

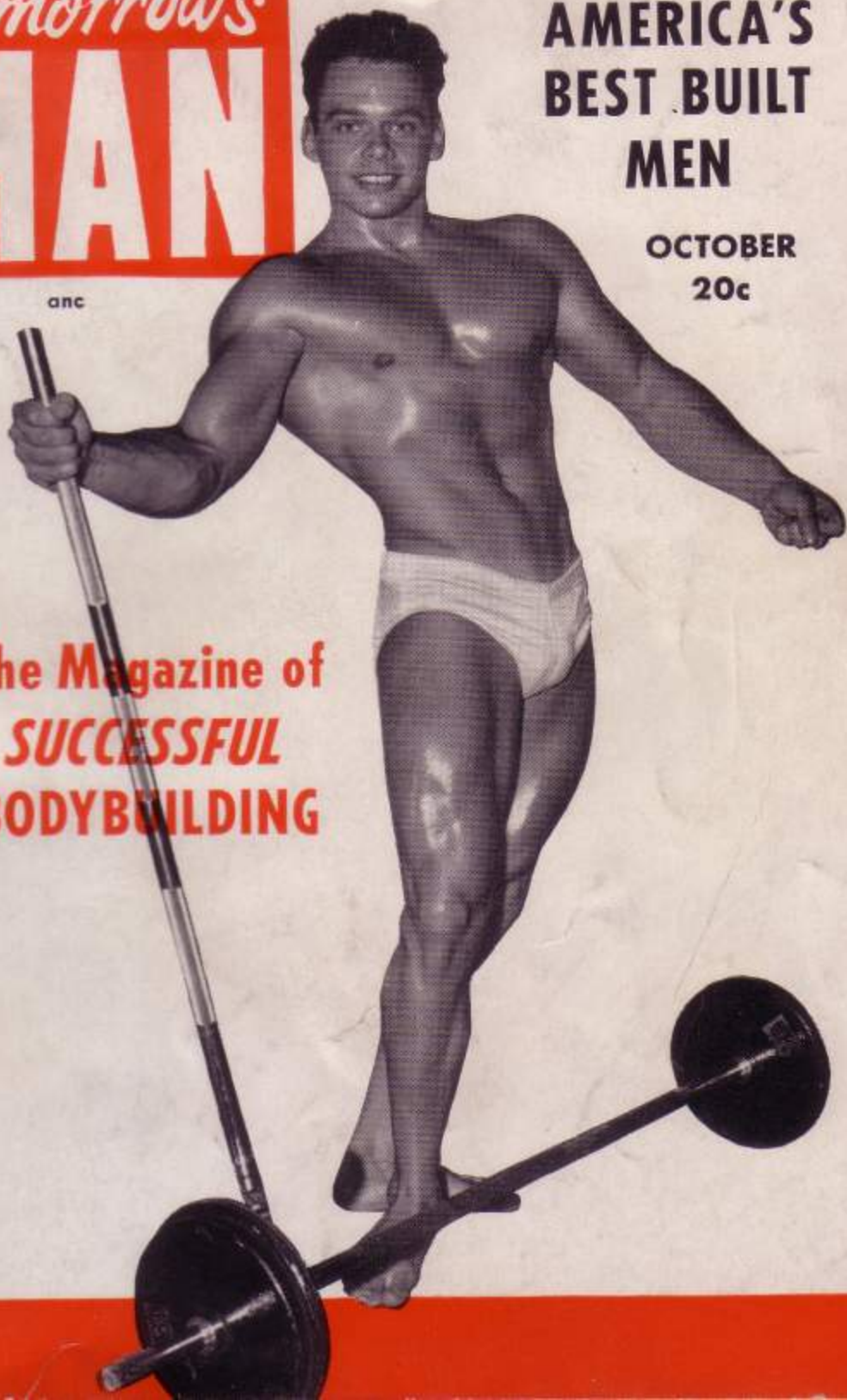
Tomorrow's
MAN

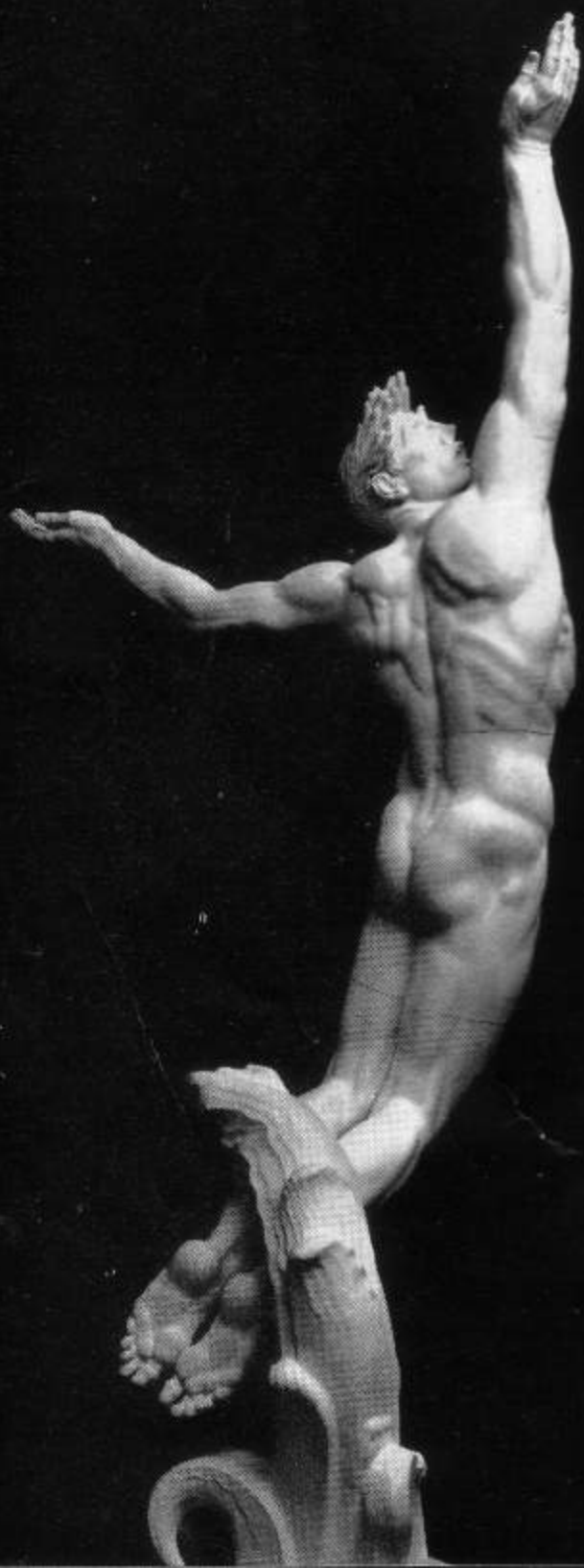
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**AMERICA'S
BEST BUILT
MEN**

**OCTOBER
20c**

**The Magazine of
SUCCESSFUL
BODYBUILDING**





The Spirit of American Youth



“Americans put too much emphasis on youth!” a European friend told me recently.

I suppose he is correct in his observations of our emphasis on youth. American women, for instance, wage a constant battle against looking old. Film stars refuse to give their correct ages to interviewers. Wig makers do a land office business supplying hair pieces for bald businessmen. Everyone wants to be young. But I'm wondering if there is anything wrong with (to paraphrase our headline) the youthful spirit of America.

It is only natural for Americans to elevate youth. We are not an old country. We are not preoccupied with the past. Tradition does not rule our actions as it does in the Old World or the Far East. Instead, we are constantly looking toward the future—something newer, stronger, faster, better than we have today.

It's the *American* attitude . . . a *youthful* attitude, and, I think, a *healthy* attitude. The oldsters can look back at “the good old days” but youth looks to the future.

As long as we show more interest in this youthful attitude, looking to the future rather than our past glories, we will be assured of a brighter tomorrow.



See Page 10 for more about the statue on the left.



Tomorrow's
MAN

Volume 1

OCTOBER 1953

Number 9

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| | |
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| George MacGregor, M.D. .. | Consulting Physician |

"The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them . . . make them."

George Bernard Shaw

MORE PICTURES this issue than ever before, and you'll note that we've added the services of Spectrum Films to our list of regular contributors. Names and addresses of our other photogs are on Page 10.

PICTURE CREDITS: Irvin Johnson: front and back covers, 5, 11, 12, 13, 17, 20, 21, 22, 23, 24, 25, 28, 29, 32, 33, 34, and 49. Bogart of New York: 2 and 10. Harold Webster: 6. Mickey Pallas: 14 and 16. Douglas: 9 and 46. Bowers: 7. Spectrum Films Co.: 30, 35, and 45. Cliff Ottinger: 37. Vorton Art Studio: 31. Dick Lee (EMA): 41. Eastern Model Associates: 51. Jones of Philadelphia: 43. John Arnt: 44.



ABOVE is Glen Bishop, TM's "trademark" who has appeared in every issue. Look for some new pics of him in future months.

TOMORROW'S MAN is published monthly by the Irvin Johnson Health Studio, 22 E. Van Buren St., Chicago 5, Ill. Subscription rates are \$2.00 per year for 12 issues. All manuscripts and art submitted become the property of "Tomorrow's Man," and submission of material will be construed as permission to publish same without further correspondence. No material contained herein may be reproduced in any manner except by written permission. Foreign Subscriptions (except Canada): \$3.00. **FOR CHANGE OF ADDRESS:** Send post card to address above, listing your old and new addresses.



POWER-PACKED George Nicholls can really ripple, as witnessed by this back shot sent to TM by the British Empire Weight-Lifting Federation. George recently pressed 250 pounds to exceed Tommy Kono's world's light weight record. Dig that crazy definition, wot?



"Yours is easily the most intelligent physical culture magazine I have yet seen. It seems to be free of most of the gaudy trappings most magazines have. Your format is the best I have seen. You pack more into a pocket-size magazine than some get into a full-sized one. The models are well chosen; lets see more of Bishop and Kugler."

J.O.G.
Philadelphia, Pa.

EDITORS' NOTE: You'll find a lot more of Kugler (four pages) beginning on Page 22.

"After seeing the drawing of 'Cupid' on your September issue's inside back cover, I ordered the whole set. Wish you'd print the rest of the series in TM."

Larry Martin
New York, N. Y.

EDITORS' NOTE: Received so many comments on the picture of Cupid that we're running another of Etienne's drawings this month. See page 31.

"Your September editorial congratulating the new Mr. America was a refreshing change from the sobbing and complaining and back biting we usually read. I like TM's spirit of good sportsmanship."

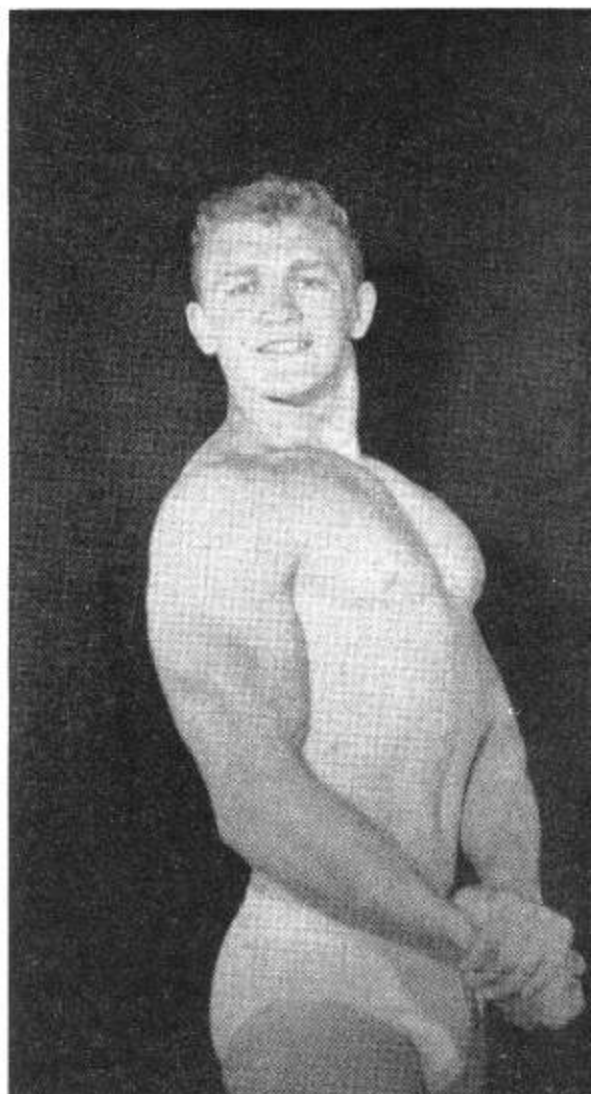
**Bill Ryan
Seattle, Wash.**

"Your course has given me faith. I have taken several of your concentrates and I have gained 15 pounds in only 6 weeks. I'm glad that I'm on the right track at last. If it wasn't for your course, I would have given up this whole game long ago. Please accept my sincere thanks."

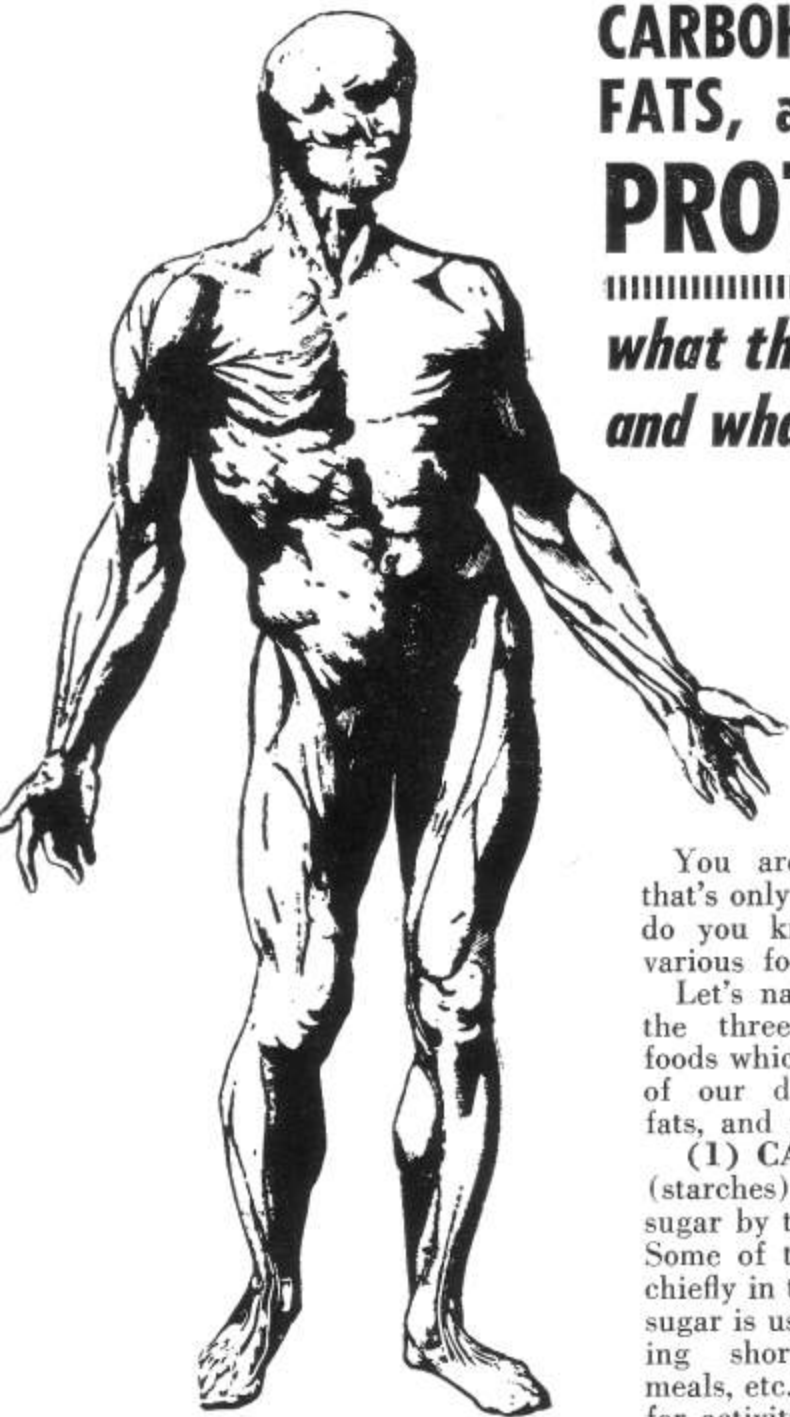
**Harry D. Conte
Hilo, Hawaii**

"I have consumed four pounds of your Hi-Protein Food and have attained very pleasing results. I have gained ten pounds through use of this supplement and other good dietary habits."

**Donald Gruender
Milwaukee, Wis.**



SOMEDAY we hope to have this fellow smiling at you from TM's front cover. He is Bob Morris, an impressively built athlete of Reading, Pa. He weighs 163 pounds at 5'8", has a 45" chest and a 29" waist. Likes swimming, football, track, lifting, and practically everything athletic.



CARBOHYDRATES, FATS, and PROTEIN



*what they are . . .
and what they do*

You are what you eat—that's only common sense, but do you know just what the various foods do?

Let's narrow food down to the three energy-containing foods which make up the bulk of our diet: carbohydrates, fats, and protein.

(1) CARBOHYDRATES (starches) are converted into sugar by the digestive system. Some of this sugar is stored, chiefly in the liver. This stored sugar is used by the body during short fasts (between meals, etc.) to produce energy for activity.

MAN OF MUSCLE (180 pounds of it) is Ernest Sprader, the trim looking fellow on the right. He is 21 years old and trains regularly at the Armento Gym in Detroit. He has won many awards in Detroit physique shows. It is obvious that symmetry of proportion is more important to him than mere bulk. The photo is by Douglas.

(2) **FATS** enter the blood stream in tiny drops and are stored in fat cells throughout the body as well as just under the skin. Fat is also drained out of its cells (during longer fasts) for heat and energy.

(3) **PROTEINS** are the most important of the three in building new and replacing old tissue. Body cells are continually breaking down and a constant supply of protein is essential to growth.

Unlike carbohydrates and fats which *are* stored, there is very little protein stored in the body. When carbohydrate and fat stores are depleted, the body begins to drain off protein in the body tissues for energy. The body actually burns up itself!

All three of these nutrients play interlocking roles in body health, but Protein's role in the construction of new cells and muscle tissue explains why it is so important to the scientific bodybuilder.



TM RECOMMENDS

. . . these physique photographers, all regular TM contributors who have met our rigid standards of picture quality, to those who wish to purchase superior physique photos.

Athletic Model Guild

1836 West 11th St.
Los Angeles 6, California

Send \$1.00 for catalogs

Eastern Model Associates

750 Washington Avenue
Brooklyn 16, N.Y.

(25c for sample and list.)

Lon

124 Remsen St.
Brooklyn 2, N.Y.

Dave Martin

3585 Sacramento St.
San Francisco 18, Cal.

(Send \$1 for catalog containing
16 different model studies.)

Al McDuffie

2817 V. Street
Sacramento, Cal.

(Send \$1 for catalogs and
samples.)

Spectrum Films Co.

1924 Vine St.
Cincinnati 10, Ohio

(Free Catalogs
on request)



THE IMPRESSIVE STATUE portrayed on our inside front cover is a 22-foot masterpiece of physique sculpture symbolizing the spirit of American youth ascending toward heaven and eternal life.

The work, executed by New York sculptor Donald DeLue, was commissioned by the American Battle Monuments Commission, and will be the center piece of a memorial to war dead in a military cemetery near Omaha Invasion Beach.

THE MAN ON THE COVER ... Tim Sweeney



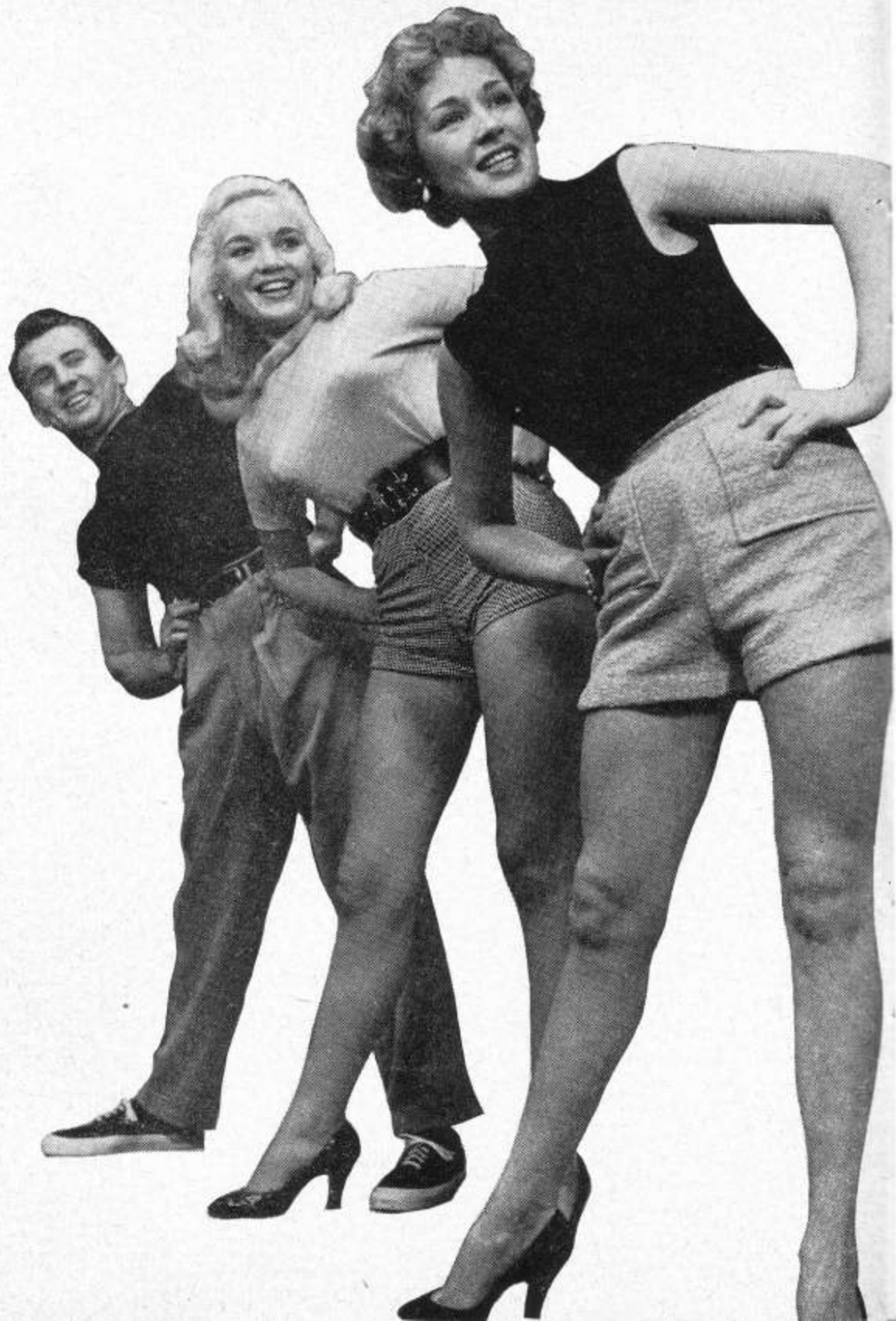


COVER MAN Tim Sweeney is 21, weighs 185 at 5'8". He's now taking Air Force Jet pilot training. Tim completed 2½ years of study in psychology at the University of Houston before entering service, plans to continue in that field when he's discharged.

Tim's bicep impresses pretty Chicago model, Hazel Nelson who looks pretty impressive herself. Tim placed among first ten at the '52 and '53 "Mr. America" shows. Sweeney, who is also an excellent swimmer, is diet conscious and uses food concentrates to aid in body building.







ED ALLEN

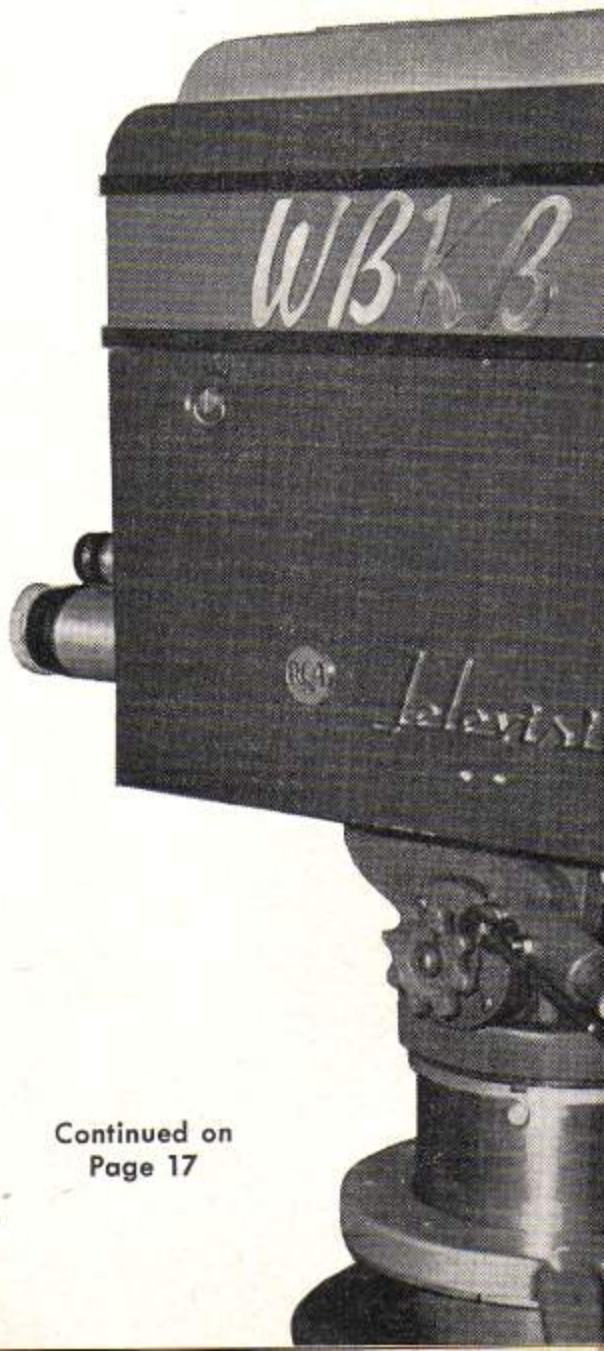
TV's Mr. Muscle

EVERY MORNING, five days a week, the handsome young fellow on the left and several thousand women get together for an informal exercise session. The gals, not all as attractive as the two femmes doing the side stretch, are devotees of the very popular "*Your Figure, Ladies*," show telecast each week-day morning from Chicago's station WBKB-TV.

Muscular maestro of the show is ED ALLEN, a 27-year-old bodybuilder who recently was awarded the *Tomorrow's Man* award for boosting the cause of physical culture.

Allen originated the idea of a bodybuilding show for ladies in 1948 with the "*Your Hollywood Figure*" show at WXYZ-TV in Detroit. He brought the show to Chicago two years later, dubbing it "Fun in Figure."

Ed's interest in bodybuilding started in high school, but he didn't actually get serious about the weights until he entered the air corps. Then he started working out in various service gyms. True to



Continued on
Page 17



ENERGY PERSONIFIED in the person of **BETTY HUTTON**, the movies' blonde bombshell who generates more energy in a song and dance routine than the Atomic Energy Commission does at Yucca Flats. Even muscular Ed Allen seems a little fagged out watching Betty going through her paces. Ed's morning workouts with his TV audience are not quite so strenuous.

TV's Mr. Muscle . . . (continued)

form set by most highly publicized muscle men, Ed was once an underweight weakling. (The magazine, "TV Guide" once did a story on him headlined "Mite to Might," illustrated with some of Ed's *before* pictures.)

Now enjoying the healthful results of his training, Ed weighs a solid 190 pounds at 6'1". He has a 43" chest and a 29" waist.

Ed's physical prowess and impressiveness have helped make him the popular TV personality he is. (He averages 2,000 fan letters a week from females in assorted Mid-Western states.)

But just as important is his background as a showman.

After high school graduation, he joined the cast of "The Merry Widow." When the Messrs. Shubert took the show to New York, Ed went along, later playing in the Carole Landis show, "The Lady Says Yes."

Uncle Sam intervened in Ed's blooming theatrical career, but after removing his Air Corps wings in 1945, Allen went back to show business. He sang (baritone-second tenor) in "Follow the Girls" with Gertrude Niesen. Returning to Chicago, he got himself booked into night clubs,



HERE'S ED in a physique pose. On TV, he's decked out in a black T shirt.

TV's Mr. Muscle . . . (continued)

doing a pantomime act, "Wax Wackies." "WW" was Chicago's No. 1 nite spot show for 1½ years.

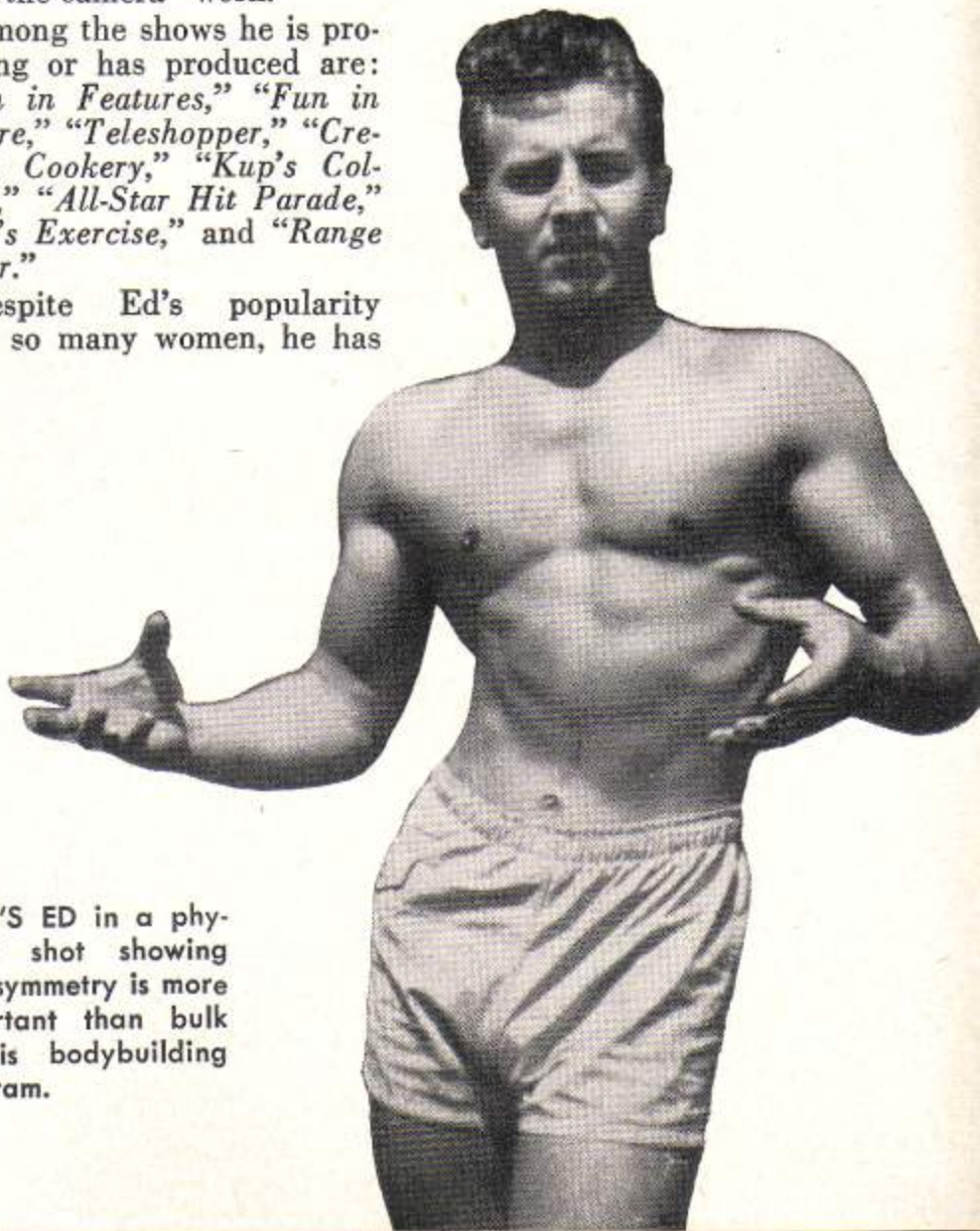
Then came TV and the figure development shows mentioned before. Besides his twisting and squirming in front of the TV lenses, Ed has done a great deal of "behind-the-camera" work.

Among the shows he is producing or has produced are: "Fun in Features," "Fun in Figure," "Teleshopper," "Creative Cookery," "Kup's Column," "All-Star Hit Parade," "Let's Exercise," and "Range Rider."

Despite Ed's popularity with so many women, he has

narrowed the field down to one . . . his wife, Kay, a lovely brunette whom he met at the famous Pasadena Playhouse. They have two children, Ed III, age 2, and Kandice Ann, age 1.

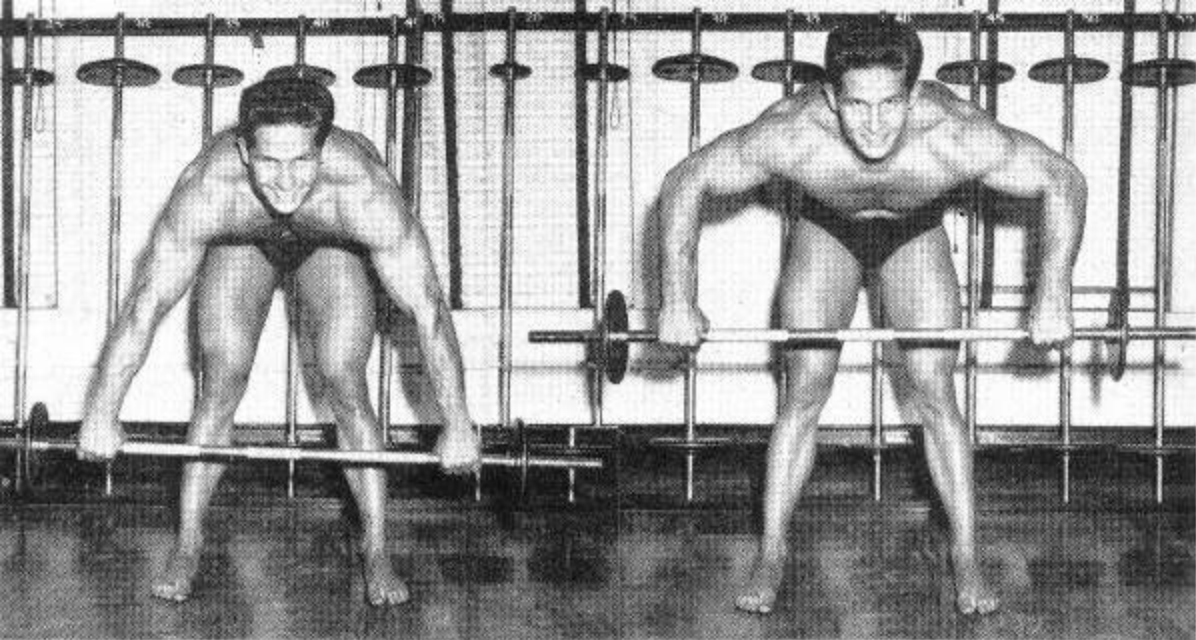
Ed appears every week day from 10:30 to 10:50 on WBKB-TV, Channel 7.



HERE'S ED in a physique shot showing that symmetry is more important than bulk in his bodybuilding program.



TM's IRV JOHNSON AND FRIEND, JIMMIE DURANTE, seem to be getting a kick out of the magazine in this shot in the comedian's dressing room at Chicago's Chez Paree. "The Schnoz," in his 60's, is a human dynamo. He enjoys excellent health, due to his careful attention to diet, his use (for the past eight years) of food concentrates, and his ability to relax. (During rough show schedules, he knocks off for periodic 15-minute naps, returns to the set full of the vim, vigor, and boisterous good humor that have endeared him to theater-goers.) Durante's drummer, Jack Roth (who has been with the comedian 34 years) and his coach-pianist, Jules Buffano, are also health enthusiasts. Good health is a must in show business.



BENT OVER ROWING WITH ELBOWS OUT: Assuming position shown in the first illustration, grip barbell with the hands slightly farther apart than shoulder width. Pull the weight to the upper chest,

For a Manly Back:

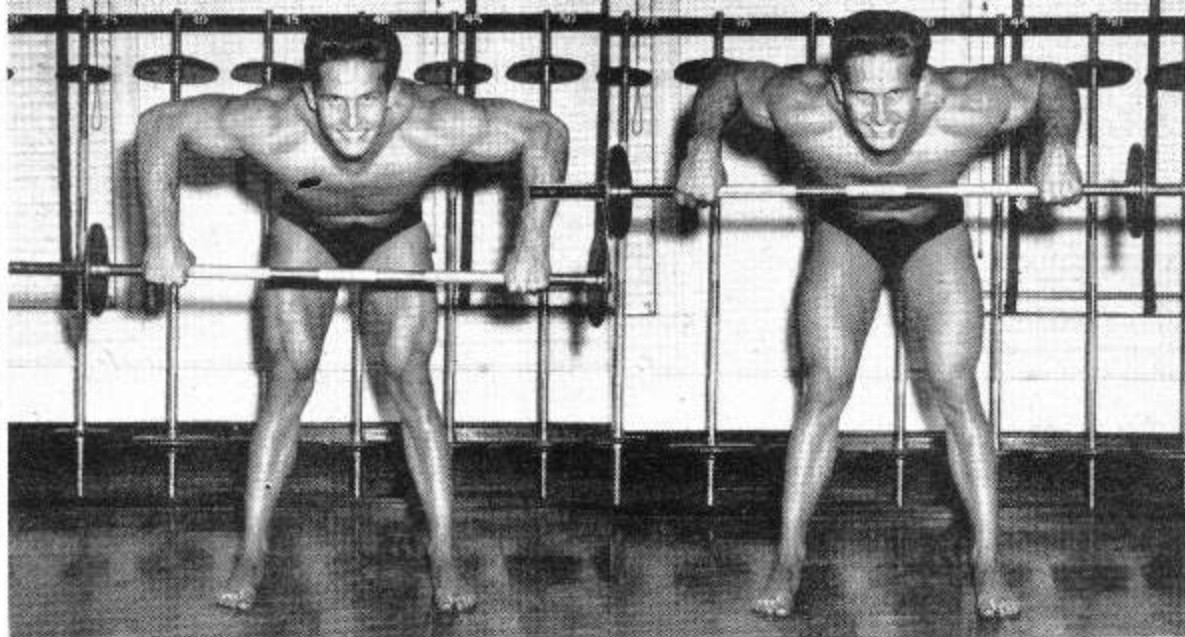
AT FIRST GLANCE, this exercise looks like a repeat performance of one which appeared in our April issue. Regular readers will recall that the Spring issue featured Bent-Over Rowing also, but with a slight (but important) variation. The elbows were held back instead of out to the sides as they are here.

While the April issue's exercise aided chiefly in developing the latissimus dorsi muscles (the "lats") this "elbows-out" variation is designed to aid in the development of the rear deltoids, the

scapular muscles, and the muscles of the upper back.

Too many bodybuilders neglect working on their back muscles. Perhaps this is because they do not see them, but others do! A solid, broad, well muscled back is certainly a useful thing to have, for anyone who does any kind of manual labor puts the back muscles through a lot of paces during a day's work.

Aside from its utilitarian value, a well developed back also adds a lot to the appearance of the physique. Some of the most impressive physique



keeping the elbows out at your sides. When the weight reaches the fourth position, lower it and begin raising it again. Inhale as you lower the weight, exhale when weight is at its highest position.

Bent-Over Rowing

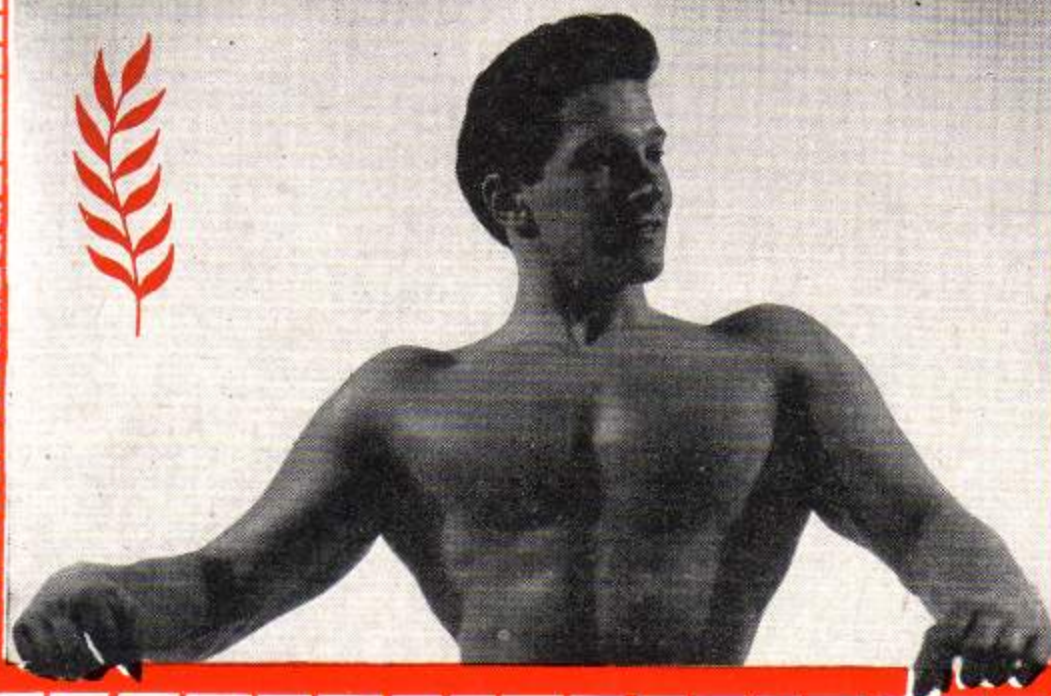
photos are back shots of subjects who have full, flaring, deep backs.

In doing this exercise, keep the small of your back curved inward slightly, and your head forward as our model, Steve Klisanin, does in the pictures above.

Some bodybuilders do this exercise with their forehead resting on a table or some other kind of support. They find that this seems to permit use of more weight, and they think they are getting more benefit out of the exercise. We don't recommend the prac-

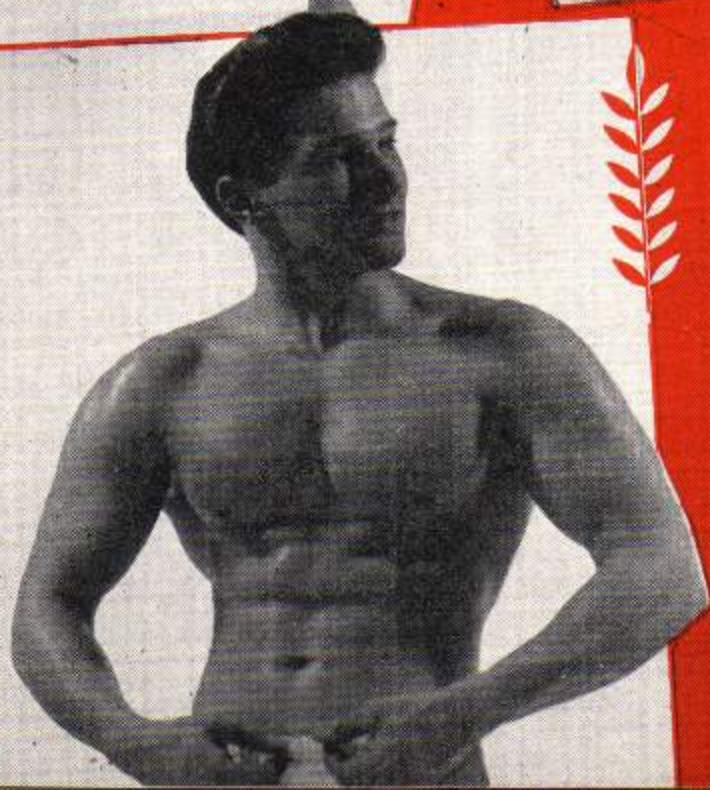
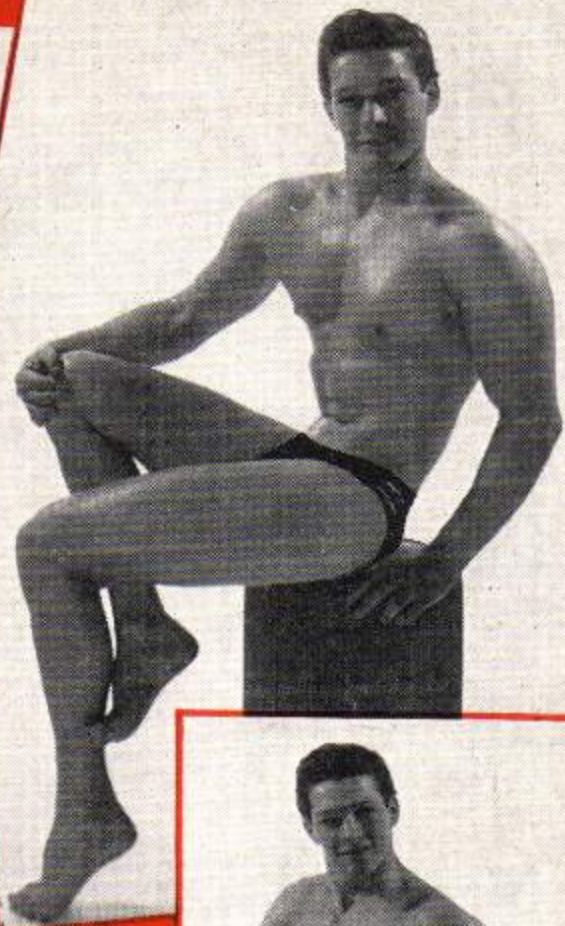
tice. Actually, it's a form of "cheating," that is, fooling yourself into believing you are handling more weight. (You're only fooling yourself.)

Don't use a weight you can't handle without straining. That's one piece of advice which I give to everybody, but which I find practically everybody ignoring. The "huff and puff" boys load up the weight bars to the hilt and then sweat and strain in painful agony. Use enough weight to permit *proper* performance of the exercise, and you'll get a lot more benefit out of it.

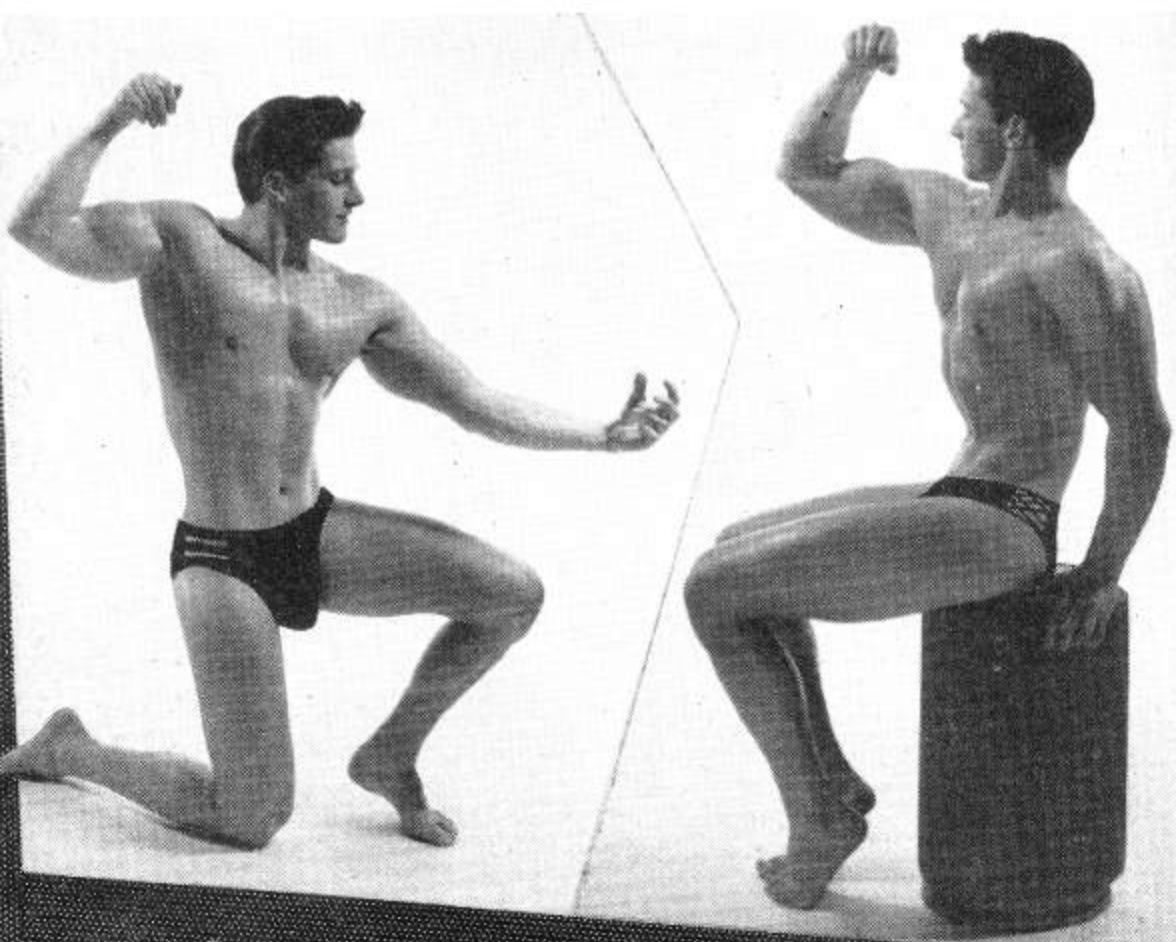


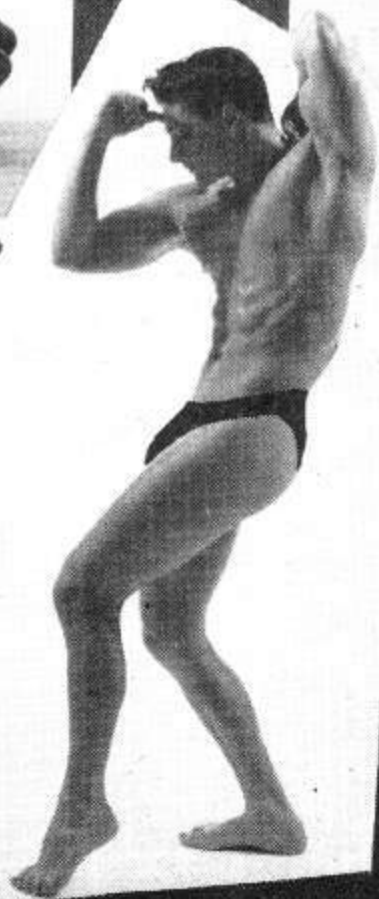
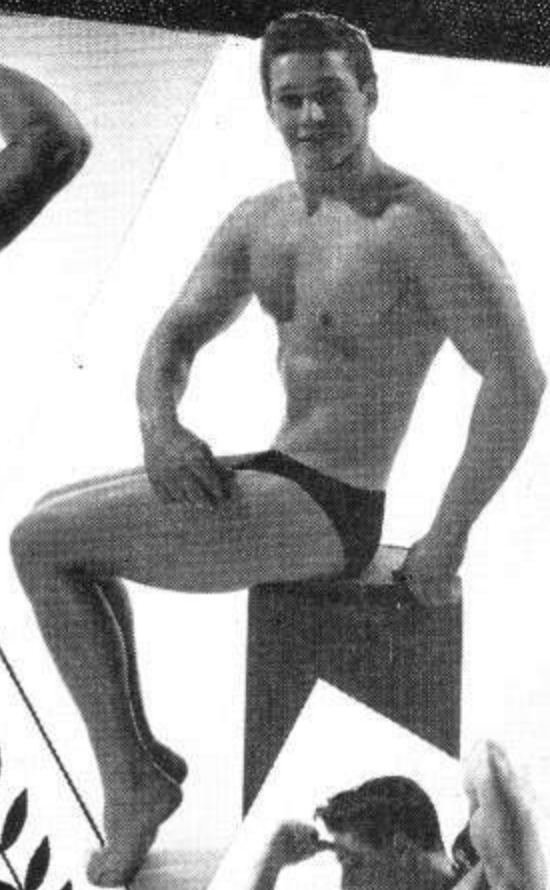
A GALLERY of BILL KUGLER

Regular Readers of TM don't have to be told of Bill Kugler's popularity. He has appeared in practically every issue, and has the distinction of being the only man to appear on the cover twice. At press time, Bill was busy packing his bags . . . (he's moving to California) and so TM is going all out with a four-page gallery of Bill's physique pictures, as a farewell gesture.



BILL KUGLER'S PHYSIQUE shows vividly the effects of scientific, well-planned body building. There's no flabby bulk or overdevelopment but plenty of good, solid, well-placed muscle. Besides his impressive physical prowess, Bill (who is 22) has a sharp eye on the future. In Chicago, he studied at the famous DeForest Training School (electronics). The photos on these four pages were taken by his trainer, Irv Johnson, just before Bill departed for California. Be looking for him on Muscle Beach.







You don't *have* to be SKINNY . . .

Not with NUPRO, the amazing new development in really HIGH POTENCY . . . HIGH CONCENTRATION PROTEIN. NUPRO brings you a dynamic new combination of body-building nutriment in the most convenient form ever produced.

Wonderful, New NUPRO is not a medicine . . . not just another vitamin preparation . . . not a concoction of calories to build flab and fat. NUPRO is a scientifically prepared combination of Vitamins, Minerals, and *muscle building Protein*. (Actually 65% all biologically-active protein!)

Protein is the major nutriment of which strong, sound muscle tissue is built.

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VITAMINS:

B₁ for healthier appetites, better digestion, stronger nerves and normal bowel function.
B₂ to help maintain normal skin and eye functions.
C for mental health, capillary circulation.

MINERALS:

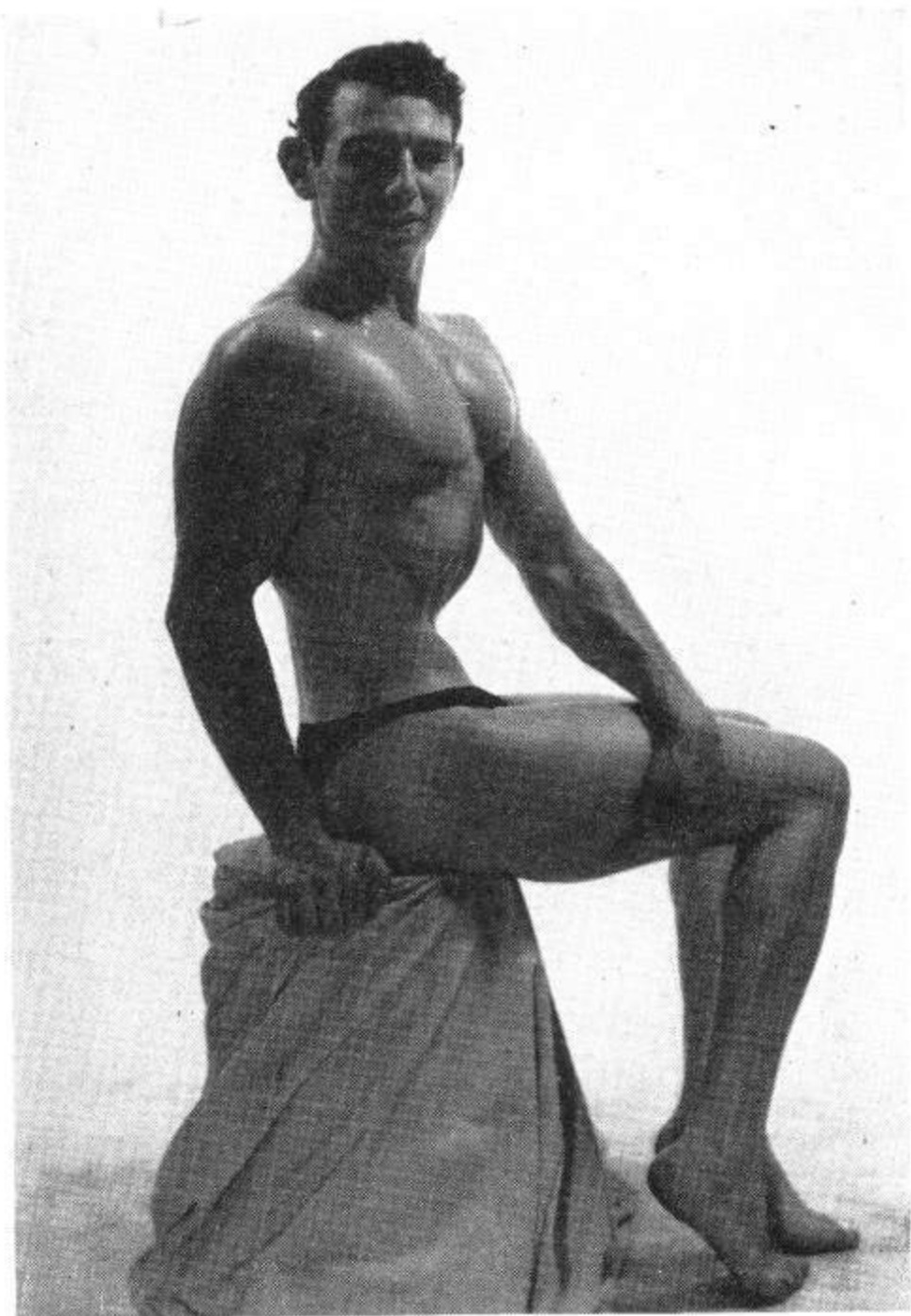
Calcium Pantothenate
Niacinamide

No one likes to be skinny—scrawny—run-down looking. Everyone admires a man with trim, well muscled arms, chest, and legs. Hundreds of underweight fellows have enjoyed results . . . better appearance, more pep and drive, new-found popularity and admiring glances at the beach.

IF YOU ARE SKINNY . . . you can do two things. First . . . you can ignore this ad . . . quickly slip the page, and learn to be satisfied with being skinny and run-down. Second . . . **YOU CAN DO SOMETHING ABOUT IT!** Take action. Give NUPRO a trial . . . and write your own success story of weight gains (muscular weight gains) and body well being.

A trial bottle of 300 NUPRO tablets (a full month's supply of the recommended daily intake) costs only \$6. We think you'll consider it money well spent. An investment in health pays big dividends. Order NUPRO today and put the "Protein-Vitamin-Mineral Team" to work on your physique. Send your (1) Name and Address, (2) Check or Money Order for \$6.00, and (3) a note saying "Send NUPRO," to:

IRV JOHNSON HEALTH STUDIOS
NUPRO Section, 22 E. Van Buren St., Chicago 5, Illinois



Jack Merjimekian: "Push-ups are a push-over!"

JACK MERJIMEKIAN "PUSH-UP KING"

←

Only 16 years old, the versatile young athlete on the opposite page is probably one of the strength world's future greats. Despite his youth, he is one of the nation's most powerful physical specimens. (He bench presses 260 pounds.)

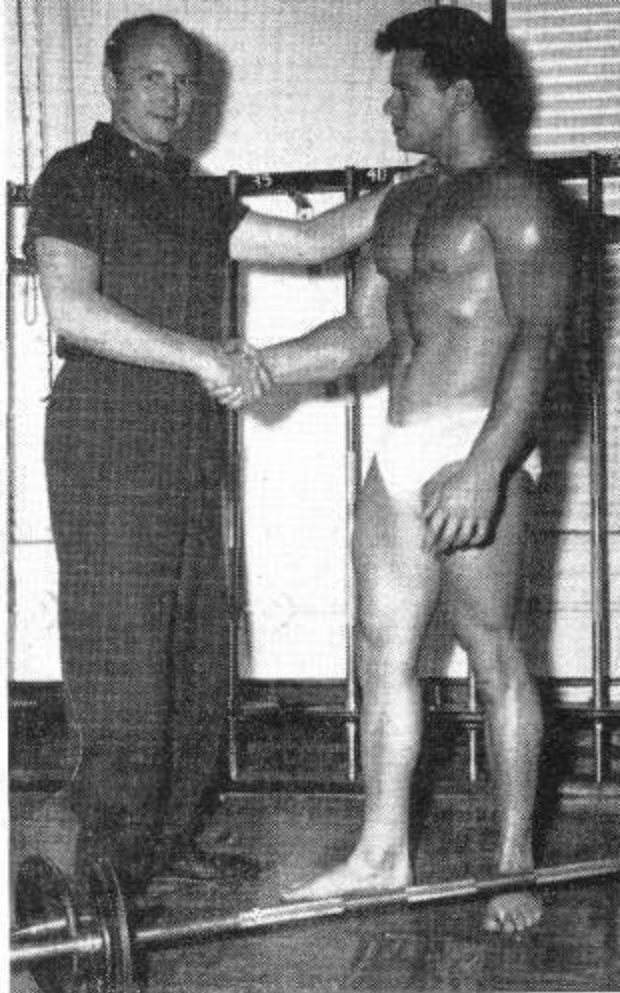
He's also gained the title of "The Pushup King," after becoming pushup champ of Evanston, a large Chicago suburb.

Merjimekian also starred in high school football and wrestling, won his YMCA's "Man of the year" award, and was voted "All Star Y Man" for being his Y's most valuable man.

He is 5'8½" tall and weighs 152 pounds.

Jack contradicts the popular misconception that brains and brawn don't mix. He gets excellent marks in school and plans to study for the ministry.

A regular trainee at the Johnson Health Studios, Jack follows the Johnson nutrition and food supplementation program to the letter.

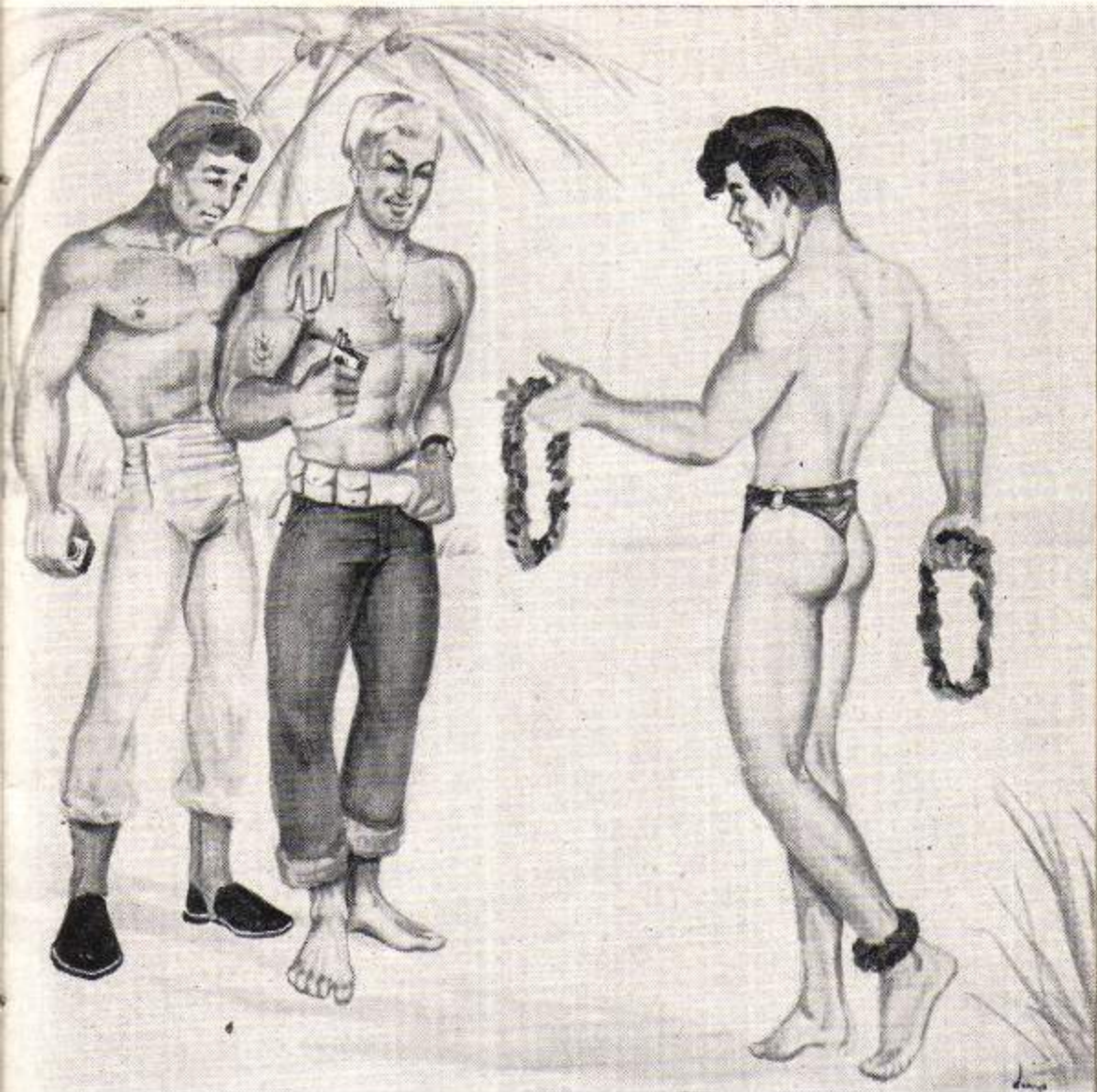


Meet Cliff Ottinger

Cliff Ottinger is one of TM's most loyal behind-the-scenes workers. A physique photographer for the past 15 years, Cliff has snapped some of the all-time greats of the physique world. He is an active member of the A.A.U., and very popular among the Mid-west bodybuilders. Here he is shown with Tim Sweeney whose poses (Pages 11-13) he directed.

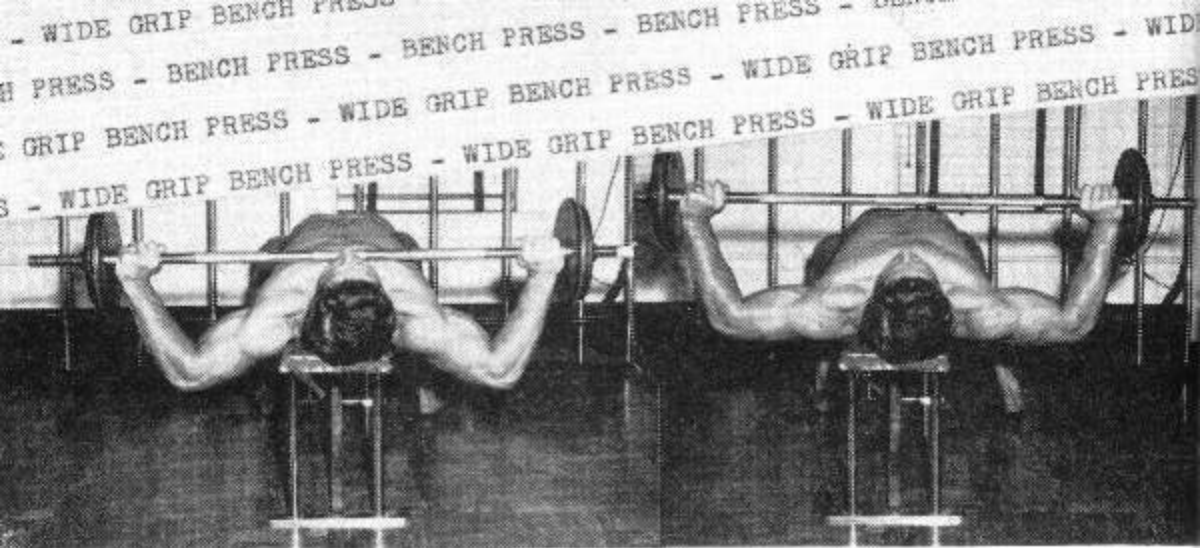
A WELL BUILT GUY is Eddie Weller, the young Navy man whose picture (in our August issue) drew such a flood of compliments. The shot is by the Spectrum Films Co.





CONTRAST in physique types is depicted in this study from a series of prints, "Men At War," by the Chicago artist, Etienne. The rugged Sea-bee construction workers, heavily muscled by their work, make friends with a trim young Polynesian "nature bay." Many of the models for the series are Johnson Health Studio trainees.

Courtesy of the Vorton Art Studio

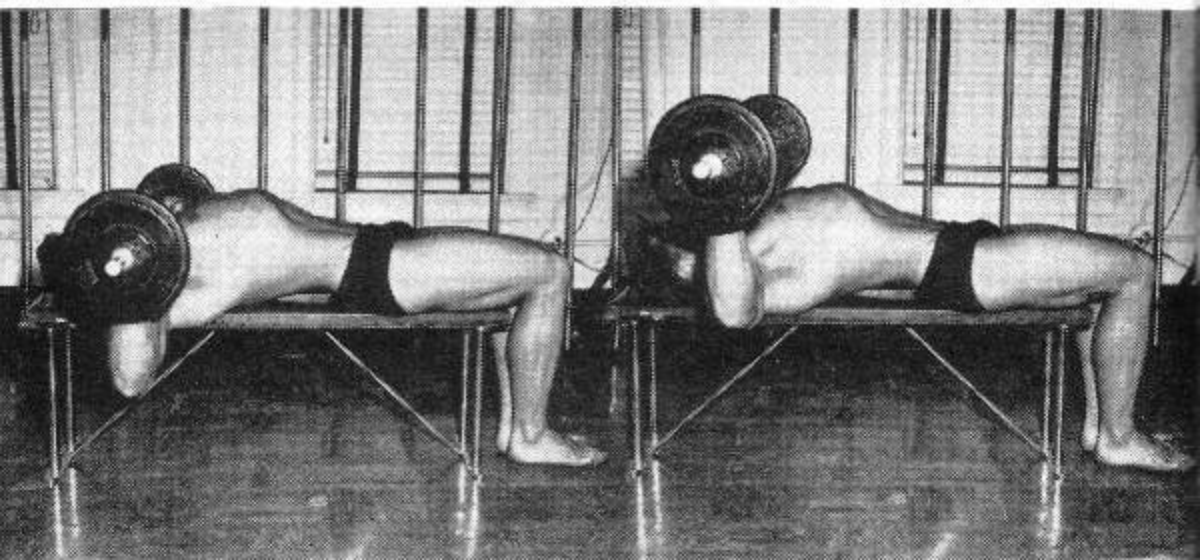


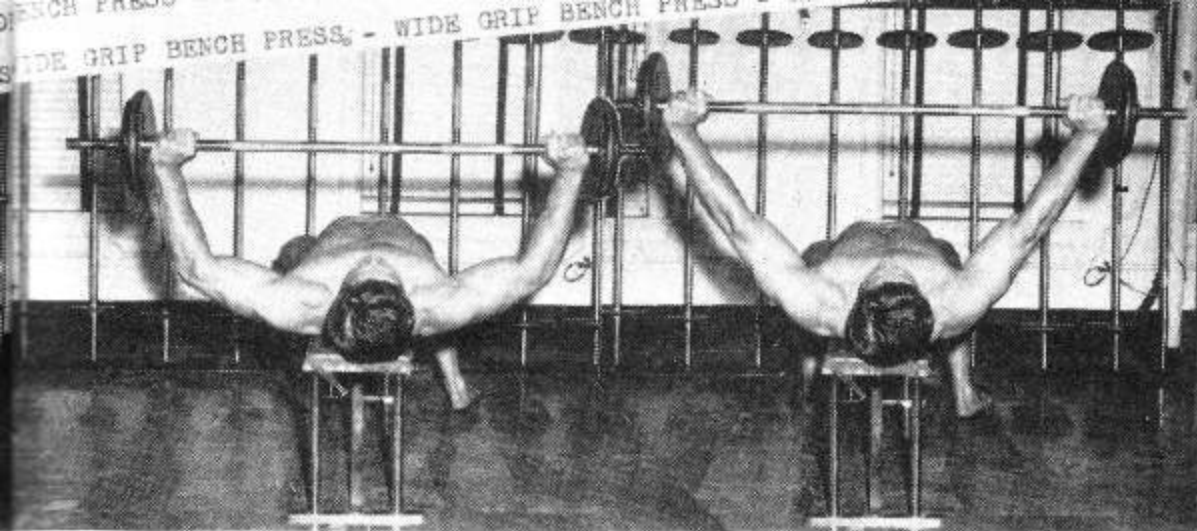
WIDE GRIP BENCH PRESS: Lying on a bench, grasping the weight with a wide grip (as shown in illustration No. 1), press the weight up overhead to the position in illustration No. 4. Then lower the weight again to the

Chest Depressed? Try

THIS EXERCISE is designed primarily for the development of the pectorals, those virile-looking, square shields which cover (or *should* cover) your chest. It's also one of the best tricep exercises. (Triceps are those long muscles on the rear of the upper arm.)

Properly developed pecs give you that full, deep chest that is so admired by the gals and so envied by the chicken-breasted guys who lack it. But the chesty look can be carried too far, and often *is* carried too far. If the pec line tends to be curved, improper exercise can develop absurd looking pecs that are almost female in appearance.





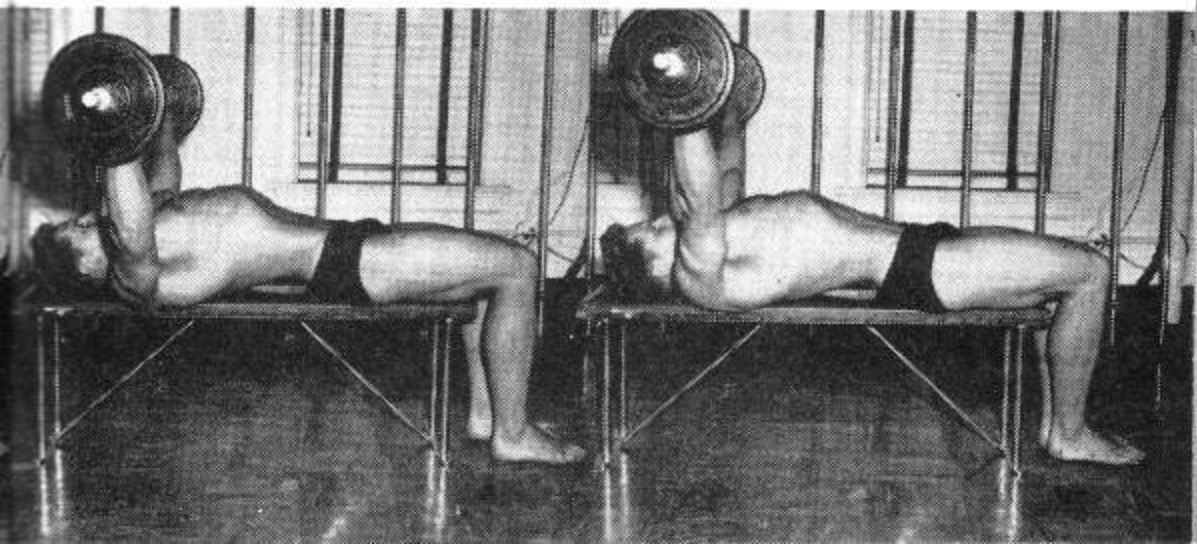
upper part of the chest and repeat. Inhale as you lower the weight. Do not stop when the weight reaches its lowest point . . . instead, push up again, hesitating at the high point just long enough to exhale.

Stressing Pressing!

Unfortunately, many of our "modern" bodybuilders go hog-wild on pec work. They add more and more bulk to their pecs and end up looking slightly ridiculous. As one critic commented, upon viewing one of these top-heavy, pendulous-breasted mastadons at the beach, "That guy need a *two-piece* bathing suit!"

The ancient Greeks, who were fore-runners of physical culture, ignored an exercise when they found it was making the body look out of balance. As a result, the Greek reputation for perfection in body form has come down, unchallenged through the centuries.

Steve Klisanin is the model for this exercise.

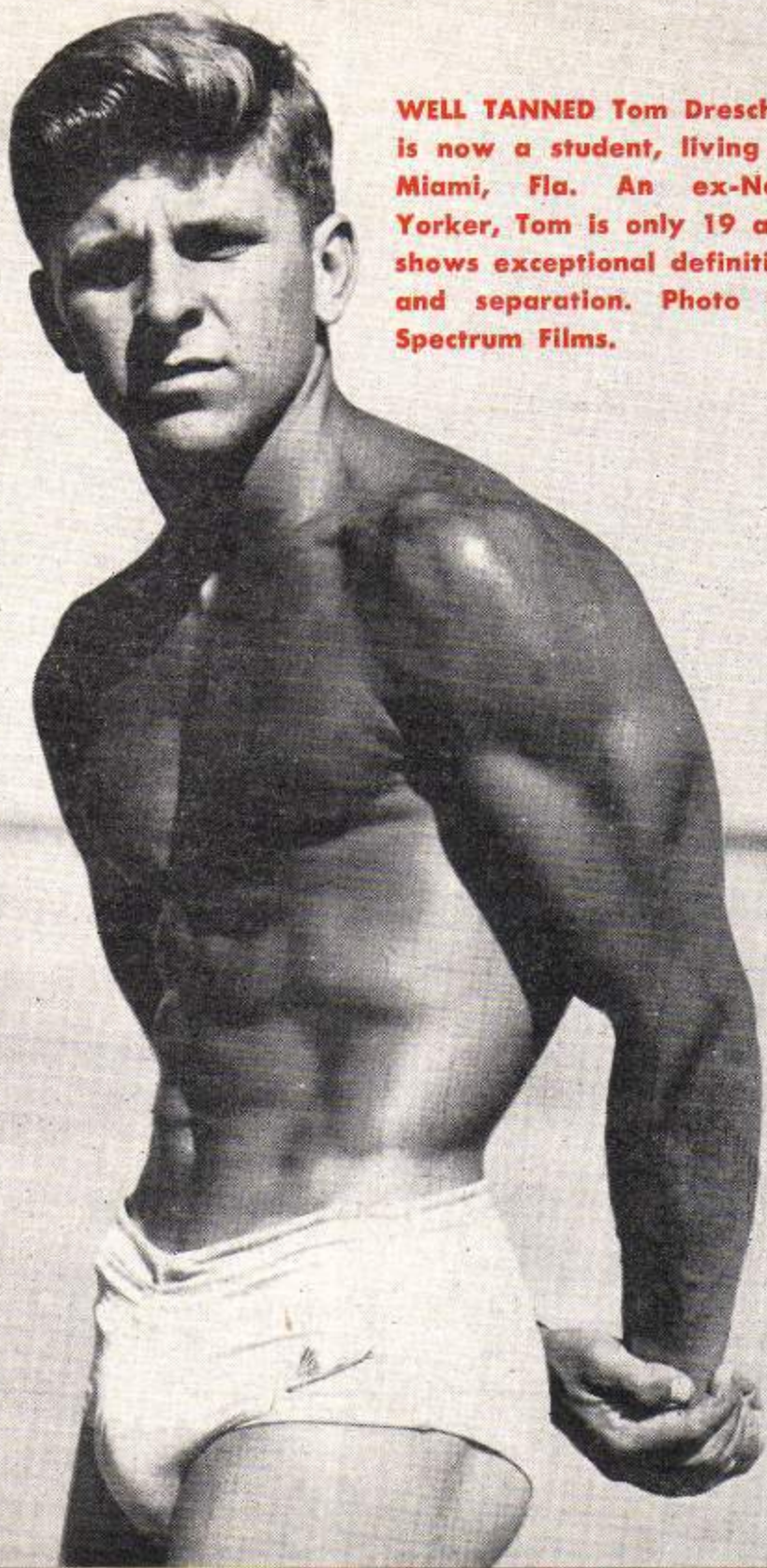




UNCLE SAM WANTED HIM

REMEMBER young Freddie Kainer, the 15 year old lad who appeared on our back cover in March? He's volunteered for army duty now that he's old enough. Shot at left shows Fred at 16! Unbelievable? Well, Fred's an unbelievably talented guy . . . played varsity basketball during military academy days, placed 4th in a "Mr. Illinois" contest when he was still a youngster, is a top notch swimmer, and enjoys painting and sculpting. Photo by his trainer, Irv Johnson.

WELL TANNED Tom Drescher is now a student, living in Miami, Fla. An ex-New Yorker, Tom is only 19 and shows exceptional definition and separation. Photo by Spectrum Films.



most powerful physique magazine in the world

TOMORROW'S MAN has been breaking some rapid-growth records, now over 10 times its first month's circulation.

TM readers like its compact, convenient, pocket size . . . its streamlined, easy-to-follow exercise program . . . its readable, intelligent features and stories . . . AND the quality of its pictures of new faces and new physiques. TM's pictures, paper, and printing quality are unmatched by any other magazine in its field. Yes, TM is the **QUALITY** magazine in the body building world.

FOR ONLY \$2, you can enjoy a steady stream of TM's . . . coming direct to your mailbox in a clean, white envelope. You won't miss a single issue because of a news stand sell-out . . . and you'll save the cost of two issues at the single copy price. Send the coupon and \$2 today.



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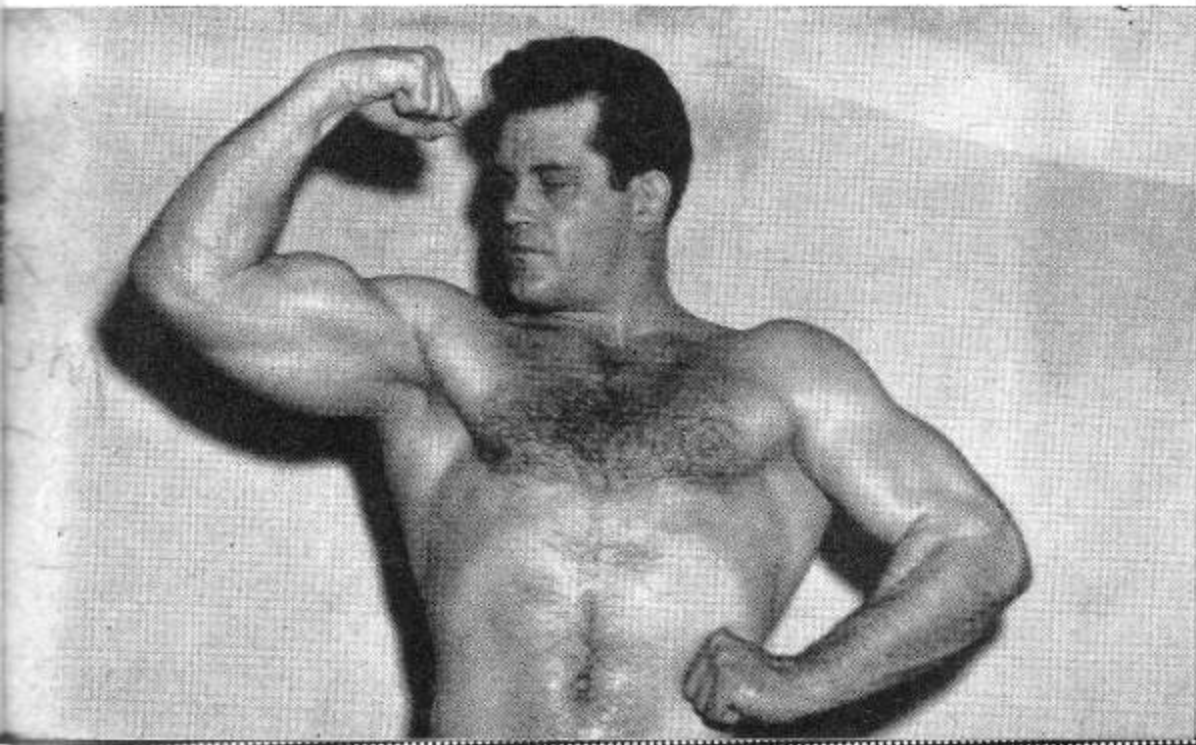
GYM SHORTS

by Bill Bunton

NEXT MONTH, we're planning a spread on Zaro Rossi, a brand new physique discovery by photographer Dave Martin of *San Francisco, California*. He's really an excellent example of the trim, symmetrical physique, and some of Martin's shots are quite unusual. We also hasten to apologize for a slip up in Martin's credit lines a few issues back. We said he is from *Sacramento*. He's not. He is *San Francisco's only physique photographer*. His complete address is in our photo listing on page 10. Sorry, Dave!

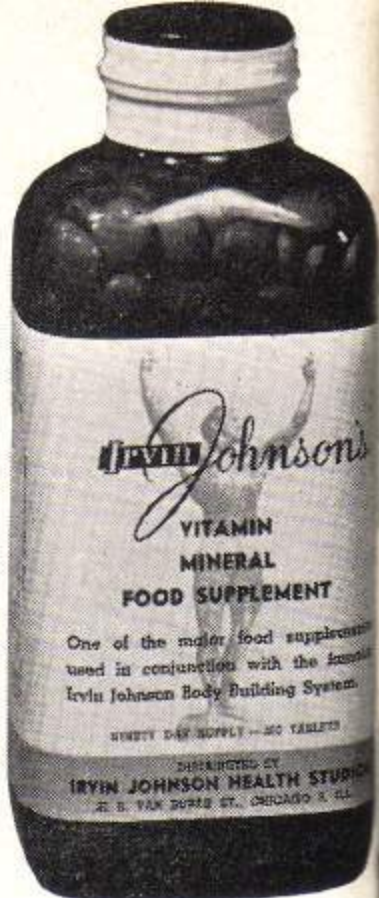
OUR THANKS to Mr. Lou Elson, *TM's New York contact man*, for doing the necessary leg-work to get us the fine photo of the statue which appears on our inside front cover and on page 10.

BACK AGAIN is wrestler Bill Melby, whom we featured in our August issue. Melby is 25, and a rough customer in the ring. He is also the holder of a number of awards in the physique world, a college grad (*University of Utah*) and the proud papa of two kids. The pic is by Cliff Ottinger, whom we introduced on page 29 of this issue.





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Glowing health is a foundation for success in any field, for you can't "put your best foot forward" if you're weak, pep-less, run-down.

Health is a basis for success . . . and good nutrition is the basis for health. But diet alone doesn't always provide the nutriment needed for good health. Now you can get vital **VITAMINS** and **MINERALS**, real health builders . . . to aid in health development . . . a *high potency* supplement especially formulated for folks who want stamina, pep, vitality. You get the nutriment that aid in growth, strength, and health.

In Johnson's Vitamin-Mineral Supplement, you get 27 highly concentrated nutriment . . . in easy-to-take tablet form, the most convenient way to insure getting the proper balance of vitamins and minerals.

Order **JOHNSON'S VITAMIN-MINERAL SUPPLEMENT** Today, and start enjoying the benefits these health builders offer. A 30-day supply (120 capsules) is only \$4. The **GIANT** size (90-day supply—360 capsules) is only \$10. Sorry, no C.O.D. or Foreign orders.

IRV JOHNSON, 22 E. Van Buren St. Chicago 5, Ill.

WHY SEX?

WHY, the very excellent magazine of popular psychology recently carried an article on Mike Hammer, the kill-crazy private eye created by writer Mickey Spillane. The magazine pointed out that Spillane and other writers, movies, and TV were being blamed for encouraging crime and distorted sex feelings among readers and viewers.

The critics, wrote *Why*, would like to ban books and censor the shows. The magazine contends, however, that "*such measures have never abated anything; half of our neurotic difficulties with sex stem from the barriers raised against it.*"

"*The cure,*" prescribed *Why*, "*is not to ban Mike Hammer—rather, it is to encourage healthy approaches to sex in our children and society.*"

Sexual ignorance is a major problem of the modern age, and a major reason it is a problem is that the whole subject of sex has been "hushed up" by social mores.

Like any other problem, it can't be solved by ignoring that it exists. *Why's* suggested cure, "*to encourage healthy approaches to sex,*" is one of the reasons for *TM's* publication of sex information.

MISSING SOMETHING?

In response to requests for back issues of *TM*, a limited supply of file copies is now being released for sale. The following issues are available: February, March, April, June, July, and August. Price is 20c per copy and orders should be sent to: Files Dept., *TM Magazine*, 22 E. Van Buren St., Chicago 5, Ill. Orders will be handled on a "first come, first served" basis and remittances received after copies are sold out will be promptly returned.

**MASCULINE
MAGNIFICENCE!**



The beautifully developed male physique, strikingly photographed . . . for artists, sculptors, students. Series 21, handsome young Jeff Allen, in studio and outdoor poses. 12 3"x 4" photos, \$1.95. Air Mail, 12c. Send 25c for catalog and free bonus picture of a handsome young model.

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Now you can easily add protein to your diet, and do it economically, with **JOHNSON'S HI-PROTEIN FOOD**. A special food supplement containing 38% protein—plus all the essential amino acids.

One of the first protein supplements offered by Johnson's Health Studios, it is still "an old favorite," because we've found it one of the finest sources of protein available. It's modest price . . . only \$1 a pound . . . puts it within the reach of even the lowest budget.

Today, after years of proven results, we still offer **HI-PROTEIN FOOD** at the same low price. In the Family size, the price is even lower . . . 24 pounds for \$18.

Available in a variety of delicious flavors . . . chocolate, vanilla, coconut, black walnut . . . or, if you wish, plain.

**YOUR BODY RELIES ON THE FOOD
YOU EAT. ONLY PROTEIN CAN BUILD
NEW MUSCLE TISSUE!**

Order some Johnson's Hi-Protein Food today! (You may be very pleasantly surprised.)

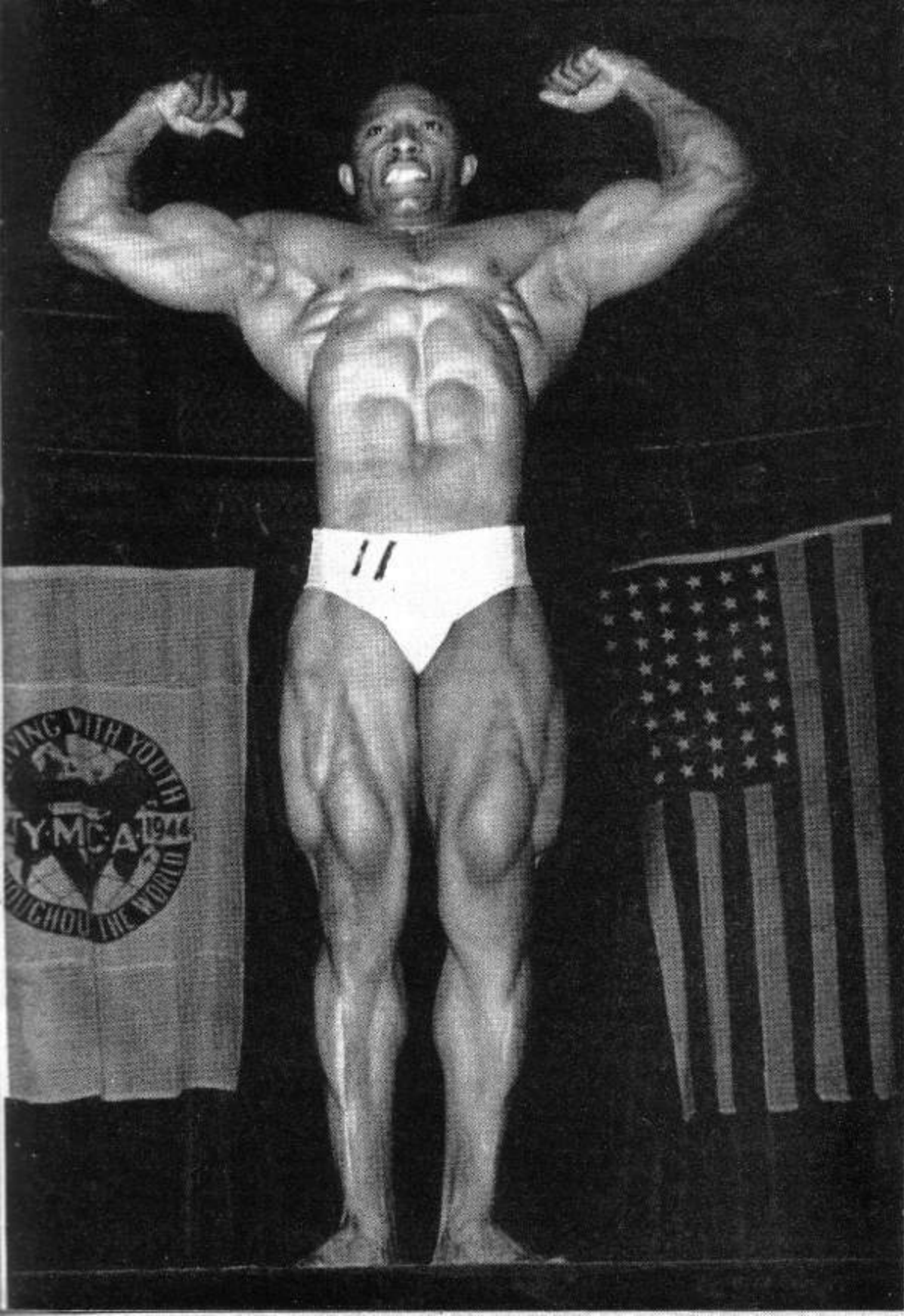
THE PRICE: Only \$1 a pound. (Minimum Order: 4 pounds) Or . . . save \$6 and order a case of 24 pounds for only \$18. No C.O.D. or Foreign Orders, please.

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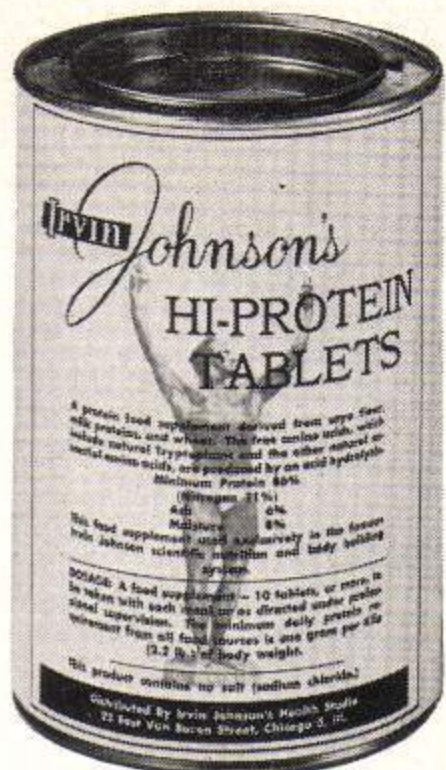
Chicago 5, Illinois

LOOKING AT GEORGE PAINE (right) is like taking a short course in human anatomy. Paine is about the closest thing possible to a living anatomy chart. Here he is after copping first place in the "Mr. YMCA" show of '53. Photo is by Dick Lee of Eastern Model Associates.



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HERE'S BIG NEWS for body builders who want to gain MUSCLE weight . . . not useless flab!

Now you can get Irvin Johnson's famous Hi-Protein Food Supplement in concentrated, easy-to-take tablets! A handy way to add protein to your diet . . . and protein is the basic nutriment of which all muscles are built!

With JOHNSON'S HI-PROTEIN TABLETS, you actually get 86% easily digested protein . . . in a form so convenient you can carry it with you anywhere, to school . . . to work . . . at home

PROTEIN DIGESTION IS IMPORTANT! Mere consumption is not. In Johnson's HI-P Tablets, free amino acids make protein more readily digested. Without digestion, protein can't aid in muscle growth.

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**250 Tablets: \$5 525 Tablets: \$10
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JOHNSON'S HEALTH STUDIOS

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MIGHTY MITE

THIS KID MAKES US BLUSH FOR SHAME. At an age when we were shooting marbles and blowing bubble gum, Paul Oudinot, Jr. is out winning physique show honors. Early this year, we showed a pic of young Paul doing a wrestler's bridge under a weight of 462 pounds . . . almost six times his body weight.

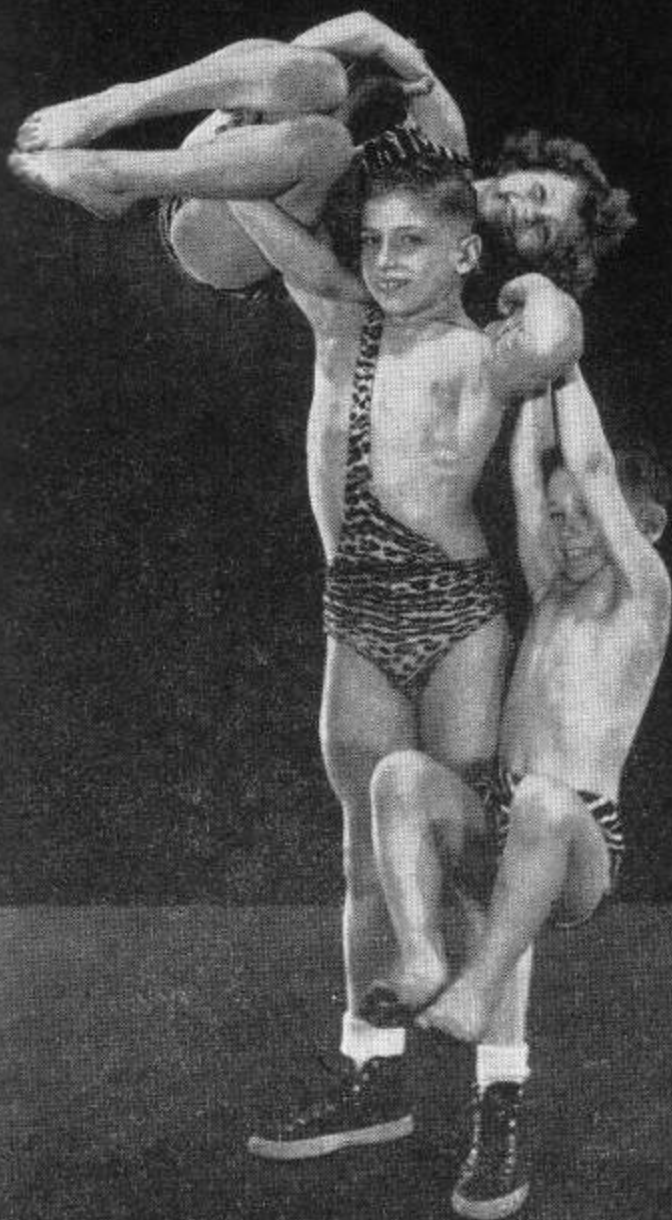
He is 11 years old and weighs 82½ pounds. Recently, he pressed 105, snatched 105, and did a 140 pound C&J for a 350 pound total.

The two "weights" in this unusual picture are his sister, Susanne, 7, and his brother, Walter, 6. Paul has another brother, Dick, but since he is only three years old, it will probably be two or three years more before he wins any major trophies.

Paul, Jr. is trained by Paul, Sr., who operates a gym in Reading, Pa. Young Paul started working out about three years ago.

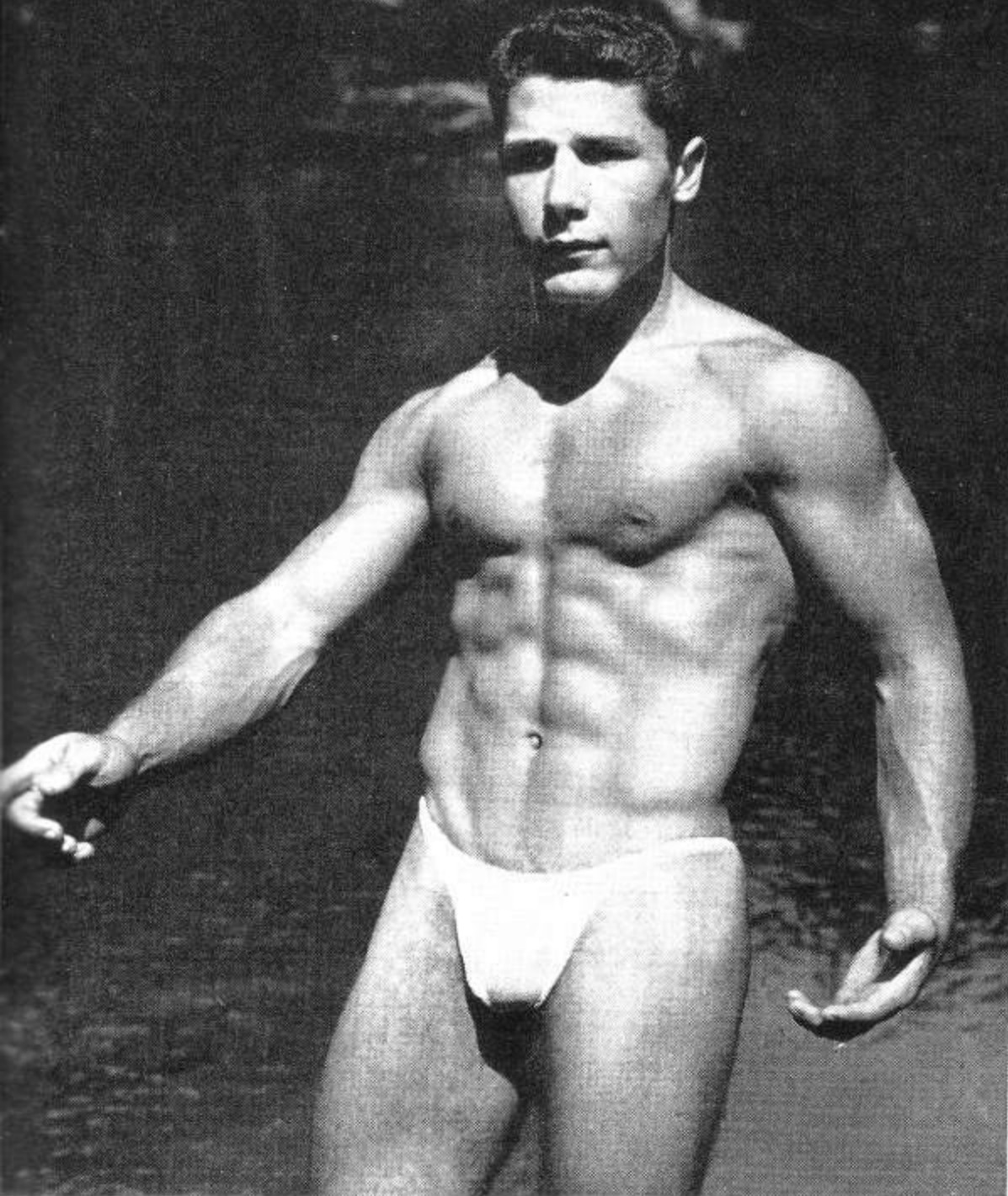
Some of his recent measurements are: Neck, 13", biceps, 11¼", chest normal, 32" (expanded, 36"), thighs, 19¾", and calf, 13".

He and his family were featured performers at the "Mr. World" show last October.

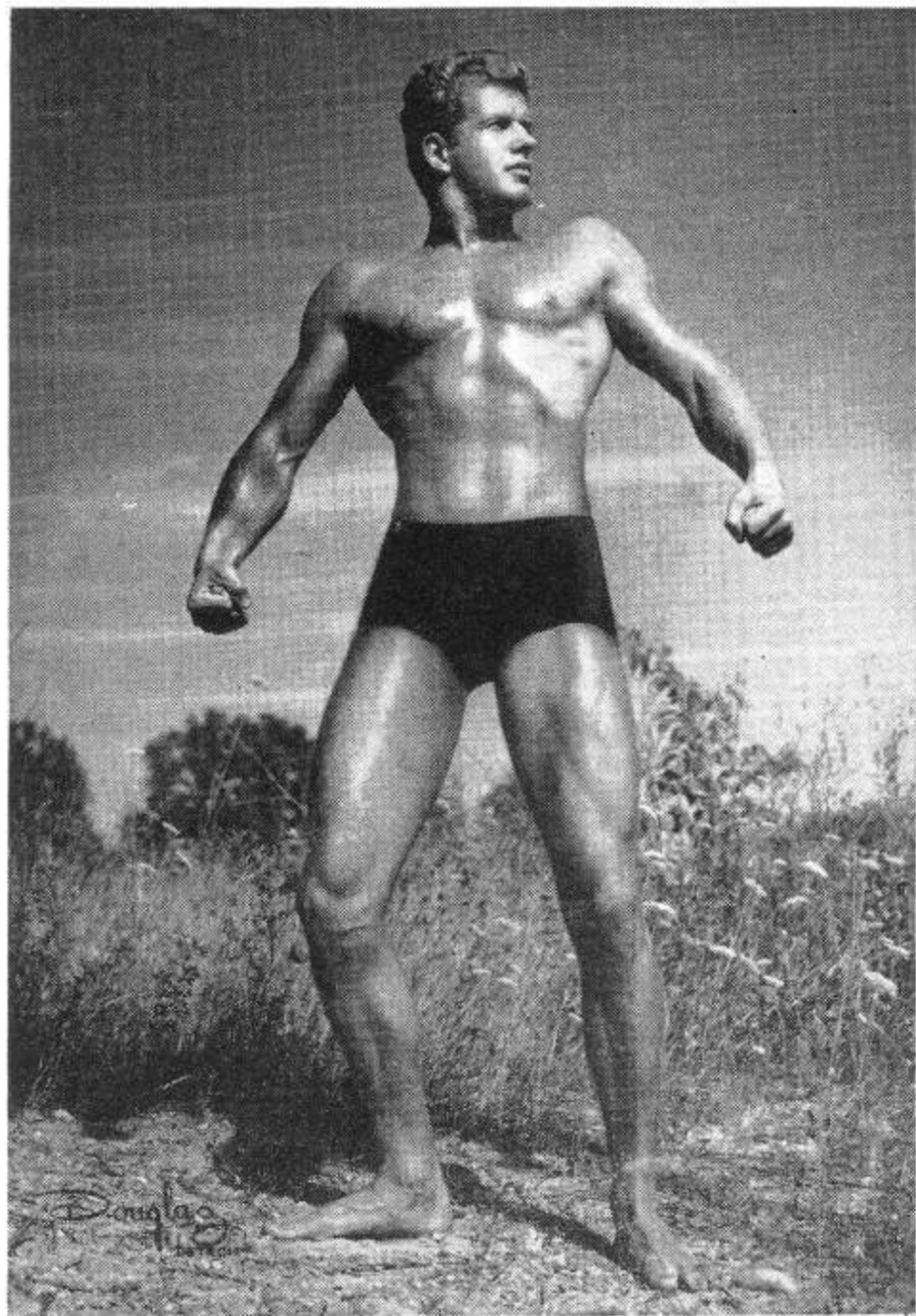




NEWCOMER Don Erdahl is 18 and does his bodybuilding in Bremerton, Washington. Photo: Jon Arnt.



RUGGED SAILOR Al Clark seems to have lost a finger while testing the edge of that sword. Photo by Spectrum Films Co.



ONE OF THE MOST POPULAR physique models is Bob Delmonte, a Detroit bodybuilder. Photo: Douglas.

We've wanted to Offer A FOOD BLENDER For a Long Time

... but a really good one
was always too expensive!

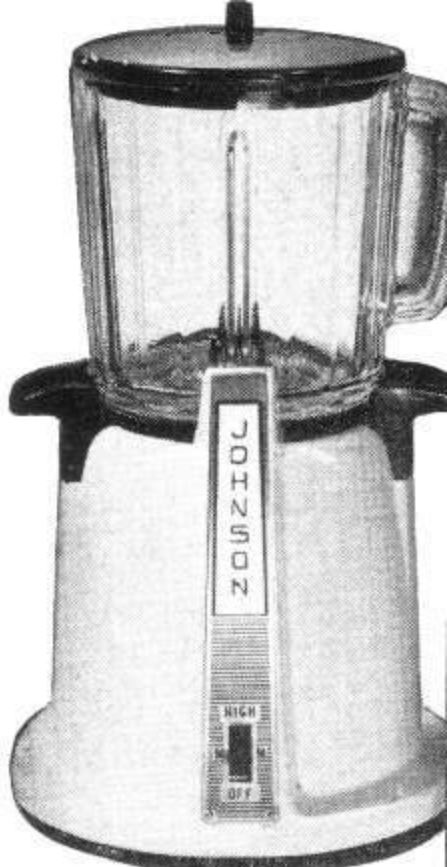
So, we had a blender designed
and manufactured especially for
us . . . knocked out "middle
man" profits, . . . and offer a
really top quality food blender
at an unbelievably low price.

Food Blenders are now prized appli-
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Transparent bowl has handles to avoid slipping or spilling . . . and
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FALL means back-to-school days, sports, and fun. And here's a shirt designed to help you enjoy the months ahead. Dressy enough for classes, but oh so comfortable.

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

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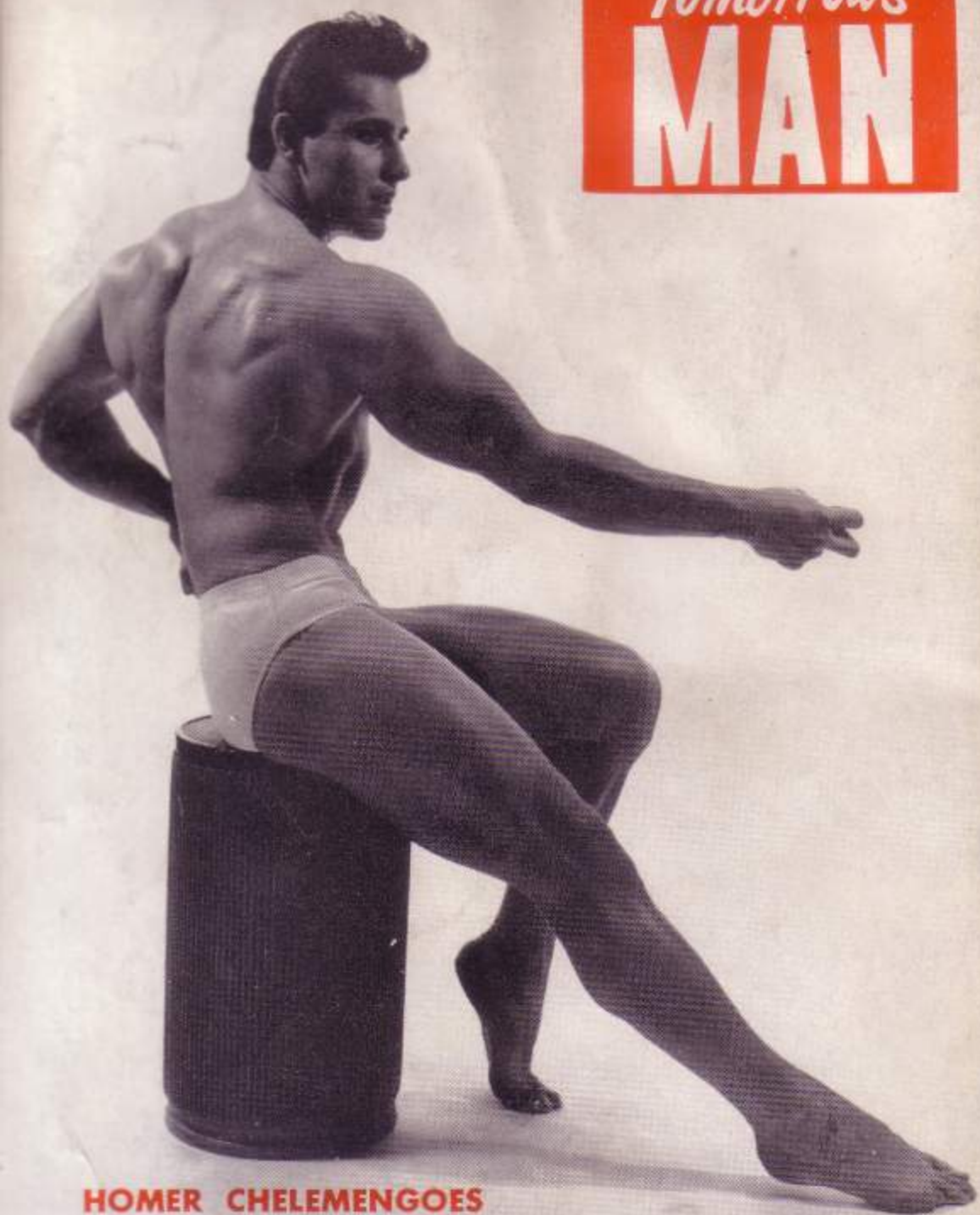
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Bob Todd
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