

1/4/53

*Tomorrow's*  
**MAN**

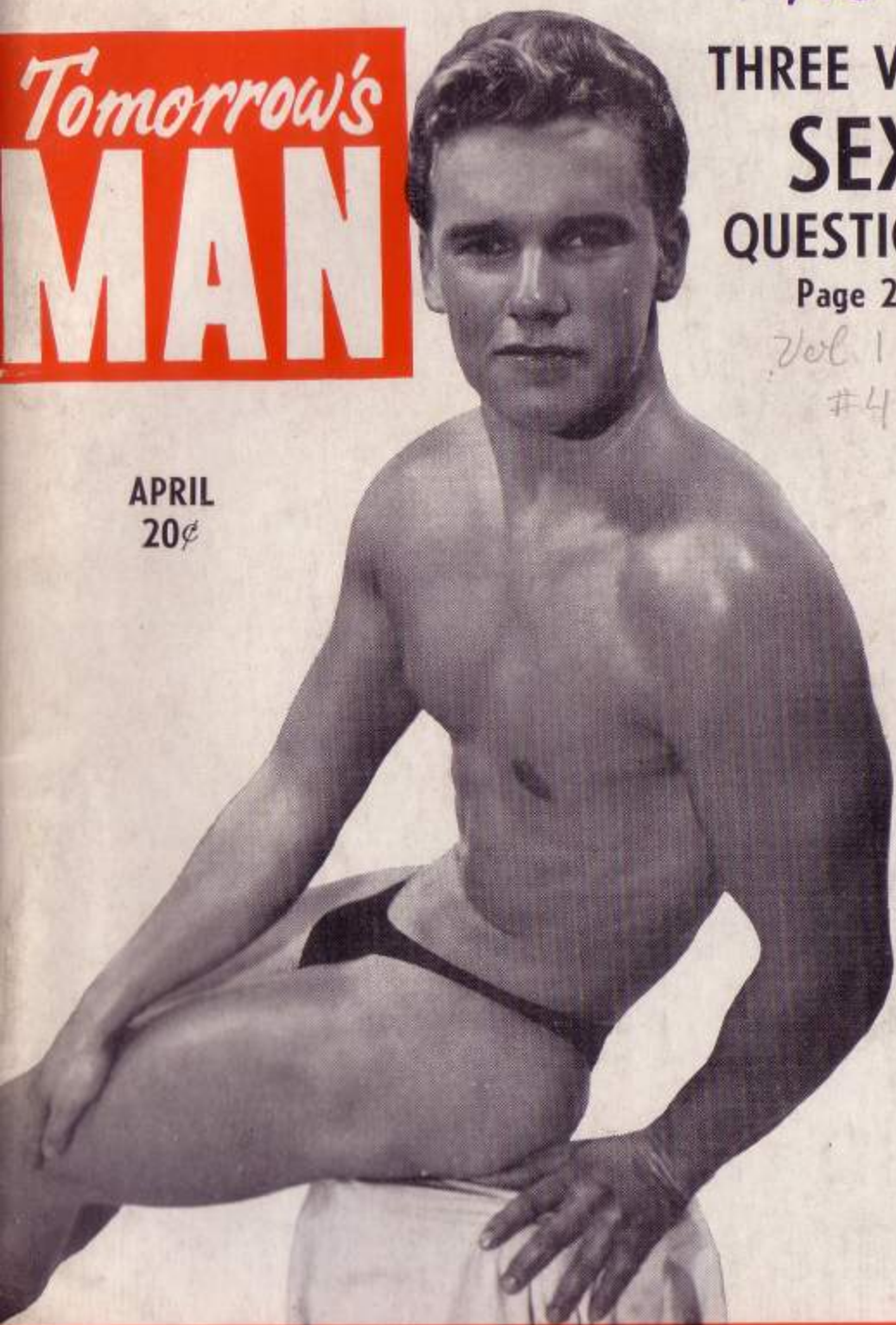
THREE VITAL  
**SEX**  
QUESTIONS

Page 26

*Vol. 1*

*#4*

APRIL  
20¢



**A New Approach To Bodybuilding**



**GLEN BISHOP AS "PUCK"**

**"WHAT FOOLS  
THESE MORTALS BE!"**

# ***A Sense of Humor***



The month of April gets off to a rollicking start with "April Fools' Day" (or "All Fools Day" if you prefer). It is a day of good humor, and it gives us an opportunity to get off a few words about the importance of developing a good sense of humor.

Last year, body building was the subject of a rather grim kind of joke involving two Chicago weight enthusiasts who (so the papers reported) got into an argument about who was stronger. The argument was finally settled when one of the lifters murdered the other.

Strangely enough, the papers played it from the *humorous* standpoint. The newsmen grabbed the "weight lifter" angle and built it up for all it was worth. And since the public is only too eager to generalize . . . the whole field of body building suffered a black eye.

If the argument had ended in a hearty laugh instead of a murder, the affair wouldn't have been newsworthy. It is only regrettable that the lack of a sense of humor on the part of two men caused such a cloud of public sentiment to fall on the thousands of clean-cut fellows who follow the sport.



COVER MAN RICHARD ALAN hails from Grand Haven, Michigan. He is 18 and a pre-med student at the University of Michigan. He has the distinction of winning "Best Built Senior" during high school days, and was also a leader in school activities. He is a former winner of the "Mr. Western Michigan" title. For more information, see page 24.

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# Tomorrow's MAN

Vol. 1 APRIL 1953 No. 4

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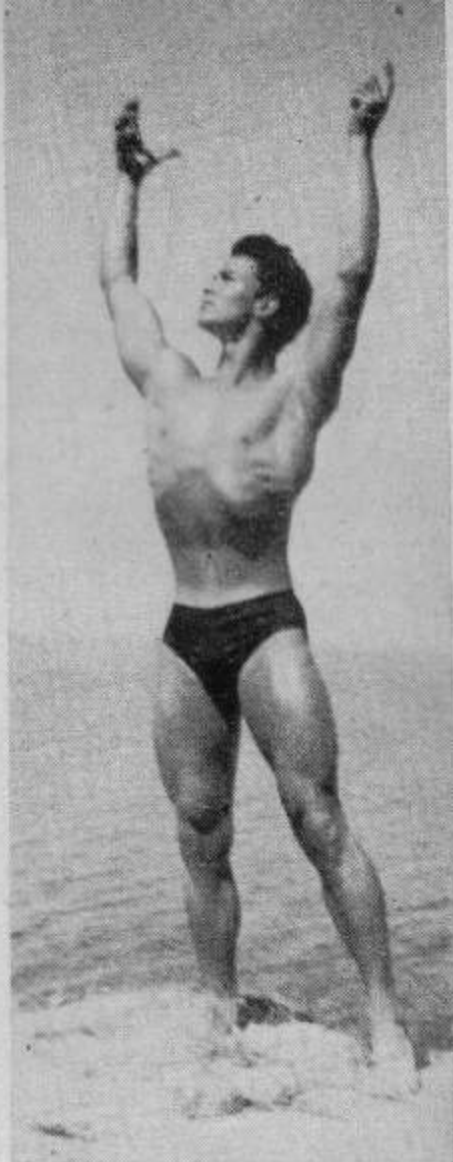
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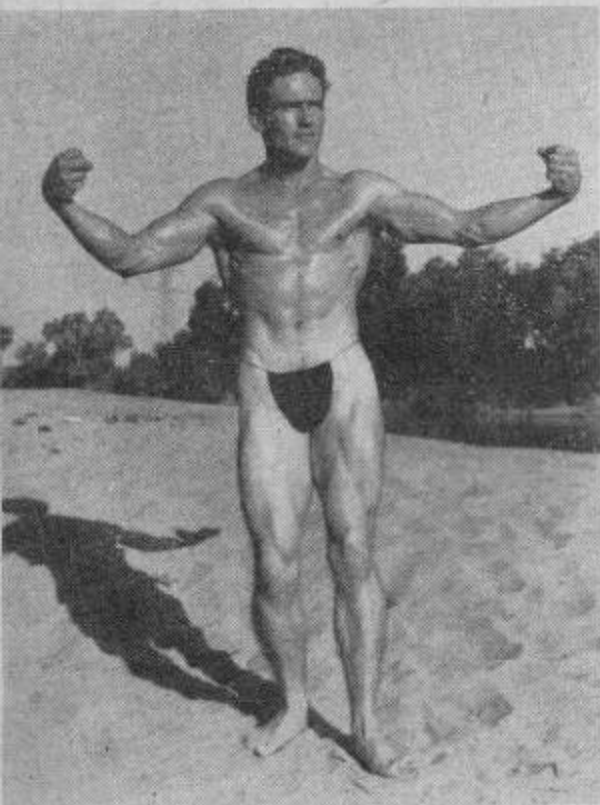
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ABOVE: GLEN BISHOP

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FOR CHANGE OF ADDRESS: Send post card to address above, listing your old and new addresses.



**EX-SAILOR BOB HAINES** is beautifully and symmetrically built. Note the fine calf development (15½") which give his legs the virile look. He is 24 years old, and works out at the Sacramento YMCA.

Specifications: 5'7", 155 lbs., 16" arms, 23¾" thighs, 28" waist, 44½" chest, and 13½" forearm.

Photo by Al McDuffie, 2817 V. St., Sacramento, California.



"Congratulations! The magazine is **TERRIFIC**. The fact you made it pocket size is a big factor, and the contents are superb!"

Laurence W. Mayer  
Boston, Massachusetts

"I think your new pocket size magazine, "TM," is better than any I've ever read . . . tops in its field."

PFC Jose Pascua  
Camp Atterbury, Ind.

"I want to tell you that your swell magazine, "TM," is the best body-building informant I have seen up to date. Keep up the good work, the next issue can't come quick enough for me.

John Gudgin  
Boston, Mass.

"Way out in the Azores where magazines are limited, it was indeed a morale boost to see the new **TOMORROW'S MAN.**"

WOJG Paul Lange  
1065th Air Base Group  
APO 406, New York



**HERO WORSHIP.** An admirable man in HANK MILLER, 1952's "Mr. Illinois" who is shown here with a group of his younger followers. Hank, who was featured in last month's TM, is now in the U. S. Navy. He was active in youth guidance circles before entering the service.

I like "TM," so let's keep it coming. There's something about the size that I like best, so don't change it.

It is one of the finest out . . . small, yet it has it all there. *It's like a vitamin pill with everything rolled up into one thing.*

So here's my \$2.00 . . . let's keep it coming.

Rev. Howard E. Pfeuffer  
Kerrville, Texas

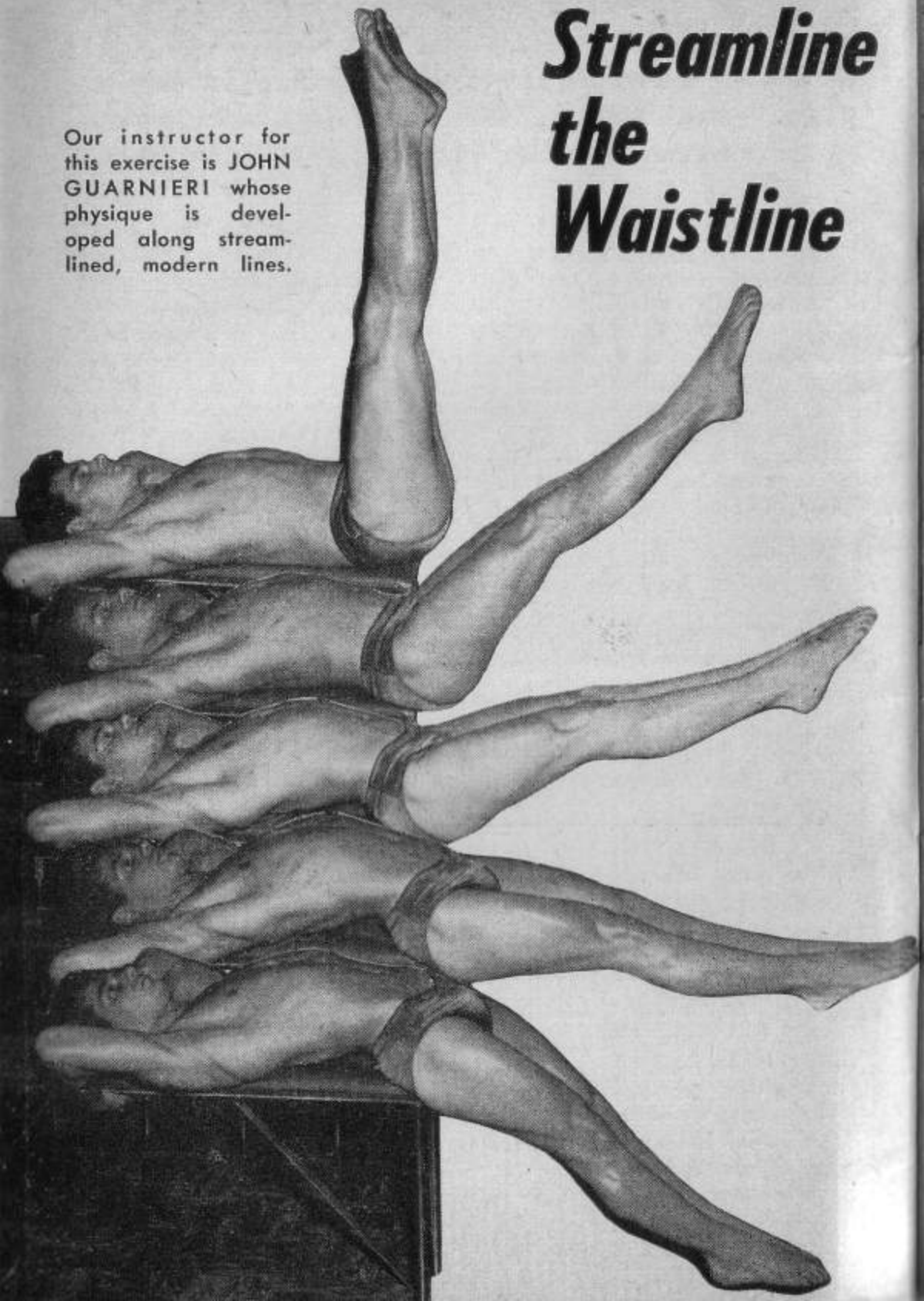
Glad to hear Jim Park won the "Mr. World" contest. I think you did a great job of building him up.

"You sure are getting the going over from some of the critics. No matter what they say, I know your system is the greatest . . . and I can prove this because *it's working for me!*"

Dan O'Brien  
Elizabeth, N. J.

Our instructor for this exercise is JOHN GUARNIERI whose physique is developed along streamlined, modern lines.

# *Streamline the Waistline*





## **IN A SLUMP? Try this exercise to build a Trim, Strong Waist for better looks and better health. No Weights Required.**

FOR A STREAMLINED WAISTLINE, which is not only a must for the highly prized "V" shape, but is also extremely helpful in keeping inner organs in place, try these Leg Raises.

The Leg Raises strengthens the lower abdomen, thus aiding in the prevention of rupture and hernia. A strong abdomen also supports the vital and important organs of digestion and without good digestion, good health is impossible . . . and so are muscles! Thus, the Leg Raises are really a "key" exercise toward building good health.

Fortunately, this exercise requires no equipment and the only reason for not adding it to the workout routine is laziness.

Returning for a moment to the commentary on inner organs, we recently saw a series of interesting X-ray photographs made in our medical laboratories. The stomach of the subject to be X-rayed was filled with a substance which

would show up on the X-Ray plate and then two pictures were taken. The first was taken when the subject was slumping . . . in a position which many office workers assume during at least eight hours of their day. The second shot was taken with the subject observing correct seated posture.

In the first instance, the X-Ray showed that the stomach had dropped almost to the pelvic bone. In the second, the stomach had raised to its normal position. Thus, good posture (which is aided by the Leg Raises) means better inner organ placement and hence, better digestion.

When you become adept at performing the exercise as shown, you can get additional benefit by adding weights to the feet to increase resistance.

Do as many repetitions of this exercise as you can without "forcing" yourself to the point of exhaustion. Stop when you feel moderately tired. Do it every day.

---

**HOW TO DO THE LEG RAISE:** Lying on your back on a bench with your feet extended, as shown in the bottom illustration, raise both legs while keeping the knees locked to a perpendicular position (top illustration). Lower and repeat. Be sure to lower the feet below the top of the bench. Don't stop at the bottom of the movement. Inhale as your legs go down.

## Coming Up

New York City's ultra-active McBurney YMCA will hold the 4th National Y Weightlifting Championships Saturday, April 25. The afternoon event (3 p.m.) will be followed by an evening contest to select the "Most Muscular Man."

National championship medals in gold, silver and bronze will be given in the seven weight classes, and trophies will go to physique contest winners. All entrants must be YMCA members. For information, contact Mr. Logan Mundt, Physical Education director at the McBurney Y, 215 W. 23rd St., NYC. Phone CHelsea 3-1982.

**"Mr. Illinois," "Mr. Chicago," and "Mr. High School,"** March 22, *Duncan YMCA, Chicago.*

*Invitation Variety Meet,* Roosevelt Auditorium, New York City, March 27th.

*Mr. Gotham Physique Contest,* Harlem, YMCA, New York, April 10th.

**"Mr. Physical Culture of 1953."** A stupendous show under the sponsorship of Bernarr MacFadden, May 30, St. Nicholas Arena, New York City.

## Don't Sacrifice Yourself to the

**In the Dark Ages,** some people used to take delight in watching other people burned at the stake . . . but today the situation has reversed itself. People take delight in burning themselves.

The "copper tan" fad brings new throngs out to the beaches each summer, earnestly bent on turning their skins to bronze. But tan we will, so here are four tips about getting a decent looking tan without too much agony.

(1) Don't get too much sun at a time. It dries out the skin, makes you look weatherbeaten.

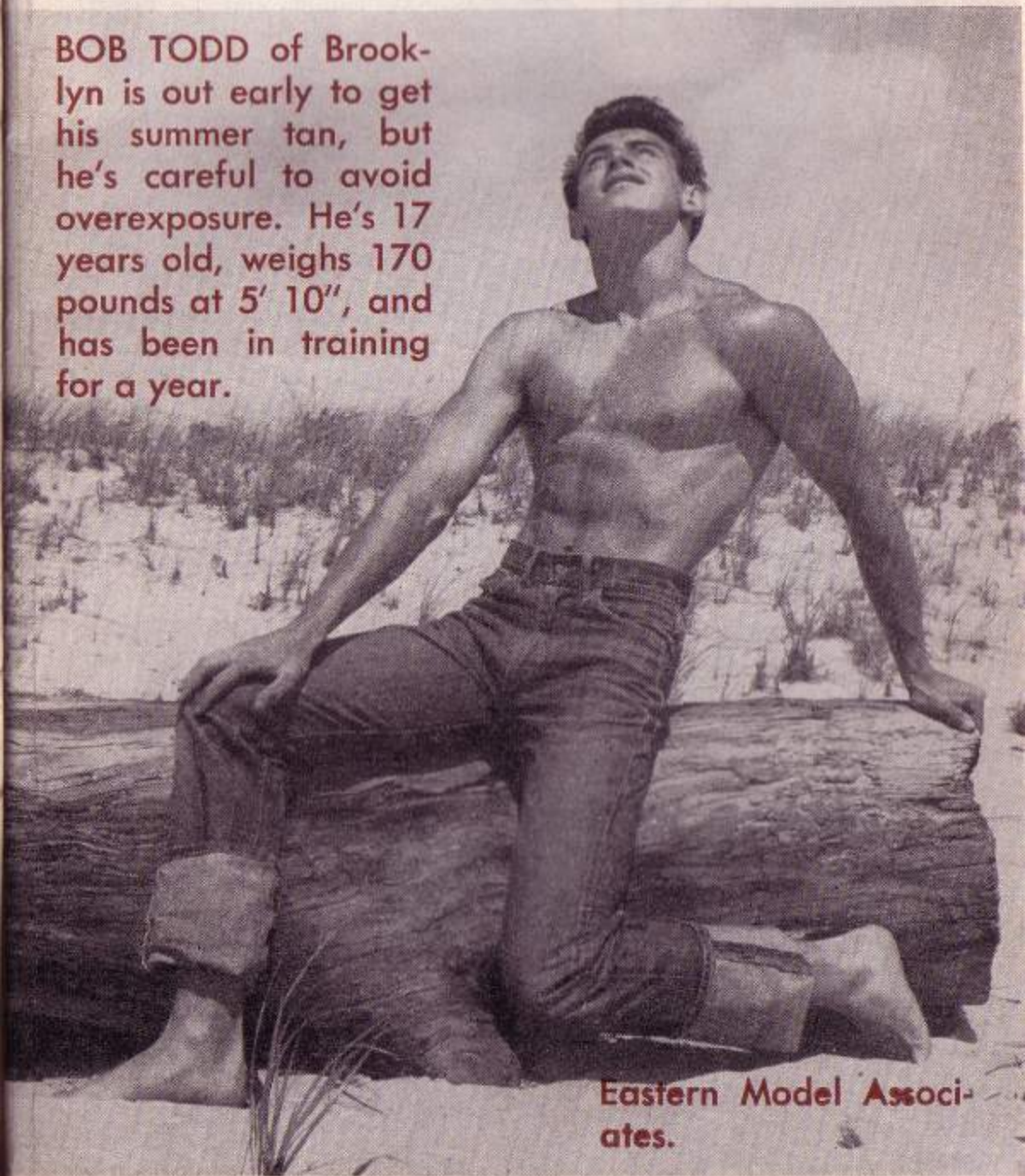
(2) Alternate sun and shade, spending ten minutes in the sun, and ten minutes in the shade, etc. Long exposure is harmful to the body.

(3) Don't take a shower or bath before sunning. It removes the oil from your skin, makes a burn easier.

(4) Use one of the lanolin preparations on your skin before sunning. "Lanolin Plus," one of the finest, is available at any good drug store. Many of the so-called "sun lotions" are next to worthless.

# SUN GOD

**BOB TODD** of Brooklyn is out early to get his summer tan, but he's careful to avoid overexposure. He's 17 years old, weighs 170 pounds at 5' 10", and has been in training for a year.



**Eastern Model Associates.**



## THEY SAY...

"These two supplements (Hi-Protein Tablets and the Vitamin-Mineral Supplement) I rate A-1. I have made a body-weight gain of 6 pounds in two weeks through their use and highly recommend them to every body-builder as a "must" in training."

Walter Detweiler  
Sellersville, Pa

"Your products are wonderful! Since using them, I have put on 15 lbs."

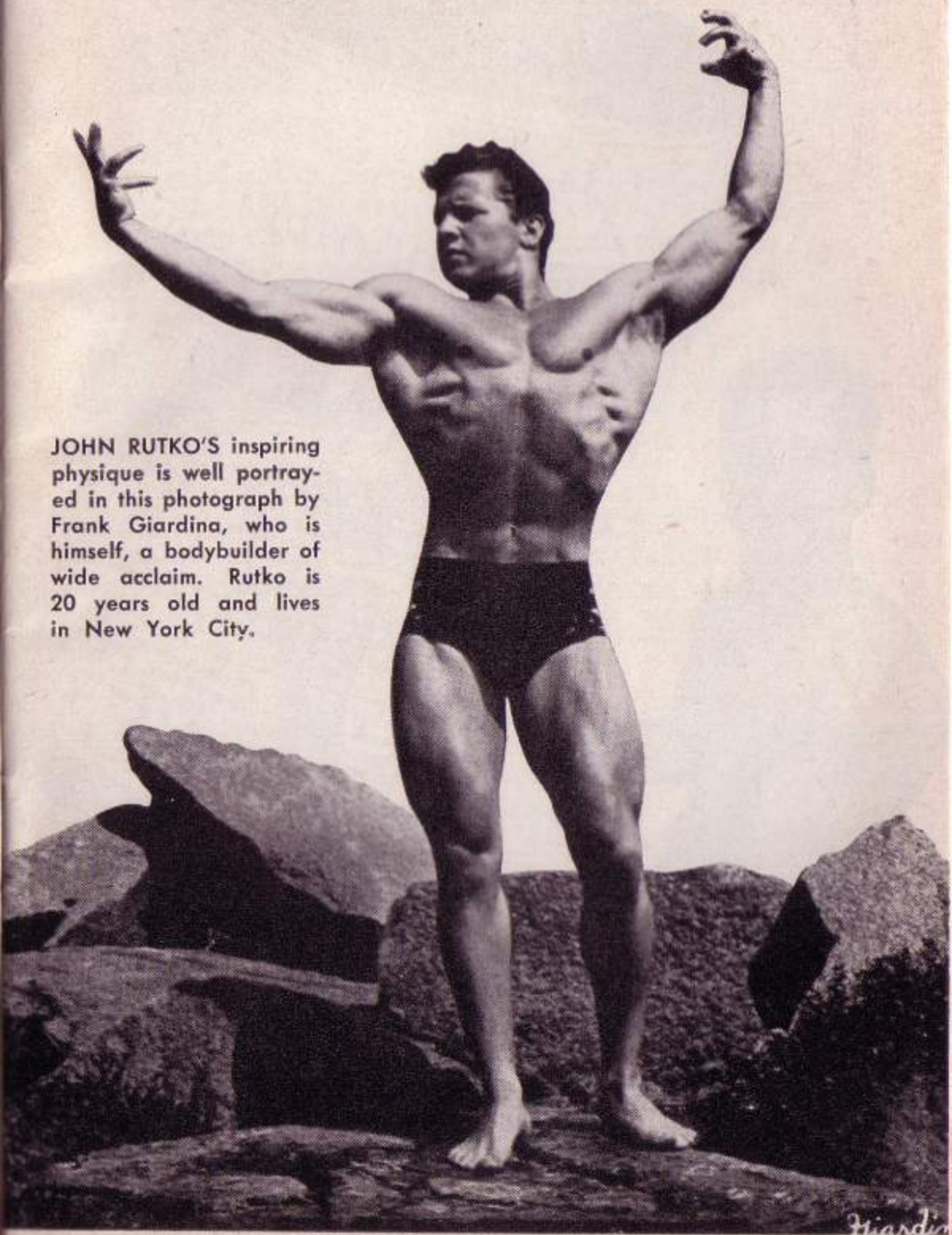
James Morrow  
Kansas City, Missouri

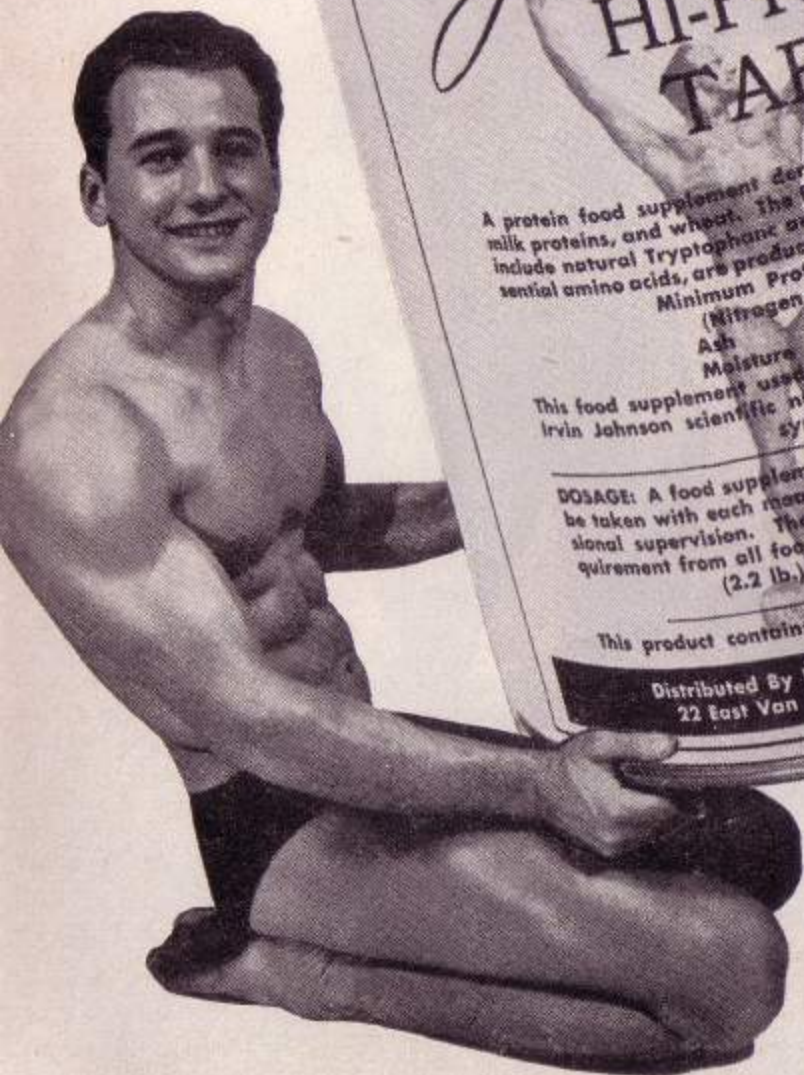
## "Mr. America"

1953's "MR. AMERICA" contest is already in the advanced planning stages. The big show, a two day affair, will be held June 6 and 7 in the Murat Theater, Indianapolis.

DEADLINE FOR ENTRIES is May 25. For information, write Robert Higgins, 143 E. Ohio St., Indianapolis, Indiana.

JOHN RUTKO'S inspiring physique is well portrayed in this photograph by Frank Giardina, who is himself, a bodybuilder of wide acclaim. Rutko is 20 years old and lives in New York City.





# Irvin Johnson's HI-PROTEIN TABLETS

A protein food supplement derived from soya flour, milk proteins, and wheat. The free amino acids, which include natural Tryptophan and the other natural essential amino acids, are produced by an acid hydrolysis.

Minimum Protein 86%  
(Nitrogen 11%)  
Ash 6%  
Moisture 8%

This food supplement used exclusively in the famous Irvin Johnson scientific nutrition and body building system.

**DOSAGE:** A food supplement — 10 tablets, or more, to be taken with each meal or as directed under professional supervision. The minimum daily protein requirement from all food sources is one gram per kilo (2.2 lb.) of body weight.

This product contains no salt (sodium chloride.)

Distributed By Irvin Johnson's Health Studio  
22 East Van Buren Street, Chicago 5, Ill.

**HANK MILLER**, 1952's "Mr. Illinois," gives much credit for his development to Johnson's Hi-Protein Tablets.

# "They don't call me 'Skinny' anymore!"

(We didn't write this ad . . . You did!)

"I've always been on the skinny side-- just a bag of bones. I love to swim, but hated to go to the beach because of my condition. I kept my skeleton covered with clothes.

"Thanks to your Hi-Protein Tablets, I've gained 15 pounds, and they don't call me 'Skinny' anymore! Now my skeleton is covered...with muscles!"

"I can't believe it myself, but the scales don't lie. I tried the other brands of protein pills and all I got was indigestion. Yours gave me 13 lbs., and they don't call me "Skinny" any more!"

"I started using your Hi-Protein tablets a month or so ago. My college roommates made fun of me at first, but now some of them are taking Hi-Protein. Best of all, they don't call me 'Skinny' any more."

---

Order your supply of Johnson Hi-Protein Tablets today.  
TO: Johnson Health Studios, 22 E. Van Buren, Chicago 5, Ill.  
Please send me a supply of your Hi-Protein Tablets.

Check amount: ( ) 250 Hi-Protein Tablets.....\$ 5.00  
( ) 525 Hi-Protein Tablets..... 10.00  
( ) 1100 Hi-Protein Tablets..... 20.00

NO C.O.D. or FOREIGN ORDERS please.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZONE \_\_\_\_\_ STATE \_\_\_\_\_

# ART HARRIS

---

ARTHUR HARRIS, new king of New York body builders, is the hero of a success story which is hard to match when it comes to perseverance. Truly an all-around athlete, Harris' capture of the 1952 "Mr. New York State" title made him a credit not only to his race, but to body-building in general.

Art became interested in athletics at the tender age of 7 when he started ice skating. Mother Harris was worried at first, but when she saw her toddler cutting around the rink with the best of them, she decided she had a real athlete on her hands. **That's the way it turned out, too, for in rapid succession, Art took up baseball, basketball, softball, rowing and cycling. He starred in high school basketball and also went in for boxing.**

The young colored star found that he was quite proficient in fisticuffs, and planned a boxing career. His plans were cut short, however, for during a sparring match, his right knee buckled, and examination showed that a long-forgotten injury had left him with a knee fracture.

With boxing taboo, Art turned to body building. He began training at a gym near his home in Harlem and was elated when he began to show improvement.

So enthusiastic was he, that he entered a local physique show and won . . . nothing.

Undaunted by the failure, he went back to training and entered another show last spring. He walked off with second place . . . after scarcely five months of training.

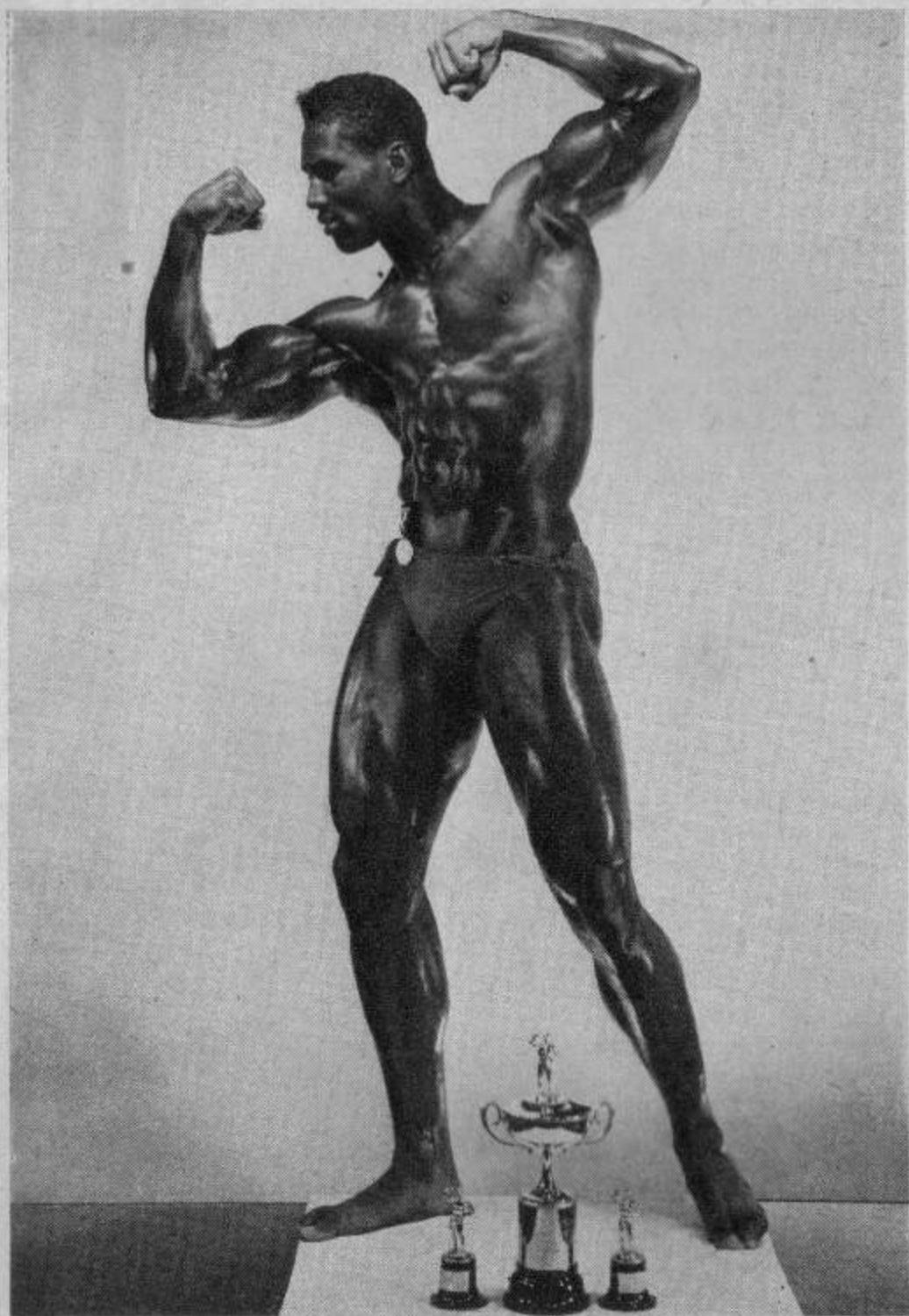
A month later, he won third place in the "Mr. Gotham" show staged at the Harlem YMCA.

Setting his aspirations up a few more notches, he began training for the "Mr. N.Y. State" title. He worked like a Trojan, and when he stood in the wings of the McBurney YMCA, watching some of the physique world's greats going through their paces, he knew he had what it took to win.

**That night when he left the auditorium, he not only carried the "Mr. N.Y. State" title, but also the "Best Back" and "Most Muscular" awards.**

Al Urban





## Don't Miss It . .

A RED LETTER DAY is Mar. 22 when Central A.A.U. Senior Weightlifting Championships and three physique shows are held in Chicago.

"Mr. Chicago," "Mr. Illinois," and National "Mr. High School" will be selected. Winners will receive numerous trophies, and a special award will be presented by TOMORROW'S MAN Magazine.

AL STEPHAN, 1946's "Mr. America," will star at the afternoon show, and his wife, Grace, will act as Coronation Queen.

JIM PARK, "Mr. America," and "Mr. World," will appear at the evening session.

### PROGRAM

2 p. m. First four weight classes (123 lbs. through 165 lbs.).

4 p. m. "Mr. High School."

7:30 p. m. Weightlifting events for classes from 181 lbs. through Heavyweight.

8:30 p. m. "Mr. Illinois," "Mr. Chicago," and "Mr. High School."

### — PLACE —

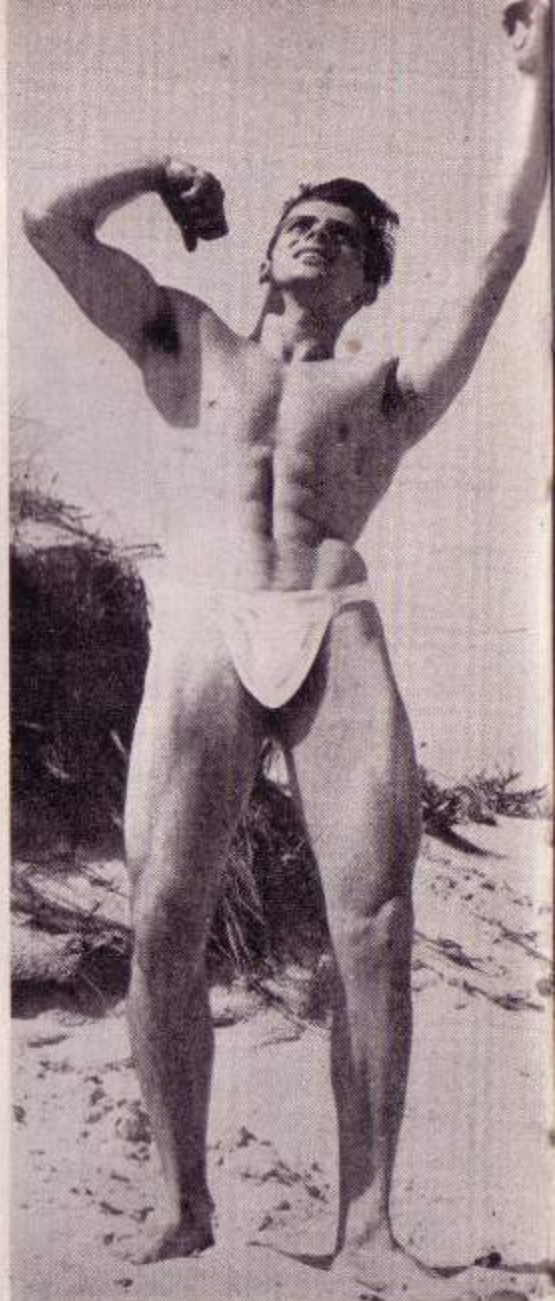
Duncan YMCA, 1515 W. Monroe St.

### — ADMISSION —

\$1.20 General Admission; \$1.80 Reserved Section, for each session.

### TICKETS ON SALE AT:

Johnson Health Studios, 22 E. Van Buren; Body Builder Sport Shop, 1925 W. Division; Sports Sales, 31 W. Adams; Tony's Gym, 2143 W. Roscoe; and the following YMCA's: Irving Park, Oak Park, Division St., Duncan, and Lawson.



HERMAN MAERTENS is a Brooklyn body builder. He and his dad run a food store, but Herman manages to work out in his complete home gym. Just 18, he weighs 180 at 5'10. Photo by Eastern Model Associates.

# Less Than 12¢ a Day Gives You 27 Essential VITAMINS and MINERALS

Here's one of the major food supplements used in conjunction with our famous body-building system . . . offered at a minimum daily cost.

Scientifically prepared with the aid of biological chemists, we feel JOHNSON'S VITAMIN MINERAL Supplement is the best offered in aiding your nutritional program.

OTHER SUPPLEMENTS have long used iron sulphate . . . but research experts have found that iron glutonate gives a better effect in achieving results. Iron glutonate aids in building red corpuscles which carry oxygen to the muscles. Therefore, this can increase your efficiency in exercising, for without oxygen, muscles tire easily, and you probably won't get the most out of your training.

AND . . . in JOHNSON'S VITAMIN-MINERAL SUPPLEMENT, you get TWICE THE MINIMUM DAILY REQUIREMENT!

It's the same with the other nutriment . . . all planned to give you ideal materials to build a better body.

Here are the essential materials you get to help you in your body-building program all can be beneficial and are often lacking in the daily diet.

VITAMINS A, D, B<sup>1</sup>, B<sup>2</sup>, B<sup>6</sup>, and B<sup>12</sup>  
Amino Acids (aid protein digestion)  
Tri-Calcium Phosphate  
Betain Hydrochloride  
Calcium Pantothenate  
Ascorbic Acid (C)  
Sodium Chlorate  
Wheat Germ Oil  
Choline Citrate  
Rice Bran Oil  
Niacinamide

Iron  
Liver  
Iodine  
Copper  
Cobalt  
Diastase  
Inositol  
Potassium  
Manganese  
Magnesium  
Folic Acid

ORDER JOHNSON'S VITAMIN-MINERAL SUPPLEMENT NOW!  
A 30-day supply (120 capsules) only \$4. 90-Day supply (360 capsules) only \$10. Sorry, no C.O.D.'s or Foreign orders. All orders sent postpaid.

**IRV JOHNSON'S HEALTH STUDIOS**

22 East Van Buren, Chicago 5, Illinois

A Prominent Psychologist Gives Some  
Important Tips on How You Can Really

# Know Yourself

By Cleo Dawson, Ph.D.

**A** friend asked me to drive her Cadillac around the block while she ran into a store to pick up a package. There I sat, behind the wheel of one of the finest pieces of machinery made . . . and before me was the wide concrete street.

The traffic light was green . . . all I had to do was GO! But I couldn't.

I couldn't go because I didn't know how to work the car's gear shift. I tried, but the fine car just spit and sputtered.

*In our everyday lives, that is what is happening to most of us . . . we don't get very far, because we don't understand the machinery of our own bodies.*

**E**ACH of us has been given the finest piece of machinery on earth . . . the human body . . . but too often we don't know how to run it.

We sit at the steering wheel as stupid as I sat in that car.

Somehow, we hitch-gallop along . . . weary and worn . . . and in time we get sick and pull over to the curb.

And that is just as true of you as a man. The great root system of man is his basic emotional forces . . . FEAR, SEX, RAGE, WONDER.

Your emotions are a great water main coming into a city. At the city's edge, the water divides into four pipes, each a fourth as big as the main pipe. If you keep all four pipes open, the city on all four sides will receive an even and adequate water supply.

But stop up one pipe, and you will get too much pressure in the other three. Stop up two pipes, and you begin springing leaks in the other two. Stop up three, and you'll have a break through.



**Dr. Dawson, whose dynamic drive and sparkling personality add luster to her words on the printed page or from the lecture platform, is a new member to TM's staff. "KNOW YOURSELF" is the first in a series of articles on effective living.**

*That's what most of us are doing. We stop up our emotions. We don't "let loose." Society will not allow it. Circumstances prohibit. But to keep an even flow is much cheaper . . . and easier . . . than to repair the leaks.*

**T**O keep your pipes open, let me give you a formula to start on today. When you feel worried, upset, fearful, or just plain bored, one of your emotional pipes is clogged up.

**FIRST:** Ask yourself what is wrong and make yourself answer, "I'm afraid," "I'm lonely," "I'm jealous," or whatever it is that's bothering you.

**SECOND:** Ask yourself if this feeling is worth the unpleasantness it is causing you. It isn't . . . not if you know what this upset is doing to your body functions.

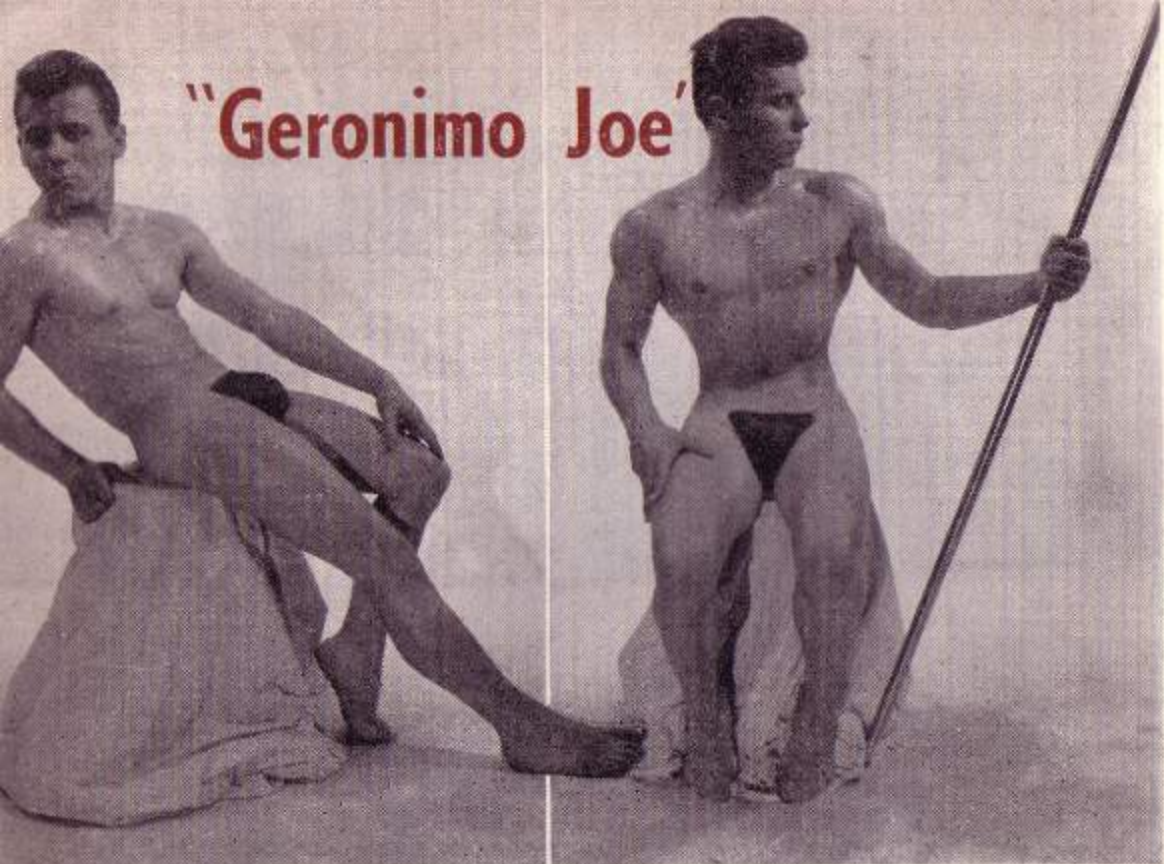
**THIRD:** Change your atti-

tude to a POSITIVE one. If you're worried, tell yourself, "I CAN overcome this problem!" (You'll be just as worried after you say it, BUT SAY IT! You'll be addressing your subconscious mind with what you want it to register for you in the future.)

**FOURTH:** Then DO SOMETHING ABOUT IT! Don't sit still. Get up . . . get started. To do something is like turning on the tap in an almost clogged sink. If just a trickle gets through, in time the clog will melt away.

**I**F YOU have read this article through, you have that necessary trickle . . . the desire to improve. Keep your "hot water running" and clear away the clogs that have formed in your "pipes." When you take these positive steps, you'll be starting the flow of LIFE, and life will show you how to do the rest.

## "Geronimo Joe"



He'd be "1-A" in any man's army, but Paratrooper Ed Bierman is happy he's training under the Stars and Stripes rather than the Russian hammer and sickle. His trim, muscular physique is deftly portrayed in these studio shots by Irvin Johnson.

**Z. Edward Bierman** is only 21, but the story of his life reads like a book labeled "Escape from the Iron Curtain." Ed, now a rough and tough paratrooper in training at Fort Benning, Georgia, was born in Poland. In 1939 when the Reds invaded his homeland, Ed and his father escaped to Switzerland.

**His mother was captured and sent to Siberia.**

At war's end, Ed came to

the United States and he is mighty glad to be serving Uncle Sam rather than Stalin.

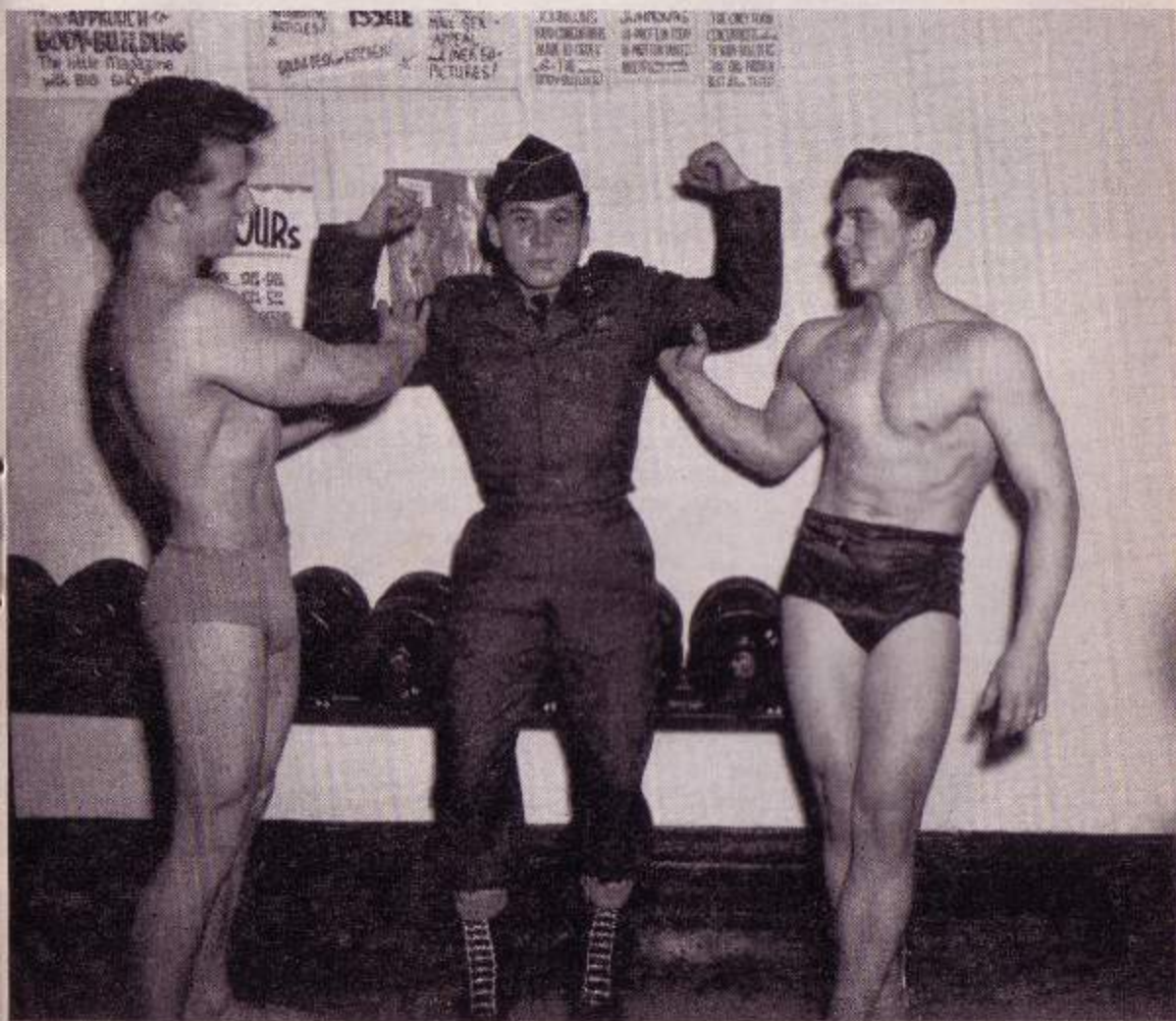
Behind his mask of modesty, Ed hides a vibrant personality. A man of many interests, he plans to be a commercial artist when his days as a commando are over and he returns to less war-like pursuits.

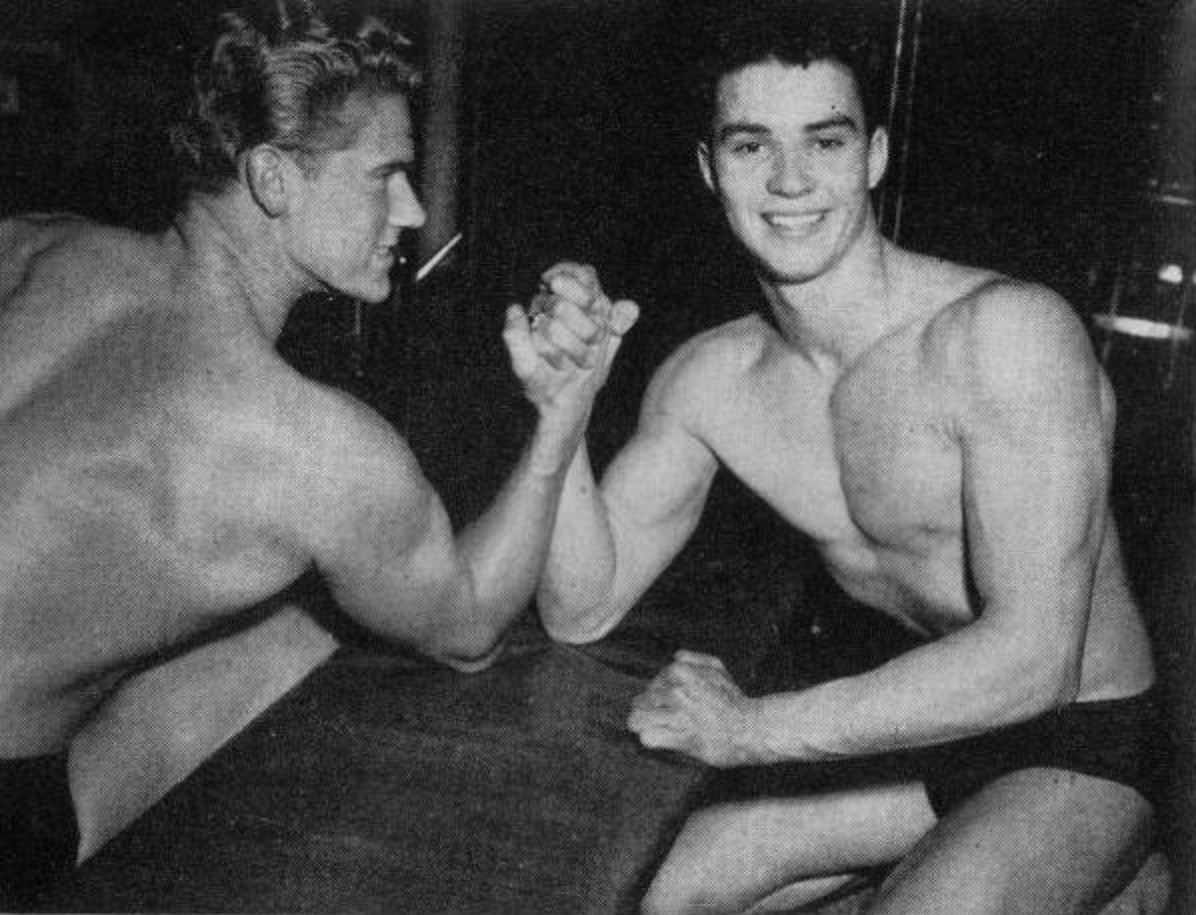
He also likes (1) classical music, (2) ice skating, (3) swimming, and (4) body building.

DUMBBELLS get a once over as Ed goes through his exercise routine in the Johnson Health Studios. Ed is a Chicagoan, trains at Johnson's when he's home on leave.



BARBELL BOYS Ed Zale (left) and Bill Cisler agree that Ranger training really toughens you up. A strong body often means the difference between life and death in time of war.





**NEXT MONTH** we are going to answer a good many inquiries about the man whose picture we have been using on our contents page . . . namely, **GLEN BISHOP**. We're planning a complete picture story on Glen and know you won't want to miss it.

Bishop, who is only 16, has developed one of America's most symmetrical, streamlined physiques, mainly because he has trained for shape rather than "hulk and bulk."

Above is a glimpse of Glen engaged in some off-hours hand wrestling with cover man **RICHARD ALAN** (See page 4 also).

Dick, who weighs 185 pounds at 6'1", is an all-around athlete . . . participates in hockey, tumbling, hand balancing, water skiing, swimming, hunting, and tennis. His favorite, naturally, is body building. An able and agile gymnast, he can perform both front and back somersaults, a rarity for a man of his stature.

A body builder for the last four years, Dick takes a keen interest in nutrition . . . eats the right kinds of foods, and supplements his diet with food concentrates.



# How did this little guy get so BIG . . . so fast



Frankly, we never believed (tho we did pray a little) that TOMORROW'S MAN would go over in such a big way. But it did!

We're now printing SEVEN TIMES as many copies as we did when we started a few months ago! And our subscription chart looks like a roller coaster that knows only how to go up!

We wanted TM to pack a real wallop . . . to give you a lot of body building info in a concise, easy-to-read package. (That's why we call it "The Little Magazine with Big Shoulders").

Pictures are important, too, and we wanted TM to have the clearest, sharpest pictures available in ANY body building magazine. From the many letters we've received, it seems that you agree that TM is doing all these things . . . bringing you the very best . . . in the most convenient form.

TM is now sold at leading news stands all over America, BUT YOU CAN'T ALWAYS GET IT. (The February issue sold out, and at press time, it looked like the March issue was fast disappearing too.)

Make sure you get every copy of TM . . . and save the price of two issues at the same time! A whole year of TOMORROW'S MAN will start coming your way as soon as we receive the coupon below and \$2.00. (You save 40c over the single copy price!). We'll be looking for your subscription.

---

TOMORROW'S MAN, 22 E. Van Buren St., Chicago 5, Illinois  
Please send me TM for the next 12 months. Enclosed: \$2.00.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZONE \_\_\_\_\_ STATE \_\_\_\_\_



# Three Vital SEX Questions

By Geo. MacGregor, M.D.

AS the headline told you, this is an article about sex. Actually, it is not an article at all, but rather a series of questions about sex which have been tossed to me to answer. You might consider this article as the script for a play, for any frank discussion of sex problems is full of drama.

There is a bit of *tragedy* because it is tragic when people know so little about sex and sex life.

There is a touch of *comedy*, because people have developed some of the silliest ideas about sex. And there is a lot of "*cloak-and-dagger* mystery" because sex has been a hidden secret for years.

You'll notice that I've given myself the best and longest lines in the "play," but the other members of the cast are equally important. They represent the hundreds of people who have asked me variations of these vital sex questions.

Dr. George MacGregor is new to the editorial staff, but he has long been associated with Irv Johnson in the development of the famous "Before-After" cases.

AL BRIJUNAS (last month's cover man) gets more than his share of admiration . . . and well he might. His physique and winning personality make him an ideal (and eye-deal) companion.



**MR. A: "IS MASTURBATION REALLY HARMFUL?"**

**DOCTOR:** "The question has two answers, "Yes" and "No," depending on what you mean by "harmful."

*Yes, it is harmful to the personality since the practice is associated with strong guilt feelings.* Basically, I think this is due to the close association of sex with reproduction. Actually, reproduction is constantly carried on in the plant and animal world without the well-known "sex drive."

Society found it necessary to give that sex drive a certain amount of respectability. In order to do this, society linked "sex" with "reproduction." The sex drive is really a *pleasure drive*, but the combination, "sex and pleasure" lacks the respectable tone of "sex and reproduction."

For this reason, any reference to sex for the sake of pleasure is frowned upon. Since masturbation serves no reproductive purpose but does serve a sort of pleasure purpose, it has been labeled "bad."

Incidentally, while it may be "bad" because of social stigma, you can hardly call it "*abnormal*" or "*perverted*" since recent studies show that great numbers of people indulge in the practice . . . al-

most 90 per cent of the single men between 16 and 20 . . . and 50% of the single population at age 50!

**As to harmful effects:** The practice does not result in insanity, cancer, skin blemishes or any other physical or mental diseases. Nor is there any evidence to support masturbation as a cause of impotency or sterility.

*While these few comments may appear to condone the practice, it is important to see the "No" side of the answer.*

Those guilt feelings which are always connected with masturbation, and the fears about its supposed results, produce a loss of self esteem and self confidence. Such developments can have a very real effect on the person's work and social activities.

**MR. B: "HOW OFTEN DOES THE NORMAL HUSBAND INDULGE IN SEXUAL INTERCOURSE?"**

**DOCTOR:** "There you have another question that can't be answered in concrete fashion. The average for married couples ranges from two to four times a week. Newlyweds, of course, have intercourse more often than do couples who have been married for several years. There is no iron clad ruling on frequency and the whole matter should be based



JOHN LAURIE has developed more of the Herculean type of physique as is shown in this upper body shot. Only 20 years of age, he possesses great physical strength. Like his cousin, John Leahy (see page 47) he follows correct nutrition and supplements his diet with food concentrates.

on the individual's time, energy, and eagerness to participate."

**MR. C: "WHAT DO YOU THINK OF TRIAL MARRIAGES?"**

**DOCTOR:** "I don't think much of them! There has been a great deal of foolish talk about trial marriages as a possible cure for our current high divorce rate. The argument concludes that sexual experience prior to marriage is necessary to determine the compatibility of the couple involved.

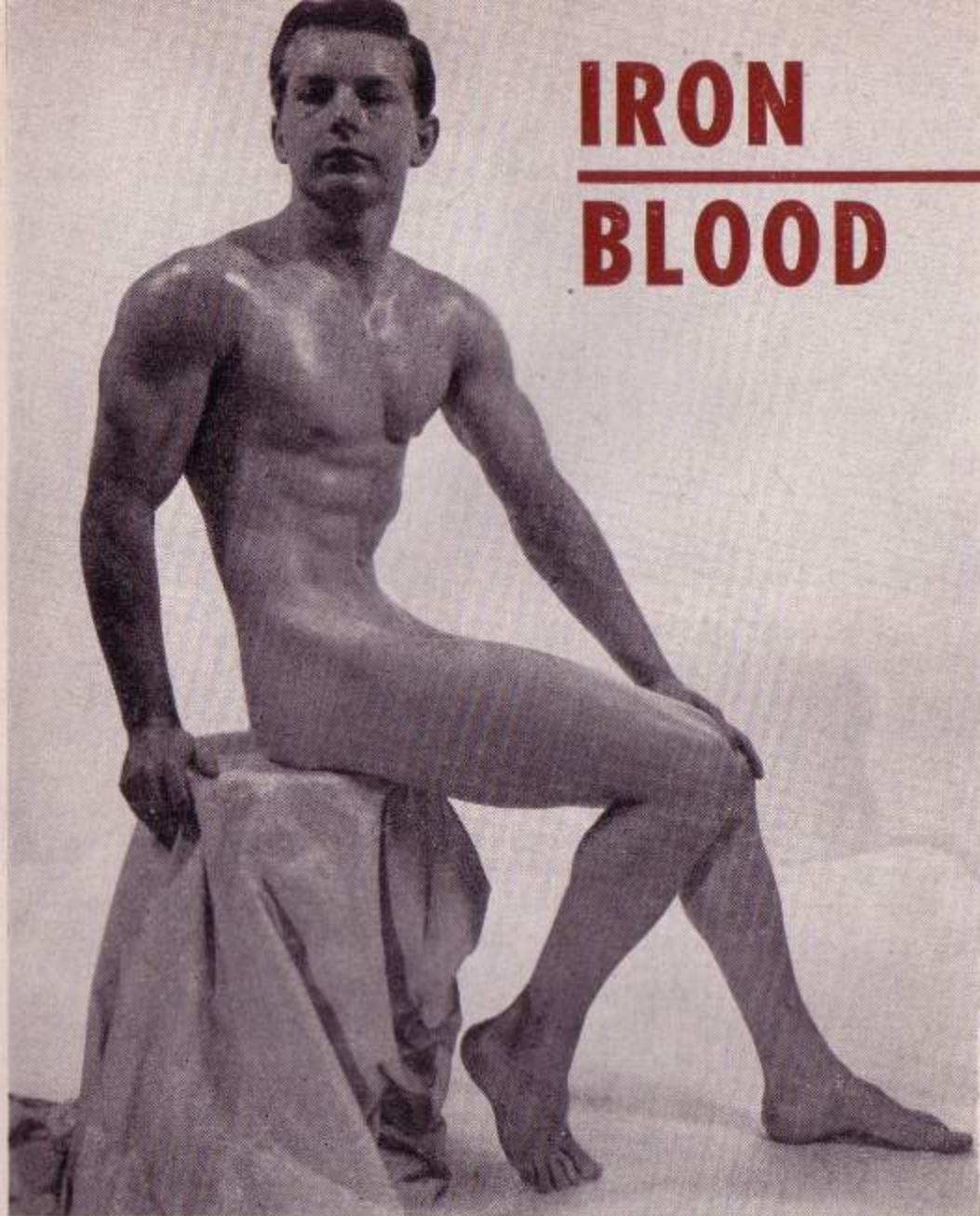
"However, such 'trial marriages' are neither trials, nor

marriages. Marriage is not a matter of sex alone . . . far from it . . . so how could you possibly determine the potential success of a complicated phenomenon like marriage by testing only one small element in it, namely, sex?

"Thus, the moral and religious indignation to such suggestions have strong foundations. They are not just merely the howlings of a bunch of Victorian fuddy duddies.

"Real marriage carries no guarantee and 'complete satisfaction or your money back' is a phrase you won't find on a wedding license."

# IRON --- BLOOD



**IRON MAN DICK AVERY** is another graduate of the Johnson "Before and After" program. "The Tiger" weighs 153 lbs. at 5' 7½" and is one of the strongest men in the nation for his age (17). An extremely ideal physique!

# ...for IRON Men

---

**"RED BLOODED AMERICAN BOY"** is a phrase you often hear applied to a strapping, virile looking youth, but few stop to think that *red blood is really the cause of his zestful condition.*

Your blood stream is a powerful, life building force in your body set-up. It controls the functioning of the organs, the cells and glands, tissues and nerves.

In blood, there is a wonderful substance called *Hemoglobin*. It is this substance which gives blood its bright color . . . and a chief ingredient of hemoglobin is iron.

But Hemoglobin has a far more important function than adding color. It is the element in the blood cells which carries oxygen to the various parts of the body, including the muscles. Oxygen, of course, is a must with living organisms, for without it, growth is impossible.

**Now where does iron fit into the picture?** Everyone who has seen a rusty nail, or a corroded fender after a rain storm knows that iron and oxygen always combine in the presence of moisture. Thus, the iron in your body's blood cells combines with oxygen in the air you breathe.

**The iron acts as a sort**

**of "transport," carrying vital oxygen to cells.**

If you have sufficient iron in the blood, your blood has the ability to carry more oxygen to the muscles . . . and thus, your body enjoys greater oxygen consumption and higher vitality.

If you have an iron deficiency, you may have anemia, less hemoglobin, fewer red corpuscles. *Your blood can't carry as much oxygen.*

This means that you are "rationing" oxygen among the body cells . . . giving each cell less than it would like to have.

The cells have to cut down on their consumption of oxygen because your blood doesn't give them enough to work with.

With fewer "raw materials," the cells can't do an efficient job of building and growing.

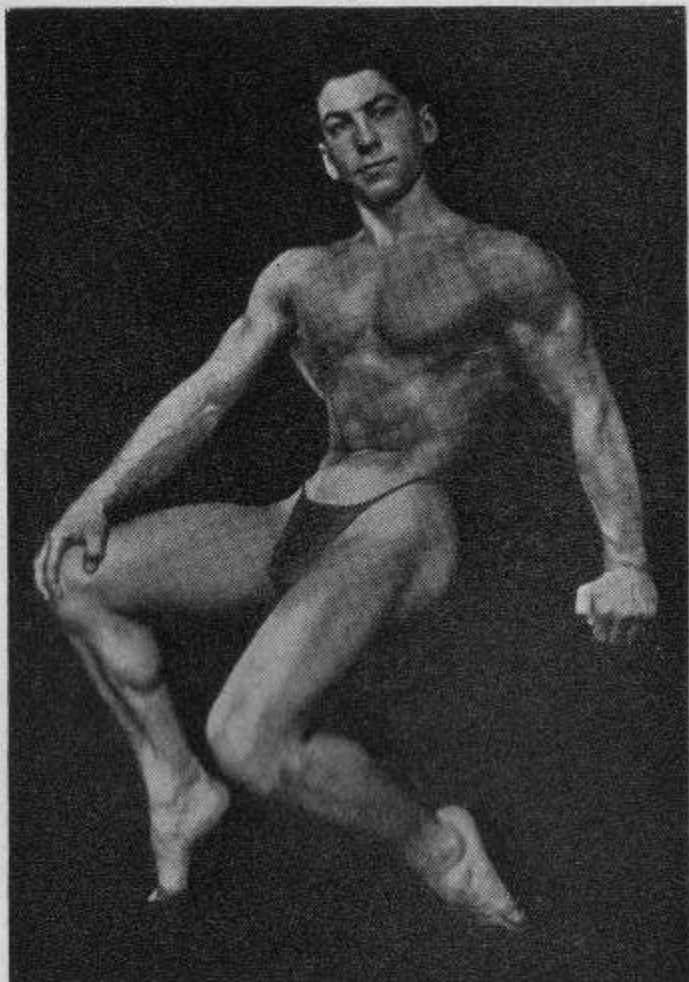
**Without sufficient iron, your blood can't do the job it is supposed to do.**

To prevent this rather vicious affair . . . you can eat plenty of the foods which have high iron content. (Liver is an excellent source.)

Then too, you can supplement your diet with a good vitamin-mineral concentrate which contains blood building, body building, health building iron.

# Photographic Masterpieces of the Male Figure

An invaluable aid to art and anatomy students,  
sculptors, painters and to all other artists  
employing the male figure in their work.

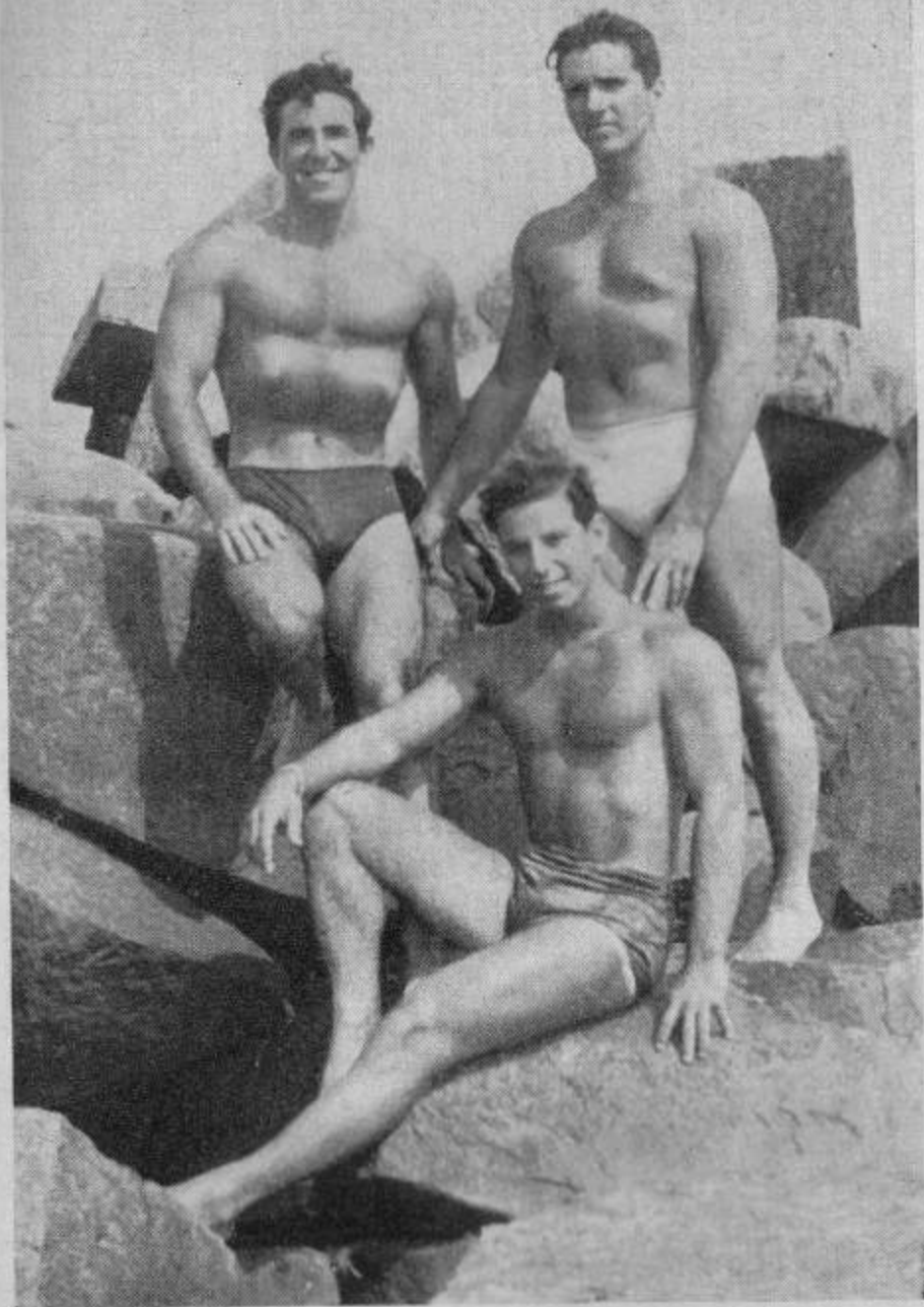


Catalog No. 9 priced at \$1.00 (which includes a beautiful 5x7 study) or Catalogs 3 to 9 inclusive for \$6.00. Complete set offer of SEVEN catalogs includes FREE one 8x10 enlargement of "THE ARCHER." Catalogs may also be purchased separately at \$1 each.

**AL URBAN** DEPT.  
J34

406 E. 73rd St., N.Y. 21, N.Y. REgent 7-4295

**World's Outstanding Physique Photographer**



**ON THE ROCKS** are these three gentlemen from the "City of Brotherly Love" Philadelphia. **MILT MOSES** (top left) and **PAUL MILLER** stand while **MARV BORDETSKY** relaxes on a soft rock after a swim.

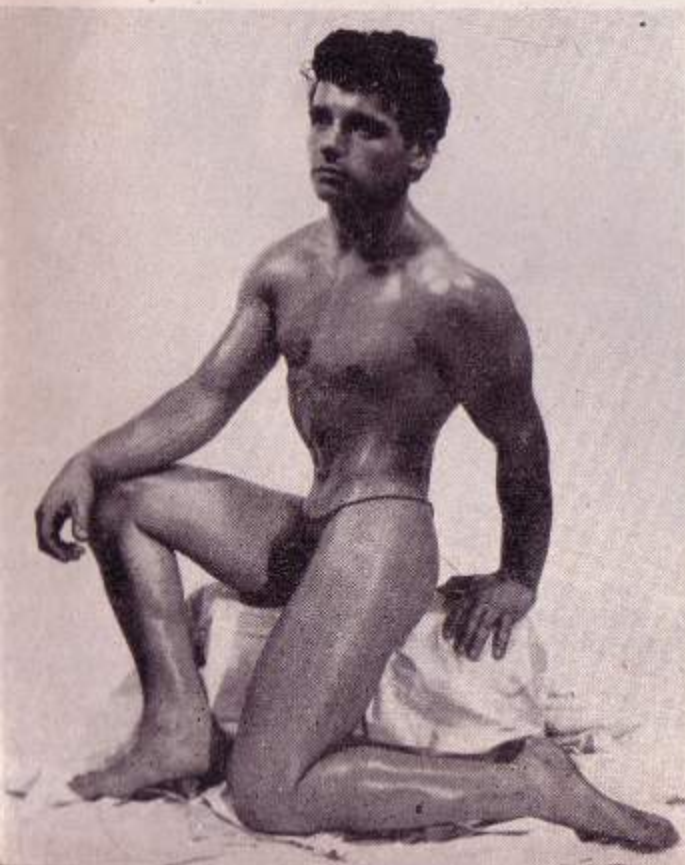


**JOHNNY GUARNIERI** tips the scales at 163 lbs. Just turned 18, Johnny has been in training for two years, the last of which was spent at Johnson's Health Studio in Chicago.

A Hi-Protein Food fan, Johnny once gained 12 lbs. in two weeks through the use of this supplement.

He works out three times a week, usually for about an hour. Favorite exercises are the military press and the two hand curl.

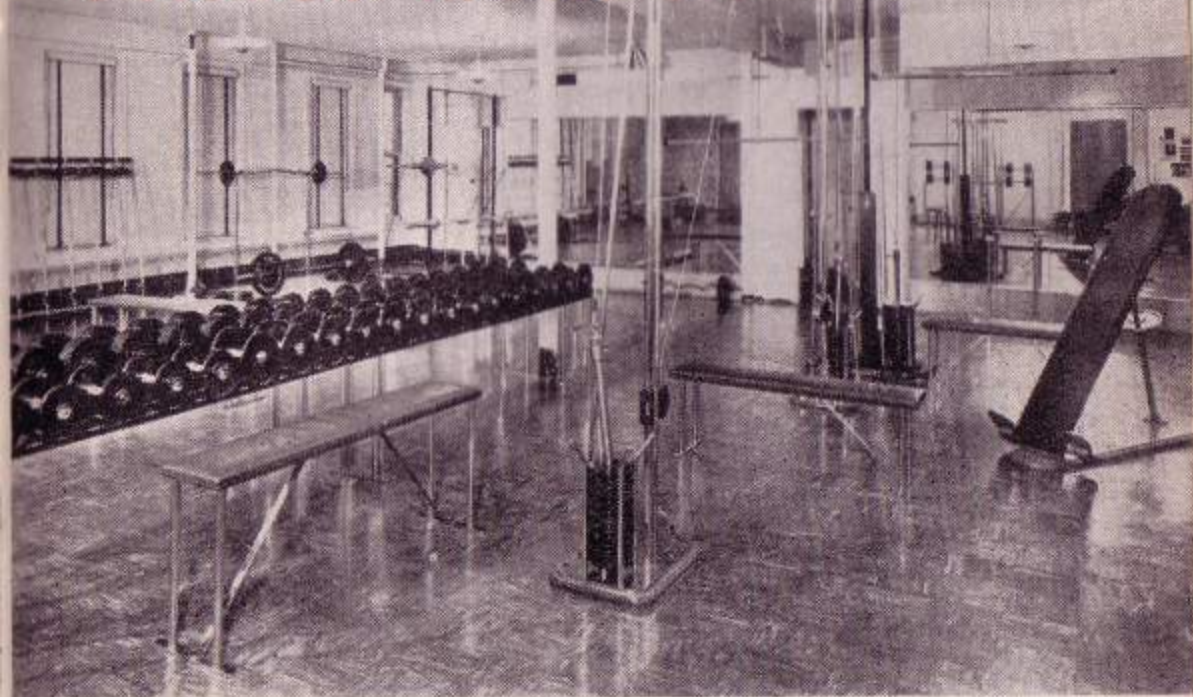
When he isn't exercising, he's following his other two hobbies: (1) music and (2) tinkering with his hot-rod. A master of auto mechanics, Johnny took a '48 Ford, added Lincoln gears, a custom made motor, and dual carburetor, and came up with a machine which is a glory to behold.



**SPLENDID BACK** development is displayed in the shot above . . . and the bottom photo shows John has placed more importance on a streamlined, symmetrical physique than on bulk.

These two photographs were made by Irvin Johnson in TM's completely equipped photography studio.

# THE MID-WEST'S FINEST GYM . . .



***Chicagoland's most beautiful, most completely equipped gym is at your service . . . ready to help you with your every training problem.***

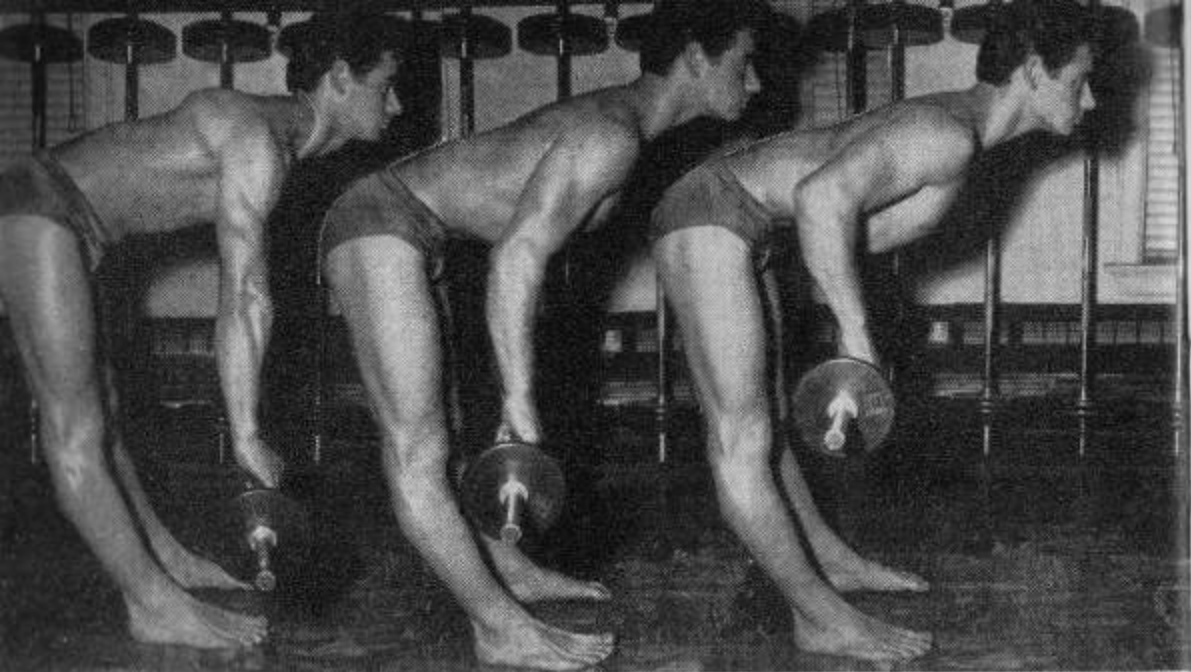
Whether you're a champion or a beginner, you'll enjoy working out in Irv Johnson's Health Studio, home of the famous "Johnson System of Dynamic Body Building," and "proving ground" of the amazing "Before and After" cases you've read about. Personal instruction and constant attention always. You'll train on a program designed especially for you. Why not drop in for a visit soon.

**IRV JOHNSON HEALTH STUDIOS**

**22 E. Van Buren St.**

**(In Chicago's Loop)**

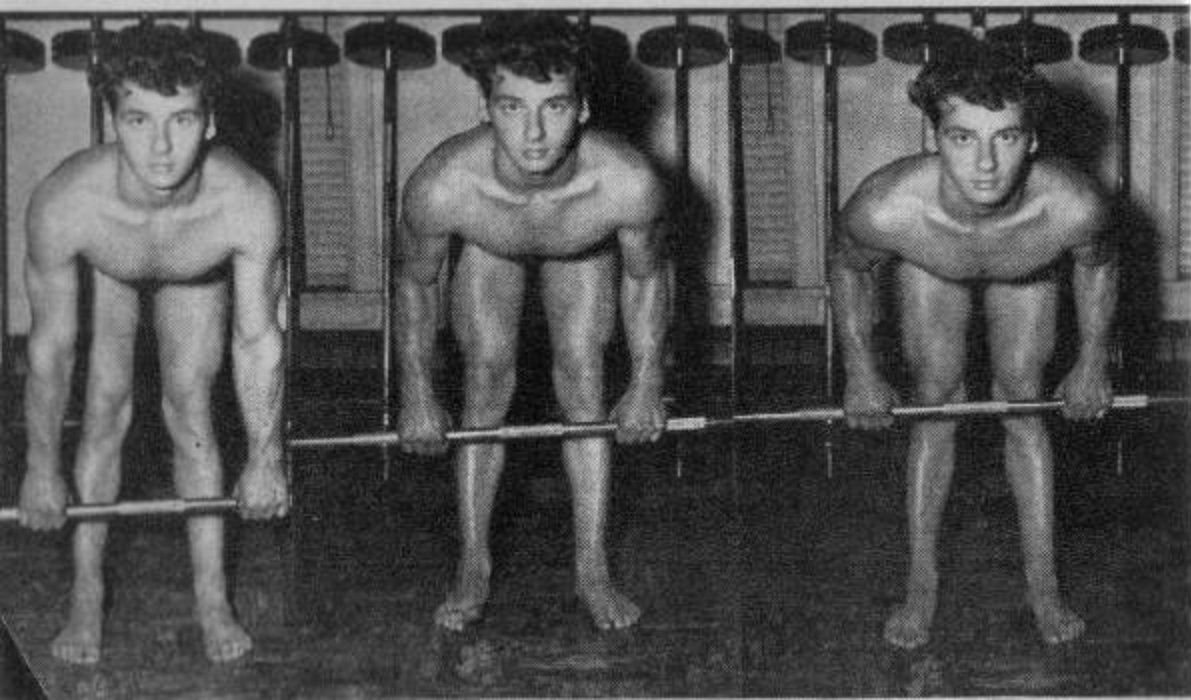
**OR . . . phone HARRISON 7-0773 for information.**



#### HOW TO DO BENT OVER ROWING:

Assuming position shown in the first illustration, grip barbell with hands approximately two inches closer than shoulder width apart.

Pull the weight to the waist, keeping the elbows back . . . not sticking out at your sides. Try to think of your forearms as ropes and your hands as hooks on the ends of the ropes.





Our Instructor  
for this exer-  
cise is JOHN  
GUARNIERI.

## BENT OVER ROWING

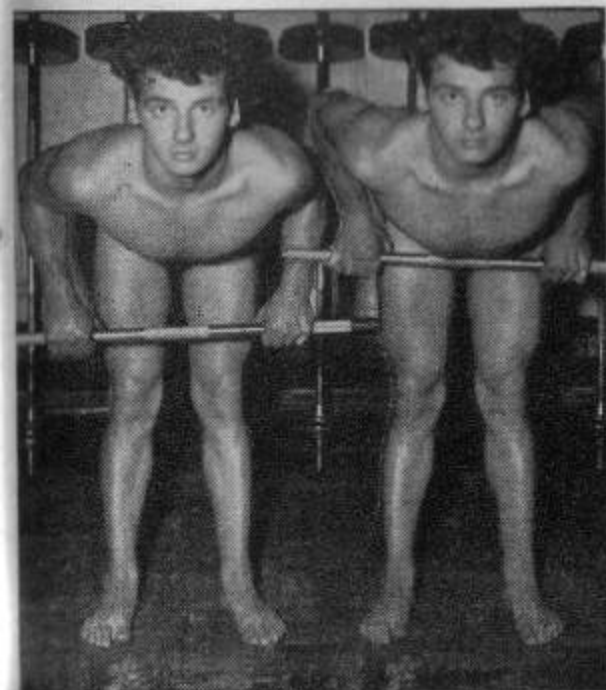
Breathing is important in this exercise as in all others for proper performance and results. Inhale as you lower the weight and exhale at the point where bar reaches waist.

ONE OF THE FINEST exercises for developing the *latissimus dorsi* ("lats") is Bent Over Rowing, one of this issue's two exercises for accenting the "V" shaped torso.

Broad shoulders tapering down to a trim waistline are primary marks of the body builder's art, and Bent Over Rowing stresses shoulder breadth.

Only a moderate weight should be used, and higher repetitions of the exercise are generally more result producing. (20 reps with moderate or light weight can bring very satisfactory results.)

Follow the instructions at the left, remembering always to (1) keep the back flat and the small of the back curved slightly inward, and (2) keep the elbows at your sides.





◁ THIS  
PLUS  
29 DAYS  
EQUALS THIS ▷

Teaching this boy to build a healthy, vibrant, powerful body was like teaching a hippopotamus to skip rope.

In the first place, he was not athletically inclined. Instead, he was what we call the "Altrophy" or "mental" type. This type usually has a small liver, stomach, and digestive organs. Needless to say, these factors combined to make him an extremely difficult case to develop.

Our doctors' examinations also showed that he suffered other physical abnormalities.

The doctor, incidentally, was quite skeptical when this particular boy was brought in. He estimated that the boy might possibly be able to put on 5 pounds more or less. But at the end of the boy's 29 day build-up, even the doctor was surprised that the gain in bodyweight was 15½ lbs.!

The other conditions had also been normalized. This lad added 1½" to his arms and five inches to his chest in those 29 days.

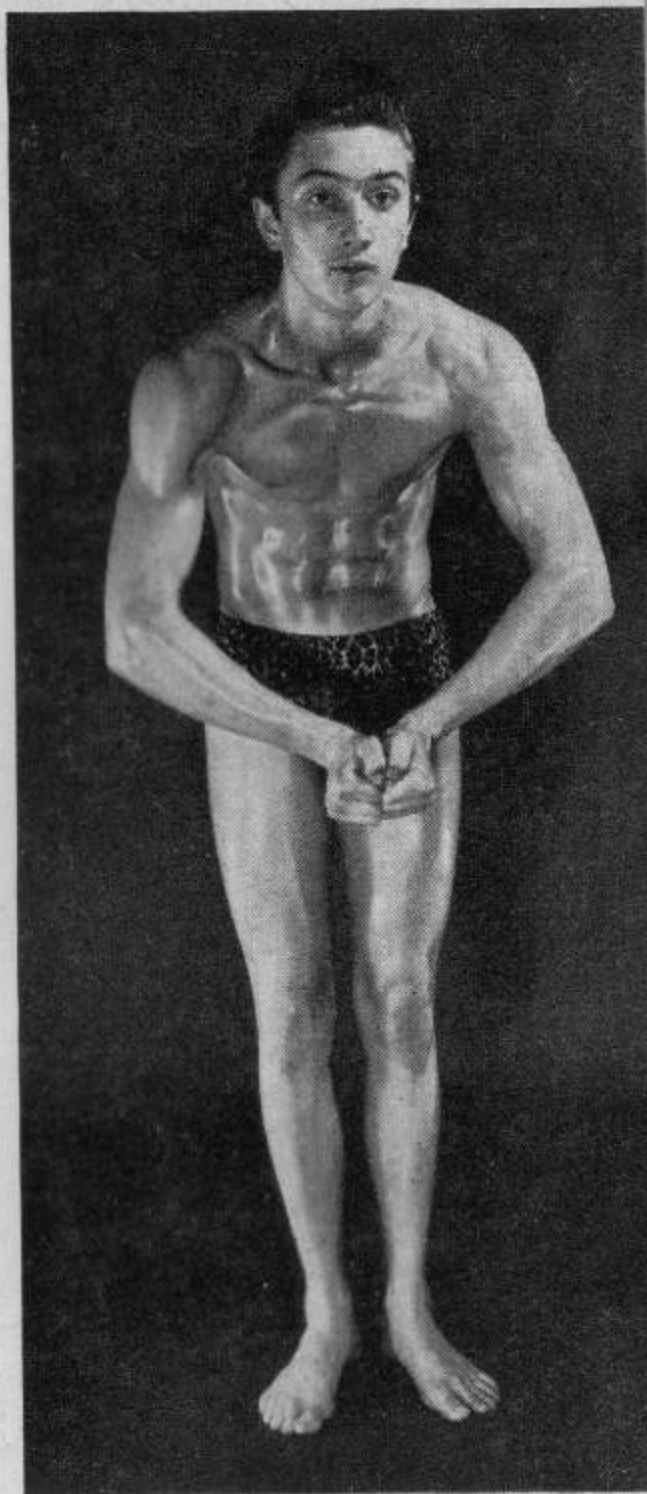


These pictures show the change that took place, but they cannot show the amazing changes in personality. Timid, bashful, and self-conscious when he began, this boy blossomed into a self-confident, vital, almost flamboyant person. Indeed, he was a "new man" in every sense of the word.

Now it is obvious that this fellow, even after the 29 day test period, is no "Mr. America." (As a matter of fact, he was very emphatic in his desire NOT to get hulky or bulky!) But he did develop a spring steel physique, and the manly strength that goes along with such a body. Though he is not a physique show winner, we consider him a most excellent testimonial of the effectiveness of the Johnson system.

---

A 2c postcard addressed to *Johnson Health Studios, 22 E. Van Buren St., Chicago 5, Ill.*, will bring you an illustrated brochure telling you how you too can reap the benefits of modern scientific research in physical culture. (Just write "Send Details" on the card.)



# GYM SHORTS

By Bill Bunton

HELLO from Hollywood! And now for my latest exclusive! What lovely young screen, stage, and TV star was seen at Chicago's swank Chez Paree with what well known Chicago physical culturist. Of course . . . GALE ROBBINS and IRV JOHNSON. Gale had top billing at the Chez and is quite nutrition and health minded.

It's getting so we can believe anything we hear about NORBERT SCHEMANSKY! He set the lifting world agog with his spectacular Clean and Jerk with 408 lbs. at last year's "Mr. World" contest. Now he's gone and done it again. He broke his own C & J record by lifting 412½ lbs. at the Middle Atlantic Championships in January.

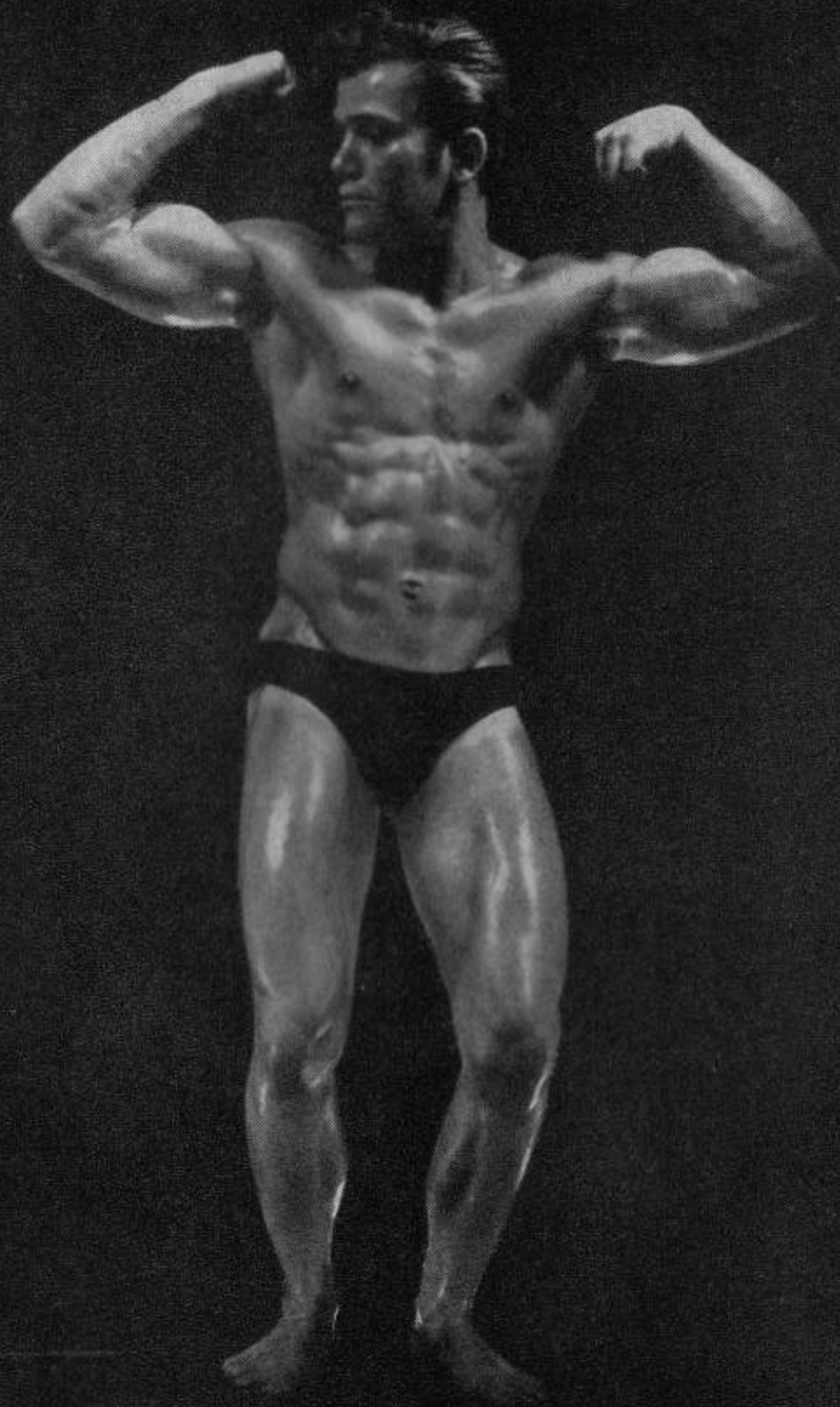
Our thanks to MORRIS WEISSBROT of the Metropolitan Weight Lifting Committee for this latest addition to the "Schemansky Saga."

Right: Handsome, 19 year old JIMMY SHAW is noted for his fine abdominals, and won a "Best" award for them last year. Photo by Urban.

Walt Boeckley, one of the nicest guys we've met recently, dropped in to tell us all about Glenn Kenton's Health Studios, a relatively new gym which opened four months ago in Cincinnati. The gym is teaching the Johnson system and sells Johnson food concentrates. Walt, who participates in many sports, is a "night shift" instructor at the gym. (Incidentally, he's a 1952 grad of Francis Xavier University in Cincinnati.) Besides weight training, Walt's tutelage also includes judo. Cincinnati bodybuilders can contact Walt at Kenton's, 122 E. Sixth St.

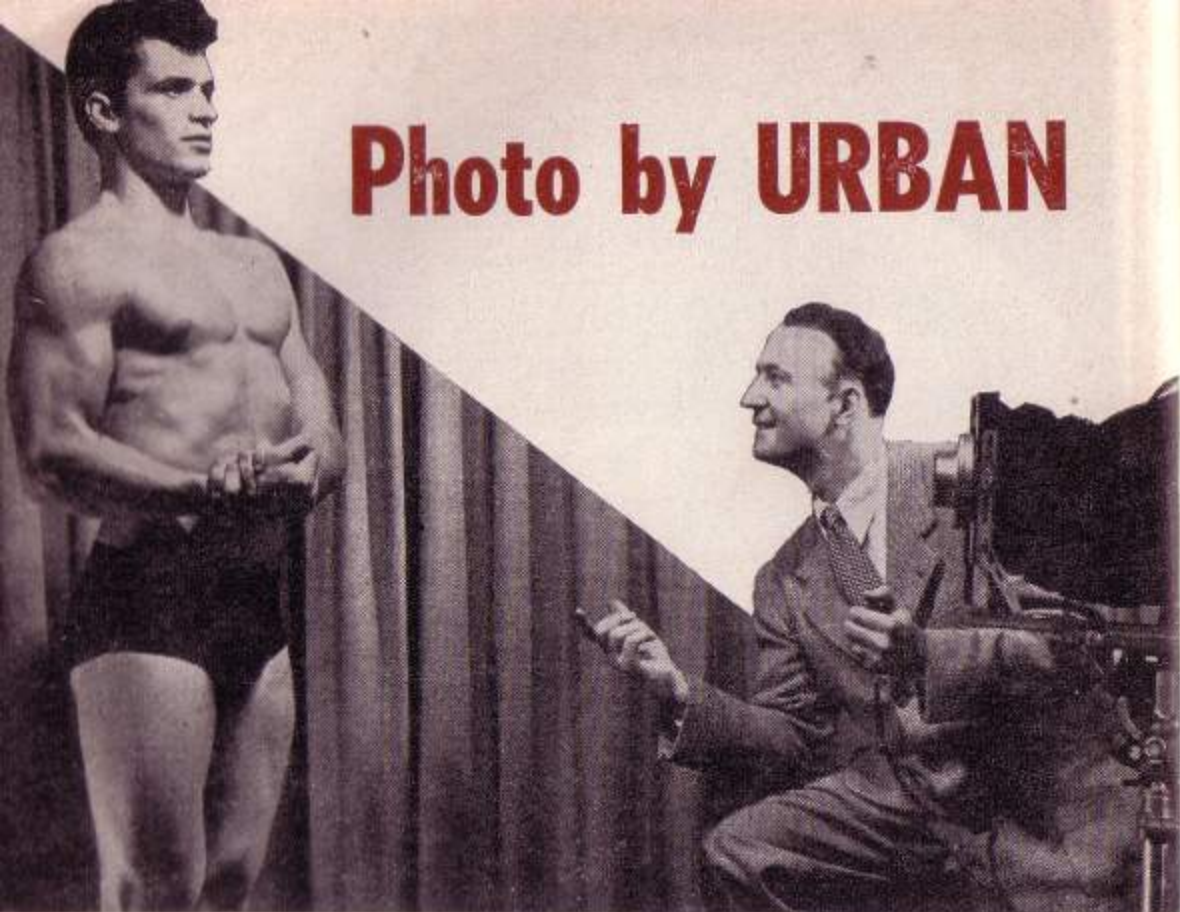
JOHN FORBOTNICK, "Mr. America" and "Mr. Universe" of 1949, was a recent visitor at Irv Johnson's Health Studios. Forbotnick, who is very nutrition minded, made a 2,000 mile trip to discuss Irv's ideas about body building.

Recent convert to body building is movie star VAN JOHNSON (no relation). He's started working out with weights.





# Photo by URBAN



JIMMY STERGIU of the German American Athletic Club (NYC) gets a few posing pointers from the master photographer. This photo of a photographer at work was taken by Karl Cheny.

**"Photo by Al Urban"** is a familiar phrase to all readers of physical culture magazines. The Urban credit line has appeared under top quality photographs of the greats of the physique world, but too few know the man who produced the pictures.

Physique photography is a highly skilled art, and the photographer is an artist worthy of attention.

Urban is something of a rarity even among physique

photographers, for he has stacked up an amazing amount of varied experience in the field.

He has the record of four cover shots on four different physique magazines in one month. More amazing, perhaps, is that these four cover photos were printed just four months after he began his camera work!

Since his beginning, he has had most of the big names before his lenses . . . Dave

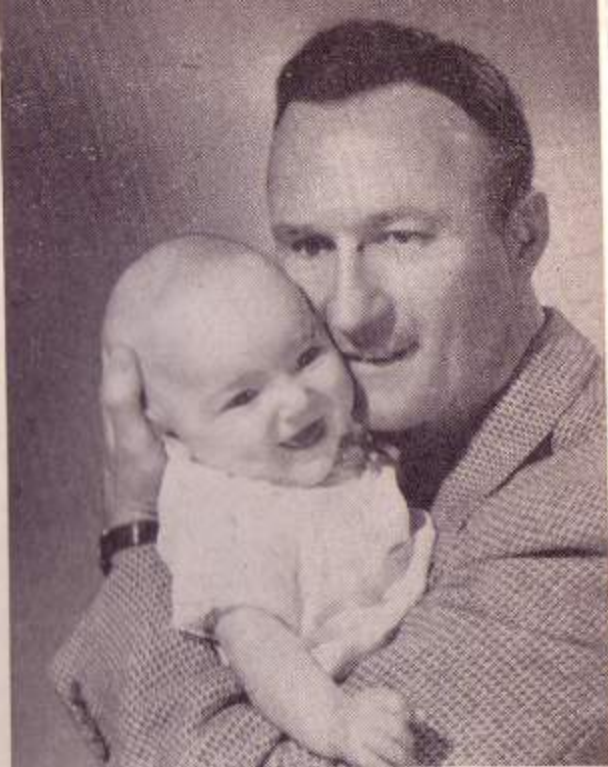
Asnis, Dan Lurie, Gene Jantzen, Bert Goodrich, John Forbotnick, Harold Zinkin, Gene Stanley, John Davis, and Art Harris to mention only a few. (One of his studies of Harris appeared last month, and another is on page 17 of this issue.)

Urban's interest in body builders goes beyond the mere photographing of them. He was responsible for persuading Bert Goodrich to enter (and win) the first "Mr. America" contest in 1939 . . . as well as the "Mr. New York" title of the same year.

**Part of this personal interest in his subjects is probably due to his own close association with the Iron Game.** (He once operated a health studio in Hollywood and served as personal trainer for a number of movie stars.)

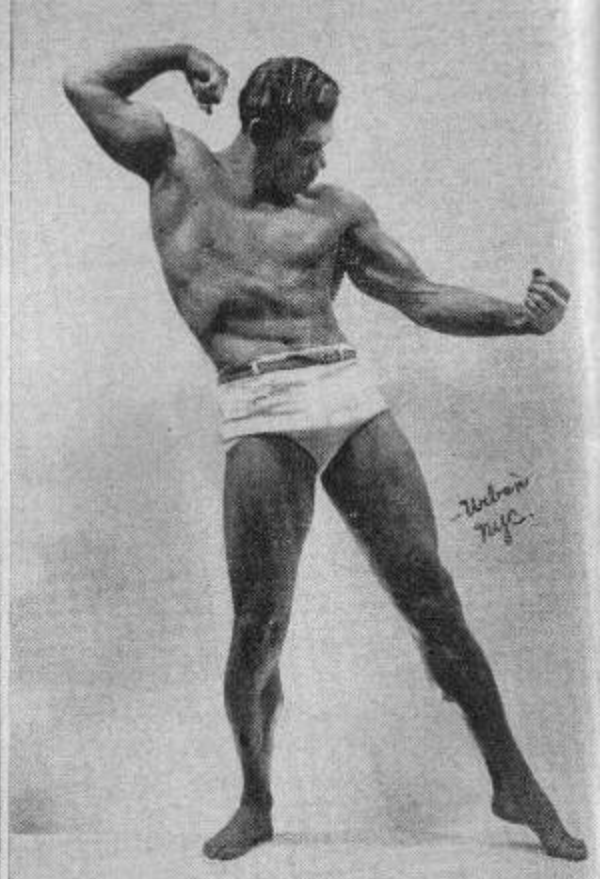
Urban has also served as judge for scores of physical culture shows all over the country, and his skill in lighting has been called upon time after time for physique shows. The New York Metropolitan weight lifting committee also carries his name on its membership roster.

His studios at 406 E. 73rd street are completely equipped with the latest photography paraphernalia, for Urban is a staunch believer in having the right tools for the job.



ABOVE: URBAN AND DAUGHTER  
BELOW: JOHN DAVIS





DAVE ASNIS (left) was one of Urban's first (and best models), and Urban considers the picture one of his best.

The picture of BERT GOODRICH (right) has become something of a classic.

He is particularly proud of his battery of flood lights which he wields about with uncanny wizardry to get "just the right spot of light in just the right place."

Sometimes his models are in the studios for several hours at a "sitting." They don't spend much time sitting, however, for Urban is a task master when it comes to perfection.

"They work hard," Urban says, "But when they see the

finished product, they usually confess that the work was worth it."

His models aren't the only athletes in the Urban studios. Urban himself is an accomplished sportsman. At prep school, he played on the championship basketball team, and he also excels at bowling and (naturally) body building. Gymnastics, rope climbing, boxing, wrestling, football, swimming, roller skating and dancing are also on his activities agenda.

# The "Miracle of Protein"

. . . the magic food that gives you better  
. . . faster results.

Every part of your body needs protein . . . the material used in the building of every tissue in your body. If muscles are to grow, they must have protein . . . and lots of it.

Body builders who pay attention to diet make a better showing for it only stands to reason that "you are what you eat." Small wonder that those who regularly use Johnson's Hi-Protein Food call it "The Miracle Food." It can produce amazing results!

Johnson's Hi-Protein Food offers you this vital body building nutriment in concentrated form . . . 38% by actual laboratory analysis. (Compare this with other protein foods . . . milk, 3%; meat, 20%; eggs, 13%.)

Taste? Just mix Johnson's Hi-Protein Food with milk and you'll agree that nothing rivals its delicious flavor, its creamy texture. (Plain, or Chocolate, Vanilla, Black Walnut, or Coconut).

Cost? A real penny pincher!  
Only \$1 a pound.

Order some today, and start watching the results. No C.O.D. or foreign orders, please. Minimum order: 4 lbs. Please specify flavor.

*Johnson*  
*Health Studios*

22 E. Van Buren Street  
Chicago 5, Illinois



# Another *New* Development TO HELP YOU GET RESULTS

CAN YOU IMAGINE a man trying to build a brick house without bricks? Seems absurd, but we can show you thousands of people trying to build bodies without building material. And that's absurd!

WE LIVE in a streamlined age of Scientific Fact. It's only common sense that you must have building material to build anything . . . brick houses or bodies!

THAT'S WHY Johnson's Health Studios is out in front today . . . because we recognized the need for scientific application to give you facts on health and body building.

## NEW DEVELOPMENTS . . . FOR YOUR BENEFIT

*We have just completed the development of NUPRO, an amazing new protein supplement to help you in your body-building program.*

We spent 6 months experimenting with 100 students . . . trying formula after formula . . . and finally, with the suggestions of several biological chemists and our medical advisor, we came up with the product we wanted,

## . . . N U P R O

With NUPRO, you can conveniently add 5 types of protein to your diet . . . liver, eggs, milk solids, amino acid digest or protein, and lactobumin.

NUPRO contains all amino acids requisite for human nutrition . . . contains 65% all biologically active protein . . . the basic key material to all cell building!

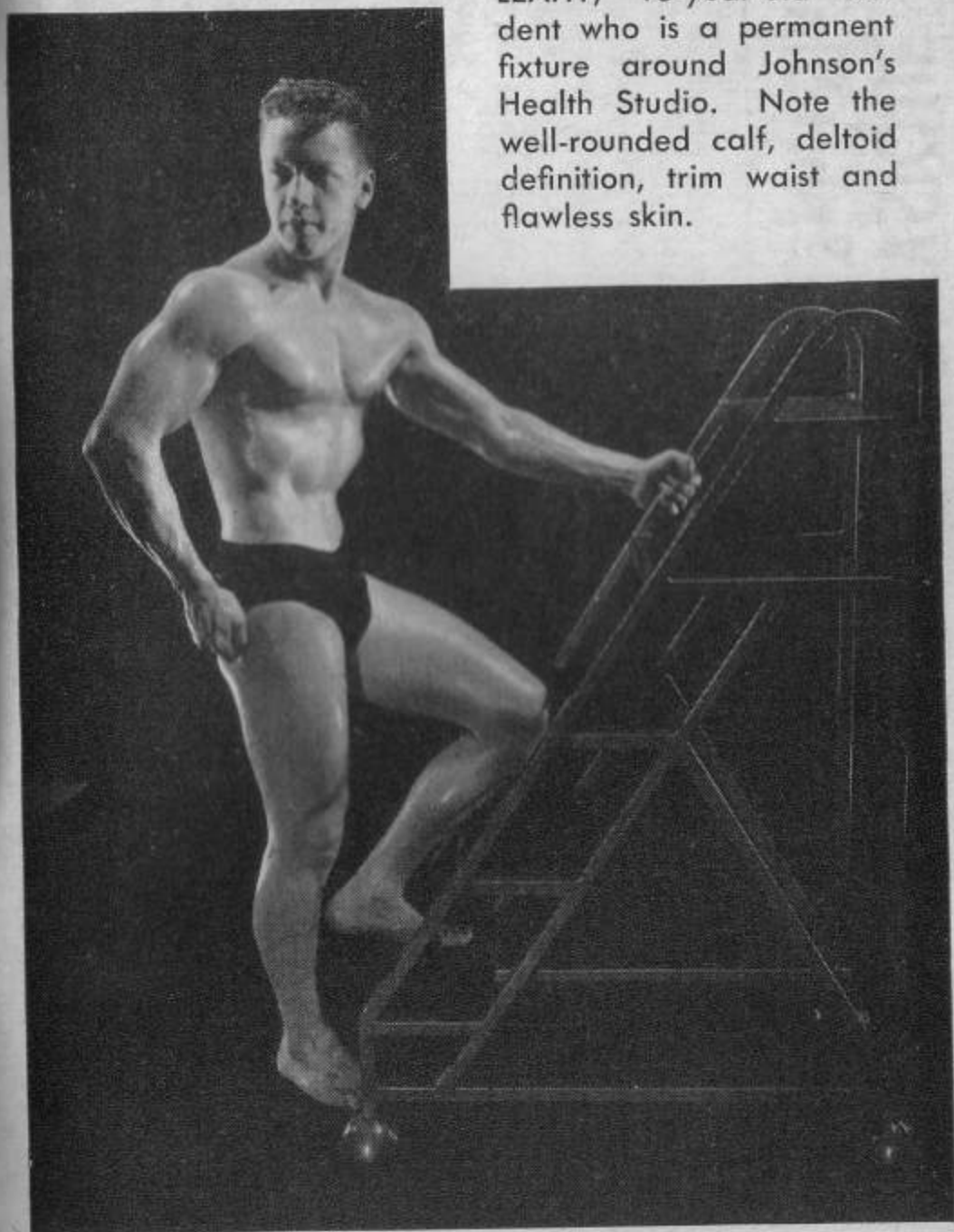
The protein in these tablets has been combined with the necessary vitamin catalysts . . . vitamin B1, B2, Niacinamide, C, Calcium Pantothenate.

## YOU SPEND AS LITTLE AS 20c A DAY

HERE'S THE FOOD SUPPLEMENT you've wanted. The cost is only \$6.00 for 300 tablets. Daily recommendation is 10 tablets, or more, or as suggested by your physician. Final cost is as little as 20c a day! Order NUPRO now! All orders promptly filled . . . sent to you completely postpaid. No C.O.D. or Foreign Orders.

**IRV JOHNSON'S HEALTH STUDIOS**  
22 E. Van Buren St., Chicago 5, Illinois

NEAR IDEAL is JOHN LEAHY, 18-year-old student who is a permanent fixture around Johnson's Health Studio. Note the well-rounded calf, deltoid definition, trim waist and flawless skin.





## Show off YOUR PHYSIQUE ...with a Tailor-Made Sport Shirt

Now you can emphasize your physique with a specially designed sport shirt . . . created exclusively for Irv Johnson. Here's a quality dress knit sport shirt just made to fit your budget.

There's no need for you to cover up that physique with a sloppy shirt . . . you can combine comfort and a V-shape look in this handsome sportswear.

### ***Extra Features for Your Comfort***

Every feature was planned to give you the greatest wearing comfort. Extra long in length to avoid bulging and slipping out of trousers . . . made of one of the finest combed interlocking knits available . . . fits snugly to your body, but allows free movement . . . specially treated by a revolutionary new process which assures minimum shrinkage.

## Smartly Designed for Longer Life

The designers of this shirt realized that you demand quality as well as sharp looking wearing apparel. And they have given you both in this top-flight sports-wear. Beautifully tailored three-button collar . . . snug fitting sleeves . . . smartly designed pocket . . . trimmed in navy blue guaranteed not to run.

And knowing you are an active fellow, they used narrow seams for stronger construction as well as a collar seam that has been reinforced and rayon taped for added strength. There's no other shirt like this . . . value-wise or style-wise. Three sizes to choose from . . . Small (34-38); Medium (40-44); Large (46-50).

## Special Introductory Offer . . . Save \$2.85!

As a special offer to "TM" readers, we are reducing the price of these shirts (regularly \$6.00) to the amazing low price of only \$4.95 each . . . or 3 for \$12.00. That's right . . . you save \$2.85 by ordering 3 shirts now! This special offer is good for a limited time only. So get your check or money-order in the mail today. We'll send your shirts immediately . . . completely postpaid.

### SPECIAL MONEY-SAVING COUPON

TO: IRVIN JOHNSON HEALTH STUDIOS  
22 East Van Buren Street, Chicago 5, Ill.

Please send me \_\_\_\_\_ Tailor-Made Sports Shirts on your special introductory offer. Rush this order to me immediately, completely postpaid. (Sorry, we cannot fill C. O. D. orders.)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZONE \_\_\_\_\_ STATE \_\_\_\_\_

Small (34-38)     Medium (40-44)     Large (46-50)



# We're Proud of this Letter!

Dear Mr. Johnson:

I want you to know that I am more than pleased with your course. And your supplements are really doing the trick for me as far as health and body-building go.

I am now handling a job on a machine which involves quite heavy work. Several other men have had the same job, but have been unable to stay at it because of the requirements on physical strength.

**But the important part is that my superintendent asked me to do this work . . . and gave me a raise besides.**

I know that it was through following your methods that I achieved the necessary stamina which has given me physical fitness . . . and secured a raise in pay for me. Thanks lots for all you've done.

**Roland S. Hutchins  
Pontiac, Michigan**

## . . . and this one, too:

"You certainly were 100% right when you told me I'd gain weight and feel better after using your products. Even tho I'm 40 years old and have been lifting weights for 5 years and followed every system that \_\_\_\_\_ had recommended, I never gained over 1 lb. In 30 days under your system I gained 4 lbs., 1½" on my chest, ½" on my arms, and for me, that's tremendous. This new pep has really helped my sales . . . I was second high in our company recently."

Austin Hall, Toledo, Ohio



**Jim Park, 1952's  
"Mr. World" and  
"Mr. America"**



**Another PARK  
Photo by his pre-  
show trainer, IRV  
JOHNSON, is on  
page 51.**