

swings at each end of the bar similar to pictures which show Arthur Saxon holding his two brothers. I am wondering if it is easier to bent press two 150 pound men in this fashion than the equivalent in a regular barbell! More of that in another article.

Cabana also claimed a back lift of 3,000 pounds, 265 pounds two hands jerk, 200 pounds for a two hands jerk repeated 12 times and a 150 pound bent press repeated 15 times. In his professional act he supported, in the Tomb of Hercules position, a bridge over which was run a car with four passengers; the car was driven up one incline, over the bridge and down another incline. The whole thing (supported by him) was supposed to weigh 4,025 pounds. Like nearly all strong men performing this feat, a dangerous one, Cabana was injured twice. Max Unger (Lionel Strongfort) was injured performing a similar feat, as were the Saxons and Milo Steinborn. Siegmund Brietbart had an accident performing a similar feat with horses.

Cabana was willing to meet Travis for the honor of defeating him; he could not meet Travis' financial terms. Travis would not consent to such a proposition because, being a business man, he could not risk using up valuable time training with no guarantee that his challenger wouldn't back out at the last minute. Edward Goodman wrote another letter, lengthy, interesting, and detailed. It ran to four columns of fine print in the big PHYSICAL CULTURE magazine and proved that Goodman had a great knowledge of strength and strength feats. Matysek laid it right on the line and refused Travis' paternal handicap. Instead he offered to meet Travis on his (Travis') ten lifts, plus ten to be chosen by Matysek, the contest to have been decided on a point system. Anthony, or as he was known then for professional reasons, Antone, was forty pounds lighter than Travis.

The United States Government Printing Office issues books and pamphlets on almost every subject under the sun. This month I picked up a couple of good ones. One is a book titled PHYSICAL TRAINING; it is a Department of the Army Field Manual, has 344 pages and is profusely illustrated with drawings. It has one chapter titled THE STRENGTH COURSE; another chapter, POSTURE TRAINING, is excellent.

The other book, PHYSICAL RECONDITIONING, has 219 pages and is profusely illustrated with drawings. It has plenty of information on anatomy. This was formerly a Department of The Army Technical Manual, but in its present revised condition (as of May, 1952), it is a Department of The Air Force Manual.

Contained in the chapter, PHYSICAL RECONDITIONING for PSYCHIATRIC PATIENTS, we read the following:

"Weight lifting may be indicated for patients who need to express themselves more confidently and aggressively. Even though it is an individual type of activity, it can provide rich socializing experience when a number of patients participate together. One of the valuable features of this activity is that progress is clearly and objectively measurable."

These books can be obtained from Superintendent of Documents, U.S. Government Printing Office, Washington 25, D.C. Physical Training, D 101.20:21-20 costs \$1.50; Physical Reconditioning, D 101.11:8-292 costs 50c. These books are recommended (by this writer) for fellows conducting gymnasiums, instructors in group-training and the advanced physical culturists who wish to add these to their physical culture library, along with the many good pieces of literature offered in the advertisements in this magazine.

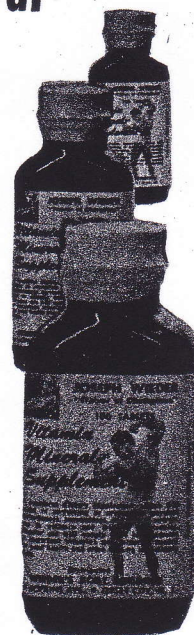


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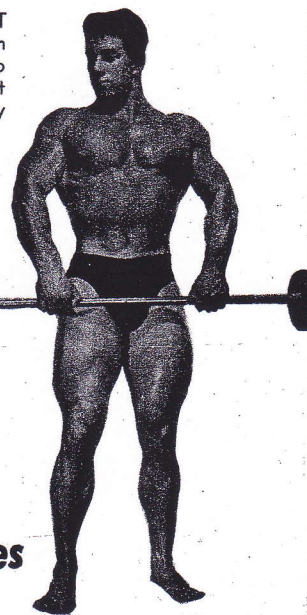
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