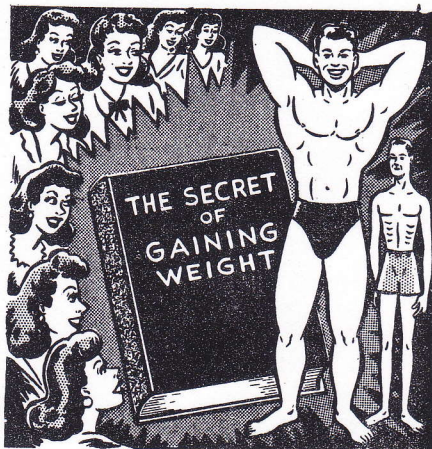


Gain Weight Now!



"The Secret Of Gaining Weight"

by George R. Weaver

WILL SHOW YOU HOW—To Gain Weight The Fastest Way!

If you imagine that you are doomed to go through life as a skinny weakling—forget it! Whether you are still in your teens, or are over the age of 30—it makes no difference. You CAN gain weight. And with it you can gain health, strength and vitality. YOU ARE NO EXCEPTION. If you have failed in the past it is because you have not tried the right methods—have not even known what the right methods are. If you are discouraged by the inability to make progress, you need this great new book:

"The Secret Of Gaining Weight"

If you are thin and underweight, you are bound to suffer from nervousness, irritability, lack of energy and a reserve of power. Skinny people never experience the full joy of living. Their personalities never really develop, hindered as they are by feelings of inferiority. No girl admires a scrawny, shapeless male; and no man is attracted by a bony, angular woman.

The Average Man Is Twenty Pounds Underweight

According to the Willoughby standard of perfect proportions. And thousands of girls and women are lacking in the rounded curves of true womanhood. All this is quite unnecessary. These thousands of men and women could have splendidly developed, beautifully formed bodies IF THEY ONLY KNEW THE WAY! And this new book has been written to show them how. In it you will find—

New Scientific Methods Revealed

for adding pounds of healthy flesh to stubborn cases. If you want to gain weight, here is your chance. Send only \$1.00 for this book. You will never regret this buy. Guaranteed to please.

SECOND EDITION READY—ENLARGED—IMPROVED

MUSCLE POWER MAGAZINE

4466 Colonial Avenue
Montreal, Que.

Gentlemen,

Enclosed please find \$1.00 and send me a copy of "The Secret Of Gaining Weight." I understand it will be sent to me in plain wrapper to-day.

Name

Address

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

(Please print name plainly)

of breathlessness and just moderate tiredness will not serve. The exercises should be executed with a snap and speed, there is no need for rigid body posture or exact performance. If you feel like swinging the weights instead of performing the exercise stiffly, go to it but make certain that you add a few more pounds to the weight you use to compensate for the slack style. In other words you advanced fellows have no real control on you, you can do pretty much as you please and will make good progress as a result if you make certain that each and every exercise you perform leaves you with the deltoids pumped up and fairly screaming for relief. This will positively come about if performing the exercises I have recommended in the manner that I have just described.

Well here you are you advanced fellows, I just dare you to go after a program of the sort I have just finished discussing and if you don't have to have your jacket altered soon, well . . . then you can be sure that you are wearing several sizes too large right now. Here's 'deltoid dynamite' all ready for you so go to it and good luck to each and every one.

THOMAS INCH AND THE STRONG MEN HE KNEW

(Continued from page 29)

directed blows burst the door off its hinges, and Sandow rushed on to the stage with only half a minute to go.

There was now no way out of the match for Samson. The Marquis of Queensbury, and Lord de Clifford, were appointed as judges. Bars, weights, and chains were inspected, and the historic contest began.

Samson commenced by bending an iron bar over his arms, calf, and neck. Sandow repeated it without apparent effort. Next, Samson wound a wire cable around his chest and broke it. This feat gave Sandow no difficulty. For the third feat Samson snapped a chain that encircled his arm, but when Sandow came to try it he found the chain armllet too small for his biceps. But Sandow had come well prepared and ready for such an emergency. He had procured a chain the same strength as Samson's, and purchased from the same firm that supplied Samson's. A representative of the firm guaranteed the genuineness of Sandow's chain, that it was the same strength as the ones made for Samson.

The judges decided that Sandow could use the chain.

A hush came over the huge assembly as Sandow fixed the chain on his arm, then as he flexed his mighty arm and snapped the chain, cries and shouts of wild excitement rent the air. Sandow had defeated Samson! Samson, however, refused to acknowledge defeat. Finally, Sandow made the offer that if either Samson or Cyclops could do what he did with a dumbbell, he would call it a draw—and Samson could keep his thousand pounds! This was agreed to.

A dumbbell, weighing 280 lbs. was brought on to the stage. Sandow lifted it with one hand, lay down, and finally stood up with it. Then he lifted another dumbbell, weighing 220 lbs., to his chest, fastened some chains around his arms and burst them asunder before releasing it.

This was evidently too much for Samson. "I've had enough of this. It's all humbug. I don't call this fair play at all!" he said angrily. But the judges decided it was fair play and declared Sandow the winner.

Sandow never got his thousand pounds, but finally agreed to accept 350 pounds from the management. Such was the historic meeting of Samson and Eugen Sandow—a meeting that endeared Sandow to the hearts of the British public.

A strong man boom was sweeping over England at the time. It caught Sandow on the crest of the wave and carried him to wealth, fame, and immortality. He was the first of the new type of strong man. He was handsome, had golden hair and sparkling blue eyes. His coming sounded the death-knell of the old, cumbersome type of strong man. The secret of his success was his muscular posing—something new to the devotees of the music hall. It appealed especially to the ladies, and it was the ladies who took the men to see Sandow. It was not so much his remarkable feats of strength as the delightful, artistic showmanship he displayed that captivated the millions.

No doubt more people have heard about Eugen Sandow than any other strong man who ever lived; and he has become immortalized perhaps more than he merited, but no one did more for the cause of physical culture and Muscle Power.

(More next month)