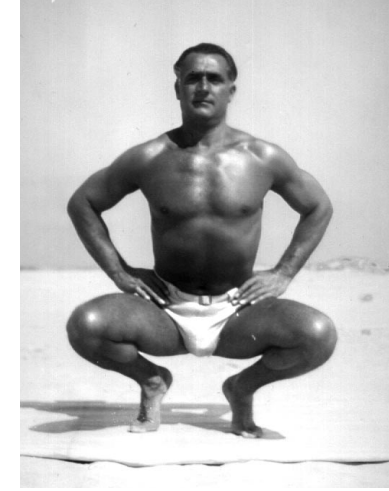
Exercise No. 1. Grasp right elbow from behind with left hand and force the shoulder forward with left hand. Be sure to practice this for BOTH shoulders.



Exercise No. 2. Grasp right elbow in front and force elbow downwards and backwards, resisting with other hand.



Exercise No. 4. A valuable exercise for shoulders. Hold wrist of one hand and force arms towards shoulders. Do this while resisting with other hand. Practice this for both shoulders until tired - do it in odd moments during the day.



Exercise No. 2. (Thighs) Perform this squatting exercise - supporting yourself with hands holding chair or table and raise up and down on your toes, bending knees as shown. Marvelous for thighs and great for calves. To get quick results, this should be practiced at least 100 times daily, doing as many as possible, rest, relax, repeat.



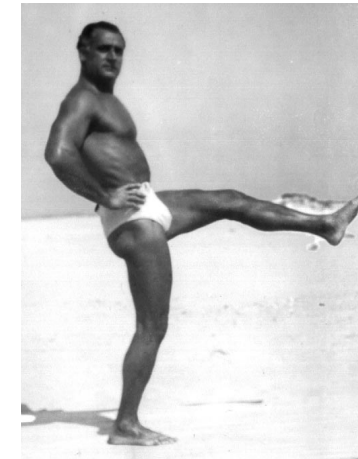
Exercise No. 6. (Thighs) For back muscles of the thigh, bend the leg far backwards and upwards, tensing the muscles of the thigh and leg. Practice with both feet.



Exercise No. 7. (Thighs) As shown, bend left knee, thrust body forward with right foot far backwards. Repeat this "lunge" with both feet.



Exercise No. 8. Stand on one foot, hands on hips, and raise other foot and make a complete half-circular movement and repeat several times alternately with both legs.



Exercise No. 9. (Thighs) Stand on one foot, hands on hips, raise the other foot and make a complete half circular movement and repeat several times, alternately with both legs.



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EXERCISES FOR
LESSON NINE
THE UPPER ARMS

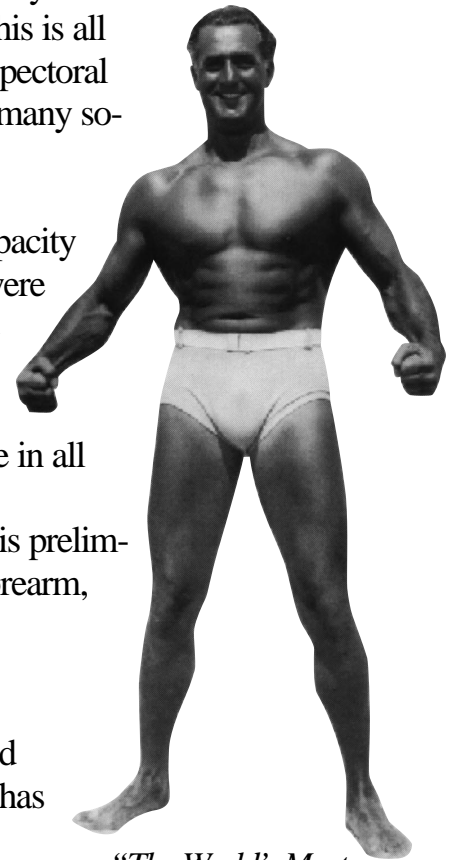
DEAR FRIEND:

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 many instructors 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 muscular 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



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exer-

cises here 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 can be sure 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 biceps.

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

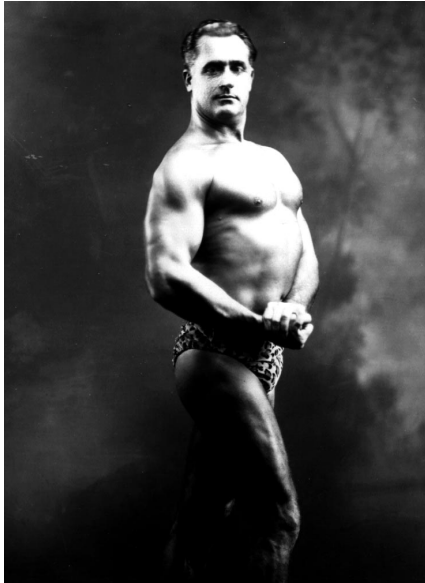
of both hands and resist with the left while pushing the right arm outwards and downwards. A splendid exercise for developing the triceps. Try it with the left arm, too. Continue until fatigued.

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.

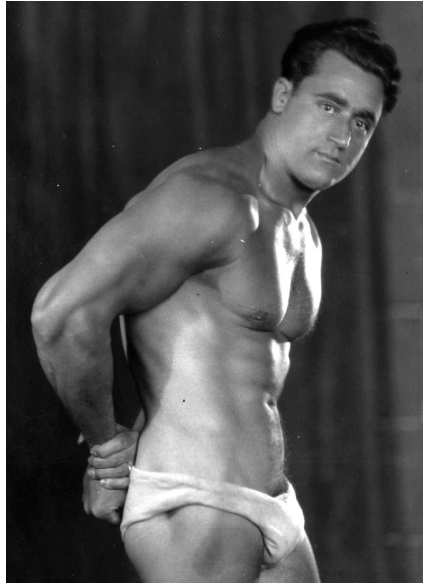
EXERCISE 7 - Allow the arm to hang perfectly limp, now vigorously tense the tricep muscle of the upper arm. Compel it to stand out in bold relief. Make it feel hard and solid, by directing the mind into it. Relax, now shake the arm so that it is entirely limp again. While the tricep is tensed, relax 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 biceps 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. 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.

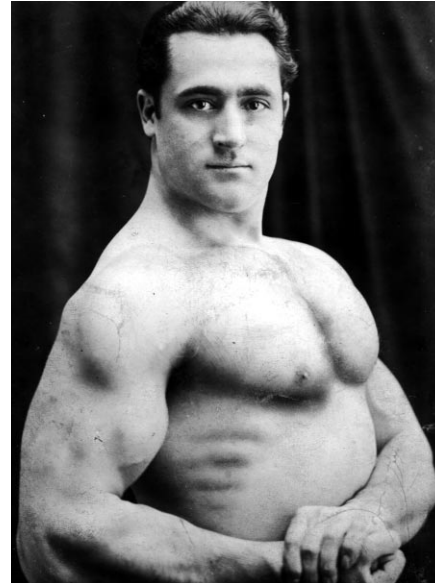
Yours for HEALTH and STRENGTH,
Charles Atlas



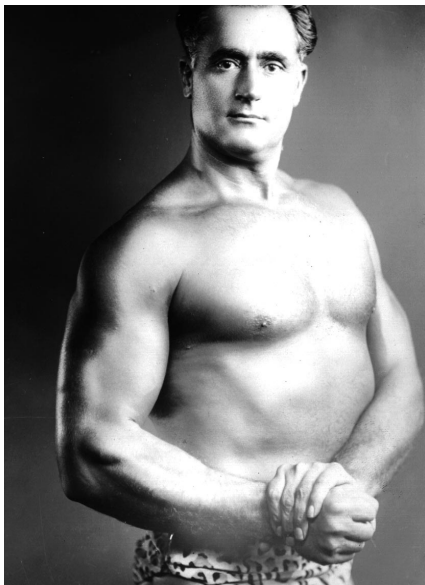
Exercise 1 - Grasp right wrist and force arm to shoulder, resisting powerfully with left hand. It is the best exercise for quickly developing big, bulging biceps. Be sure to see both arms get equal work. Practice in odd moments during the day.



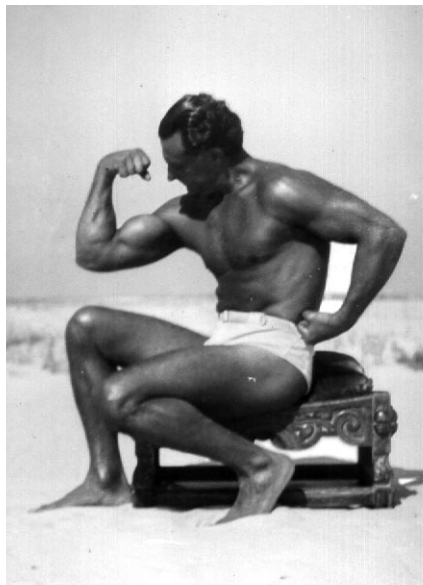
Exercise No. 2 - With left hand, grasp right wrist from behind and force hand towards shoulder. Results come by actually doing these exercises. Do them with conscious effort day after day, and week after week.



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



Exercise No. 4 - 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 full workout. Practice during spare moments.



Exercise No. 5 - Practice tensing by contracting and relaxing the bicep...the same with the triceps (back of the arm). Afterwards, be sure to massage the muscles with upward strokes.

All the other exercises in this Lesson are very simple and clear and need no illustrations. Results are gained by doing these proven exercises repeatedly. Work faithfully and you'll be delighted with your efforts.

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EXERCISES FOR LESSON TEN THE CALVES

DEAR FRIEND:

How are you today? I was just thinking that with 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.

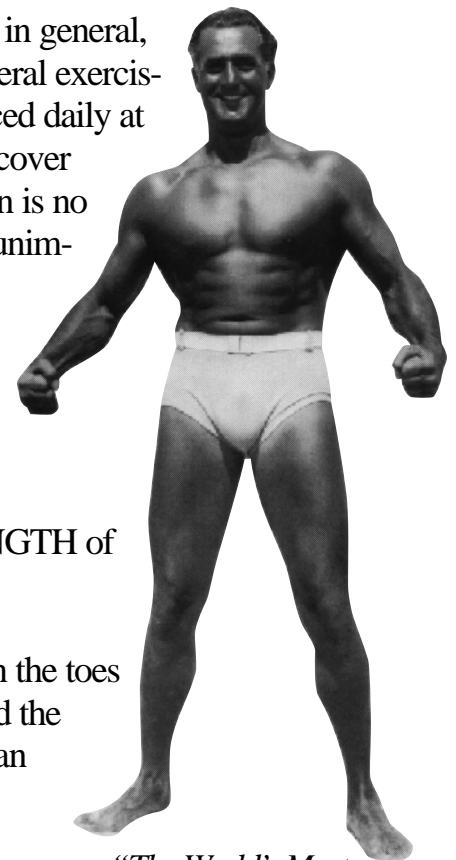
I am giving you a number of special exercises for the calves, legs and feet in general, because I want you to have well-developed calves. Although there are several exercises here, they are not at all difficult, and the majority of them can be practiced daily at odd moments. It is important that you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



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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 your 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 toes, resisting with the fingers which are placed on the outside of the feet.

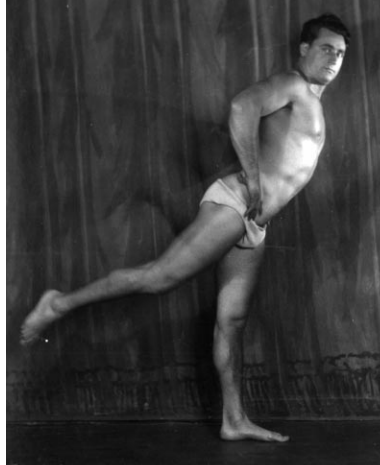
The performance of these exercises will not take many minutes, and if you practice them regularly, you will notice a very marked improvement. It is a very good plan to take your calf measurements and watch the increase each month. I will repeat, you cannot secure health and strength unless you are willing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

Yours in **HEALTH** and **STRENGTH**.

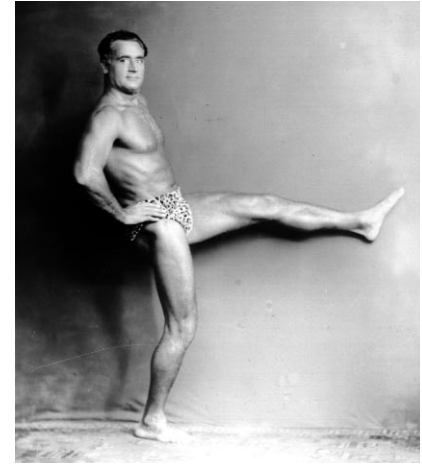
Charles Atlas



Exercise No. 3. Rise on your toes as high as possible - make three or four efforts to stretch upwards, tensing the calves vigorously. As you resume normal position, relax the calf muscles. Continue many times morning and night, or if you prefer, at odd moments during the day.



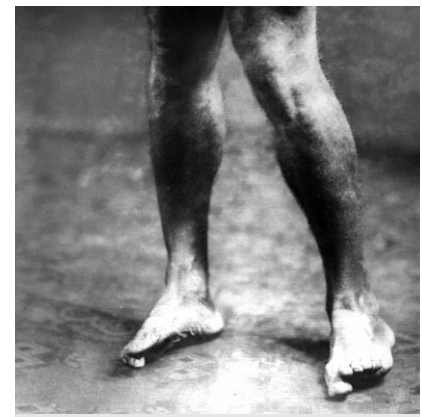
Exercise No. 4. Raise one foot backwards then bend toes forward and backwards several times. Excellent for shin muscles and calves. Practice alternately for both legs.



Exercise No. 5. Similar to preceding exercise, but this time, raise the foot forward and twist the toes in a circular motion. Repeat with both feet until tired.



Exercise No. 6. Stand on a block, stair, etc., raise up on the toes as high as you can, then lower the heels as shown in the next pose, so they are below the toes. This will develop both the calves and shin muscles. Also practice this exercise reversed, resting the heels on the edge of a block and raise the toes and lower them.



Exercise No. 8. Stand erect - twist the left outside foot outwards and the right inside foot forward as shown and perform a rocking movement, if necessary, supporting yourself with your hands. A wonderful exercise for strengthening weak ankles, correcting fallen arches and developing inside muscles of the legs.



Exercise No. 10. Stand on your heels - raising the toes - and roll back and forth and then sideways. An auxiliary exercise for securing the same results as in previous exercise. The other exercises in the lessons should be practiced for variation and to add interest. They are so simple, no illustrations are needed.

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EXERCISES FOR LESSON ELEVEN THE 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 week's 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.

EXERCISE 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.

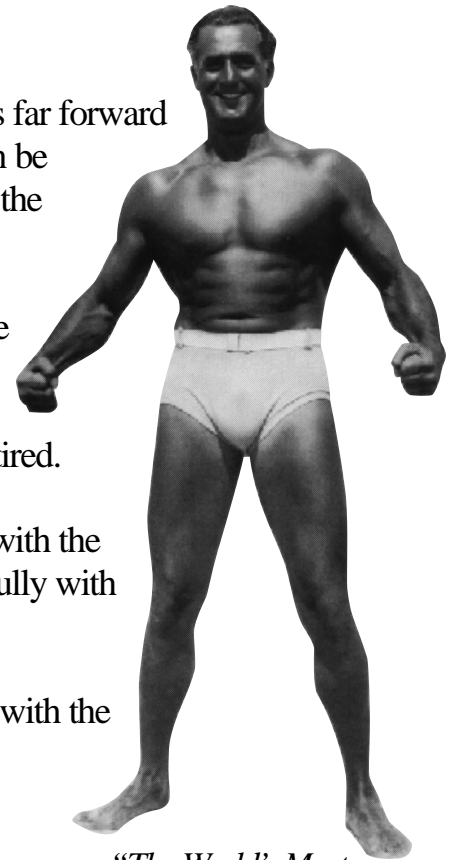
EXERCISE 2 - Perform the same exercise but keep the fists closed all the time, omitting the latter part of the previous exercise.

EXERCISE 3 - Repeat both exercises, alternating with both hands, until tired.

EXERCISE 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 powerfully with the left hand.

EXERCISE 5 - Turn the right fist far to the right, that is, outwards, grasp with the left hand and resist while pulling the right fist inwards to the left.

EXERCISE 6 - Perform the same exercise with the left hand.



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EXERCISE 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.

EXERCISE 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.

EXERCISE 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 an excellent exercise, and should be practiced regularly.

EXERCISE 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.

EXERCISE 11 - Now shake hands with yourself, squeezing and gripping as vigorously as you can with the other hand. Practice this alternately with both hands.

EXERCISE 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.

EXERCISE 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.

EXERCISE 14 - Repeat the exercise with each finger of both hands, including thumbs.

EXERCISE 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.

EXERCISE 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.

EXERCISE 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.

EXERCISE 18 - Lock the fingers of one hand in the fingers of the other hand 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.

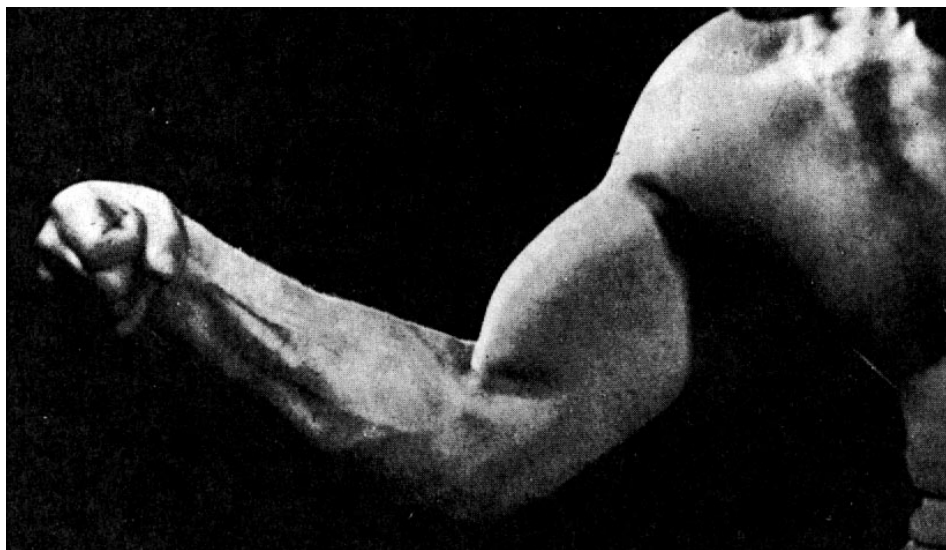
Don't say you haven't time to do these exercises. You have lots of time during odd moments. A most suitable time is just before meals while waiting at the table to be served. Utilize these moments, and you will be more than amply repaid.

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. Guard this secret well in your mind. It is the infallible key to your success.

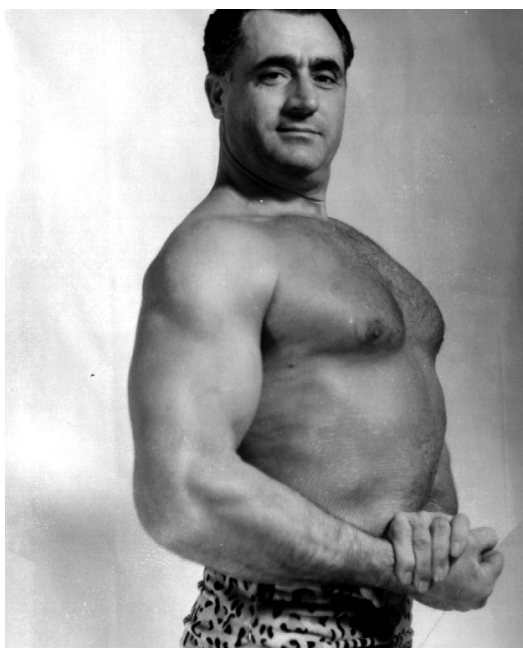
Yours for **HEALTH** and **STRENGTH**,

A Strong Nation for Lasting Peace!

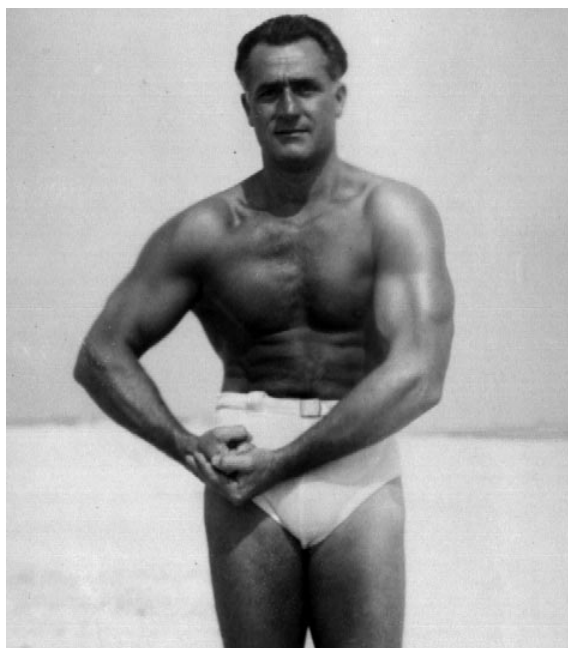




Exercise No. 1 - With closed fist bent inward, turn under as far as possible. Now quickly open hands and fingers and swing around to normal position. Practice this by keeping the fists closed all the time. Do this exercise for both wrists during spare moments.



Exercise No. 4 - Turn the wrist up. Firmly grasp with the other hand and force the wrist down and back, resisting as strongly as you can. Try this several times daily with both wrists you can do this when you have a spare minute.



Exercise No. 5 - With the wrist bent downwards as shown, force upwards using the other hand to resist. Practice this often together with the other finger exercises described in the lessons.

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EXERCISES FOR LESSON TWELVE ACQUIRING PHYSICAL MAGNETISM

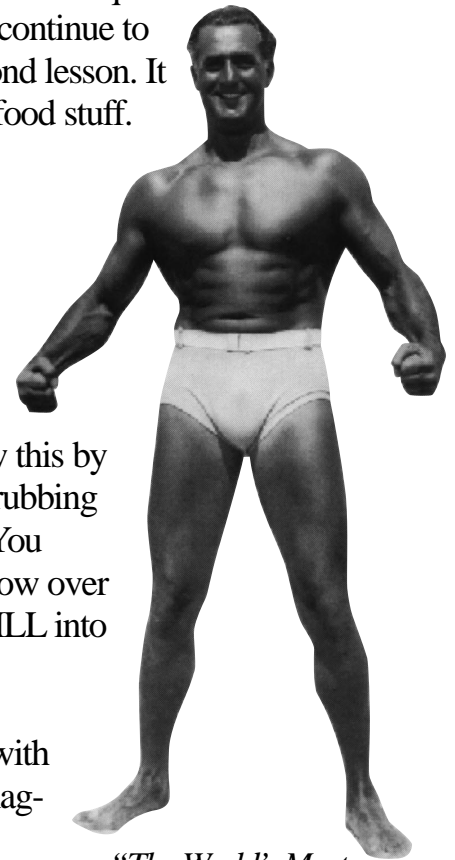
DEAR FRIEND:

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 in 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 reread the second lesson. It will help you select a balanced dietary and keep you from eating harmful food stuff.

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. This is especially 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 by rubbing thoroughly dry with a very rough towel combined with vigorous rubbing with the hands, completing it with muscle-stretching and deep breathing. You should take this bath immediately upon 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



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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 much as possible, disregard the chest, and depress the 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 be 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 intensity to their utmost limits. Likewise the relaxing must be gradual from stiffness to complete 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 the 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 fanlike 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

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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 NO. 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 at night. I do 200 or more "dips" daily.

EXERCISE NO. 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 NO. 3.

A similar exercise except that you should bend your knees to touch the upper chest area. 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 NO. 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 bal-



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ance. These exercises can be performed in the morning as soon as you get up.

EXERCISE No. 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 No. 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 No. 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 No. 8.

Calves, Flat Feet, Fallen Arches and Strengthening weak ankles. Raise up and down on the toes 50 to 100 times. Do this preferable 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 minutes 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 and women 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 questions or comments.

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

Your Sincere Friend and Instructor,

Charles Atlas

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FEATS OF STRENGTH

IMPORTANT! Do not expect to do these feats of strength the very first time you try them. A little practice is required in order to make sure that you do not strain or hurt yourself.

NO. 1 - TEARING A THICK TELEPHONE BOOK

Grasp the telephone book with both hands and bend it over one knee. Slant the pages at the same time so that when you begin to tear you are actually tearing only one page at a time. After tearing all the pages then grasp each half across your chest and tear apart. Use the same idea in tearing a deck of cards.

NO. 2 - BENDING A SIXTY PENNY- WEIGHT NAIL

Wrap a handkerchief very fully around each end of the nail, making sure that the ends do not protrude and injure your hands. Grasp one end in each hand keeping them close to your chest and then start to bend the nail with your hands pushing with your shoulders at the same time. After you have bent the nail a little more than half way, interlock your fingers of both hands putting the nail in the center and squeeze it so that it is completely bent making the ends touch. In this trick speed is of great importance. Once you start bending the nail you should continue to bend it.

NO. 3- DRIVING A 3 1/2 INCH NAIL INTO TWO PIECES OF 1 INCH PINE WOOD

Place a 1 inch thick piece of wood across the back of two chairs so that when you drive the nail through the wood it will not damage anything. Then, wrap a cloth such, as a large handkerchief, carefully around the head of the nail so that it won't hurt the palm of your hand during the blow. Holding the nail point down give it a hard blow straight down on the wood. If the head of the nail is carefully wrapped you will find that you can give a real heavy drive without feeling any of the shock in your hand. The nail should come out through the wood perfectly straight. At first try a 1 inch piece of wood then the two pieces.

NO. 4- BENDING A STEEL BAR 5 OR 6 FEET LONG AND 1/2 INCH THICK

Take a raw steel bar and place a piece of cloth around the center. Then put the bar in your mouth and hold tightly with your back teeth around the cloth. Balance the bar with your arms and have one light weight man on each side pull downwards on the bar. Be sure to balance the bar so as to avoid injury to your jaw. In this manner you will be merely balancing the bar and the men will be actually bending the bar. Be very careful not to damage your teeth.

NO. 5 - PULLING AN AUTOMOBILE WITH YOUR NECK

Put a leather strap around your neck and attach to rope which is tied to the front axle of the car. Then slowly pull backwards while facing the car, making sure that the strap around the back of your neck will not slip. By tensing your back, shoulder and neck muscles, you will be amazed how easily you can pull a car.

NO. 6 - LIFTING A CAR BY THE REAR BUMPER

This trick is performed by grasping the rear bumper while your back is towards the car. Start with your knees bent and then straighten up. The rear of a car is much easier to lift, due to the fact that the motor is in the front while comparatively very little weight is in the rear of the car.

NO. 7 - LIFTING A MAN HEAVIER THAN YOURSELF

Facing the man grasp his right bicep with your left hand, place your right hand inside of his right thigh. Then have him lean towards you in a rigid position and then lift him up, straightening your elbow as you lift. If this trick is done correctly it is very easy to lift a man of considerable weight. It is important that the man you are lifting keeps his body rigid.

NO. 8 - ONE HAND LIFT

Standing in back of a man, place your right hand in the middle of his lower back. Both of his hands are to be on your wrist and with your left hand holding his left ankle. The man is to give a jump upwards and backwards and you are to straighten your arm, and at the same time straighten your legs. Thus with your arm straight overhead, the man will actually be sitting on your hand.

NO. 9 - LIFTING A PONY

Place a good harness, that will not slip, around the stomach of the pony. Attach a loop on the harness on one side of the pony. With your back to the pony place your right arm through the loop and you will be amazed to find how easily you can lift the pony on your back.

NO. 10 - HOLDING TWO CARS EACH GOING IN THE OPPOSITE DIRECTIONS

Attach a leather strap to the rear of two small cars. Arrange the cars with the backs to each other. Then stand between them with one on each side of you. Attach the leather straps from the cars to your arms. Interlock your hands and get a good footing. Then have the cars slowly start together in opposite directions. By keeping your hands tightly interlocked the cars will actually be pulling against each other and you will apparently be holding back both of them. Great care must be exercised lest you hurt yourself by the cars starting too fast, or by one starting too soon.

CONCLUSION

Before attempting to perform these feats you should be sure of your strength and accuracy in handling these tricks. **Also be careful not to over-exert or strain yourself.**

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HAND BALANCING

When one is learning a hand-stand it is necessary to have some sort of support in order to give the beginner confidence in himself. It is therefore advisable to begin by doing the handstand against the wall. Stay about two feet away from the wall. Put your hands flat on the floor, fingers spread apart, put all your weight forward and be sure to keep your elbows firm, and head up. Kick up with your feet resting them against the wall and arch your back. When you have held this position for a few seconds bring your feet away from the wall. The secret of the hand-stand is to keep your arms straight, your back arched and head up. Also keep the toes pointed legs together.

Follow the above instructions carefully and practice this everyday, I am confident you will be able to do a perfect hand-stand within a month. When practicing if you lose your balance fall to the side or to where you started from. **Do NOT fall backwards as there may be a danger of hurting yourself.**

When you are able to hold a perfect hand-stand for about ten seconds, try to dip down and up again. This is a marvelous exercise for both arms, shoulders and chest, also for the internal organs such as kidneys, stomach, etc. It relieves the strain on the muscles that hold the internal organs such as the stomach, bowels and liver. It is also very good for poor circulation.

When you become very sure of the two arm hand-stand so that you can stand on your hands as well as your feet you can try the one arm hand-stand. This is done by putting all your weight on one side holding the hand that is free out sideways. The legs in the one arm hand-stand are spread apart so as to make balancing easier.

Do not be discouraged if you not successful the first few times you try these, but remember that perseverance is the key to success.

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RIGHT AND WRONG BOXING POSITIONS

INTRODUCTION

The greatest feature of modern fisticuffs is speed. A slow man has no chance with an expert today. The hard punch and the capacity for taking punishment, skill in feinting and ringcraft, are all eminently useful, but all these assets are entirely dependent on speed, and on speed alone for their usefulness.

The modern champion punches fully as hard as the old-timer, even though he cannot afford the time to "set" himself in order to let go with all his force. He has to be on the move all the time if he is going to win his battles, and to let go at every opening from any and every position in which his arms may be.

Right back from the start of a punch, he gets his power from his shoulder and leg muscles, just as they used to do when they were letting go a heavy pile driver, but he gets far more from his wrists and forearms than they used to do. He has to avoid standing flat footed when he punches and must cultivate the knack of deriving hitting power from his toes.

A man can get home a real knock-down punch, even a first time knock-out at times, merely by turning his wrist over and rising on his toes at the same moment. He does not need to pull his arm back for the purpose. The blow, of course, must land with absolute accuracy and, to be as fully successful as one would like it to be, should properly speaking "get there" when one's opponent is coming forward to meet it.

ESSENCE OF RINGCRAFT

The essence of ringcraft, the main thing a boxer wants, is the ability to make one's opponent go faster than he is in the habit of doing, and there is no doubt at all that this is the right policy. A yard or two faster, to use a foot racing term, is all this is needed. That will rob a man of his wind and of his strength. He will lose his punching power, and will lose his resistance to punching, too.

You see his breathing gets troubled, and so his mouth is apt to hang open; he can't set his protective muscles as he would like to do, and so your punches will hurt him as they would not otherwise do.

A man today wins more battles with his feet than he does with his hands. He wants to be able to punch as well, of course, but his chief reliance must be on his quickness of movement.

And where the modern boxer is most superior to the man of the past is in the very ability of his to hit hard, hit quickly, and move quickly.

OUT FIGHTING

As every boxing contest must necessarily commence with long-range work, though the range at which the exchanges take place will vary to a considerable extent, the science of self-defense should equally necessarily be first approached from the standpoint of out-fighting.

Strictly speaking, out-fighting, as it is called, comprises most of the real art and science of boxing, just as the close work approximates more to the fighting or struggling element. The more skillful a boxer really is, the more will he adhere to long blows. It is the prettier part of the game from an artistic point of view, and if a man is really strong in this department he can readily assure himself of victory by sticking to it, and steadfastly refusing all invitations to come in and mix things.

Every young fellow who thinks of taking up boxing either as a profession or for the pure sport of the thing, should devote the vast majority of his attention to quickness, both of foot and hitting power.

Practice getting about on your feet as much as you can. Give your attention to shadow boxing when alone, and to long-range work with your sparring partners. Get into the habit of being able to change your feet smartly, to slip and slide away from a man who comes at and after you, to sway your body out of the reach of a punch. Always, preferably, avoid a punch rather than stop it, save, of course, when you will get yourself into a bad position by so doing.

First and foremost, you save your arms by avoiding, for if you stop a lot of blows in the course of a fight, you will soon feel the jarring and numbing effects of so doing. Try if you can, when sparring or seriously boxing with an opponent, to keep your left arm straight out towards him, in such a position that by just shooting it out an inch or so, that is by merely straightening the elbow and wrist, you can jab him sharply to the face.

You may, of course, and indeed should, at times take your fist away from the neighborhood of his face. Don't be always threatening that jab or stab, for if you do you will only get him used to it, and pretty well assured as to what is likely to come. Dance away a trifle, and bend your arm as though you were going to hook at his head or body. Put a hook in now and again. Change your feet, and give him the right so as to leave him uncertain as to your method of attack. Let him have both hands all sorts of ways. But first and always, rely pretty extensively on that left of yours, both for attacking purposes and also for keeping your opponent at a convenient distance.

THE USE OF THE STRAIGHT LEG

With the rise of the American school of pugilists, it has become fashionable with many boxers to shape up with both hands advanced, and to lead off with either. This style certainly does possess one little pull of its own, in that the man who boxes in this fashion can swing or jab as he likes without betraying his intentions to any very marked extent, but the man who adopts the method robs himself of much of the aggressive value of his left, and of nearly the whole of its defensive qualities.

The man who plays the straight left can almost firmly rely on being able to keep his opponent at the distance he wants him to be. He needs, of course, to be quick on his feet so as to be prepared for a sudden rush or charge, but he can jab his man when and where he wants to jab, and can also prevent his coming into dangerous close quarters, where accidents are always liable to happen.

In the case of a man who is shorter than his opponent, and who cannot, therefore, possess the advantage of forcing him to hit upwards and consequently with less force for the jaw, it becomes rather necessary to drop the chin into safety, but then the careful practice of judicious ducking will assist in keeping the head out of danger. When one does have to stop a blow, one should always try if possible to block the arm.

One may not succeed in getting in the shoulder push at precisely the right moment, or one may miss the shoulder altogether, and then - well, the punch that comes along as a result isn't usually a pleasant one.

On the other hand, when one keeps fairly well away, and forces the other man to step in, one has usually the time to get the arm block in all right. You have, too, the whole length of your arm to use as a shield, and most of the length of his to block, so that you really must be uncommonly clumsy to miss.

When your man is working pretty close into you, it is as a rule advisable to keep fairly close in touch with your man's arm in much the same fashion as the fencer follows his adversary's foil. You know that old swordsman's maxim, never to lose touch of your opponent's weapons.

ILLUSTRATION 6

You can and should at times stop your man's arm with your hand. There is one very good point about that hand stop by the way, and that is that, as your man will be usually slightly off his balance at the moment, your push will naturally disturb him some more and therefore leave him probably very much open to a thump from your other fist.

By the way, this is a very useful move, if you can cultivate it. The boxer who wishes to become a champion should be always have a punch in readiness, even should the other man stumble or over-reach himself at a totally unexpected moment.

THE GENTLE TAP

Never be in a desperate hurry to send your man to sleep. Watch your opportunities and remember the old proverb about the constant dripping of water wearing away a stone. Keep tapping your man with your left if you can't punch him, particularly if you detect that nasty gleam in his eye which indicates that he entertains the idea of coming in to pulverize you at short notice.

In such cases he is generally burning with a desire to get right on top of you. You may fancy that this will be just where he will fall down and hurt himself, and that at close quarters you can rest assured that you will come out easily first. But unless you have accurate knowledge that you are absolutely right in this opinion (and it is only on very rare occasions that you can have anything of the kind) it is far wiser to get peacefully away, and confine

yourself to giving him a series of reminders that you are on the premises by tapping him in the face as he comes along after you. These taps hurt when they get home, let me tell you, and if you have practiced the art of using a straight left at all assiduously, you will find that you will be able to stab to the face almost as often as you want.

For one thing, your average assailant who is coming on so full of fire and fury, has mostly forgotten the necessity of keeping himself well protected. He may, of course, come in covered up, that is to say, with both gloves protecting the head, and ready to uncover when he has charged into you, but in that event even though you may not be able to penetrate his defense, you can generally go round it easily enough.

TURNING A MAN'S HEAD

ILLUSTRATIONS 7 & 8

There is another left-hand blow which is found more than a little useful. A man who wants to do well at the boxing game can do a lot worse than give it a fair amount of attention. The force of this punch, too, is derived mainly from the wrist, assisted by the leg muscles. It can be put in various ways, and indeed should be put in, as should every other punch, with as many variations as possible so as to avoid the risk of letting one's opponents guess what is likely to happen, and thereby get prepared for stopping or countering your move.

You can let it go at first as a left hook for the right of your opponent's chin, but delivered so as to just miss connecting with it. Then as your punch travels across in front of his mouth and brings him on to you, encouraged by your miss, snap it back sharply on the left side of his face. Repeat the blow with another backward snap of the wrist, if you can, and you'll find that you have annoyed him pretty considerably. You may even be able to assist the effect with yet another jab higher up, so as to snap his head back, and bring his face open for a useful right hander.

The right-handed blow when sent out as a direct hit, and not as a counter, is, of course, usually attended with a certain amount of risk, so that it is always best to be sure as you can reasonably be, that you will get it home where and when it will do you as much good as you want it to do.

It is for this reason that I advocate the practice of these little side snaps. The man who is continually getting flicked in the manner described, or who gets other flicks or direct stabs on the left side of his chin, will, especially if he is, as he should be, coming forward to you at the time, gradually make a half body turn to the right. This will, of course, expose his right side to you, and then you can get your right to work in the way you think likely to pay you best, either as a straight right drive, as a right hook direct for the jaw, or by stepping in with that most useful of all right-handed blows, not least because it is a double one, the under and over right to the ribs and jaw.

ILLUSTRATIONS 9 - 17

THE UNDER AND OVER RIGHT

You can let this go on numerous occasions. There is the way described above, or you can go straight in with it. But when you do the last without having prepared the ground, it is usually best to do so when your opponent has let go, and missed, with the left lead. Say that he has sent a left straight at your face, you duck this, and step right in close, giving him your right good and hard in the ribs.

These will be pretty fully stretched at the moment, or may even be slightly overlapping so that you can be fairly confident that your punch, when it gets there, will make him gasp, and will also cause him to lurch forward a trifle. His left arm may go up or down. It doesn't matter much which, as in either case his jaw will be exposed.

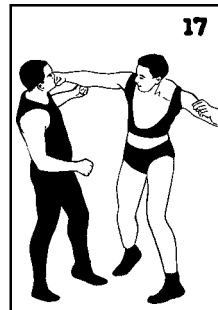
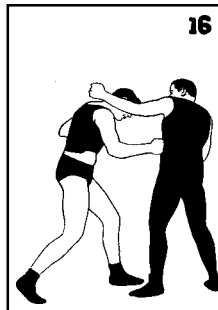
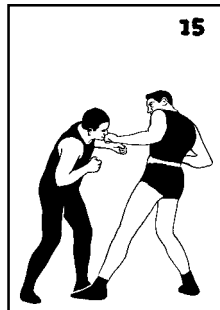
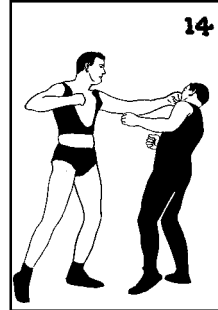
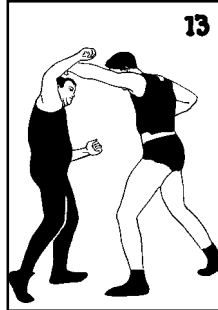
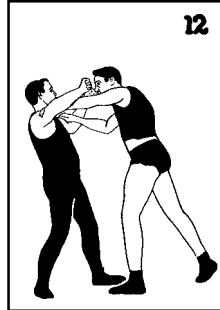
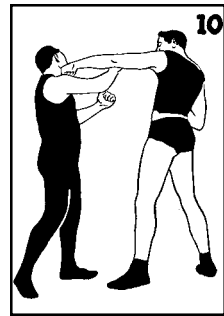
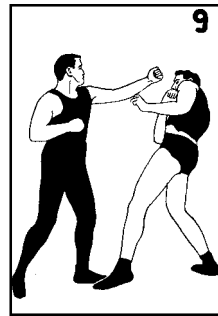
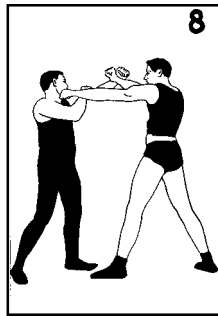
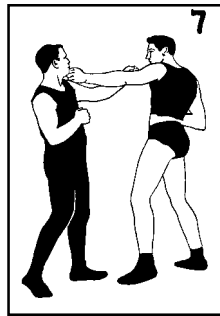
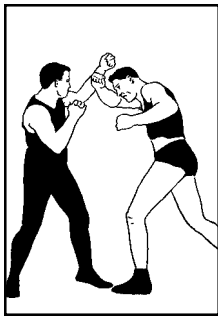
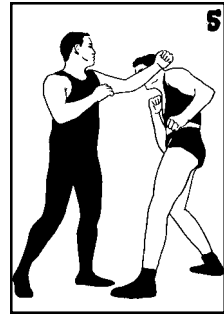
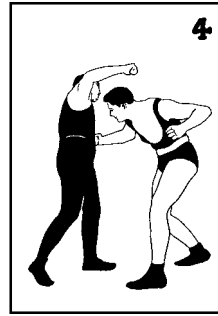
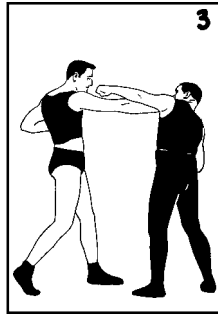
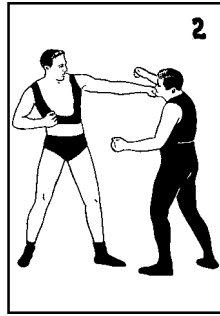
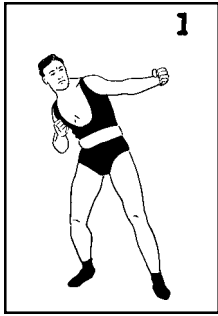
You have to know what it has done, by instinct. You get to know other things by instinct, so you don't have to trouble much about practicing any cultivation of the instinct. Should his arm drop or rise, it may or may not make a difference in your next move, but that is a thing which you will get on to without worry. It may pay you best to pull out, come around, and hit over his left for the jaw, or it may be better to shoot your arm up inside his to the point.

CONCLUSION

Study very carefully the illustrations showing the difference positions. It is best to practice the blows with someone so that you can learn to time them properly

**A WORD OF CAUTION - MAKE SURE WHEN PRACTICING THESE WITH ANYONE
THAT NO DAMAGE IS REALLY DONE TO EACH OTHER BY ANY VIOLENT PUNCHES.**

RIGHT AND WRONG BOXING POSITIONS



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Founder of the Fastest Health, Strength and Physique Building System

FIFTEEN SECRETS OF JUI JITSU

*** Note: Be Careful Not To Harm Anyone While Using These Techniques ***

Jiu Jitsu is the method the JAPANESE use to overpower an opponent. It is seemingly miraculous in that it enables a weaker person to easily subdue one much stronger than himself. Many women who have mastered the art of Jiu Jitsu have been able to throw men twice their weight very readily.

NO. 1 - THE ARM AND COLLAR HOLD WITH OUTSIDE STROKE

As your opponent is facing you grasp his left wrist with your left hand in such a manner that the back of your hand be over his. Step forward diagonally with the right foot which places you in the rear of your opponent's left foot as illustrated. At the same time thrust your right hand under the arm you are holding and grasp the coat collar, preferably on the right side of your opponent. Thus you will be almost side by side and facing the same direction as your opponent. His left arm is resting across your forearm. You can easily see then that if you apply pressure with your left hand downwards keeping your right hand very firm by holding onto your opponent's collar the elbow joint must be dislocated or broken.

NO. 2 - THE WRIST LOCK

This is one of the simplest of Jiu Jitsu holds by which you can break your opponents wrist. The opponent standing on the right in illustration #2 has attempted to seize his victim by the coat collar but before he has done this the defendant has placed his hand on the back of the assailant's hand thus flattening the palm against his chest. Pressing the captured hand to his chest the defendant steps backward with his right foot going down on the knee and the assailant is thus brought to the ground in a helpless position for his wrist may be easily broken or he may be disabled by a blow on the side of the head.

NO. 3 - ARM HOLD, HALF NELSON AND CROSS BUTTOCK

From the front position seize your antagonist's right wrist with your right hand, draw it upward and across, and take a short step forward with the left foot, turning your left side inward; at the same moment push your left arm under the captured arm, and place your hand on your antagonist's neck, pressing the head forward. If it be possible to bring the palm of the captured hand uppermost, so much the better. As these movements are made strike across the man's legs with your left leg, at the same time turning him forwards; this maneuver, if properly performed should throw him headlong to the ground.

NO. 4 - ARM HOLD, HALF NELSON KNEE STROKE

A variation of this attack is shown in illustration #4. Having got your man into the required position, as explained in the preceding paragraph instead of throwing him forward, strike upward sharply with the knee; if you strike with the left knee the blow should land on the point of the jaw, and may be given with sufficient force to dislocate the same as well as to bring about unconsciousness. If the blow be dealt with the right knee, the forehead will be the part struck. It must be remembered in dealing this "knee jolt" not to allow the knee-cap to hit your antagonist's head, but to strike so that the head of the leg-bones is

the striking point. It is obvious that an opponent's head must be forced low down to render the knee-stroke perfectly effective.

NO. 5 - ARM AND COLLAR HOLD AND LEG STROKE

This give the experienced opponent an opportunity that should not be missed. Grip the wrist of the descending arm with the left hand, and simultaneously seize the man's coat collar with your other hand. Step across his advanced leg with your further leg - that is the right - get your foot well behind him, not close against his heel, but some six inches away, so that your calf is pressed against his leg; then give a quick thrust backwards, and also to your left - this is most important so that he is bent backwards across your thigh and brought to the ground with sufficient force to subdue him. Quickness and careful attention to the backward swing are absolutely necessary. If well performed the results are surprising. A simple backward swing pushing him after you have stepped across will cause your opponent's head to strike the ground with a stunning effect. You may then, if further action is needed, follow-up with a strangle, leg, or arm hold. This ARM and COLLAR HOLD may be performed on either side of the body with GREAT results.

NO. 6 - HEAD TWIST

When you are grasped around the body it seems so very difficult to force your opponent to release you. No matter how much a person may struggle and squirm it is almost impossible to get free. I say "almost" because what I now teach you can enable you to get out of a BODY hold. See illustration #6 and #7. A twist as shown in #6 can cause an opponent to break his hold on you. If you have followed DYNAMIC-TENSION® sufficiently be cautious as the twist you make may be severe enough to cause injury to your opponent's back. In making the HEAD TWIST the left hand is placed on his chin and your right hand on the back of the head. You may then jerk his head sideways and a bit upwards. His chin is forced around toward his right shoulder.

NO. 7 - BREAKING A WAIST HOLD

As seen in Illustration #7 you exert pressure on a NERVE CENTER causing unbearable pain. This system of pressure on NERVE CENTERS is of utmost importance in self-defense. Sharp violent pressure on these points produces a sort of local paralysis which not only can force an opponent to release a HOLD, but may actually reduce him to a state of helplessness.

NO. 8 - LOCATION OF THE MOST IMPORTANT NERVE CENTERS.

Illustration #8 shows where the most important and easily found NERVE CENTERS are located. As you will see three are located in the hand and sharp pressure on these spots with the tip of your finger will break a hand grip quite easily. One CENTER is at the base of the thumb on the side of the wrist. Another CENTER is on the back of the hand, in about the middle and between the first (index) and second fingers. The third NERVE CENTER on the hand is also on the back of the hand between the third and "little" finger. Another CENTER is on the upper arm just below the arm pit. A little test on your own body quickly identifies the proper spots. There is one of these CENTERS on the outer side of the leg just below the knee. Pressure on this spot should be forceful (except, of course, when practicing with a friend). This severe pressure on this NERVE CENTER being directed towards the bone, will produce the same or similar very excruciating nerve pain (see diagram-muscles open to reveal this nerve-centers)

Frequent practice will enable one to find these nerve-centers quickly and

accurately, and make an antagonist so temporarily incapacitated as to give one the opportunity for using a "finishing stroke".

Except by those who have learned the fact, and their teachers, much incredulity may be felt that anything so simple as pressure on the terminating portion of the dividing cartilage of the nose should produce acute pain. Such, however, is the fact and if any reader refuses to accept the assurance let him press hard with the edge of a finger on the intermediate cartilage at the spot where it joins the upper lip. The pressure should be somewhat upward. If this trick be employed, an assailant who has obtained a body-hold will quickly release his grip, and as he goes backwards an excellent opening will be afforded for a paralyzing left-handed blow on the "mark" - that most vulnerable spot just below the base of the breast-bone - the recipient being left absolutely helpless and doubled up in agony.

NO. 9 - ARM AND COLLAR HOLD ACROSS THE NECK

In #9 as illustrated a self-defense trick on the Jiu Jitsu principle of subjecting the joint of a limb to pressure in a contrary and unnatural direction. The move is decidedly useful if an assailant is armed with a knife or dagger, since he is placed in such a position that transference of the weapon to his free hand is impossible, while if he makes an offensive movement with his foot or hand the captured limb may be broken with as much ease as one would snap a sugar-stick. The assailant's wrist is grasped by the opposite hand - the left hand seizes the right wrist and vice versa - as it is descending, a firm grasp is simultaneously taken of the coat collar with the other hand, and a step forward made with the left foot. As these movements take place the head is lowered so that it passes beneath the captured arm, which is drawn down until the back of the upper part is resting upon the nape of the defendant's neck. Persistent pressure with both hands would result in the arm breaking at the elbow, the neck acting as the fulcrum.

It is well, if one can do it, when seizing the armed hand, to grasp it in such a manner that the thumb is underneath, the palm being turned outwards, and the elbow raised. This method is preferable to seizing the wrist with the thumb uppermost, is for the reason that when the attack is completed the back of the hand will be brought uppermost, in which position the hand is capable of exercising greater power over the captured arm than is possible when it is reversed.

NO. 10 - HEAD HOLD

The assailant who rushes in head down intending to butt his victim in the stomach may be met with an upward jolt of the knee, which, if applied in time, will considerably disconcert the "butter". Another method which will also come in useful if, in the course of a struggle, an opponent gets his head down, is to throw the right arm over the neck, bringing the forearm underneath and across the lower part of the face, a front chancery hold, in fact. The object of this hold is not to strangle the victim, for it is not necessary that the forearm should be across the throat, but to bring pressure upon the neck-bone. So severe is the strain that the man thus held is practically incapacitated from further action.

NO. 11- ARM AND COAT HOLD PART ONE - NO. 12 - PART TWO

No. 11 illustrates the preliminary stage of one of the neatest tricks in the whole catalogue of this system of self-defense, and the termination is shown in #12. Although in the illustrations the victim is shown as having been seized

when in the act of striking a blow, this trick may very well be made use of as a preventive against contemplated violence. At the first sign of attack the wrist—the right one — should be seized by the opposite hand, thumb inside if possible, a step forward taken with either foot — if the aggressor's right wrist be seized it may be found more convenient to make the step with the right foot, and vice versa — and the back of the coat behind the shoulder grasped with the right hand. Immediately when this is done push the captured wrist upward as high as possible, keeping a firm hold with the other hand.

As a result, the victim will be forced to bend almost double, owing to the unbearable strain placed upon his arm. In this position he is quite helpless, as will be seen on the reference illustration #12 and may be held thus indefinitely or finished off, if need be, with a violent knee jolt in the face or ribs, or brought to the ground in such a position that one of the many fatal arm locks may be brought into use.

NO. 13 - ARM AND COLLAR HOLD AND HANK OR LEG LOCK

The combination shown in Illustration # 13 will, if applied by one who is, in addition active and powerful, prove terribly effective. It illustrates the continuation of an attack following upon the obtaining of the before-referred-to arm and collar hold.

The necessary hold obtained, the maker of the throw brings his right leg—presuming he is at his adversary's left side — over his opponent's left leg, twisting his limb so that the toe of his foot is brought under the calf of the outside of the ankle. Firmly inserted this lock (known to Cumberland and Westmoreland wrestlers as the "hank" and elsewhere as the "grapevine") is sufficient to throw the victim off his balance, his foot being dragged from the ground and by a jerk of the captured backward with great violence, the thrower going down with his, and falling in such a position that he will be able to immediately to put in an arm lock which will render the victim incapable of any further resistance.

NO. 14 - THE THUMB TWIST-PART ONE AND

NO. 15 - THE THUMB TWIST-PART TWO

One of the most simple tricks for rendering an aggressive person absolutely harmless is that illustrated in #14. Properly effected, no man, however strong, can withstand it, and it requires but a moderate exercise of a strength for its accomplishment.

As will be seen, it is merely a hold of a person's thumb so taken that, by the principle of leverage and counteracting pressure, the thumb may be immediately broken. In practicing this trick, let me warn any enthusiast against using any great force when experimenting upon a willing friend; a moment's too vigorous pressure will cause considerable injury.

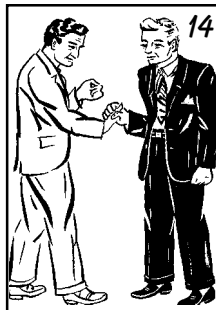
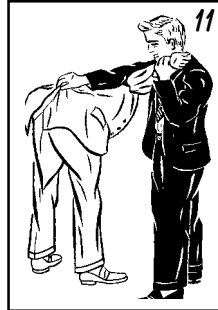
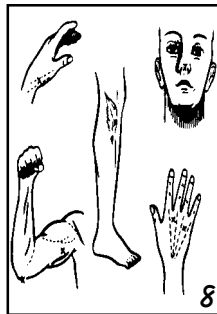
The thumb is grasped in such a manner that it lies between one's own thumb and the base of the first finger. One's thumb is laid across the bottom of the second joint of the captured member, and a strong contrary pressure is forced backward, with the result indicated. To relieve the extreme pain caused, the victim's arm naturally bends inward, and he will turn his back more or less to his captor, thus giving the opportunity for further measures, an example of which is shown in illustration #15.

In this illustration, the defendant has followed up a successful use of the thumb twist by catching his erstwhile aggressor around the throat, the grip of the thumb being retained with the intention of pulling him backwards. The hold is of the further collar, the arm being not merely placed across the throat, and the edge of the collar tightened across the flesh of the neck in such a manner that pressure is exerted above the carotid artery - the great blood vessel traversing the side of the neck and conveying the blood from the heart to the head.

With a fair amount of practice the average person can grasp the principles of Jiu Jitsu as explained here and successfully apply them should the occasion arise.

IN CONCLUSION, LET US AGAIN WARN YOU TO EXERCISE GREAT CARE IN PRACTICING THESE INSTRUCTIONS ON YOUR FRIENDS SO THAT YOU DO HIM NO BODILY HARM.

FIFTEEN SECRETS OF JUI JITSU



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TWENTY FAMOUS WRESTLING HOLDS

INTRODUCTION

The twenty famous wrestling holds that are clearly described for you here should be practiced, if at all possible, with someone else as in that manner you will more readily be able to use your knowledge of self-defense if the occasion should suddenly arise. Study each hold very carefully and master it completely before going on to the next lesson. When you are through start all over again with the first hold and then go through them continuing through the other nineteen.

Of course, to excel in wrestling one must be physically fit and it is suggested that you improve your strength before attempting these holds on any very formidable opponent.

NO. 1 - ARM AND LEG HOLD

By quickly rushing at your opponent and seizing him, as shown in the illustration #1, the body is raised by lifting the leg with your left hand and your opponent is thrown over your shoulder. Speed is very essential in this hold as well as in all successive holds.

NO. 2 - THE TOE AND ANKLE HOLD

This hold is sure to result in a fall because of the severe pain caused to the ankle. Your opponent is down on the mat when you grasp his ankle with one hand and force back his toes with your other hand as shown in the illustration.

NO. 3 - THE ARM AND TOE HOLD

First get the toe hold on your opponent and bend the leg back as shown. Then put your right hand under your opponent's right hand and apply pressure on both his arm and toe.

NO. 4 - THE GRAPEVINE HOLD

Grasp your opponent by his arm halfway up from his elbow pulling him close to you and at the same time interlocking your right leg around his left. Pull his leg towards you and he will fall down backwards.

NO. 5 - THE SCISSORS HOLD

While your opponent is down on the mat suddenly seize his head between your knees and crossing your ankles squeeze your knees together around his neck. When your opponent is thoroughly subdued swing over for the fall.

NO. 6 - THE HALF NELSON

Grasp your opponent's arm as shown and apply upward pressure at the same time pulling on his neck with your other hand.

NO. 7 - HALF NELSON AND LEG GRAPEVINE

Follow the illustration as carefully as possible and apply the scissor hold the same as in NO. 5 except the pressure around his stomach.

NO. 8 - ANOTHER NELSON

In this Nelson your opponent's head can be hit repeatedly on the mat resulting in a fall.

NO. 9 - THE QUARTER NELSON AND CROTCH HOLD

First secure a quarter Nelson. Then grab your opponent in the crotch raising him off the ground and then throwing him down on his back very quickly.

NO. 10 - THROW OVER THE SHOULDERS

Grabbing your opponent's head with both hands as shown and twisting to one side with great force so that your opponent is helpless and then throwing him over your shoulder.

NO. 11 - THE TRIP ARM HOLD

Secure the arm hold as shown in the illustration and holding the arm with your left hand force the arm back with your right hand and then quickly tripping your opponent with your feet.

NO. 12 - CROTCH HOLD

Suddenly grasping your opponent in the crotch from the rear and lifting him up backwards and pushing forward with your left hand on the back of his shoulder resulting in a fall if done very quickly.

NO. 13 - THE BLOCK FOR BODY LIFTS

If your opponent should attempt a body lift on you twist both your legs around his legs as illustrated.

NO. 14 - THE BARLOCK

Grasp your opponent's head in your left arm as the illustration shows and twist it at the same time forcing his left shoulder up with your right arm. This will weaken him and turn him over on his back for a fall.

NO. 15- SIDE ROLL ARM LOCK

With your left hand grasp your opponent's right wrist throwing your right arm over as shown. With a sudden downward movement of your right arm and twisting of your left hand on his wrist you will cause your opponent to roll over on his back.

NO. 16. - LEG HOLD AND HAMMER LOCK

While your opponent is on the mat grasp his right ankle in your left arm and his right wrist by your right hand. By a sudden lifting motion your opponent will be thrown as shown in the illustration.

NO. 17 - HALF NELSON WITH ARM AND LEG HOLD

Grasp your opponent in this half Nelson with, not only your right arm, but also your right leg giving much more power to the hold and resulting more easily in a fall.

NO. 18 - THE FULL NELSON

This very common but successful hold is obtained by slipping both your arms under your opponent's arms from the rear and clasping them from the back of his neck applying pressure forwards and downwards on the back of his head.

NO. 19 - BREAKING THE FULL NELSON

When your opponent has the full Nelson on you suddenly lurch him over your shoulders lifting with both your arms at the same time. This will result in breaking the hold.

NO. 20 - THE ARM AND NECK HOLD

Grasp your opponent as shown - your left arm around the back of his neck and your right arm underneath his arm clasping your hands firmly around him. By a sudden kick of your left foot against his left foot the fall will result.

CONCLUSION

Do not expect to master these holds the first time they are tried. It requires constant practice before they are finally achieved.

***A WORD OF CAUTION - MAKE SURE WHEN PRACTICING THESE WITH A FRIEND
THAT NO DAMAGE IS REALLY DONE TO EACH OTHER BY ANY VIOLENT THROWS.***

TWENTY FAMOUS WRESTLING HOLDS

