

*Tomorrow's*  
**MAN**

1/8/53  
**10 SEX Questions**

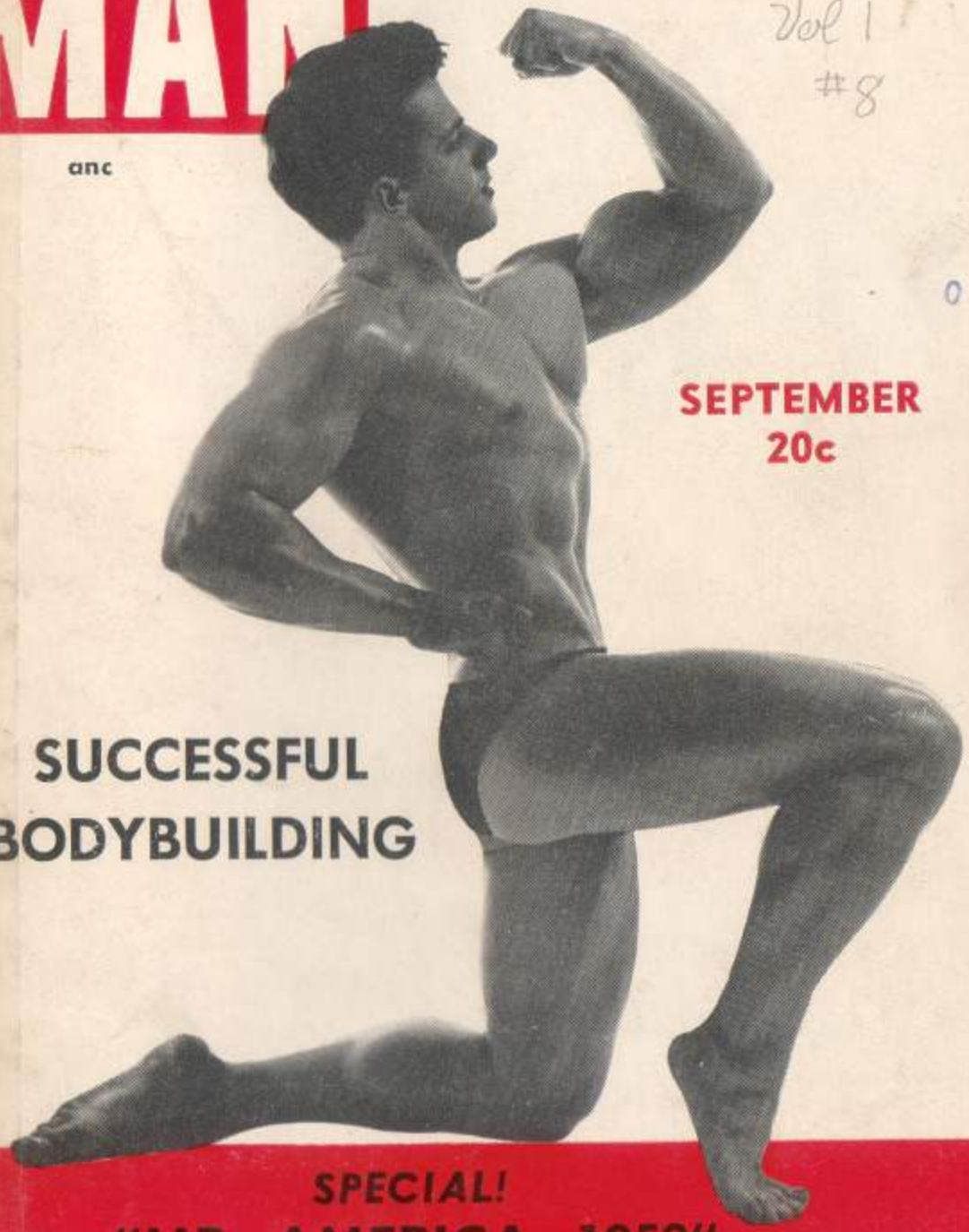
See Page 34

Vol 1  
#8

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**SEPTEMBER**  
**20c**

**SUCCESSFUL**  
**BODYBUILDING**



**SPECIAL!**  
**"MR. AMERICA, 1953"**

EX Questions

San Page 22

1965

#8



Body

# PAST and PRESENT

The sport of bodybuilding should indeed be proud of the new titular head of the physique world, Mr. Bill Pearl, who captured the "Mr. America" crown at this year's big show in Indianapolis.



Elsewhere in this issue, TM is running a rather comprehensive account of the event, and it remains for me only to congratulate him on his victory and to wish him every success for a future as spectacular as his past. This young man is a splendid specimen of manhood that our sport produces.

In many sports, the naming of a new champion marks the beginning of a decline in fame of the former title holder. This will not be true in the case of the great Jim Park (left), last year's "Mr. America."

**As his trainer when Jim was preparing for his big show, I had the opportunity to really know him. Jim will always hold a place of honor with the men who trained with him here at our studios. He is a fine gentleman and will always be a credit to the game.**

And so our congratulations go, too, to Jim Park, a man who has carried a proud title on his broad shoulders, and carried it well.

He joins the company of some truly great men who have carved themselves a place in the bodybuilders' Hall of Fame . . . names like Hilligen . . . Reeves . . . Ross . . . Delinger . . . Stephans. They knew how to *become* victors, but . . . more important . . . they also knew how to *use* their victories to promote the game.



Vol. 1

SEPTEMBER, 1953

No. 8

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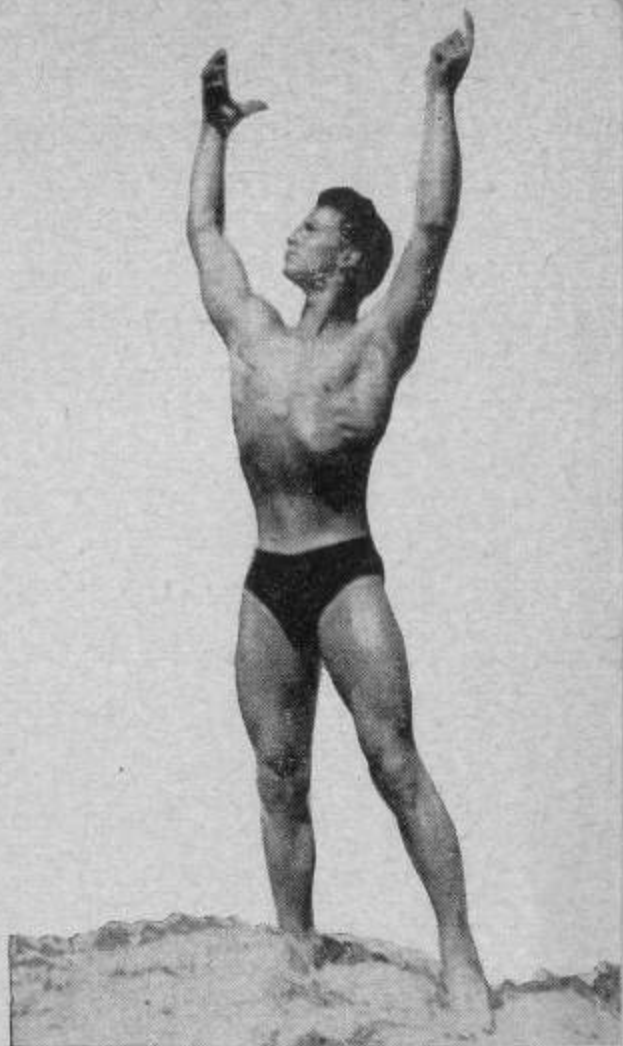
**"The groundwork of  
all happiness is  
health"**

**Publilius Syrus  
Circa 42 B.C.**

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#### **THE MAN ON THE COVER**

We're always pleased when we run a picture of ED ZALE because we know he is a popular man with TM readers. His "fan mail" vouches for that statement. Ed took third place in this year's Jr. "Mr. Illinois" show as well as third in the "Mr. Illinois" and "Mr. Chicago" shows. An amazingly strong fellow, Ed never fails to startle visitors at the Johnson Health Studios where he works out. He is a training partner of Bill Cisler who, with Hank Miller, was on our August cover.



**PICTURE CREDITS: Irvin Johnson, Cover, 2, 22-23, 44-45. Lon, 8-9, 20, 30. Cliff Ottinger and Jack Merjimikian, 10 thru 17. Douglas, 24. Eastern Model Associates, 26, 29, 47 (Top) 52. Dave Martin, 41. Vorton Art Studio, 51**

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**TRIM AND HARD AT 40** when most men have long since developed a well-rounded pot belly, DONALD DETATO is a superb example of the benefits of body building. The pic shows him at age 40, weighing 138 pounds at 5'6". He lives in Eugene, Oregon.

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"You might be interested in knowing that, while waiting delivery of my barbells, I casually tried your High-Chest Pull as suggested in the course. In 15 days' time, my chest grew a full inch! Name Withheld on Request, San Francisco, Calif.



"... Jim Huxley's article, **Take a Health Vacation**, (July issue) might give one the idea that he was advocating the cause of nudism. What is your opinion...?"

**Name Withheld**  
Roanoke, Virginia

*Editors' Note:* The bare fact is that the opinions of our independent contributors are *not necessarily* those of our staff.

"Your article on **Sterility** (August) was one of the finest pieces of abbreviated factual writing on the question I have seen. Instead of spending many pages "beating around the bush," you hit the nail on the head in just short of three pages... small pages at that..."

**Michael Stearns**  
St. Louis, Mo.

*Editors' Note:* The lack of "beating around the bush" was the result of seven re-write jobs to boil out non-essential wordage.

**“ . . . how about more pics of Eddie Weller (August). What a physique, and what a face!”**

**R. K. Sturgess  
Milwaukee, Wis.**

*Editors' Note:* Don't miss next issue for more of Ed.

**“ . . . Are you quite sure that the 'before and after' shots of Caroline Young (August) are of one and the same woman? If they really are, I agree that she is, as you say, 'the most dynamic Before and After case of our time.' ”**

**Mrs. M. E. McB.  
Dayton, Ohio**

*Editors' Note:* Scout's honor! All told, we received 164 letters from readers who couldn't believe their eyes at the August issue's amazing before and after case history. Medical records (and Caroline herself) will back us up on the veracity of the account.

**“ . . . the 'Case of Caroline' was indeed inspiring to us oldsters . . . ”**

**M. R. Saunders  
Brooklyn, N. Y.**

---

**HARD AS NAILS** is the impression you get after looking at this shot of Theseus George, an East Coast bodybuilder who appears to have exceptionally well developed abdominals. The photo is by Dick Lee of Eastern Model Associates.







# Colbert Named 1953 "Mr. Eastern America"

By Lou Sand

THE SMILING GENTLEMAN has a perfect right to be happy.

His name is LeRoy Colbert, and when the shot was snapped, he had just won the "Mr. Eastern America" title for 1953.

Colbert, who also holds the "Mr. New York City" title for 1952, captured the trophy amid stiff competition offered by 16 other contestants in the show held late this spring.

In addition to the title trophy, Colbert captured two of the "best" prizes, one for best arms, the other for most muscular.

Second in the event was Ray Jimenez (see July TM) with 40½ points as against Colbert's 42. Jimenez, incidentally, is current holder of the "Mr. New York City" title.

Placing third was massive Seymour Koenig with a score of 40 points.

Dominick Juliano hit fourth position, with Elmo Santiago and Bill Cerdas taking fifth and sixth positions respectively.

"Best Back" award went to Koenig, and "Best Abdominals" was won by Bernie Nicolette.



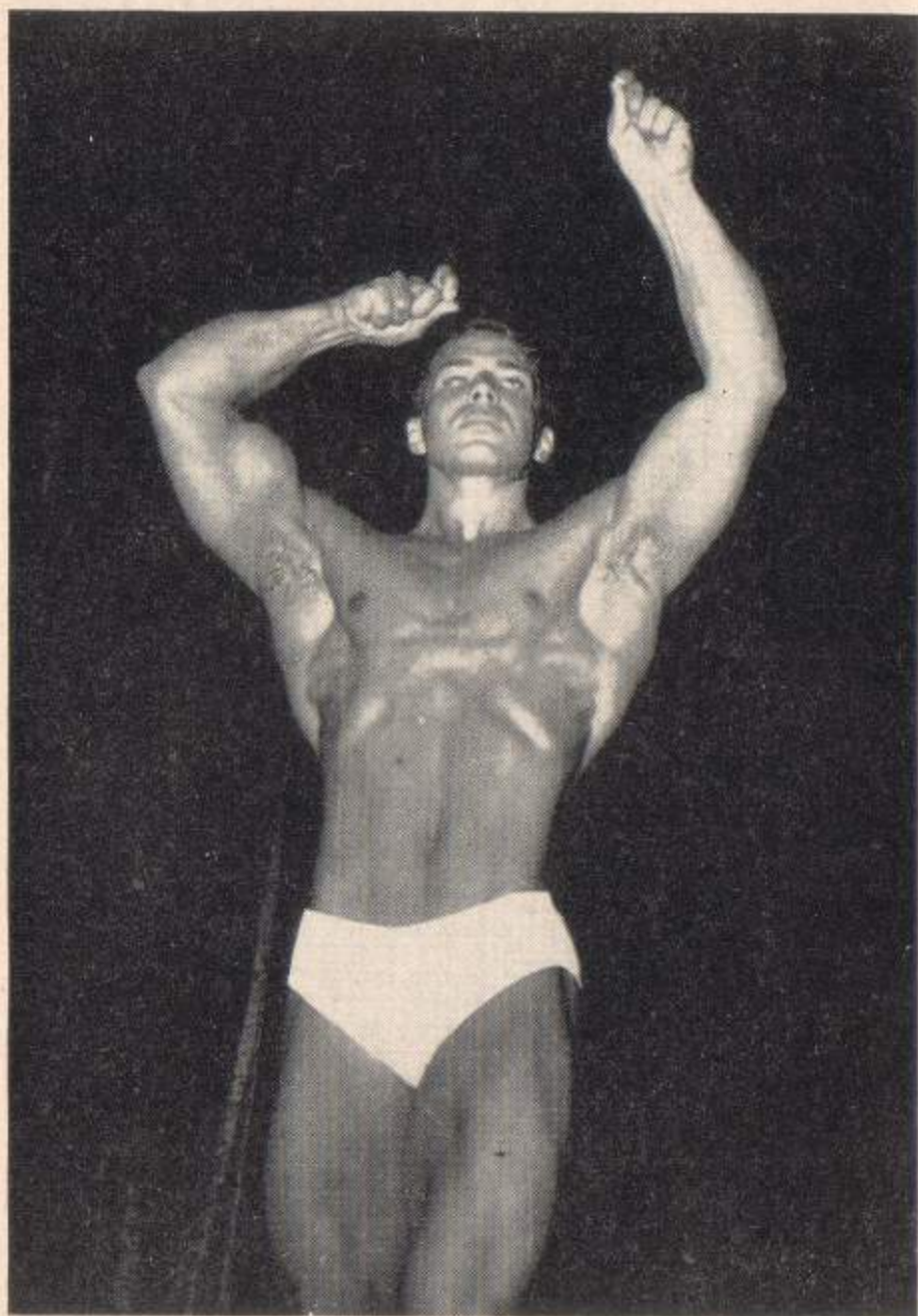
## ART STUDIES

### "THE GODS OF ROME"

A new series of Physique prints . . . Modern Man in all the virile grace of the Gods. (See Page 51.) Illustrated catalogue of complete series .....25c

**VORTON ART STUDIO**

355 W. Ontario St., Chicago



*BILL PEARL, 1953's "Mr. America." Show photos are by TM staff photogs Cliff Ottinger and Jack Merjimekian.*



# Bill Pearl wins '53 "Mr. America" Title

By Jack Libertore  
Master of Ceremonies

Bill Pearl, a relative new-comer to physique world fame, plumeted to the heights in this summer's "Mr. America" show in Indianapolis. The California navy man captured the coveted title for '53 shortly after winning two other big contests, "Mr. Southern California 1953" and "Mr. California 1953."

Pearl, journalist in the navy's Public Information Office, is stationed in San Diego, California where he trains at Leo Stern's gym. His point score was 97.

*(Point scores are figured as follows: The show's nine judges rated contestants on the basis of a hypothetical perfection, giving six points each for symmetry in proportions and muscular-physical development; and one point each for general appearance, posing, face and skin.)*

Second place went to **Richard DuBois** with 91 points. He is also a winner of other recent titles, among them being "Mr. New York State 1953" and "Mr. Atlantic Coast 1953."

Close behind was third placeman **Irvin Koszewski** with 89¼ points. (Koszewski, well known in physique circles, appeared on TM's back cover, June issue.) He is from Santa Monica, California and trains at Vic Tanny's gym. He also won the "Best Abdominals" award as he did in 1950 and 1952. Koszewski currently holds titles as "Mr. Los Angeles 1953" and "Mr. Pacific Coast 1953" and also won "Mr. New Jersey 1948."

A complete run-down of other entrants appears on page 13.

# Meet "Mr. America"

**BILL PEARL's** success story, climaxed (but not concluded) by his victory in 1953's big "Mr. America" show is a close parallel of the saga day-dreamed by every American youth who someday hopes to reach the top. Up to now his life has not been unusual, and by physique world standards, he is a veritable newcomer.

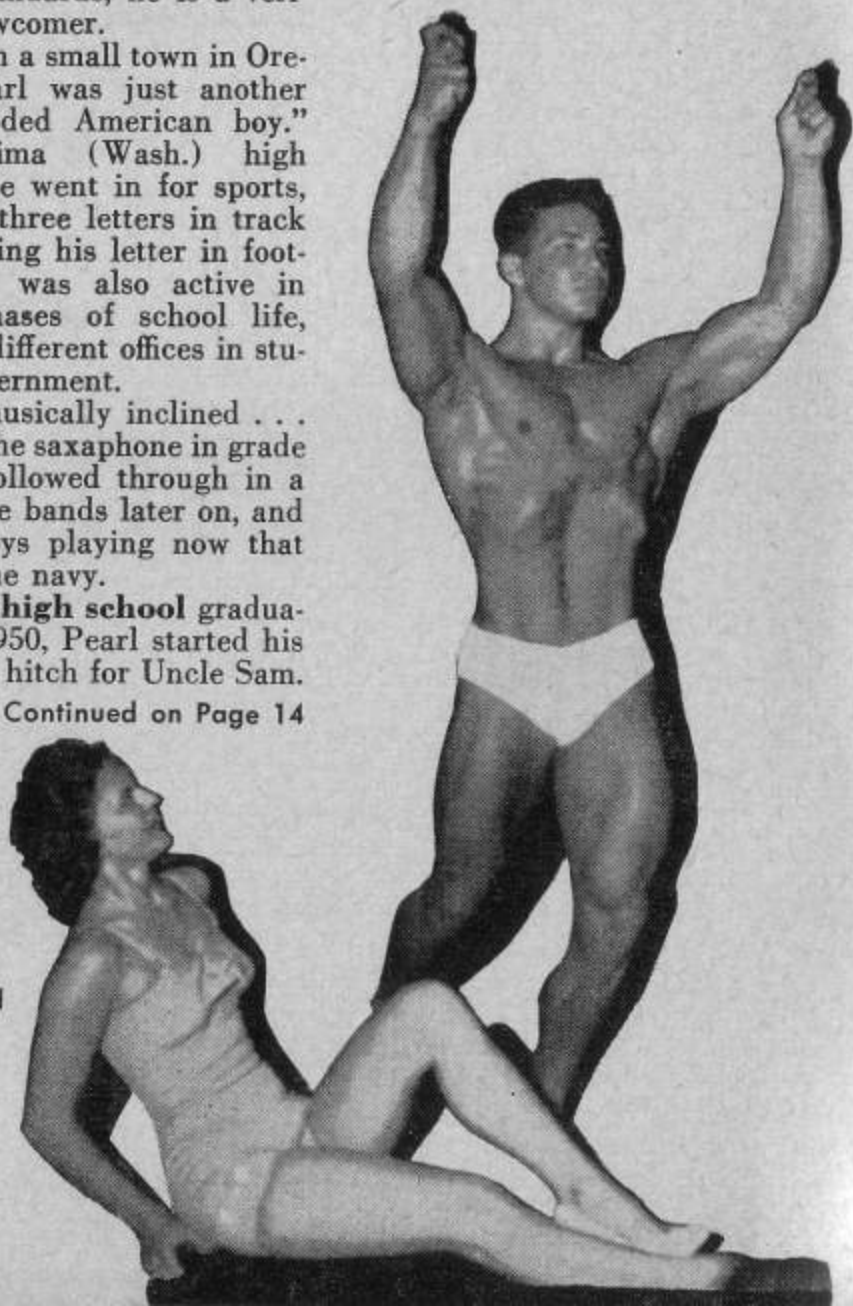
Born in a small town in Oregon, Pearl was just another "red-blooded American boy." In Yakima (Wash.) high school, he went in for sports, winning three letters in track and making his letter in football. He was also active in other phases of school life, holding different offices in student government.

He's musically inclined . . . took up the saxophone in grade school, followed through in a few dance bands later on, and still enjoys playing now that he's in the navy.

After high school graduation in 1950, Pearl started his four-year hitch for Uncle Sam.

Continued on Page 14

Bill Pearl  
and friend





# TM's Mr. America Scorecard

**Bill Pearl, "Mr. America"**

**Richard DuBois, Second**

**Irvin Koszewski, Third**

**Steve Klisanian, 88 $\frac{1}{4}$  points**

*From Albuquerque, N.M., Steve trains at the YMCA and did concentrated pre-show work at Irv Johnson's health studio in Chicago. He is a geology major at the University of New Mexico. "Mr. Pennsylvania 1949," "Mr. New Mexico 1951," and "Jr. Mr. America 1953."*

**George Paine, 88 $\frac{1}{4}$  points**

*Trains at the Apollon Bar-Bell Club in N.Y.C. Placed third in the "Mr. America" show in '51 and '52. He was "Jr. Mr. America 1951." Selected "Most Muscular Man" in 1953's "Mr. America" show.*

**Anthony Silipini, 88 points**

*Placed second in 1953's "Jr. Mr. America" show and won both "Best Chest" and "Best Legs" in this "Mr. America" show.*

**Tim Leong, 87 $\frac{1}{2}$  points**

*Won the "Best Back" award at this show and has the following titles to his credit: "Mr. Honolulu 1950," "Mr. Hawaii 1950," and Mr. Waikiki 1951."*

**Tim Sweeney, 82 $\frac{1}{2}$  points**

**Dominic Juliano, 82 points**

*"Mr. Metropolitan New York City 1951" and placed third in this year's "Jr. Mr. America" contest.*

**Malcolm Brenner, 81 $\frac{3}{4}$  points**

*Placed second in the "Mr. America Contest" of 1951-1952, and won "Mr. California 1951" and "Jr. Mr. America 1952."*

**Victor Seipke, 79 $\frac{1}{2}$  points, Detroit**

**Mickey Hargitay, 79 points, Indianapolis**

**Harry Johnson, 76 points, Atlanta, Ga.**

**George Jones, 61 $\frac{1}{2}$  points, Philadelphia**



CONGRATULATIONS go to Pearl from writer Jack Libertore. Mr. Libertore, who emceed the big show as he has every "Mr. America" contest held in the East since 1946, is co-director (with Fraysher Ferguson) of the Apollo Health Studio in Columbus, Ohio. He also emceed the "Mr. World" contest when Jim Park was named winner, and the same title show in 1947 when Steve Stanko took the title.

## Meet "Mr. America" . . .

He's due for discharge next July.

Currently, he's a writer for the Public Information Office, stationed on a submarine tender in San Diego.

Weight training began in 1950, after graduation. He started following the sport to gain strength for wrestling. (He placed second in the 1951 Pacific Northwest A.A.U. and Olympic tryouts.)

His station at San Diego makes it handy for him to train with first rate equipment, something he had lacked before. He works out at Leo Stern's fine gym.

Since he has more or less worked out his own training program, with the aid of Stern, Hugh Cobb, and Keith Stephan, no bodybuilding "system" can ethically lay claim to having "produced" him.

The credit goes to the three mentioned before . . . and to Pearl himself. He is a hard worker and a hard trainer. He runs the gamut in the exercises and works out as often as six times a week when he's preparing for a show. Other times he "slows down" to three or four.

He places a good deal of importance on nutrition. He is one of those rare individuals who has little difficulty in gaining or losing poundage. It



..... **Continued**

seems to be a question of "mind over matter." He lays off starches and other bulk when he wants to lose, and eats everything but the knife and fork when he wants to boost his weight.

He pays more attention to proportion and symmetry than to hulk, which explains why he looks so good on page 10, and also why he received so many important points from the judges on the basis of "Perfect symmetry in proportions."

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### IN THE JUDGE'S BOX

... were these 9 men, selected by Clarence Johnson, National A.A.U. chairman:

Charles A. Smith, Metropolitan (N.Y.) A.A.U. Chairman.

Bob Hoffman, Mid-Atlantic A.A.U. Chairman.

Peary Rader, Mid-Western A.A.U. Chairman.

Al Roy, Louisiana A.A.U. Chairman.

Larry Barnholts, Northeastern Ohio A.A.U. Chairman.

Bob Hise, Southern California Weight Lifting Association.

Harry Paschal, of Pompano, Fla.

George Greenfield, Vice Chairman of the National A.A.U.

Herb Lucy, Chairman, New England District, A.A.U.



**BACKSTAGE** informal shot catches Jim Park, last year's "Mr. America" and this year's "Mr. World" warming up for a posing routine. Park, as always, was in top notch form.

Of interest to TM readers is the close association of Park with the Johnson program. Irv Johnson was Jim's trainer when he was preparing for his "Mr. America" victory.

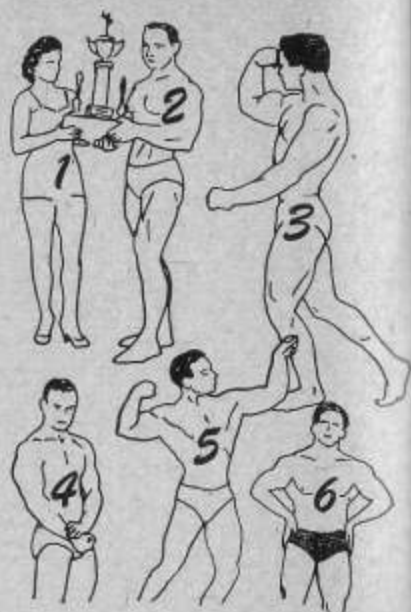


GROUP SHOT above shows the first four place winners. At left is Richard DuBois who took second place in the big show.

Next to DuBois is third place man Irvin Koszewski (in white trunks) who is a steady fixture in physique show winner circles.

Third from left, wreathed in smiles, is Steve Klisanian, the fourth place man. Steve proves that brains and brawn do mix; majors in geology at University of New Mexico.

Last in the photo, but first in the show is Bill Pearl (on the posing platform) who captured the "Mr. America" title.



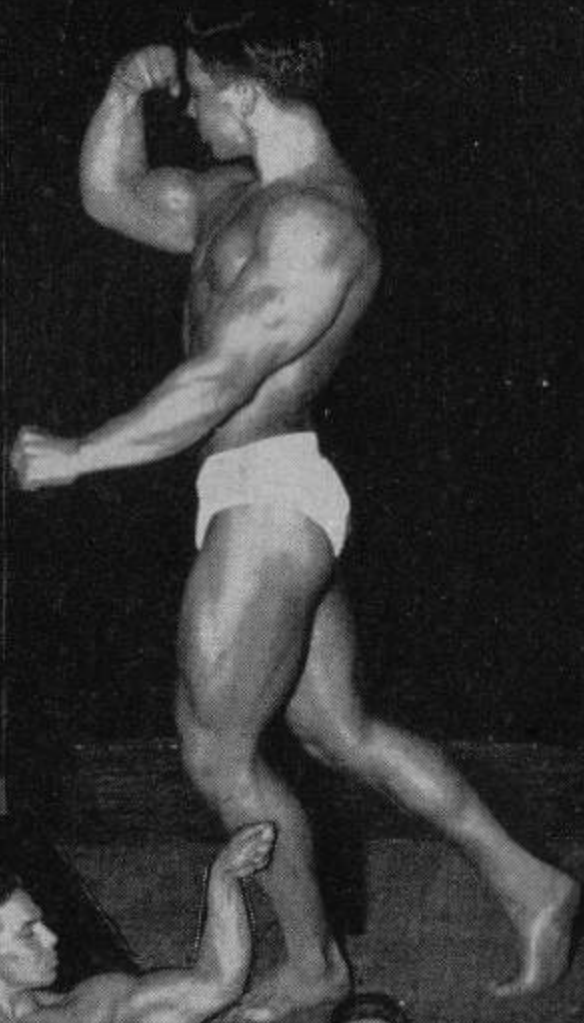
MONTAGE on the right shows a few of the high spots on the posing platform during the big show.

(Follow the key drawing above.) Coronation Queen (1) presents the huge trophy to winner Bill Pearl (2) who, in this picture, looks like he can't believe his good fortune. No. 3 is Pearl in one of his winning poses. Each entrant was allowed three poses.

Irvin Koszewski (4) is a popular showman who knows how to win a crowd. He took third and won "Best Abdominals" classification, for reasons which are very obvious even in this semi-side view.

Pearl (5) in another pose as Steve Klisanian (6) smiles for the birdie. Steve placed fourth.





WHAT'S IN STORE FOR

# Tomorrow's

**B**ARRING a possible atomic explosion which will destroy the entire globe . . . there will be a thing called "Tomorrow."

Pessimists through the ages have looked drearily into the future and predicted the end of the world, but fortunately they have all been wrong.

The world of today, with its fast, dizzying pace, is the realized "tomorrow" of the past. A few decades ago, people never dreamed what the family life of 1953 would be like . . . and the family of today can only speculate how tomorrow's family will live.

**How would you like to be living in the world of tomorrow? What will it be like . . . living in the world of tomorrow . . . of 1970, or 1999?**

It will be a strange new world, just as today's world would appear if someone from 1903 popped up today.

New inventions and developments will be part of the everyday life of tomorrow's family.

Television, which many believed would be impossible for mass scale production just a few years ago, has long since lost its novelty. In the future TV will become an even more effective medium of communication with full color and three dimensions. Educational TV, already past the planning stage in many areas, will turn living rooms into college class rooms, bringing people, places, things, and ideas to you.

**Transportation has been improved more in the last fifty years than it had been during the preceding twenty centuries . . . and there's no indication that we've reached the peak.**

The atomic submarine, now in production, may well be the first of a long line of new developments in ships, planes, trains, and even automobiles powered by nuclear energy.

*If we believe some of the more advanced futurists, Ma, Pa, and the kids will spend their summer vacations beating the heat in a quiet resort in one of the moon's craters.*



# Family?

## Who knows what the future will hold?

Jet or atomic powered "air buses" may transport commuters to and from their city jobs and country homes several hundred miles distant.

When tomorrow's family decides to build their home, they won't be so interested in living close to the job as they are now.

With population spread out, tomorrow's family will enjoy a cleaner, more congenial life, attractive surroundings and conditions conducive to better health.

**As to the kind of homes tomorrow's family will build, even our present-day construction methods seem far-fetched.** Pre-fab houses go up in hours or a few days at the most. Imagine what the future holds in the building industry alone!

All-electric homes are already a reality, including everything from the more common dish-washer and refrigerator to precipitrons (which re-



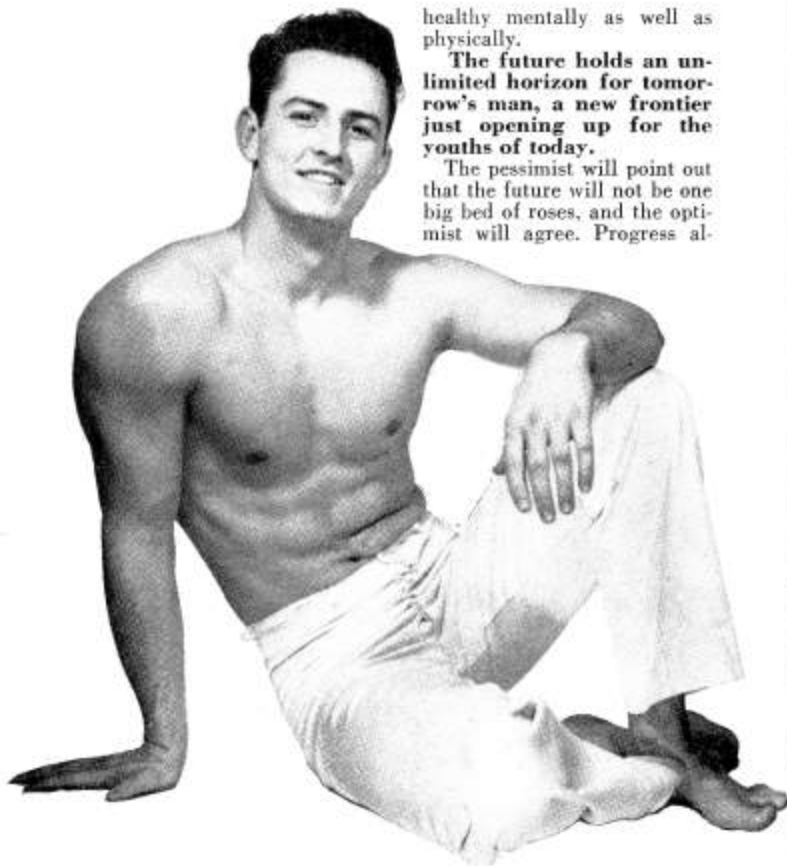
move dust from the air) and electronic ranges which cook foods in a matter of seconds.

Perhaps whole cities will someday be atomic-powered. A central nuclear generator would "pipe" atomic energy into homes and factories to run machines and appliances.

**New wonder drugs and surgical method will doubtless be developed.** New cures for now-incurable diseases will increase the life span. Mental hygiene should make new strides toward developing a population which is

NAVY MAN Joe Flynn (below) is a new star in the physique world. The photo is by Lon.

**"Many of the things mentioned in this brief insight in to the future will come true in a few short years"**



healthy mentally as well as physically.

**The future holds an unlimited horizon for tomorrow's man, a new frontier just opening up for the youths of today.**

The pessimist will point out that the future will not be one big bed of roses, and the optimist will agree. Progress al-

ways brings problems. When machines took over the bulk of manufacturing, thousands of skilled tradesmen were thrown out of work, but the end result was that the job-killing machines raised the standards of living and the general well-being of the workers they had made obsolete.

**Atomic energy, likewise viewed with alarm at present, is doubtless a benefactor in villain's disguise.**

Greater health may mean people will live longer. This looks good in print, but even this happy news brings all kinds of problems to the front. If people live longer, it means there will be more people competing for jobs. It means more people will be eating, putting a strain on our food production. And the city workers who move to the country will be building their homes on land which can no longer be used to raise crops. More people . . . less land to produce the food they'll need.

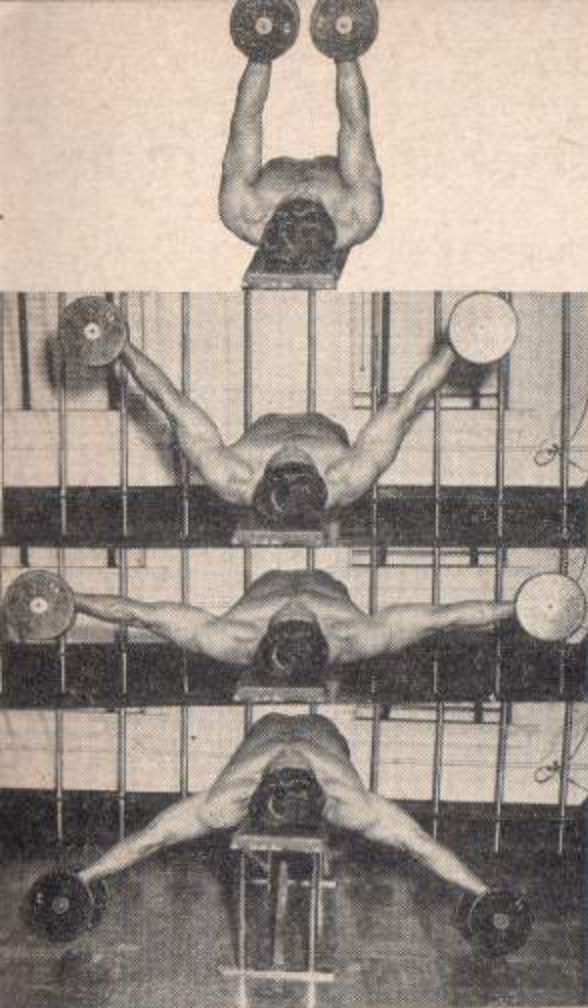
New synthetic foods may be developed from raw materials which have never been considered "edible."

**Perhaps "super food supplements" will be developed to off-set a lack of regular food production.** The field of food supplementation is brand new. Thousands have witnessed the remarkable changes wrought by these wonder foods, modern miracles of physique development brought about by the intelligent use of scientifically developed nutriments which man long knew he needed in order to grow and be strong . . . but which only recently have been made available to him.

**This is not Science Fiction.** Many of the things mentioned in this brief insight into the future will probably come true in a few short years. Progress is like a rolling stone which gathers speed and momentum as it moves. Progress moves faster with each new development. The next ten years may make the last 50 seem "stagnant" in comparison. Who knows what the future will hold for tomorrow's family? Whatever it holds, it will be the product of the toil, the brains, and the strength of Tomorrow's Man.



# "PECS"



**LATERAL RAISE LYING:** Lying on your back on a bench, hold two dumbbells at arm's length over your shoulders. Palms face each other as in the top position. Then, lower the dumbbells out to the side until you reach the position shown in the bottom view. Do not stop at that point. Instead, bring the dumbbells right back up. Pause slightly overhead. Keep arms locked. Inhale as the weight is lowered.

THE PECTORAL MUSCLES are an extremely peculiar group in that they can do two different things to the appearance of the male physique.

IF they are developed correctly, they form broad, square shaped "shields" on the chest which makes a man look even "manlier."

BUT if they are developed incorrectly (or if a peculiarity of individual muscle structure make it impossible to develop them correctly) they take on a rounded, bosomy, feminine look which would do credit to a Jane Russell.

In the case of the "pecs," as it is in the case of practically all the muscle groups, it is quality, not quantity, that really counts.

Many bodybuilders work hard on their pecs . . . too hard, perhaps. They DO get pecs as a result. . . . BIG pecs. You might even call them "Dagmar pecs."

A great deal depends on the individual's muscle structure. If a person has naturally curved pec lines, there is not a great deal that can be done about it.

The "curved pec" type should not try to overemphasize this feminine character-



OUR MODEL for the exercises this month is Steve Klisanian who was fourth place in the recent "Mr. America" show.

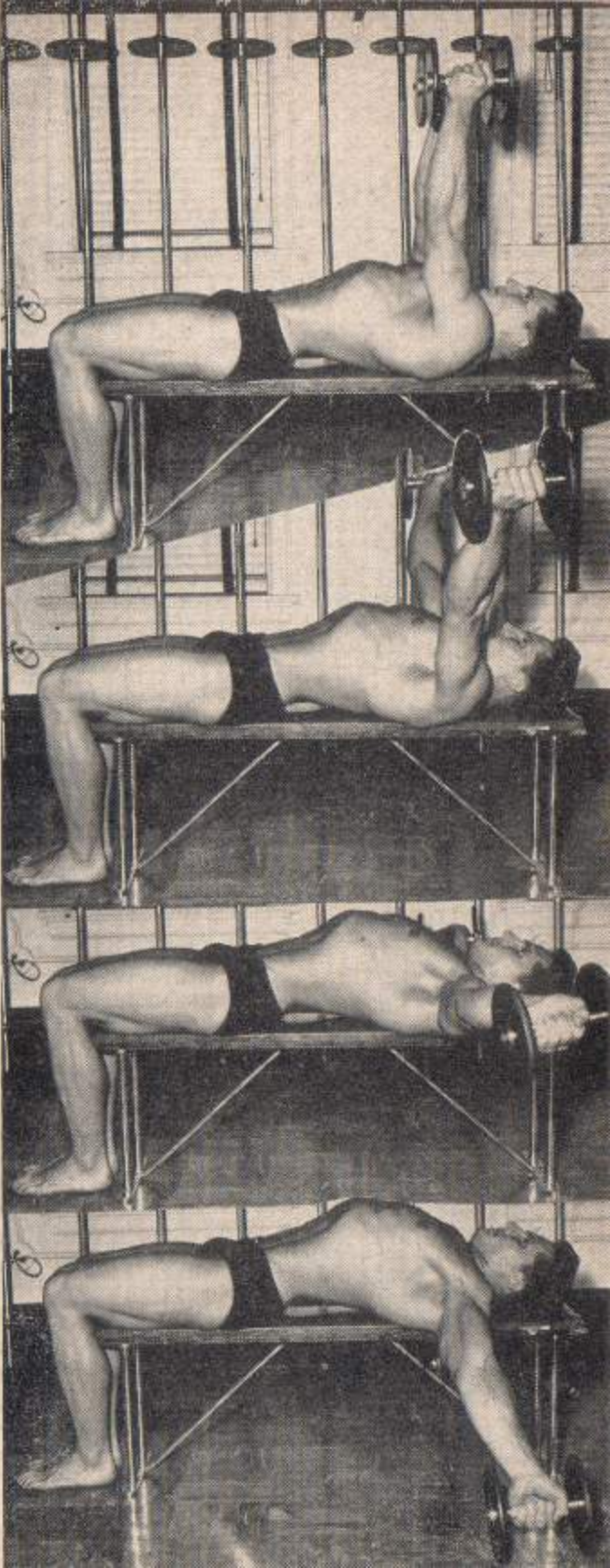
istic. Instead, he should attempt to develop the *upper pectoral* which aids in giving the desired "square" appearance.

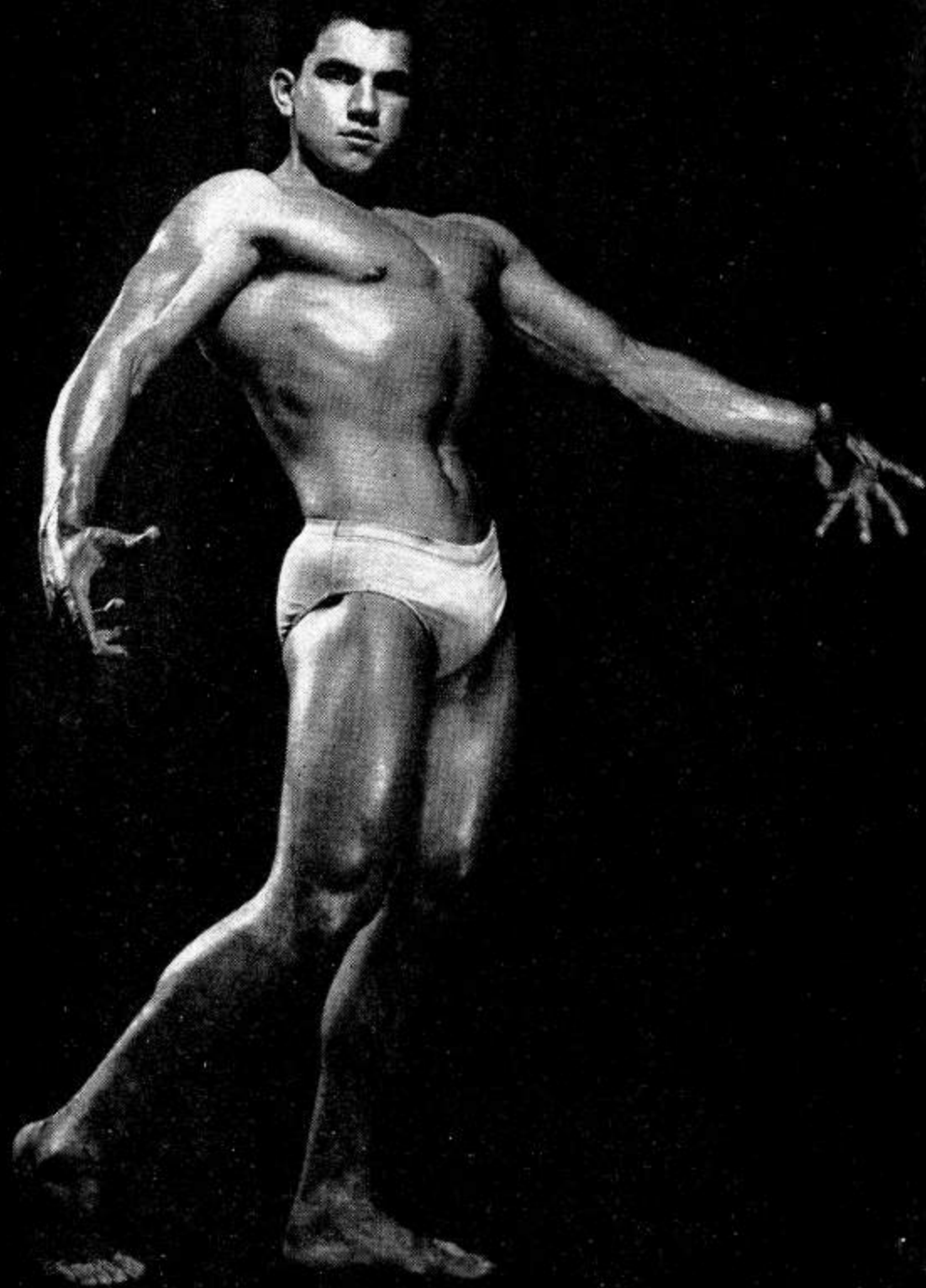
This exercise can easily be adapted for special emphasis on the upper pecs by placing the head end of the bench on a stack of books . . . or a small box, etc. . . . so that it is elevated from six to twelve inches above the foot end of the bench.

Note also that we have suggested keeping the arms *locked* throughout the exercise.

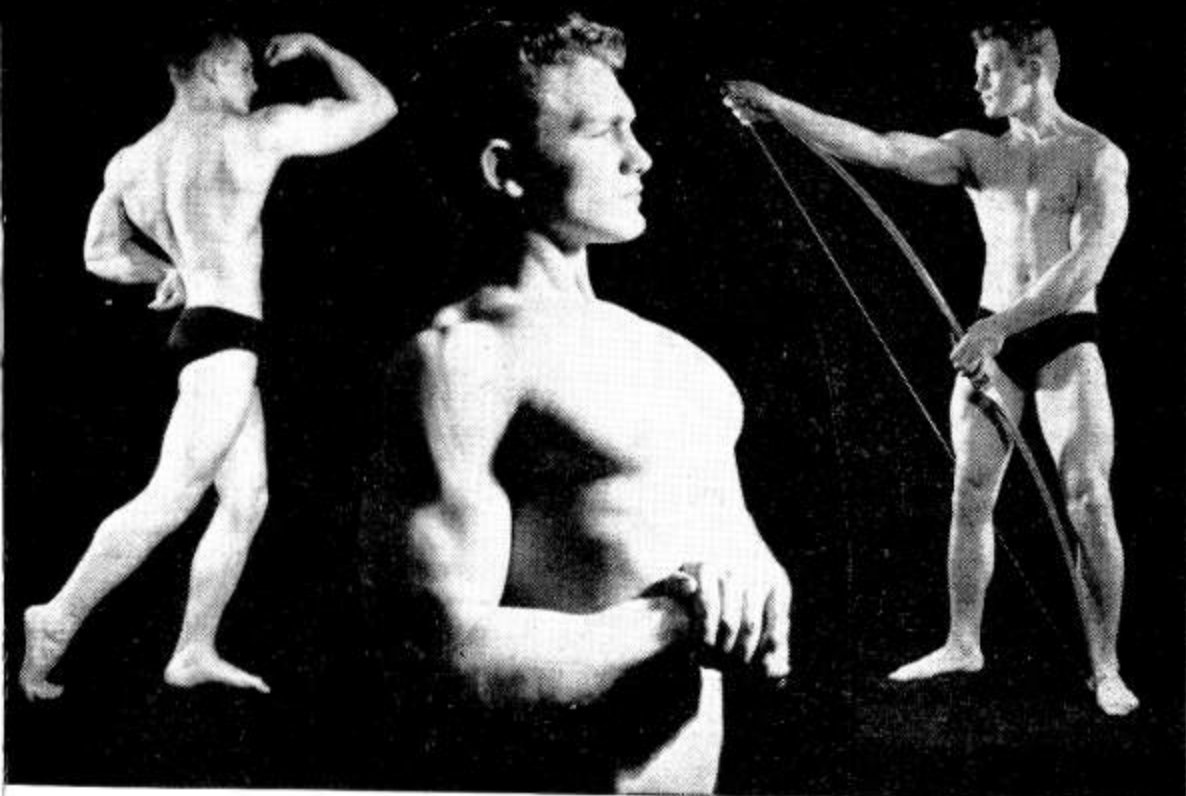
This has its purpose. The locked-elbows position permits you to stretch your biceps and aids in developing them while you are primarily concentrating on the pecs.

However, many trainees find that this locked-elbows position is quite painful. If you find this true in your case, bend the arms very slightly at the elbows. This bent-arm position gives much the same results to the pecs, and eliminates a great deal of the pain.









TRIPLE EXPOSURE above shows a rising young star in the physique world, BOB MORRIS, of Reading, Pennsylvania. Bob, who is 18 and weighs 163 lbs. at a height of 5'8", recently captured the "Jr. Mr. Y.M.C.A." title in a show held in Philadelphia. (He now trains regularly at the Reading Central Y.) An all-around athlete, Bob excelled in high school football (varsity), wrestling, swimming, and track. Now out of school and employed as an apprentice draftsman, Bob is a member of his Y's gymnastic, handbalancing, and weightlifting teams. He placed second in a minor contest ("Mr. Berks County") when he was 17, and received "Best Legs" and "Best Back" honors in the same show. Bob writes that he has no favorite exercises. "My workouts are 'all around' ones, with the idea of 'perfection of proportion' in mind at all times." Photos by Leon Gerhart, amateur photog of Reading.

AND ON YOUR LEFT is ERCOLLE CATALLO, 21-year-old bodybuilder who hails from Detroit. He trained at the famous Yacos Gym in the motor city before leaving town to fulfill an engagement with Uncle Sam's army in Korea. The photo is by Douglas.

# TM's First Annual Photo Contest

FOR BODYBUILDERS, summer and early fall means "beach time," and a standard part of every bodybuilder's beach equip-

ment is a camera. It's only natural to want to capture on film those happy hours in the great out-doors, and TM wants to make your physique photography more interesting.

TM'S FIRST ANNUAL PHYSIQUE PHOTOGRAPHY CONTEST opens the minute you read these pages. And it ends October 31, 1953. (All photos must be in our offices by that date to qualify.)

## HERE ARE THE SIMPLE RULES:

1. Contest open to *all* bodybuilders.
2. *No* limit on size of photo.
3. Must be a *glossy* print.
4. *No* limit on the number of pictures entered.
5. Entries must be accompanied by the entry blank on Page 28 . . . or the same information should be written on a separate sheet of paper in case you wish to enter more than one photograph.
6. Winners' pictures will be published in TM.
7. Address all entries to:  
Contest Editor  
Tomorrow's Man  
22 E. Van Buren St.  
Chicago 5, Ill.

**FIRST PRIZE**  
Beautiful Engraved  
Trophy PLUS \$25  
credit on any Johnson  
product PLUS 1 year  
subscription to  
**TOMORROW'S MAN.**

**SECOND PRIZE**  
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product plus 1 year  
subscription to  
**TOMORROW'S MAN.**

**THIRD PRIZE**  
Trophy plus \$10 credit  
on any Johnson  
product plus 1 year  
subscription to  
**TOMORROW'S MAN.**

BOY ON THE BEACH is Bob Todd in a camera study by Eastern Model Associates. You'll be seeing more new faces in future TM's, maybe even your own if you enter our first annual photo contest.



## PHOTO CONTEST ENTRY BLANK

CONTEST EDITOR  
TOMORROW'S MAN  
22 E. Van Buren St.  
Chicago 5, Ill.

The enclosed photograph is my entry in TM's First Annual Physique Photography Contest.

(All photos become TM property.)

The person (or persons) in the picture is:

Age:.....who lives in.....

Other information about him:

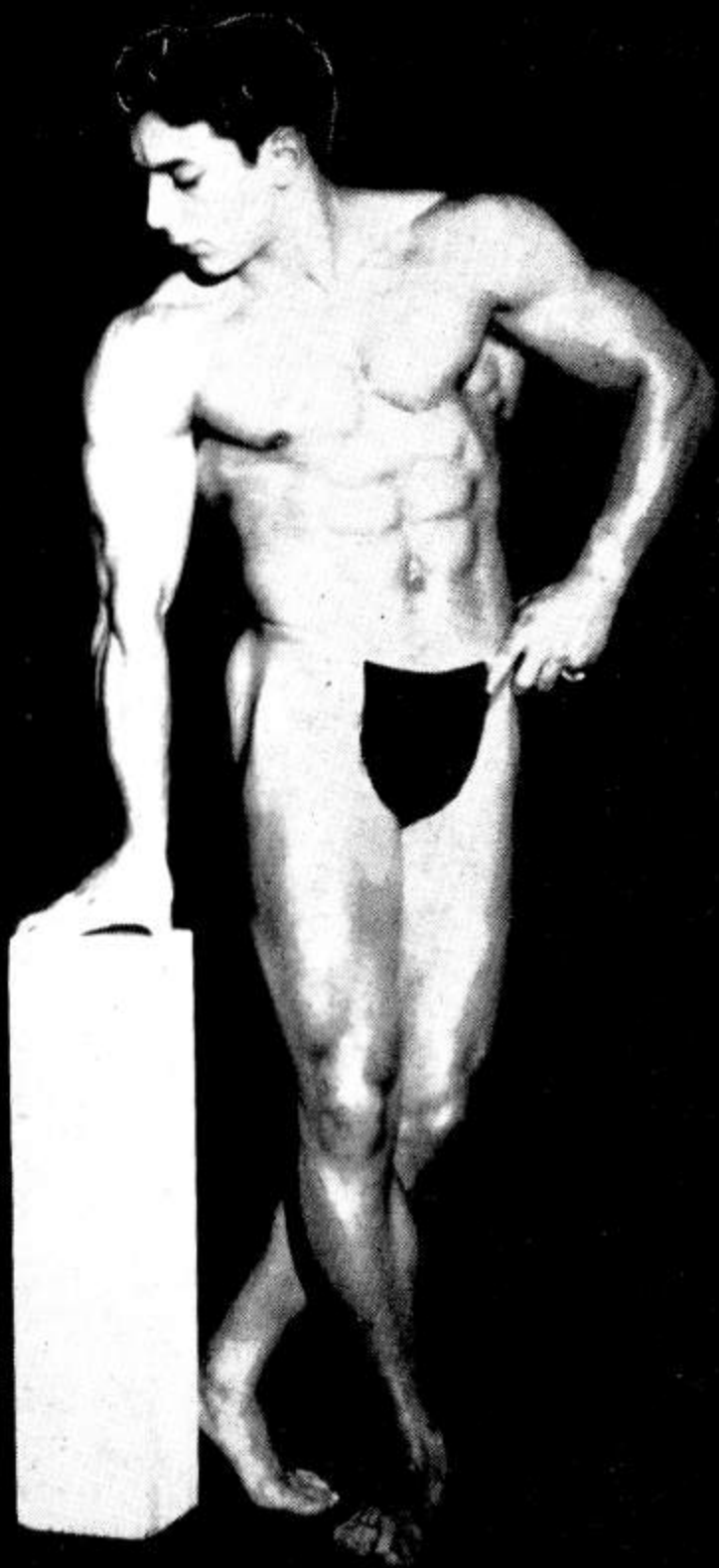
Photographer's Name:.....

## THESE 5 HINTS WILL HELP YOU PRODUCE BETTER PHYSIQUE PHOTOS

1. Be careful of over-exposing or underexposing your pictures. Most films have simple directions on taking pictures without having too much technical knowledge of the art.
2. Beware of the background. Keep it simple. A cluttered background makes for a confused, uninteresting picture. If your subject is well tanned, don't use a dark background . . . and if he tends to be light skinned, don't put him against a light background. Try to get contrast between the subject and the background.
3. Keep the poses simple, too.
4. Body oil helps to bring out highlights, skin tones, and definition, but use it moderately or your subject will look like a greased pig.
5. Send your films to a camera shop or photo lab for developing and printing, not the corner drug store.

JIM VICHICONTI (Right) is a man of many titles, among them being "Mr. Brooklyn," "Mr. Staten Island," and a runner-up in "Mr. N.Y.C." Just out of the Army, Jim is 23, weighs 160 at 5'6". He is a member of the Central YMCA Barbell Club. Photo: Eastern Model Associates.







**“HEY ---  
HANDSOME!”**

**Alan Barry  
Photo by Lon**

**“YOUR FACE IS YOUR FORTUNE”** according to some schools of thought, but despite the fact that fortunes are usually based on something deeper than a handsome mug, everyone wants to have at least some trace of good looks.

Good looks are basically a fortunate blend of two factors, good bone structure, and skin. You can't do a great deal about bone structure at this late stage, but your skin is another matter. Most skulls look quite presentable when covered with a clear, blemish-free epidermis.

Teen-agers are especially touchy on the subject of skin blemishes, for pimples and acne have long been a sign of adolescence. (*Eight out of ten adolescents develop acne.*)



## good nutrition plays an important role in the development of healthy skin

---

Coming during these formative years, skin blemishes work havoc with appearance, but probably more important, with the person's personality. Inferiority complexes based on a pimply face during late childhood take years to erase . . . and often hang on long after the last pimple has disappeared.

**The cause of acne and many of the other skin ailments is unknown. Evidently the glands have a great deal to do with them since the endocrine glands are in the process of changing from "childhood to maturity" when the blemishes most often appear.**

Perhaps the skin has difficulty in the adjustment to the new functional set up. The oil glands are upset and start producing more oil . . . skin pores become enlarged . . . and pimples, black-heads, whiteheads, etc. appear.

Usually the condition disappears within three years or so, but by then, as mentioned before, the personality damage has been done.

In some circles, clothing is believed to have an aggravating effect on the skin. Wool sweaters and other "scratchy" clothing may irritate the flesh, encouraging blemishes on the neck and shoulders of some individuals.

**Clear skins and good complexions are dependent, as are all our body parts, upon good nutrition.**

For instance, to achieve and keep a flawless face, you need **plenty of protein** . . . both animal and vegetable proteins such as meat, poultry, fish, milk, eggs, and cheese and certain nuts and cereal grains.

**Vitamin A** is another skin builder. You'll find it in organ meats such as liver and kidney, in butter and cream, and eggs, and in the leafy green and yellow vegetables.



## "Hey Handsome!"—(Continued)

The B Vitamins, found in organ meats as well as in pork, lamb, veal and beef, are believed to be very beneficial in skin care.

A well-balanced vitamin-mineral preparation provides a convenient way to insure adequate intake of these essential vitamins for maximum benefits to the skin.

**Some foods, on the other hand, should be avoided if skin trouble is your personal Waterloo. Chocolate in any form aggravates such conditions, as well as excessive sweets and fats.**

Protein and vitamins are also excellent for glossy hair and firm nails. (Dandruff is often found among acne sufferers.)

While everyone concedes the importance of nutrition in cultivating good appearance, too few do anything directly to improve diet. Instead, they turn to secondary aids.

Girls, especially, are more interested in covering up their faults under layers of cosmetics than they are in getting rid of them.

However, make-up among men being pretty generally frowned upon, the boys are left out on a limb skin-wise.

The paints and powders, however, don't help the girls, so it is fortunate that this round-about way of attacking the skin problem never caught the masculine fancy.

**The skin is a good barometer of your general body condition. While it is sometimes difficult to detect diet-connected physical upsets, skin disorders usually point directly to diet deficiency . . . of one kind or another.**

Thickness or roughness of the skin . . . or acne . . . are found in persons whose diets are too low in Vitamin A, the B-Complex vitamins, in certain fats, or in all three.

Proper diet, plus food supplementation of protein and vitamin-minerals is an important step in the direction of a better looking, healthier you.

**(SEE ALSO the "Bath" article on page 43 of this issue for more hints on skin care.)**



Here it is in Black & White

# A NEW Protein Concentrate To Help YOU Get Results

It's NUPRO . . . the latest development in High Potency, High Concentration Protein . . . actually 65% all biologically-active protein.

NUPRO offers you the most convenient way possible to add body building protein to your diet in *highly concentrated form*. The protein in NUPRO comes from five major protein sources . . . liver, eggs, milk solids, amino acid digest of protein, and lactobumin.

*Building a husky body without protein is like building a house without lumber . . . for protein is the primary nutriment of which healthy muscles are constructed.*

And here's a unique PLUS feature! Besides the muscle building protein, NUPRO also contains the necessary vitamin catalysts to assist in health and well-being . . . Vitamin B<sup>1</sup>, B<sup>2</sup>, Niacinamide, Vitamin C, and Calcium Pantothenate.

PROTEIN—VITAMINS—MINERALS—All in one convenient supplement. And the cost is so surprisingly low . . . as little as 20c a day! You get 300 tablets for only \$6.00! Send your (1) Name and Address—(2) Check or M.O. for \$6.00—(3) A note saying "Send Nupro!"

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

Order Nupro and put the "PROTEIN-VITAMIN-MINERAL TEAM" to work on your physique.

# 10 MORE SEX

**EDITOR'S NOTE:** Following *TM's* publication of an article on sex (April), our mail box was flooded with inquiries regarding other phases of sex life. Printed here are ten representative queries, along with the answers.

---

## WHY ARE SOME MEN "OVER-SEXED?"

For the same reason that some people excel others in any trait or characteristic. Some people are more intelligent than others, more talented than others . . . more sensitive . . . more patient, etc. "Average" people (so-called "normal" people) have *average* intelligence, *average* talent, sensitivity, and sex drive.

The "Over-sexed" person just happens to have a higher than average sex drive.

Sometimes this is due to a glandular disturbance which influences sex drive. Other times, the person's intense interest in sex is mostly psychological, such as a man who feels sexually inferior and seeks relief in order to prove his "manliness" to himself.

## DOES MASTURBATION CAUSE STERILITY?

No. However, the practice may cause a *temporary* reduction in the number of sperm cells, thus reducing fertility and lessening the chances of an impregnation for a short time after the act.

## DOES EXERCISE REDUCE THE DESIRE FOR SEXUAL ACTIVITY?

Despite the "advice to young men" found in many pamphlets, fatigue brought on by vigorous exercise has only a limited value in quieting sex impulses. Of course, when you are tired from any sort of strenuous activity, be it weightlifting, digging a trench, or unloading a truck, you are less eager to engage in *any* activity.



# QUESTIONS

Thus, the married man who has no wish to suppress sex desire, need not fear that exercise will diminish his desire for normal sex life.

For the single man, exercise provides a particularly appropriate way in which to spend his spare time . . . time which might otherwise be spent in non-constructive followings . . . or even in the boredom on inactivity.

For both groups, exercise brings about a feeling of pleasure and well-being because of smoother body function, better circulation, a more alert attitude, and an increase in self-esteem because of added physical skill.

## **DO MEN HAVE GREATER SEX DESIRE THAN WOMEN?**

In our civilization, the general answer would be "Yes." Women are expected to follow a more restrained pattern of

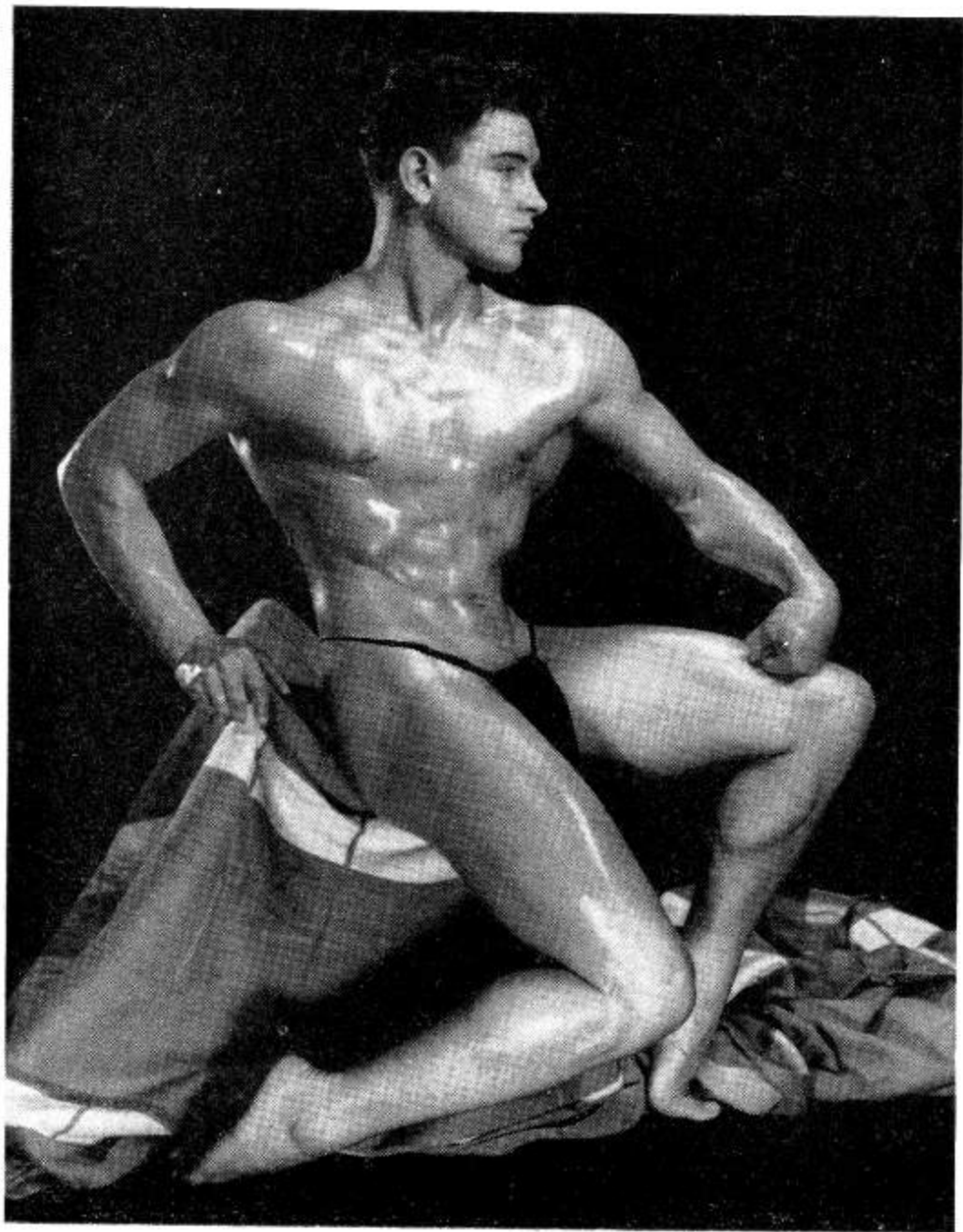
sexual reactions and run a greater risk of social condemnation if she does not follow the moral pattern. Also, differences in physiological and anatomical makeup make for more complicated sex desires in women than in men. Men, for example, are more easily aroused sexually because of the exterior rather than interior structure of the sex organs.

## **DOES A PERSON'S RACE AFFECT HIS SEXUAL DESIRE?**

There are many stories which purport to prove that certain races are more ardent in their desires for sexual expression. The Spanish are supposed to be "hot-blooded," and the French are referred to as "passionate" and the fame of the "Latin lover" is far-flung. Similar beliefs about the Negro are also popular.

However, there is no real evidence to back up the stories.

Continued on Page 49



**JACK DEAL by LON**

**124 Remsen Street**

**Brooklyn 2, N.Y.**

# Tomorrow's MAN

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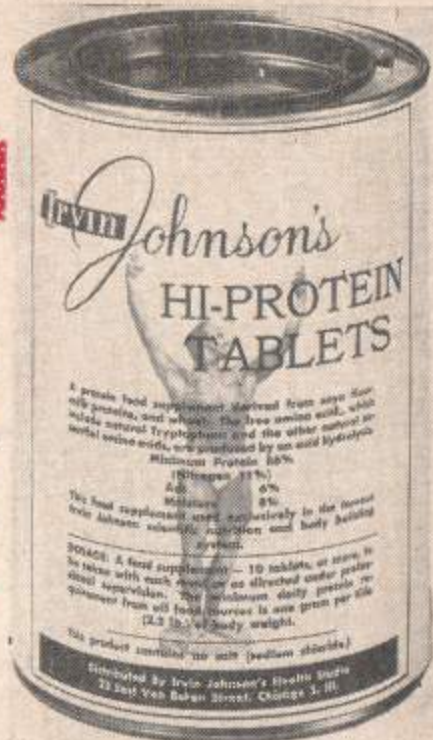
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Now you can get Irvin Johnson's famous Hi-Protein Food Supplement in concentrated, easy-to-take tablets! A handy way to add protein to your diet . . . and protein is the basic nutriment of which all muscles are built!

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.**

Order a supply today, and start amazing yourself. All orders filled the same day they are received. Sorry, No C.O.D. orders.

**250 Tablets: \$5      525 Tablets: \$10  
1,100 Tablets: \$20**

**JOHNSON'S HEALTH STUDIOS**

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# GYM SHORTS

By Bill Bunton

**SOMEBODY SENT US** a small clipping from a magazine, (but failed to mention the magazine's name) which contained the following sentence: "Why can't publishers realize that we muscle men want to learn **ONLY** about muscles and nothing else?" We don't know whether this was a humorous satire on so-called die-hard bodybuilders or a straight-faced statement of editorial policy. We rather think it was the former for it is hard to believe that an editor would print such a one-sided (or lop-sided) impression of today's bodybuilders.

---

A few days after we went to press with our August issue, which contained an article on Sterility, we read that a doctor in Dublin, Ireland is advocating the consumption of onions and garlic to increase male fertility. Perhaps this is what the poet, Shelley, meant when he wrote that "Odors live within the sense they quicken."

---

We're planning a picture-feature on Ed Allen, Chicago's handsome, muscular TV star, for next issue. Ed is the star of the WBKB-TV "Your Figure, Ladies" show. Irv Johnson was recently a guest star on the show and presented Ed the Tomorrow's Man magazine award for achievement in the field of physical culture.

---

Hank Miller, one of our August cover men, has returned to Navy duty in Washington, D. C., after attending the wedding of his brother, and visiting his friends here at the gym.

---

"**MEN AT WAR**" is a new series of physique paintings coming off the easel of the very talented Etienne, whose "Gods of Rome" is now being marketed by Vorton Art Studios of Chicago. Both series are among the most intriguing to hit the artistic side of the physique world. One of the "Gods" graces page 51.

# Another Sensational Food Supplement To Help You in Muscular Development



If you want the most streamlined method of achieving results—making muscular gains faster—then we urge you to try **JOHNSON'S PROTEIN 60**. A product, developed especially to help you gain muscular power.

Although it's the first time we've given the general public an opportunity to use this protein supplement, we've tested it in actual use here at our studios and found it to be *one of the most outstanding sources of adding tissue-building protein to your diet.*

**This formula has long been used in clinics and hospitals all over the nation in fighting cases of protein deficiency and preventing the withering effects of deficiency in old age.**

## GET OVER THAT STICKING POINT

If you've been on a training program for some time now and seem to have reached a "sticking-point" in making the kind of gains you want, **JOHNSON'S PROTEIN 60** may well be the answer . . . for it's a well-known fact that protein is the number one body-building property. And **JOHNSON'S PROTEIN 60** contains approximately 60% protein!

## Pleasant Tasting, Nutritious Drink

Here's a protein rich combination of specially prepared ingredients that's both good for you . . . and good to you! Just mix 3 tablespoons to a glass of water, skim or whole milk . . . and you're ready to enjoy the most delicious health drink ever.

One pound can .....\$4.00  
Giant Economy Four pound Can.....\$12.00

(You save \$4.00 on the large size!)

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*Irv Johnson's Health Studios*

22 East Van Buren Street

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## Is There a Doctor in the House?

We haven't a doctor, but here is a double portion of **KENNETH DOCKTER**, the husky we pictured in last month's issue. A flood of mail produced this return engagement to TM's pages. Dockter is a former boxer who has turned his interests to weightlifting. 21 years old, he weighs 170 lbs. 5' 11". The photos are the work of Dave Martin of Sacramento, California.





**Tailor-Made for Summer . . .  
... because it's tailored for you**

SUMMER is here again . . . and here is a top quality sport shirt you'll wear everywhere . . . Tops in summer comfort, because its fine interlocking combed knits let your skin "breathe."

You'll like the snug, fitted waist . . . the tapering lines, and the bold trim that accent your "V" shape. Even the average guy looks like a show winner, and if you're a "buiity," WOW!

Extra length avoids bulging, wrinkled look. Seams reinforced and rayon taped for added strength. Beautifully tailored three-button collar, pocket, and sleeves trimmed in run-free navy blue.

**NONE OTHER LIKE IT . . . value-wise or style-wise. Priced at only \$4.95 each . . . or 3 for \$12 . . . You save \$2.85 by ordering 3 shirts now! Get your order in the mail today and we'll send your Physique "V" Tailored Sport Shirts . . . pronto!**

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Please rush me ..... Physique Tailored Sport Shirts.

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

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*Sorry, we can't fill C.O.D. orders.*





**YOUR BODY**

# KEEP IT CLEAN

**IN ANCIENT ROME**, taking a bath was more of an event than it is today. Businessmen, statesmen, and soldiers soaked in the public "tub" while discussing the affairs of the day.

Today's bathing habits are not so garrulous, and we're more interested in getting clean than in commerce, politics, or war.

*Perfect skin begins with good health and continues with soap and water.* Despite what the chlorophyll people say, there's still no substitute for it.

For skin troubles (*blackheads, acne, etc.*) soap and water provide a cheap treatment. (*Skin ailments due to diet deficiency are discussed on page 30.*)

Frequent washing reduces oil gland activity and dissolves and removes oily materials which might otherwise plug pores and cause blemishes. In acne cases, it has been found that repeated washing (*even six times daily*) dries out oily areas and retards blemishing.

For general skin care, you can't beat soaking in a warm tub, using a soft flesh brush or heavy wash cloth to scrub up elbows, hands, ankles, and other "dirt catchers." Warm water lets the pores open and get rid of wastes.

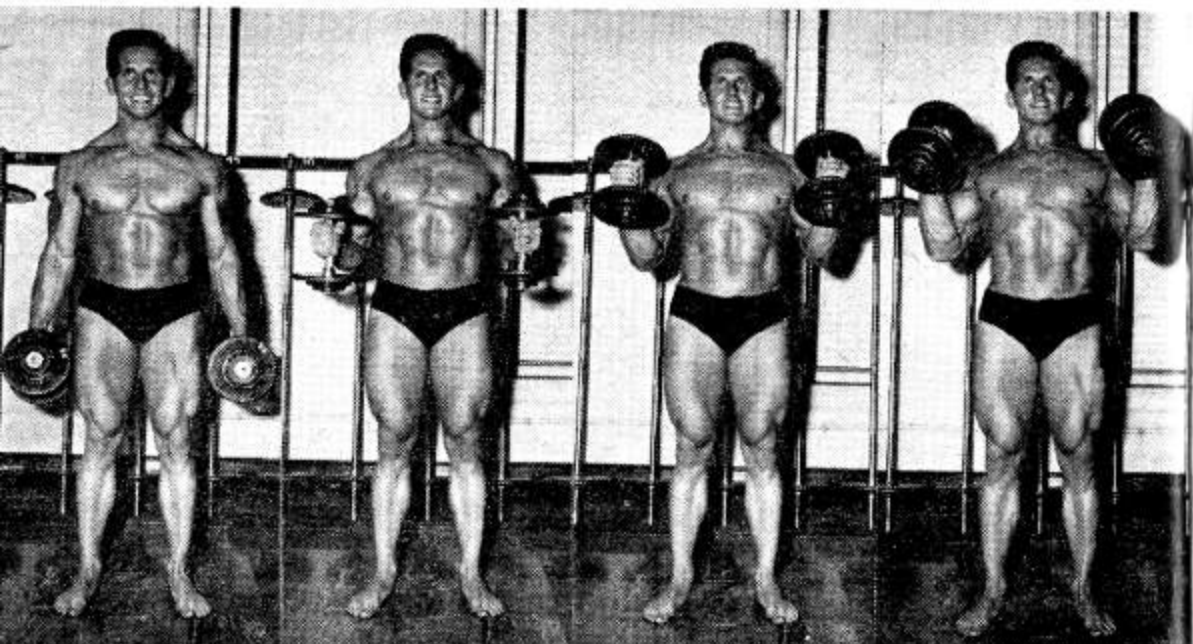
After the soak, take a warm rinse or shower to remove soap from the body and prevent an itchy irritation.

And then, after the warm shower, take a quick cold rinse to close the pores again, preventing dust from collecting in them and cutting chances of a cold.

**An interesting variation** is the "Dry bath." It's a *friction* bath.

Wring out a coarse washcloth in cold water and briskly rub an arm or leg. Then use a coarse towel to rub dry, using lots of friction. This "bath" increases circulation, aids skin health, and makes you feel fresh even though you've never been under water.





**DUMBBELL CURL WITH THUMBS UP.** Stand erect with a dumbbell in each hand. Your thumbs should be forward. Then curl the weights to the shoulders as shown in the last position. Your elbows remain stationary . . . don't let them move all over. The only movement in this

Bodybuilders often talk about their various muscles as if they were isolated things, acting as single units. Actually muscle movements are rather intricate, and it's interesting to take a glance under your skin to see what actually goes on in the muscle world.

When you flex your arm, the bicep pops up. Why. The bicep is like a long strand of heavy rubber which stretches from the shoulder bones to the bones of the forearm, just below the elbow. When your arm is straight, the "rubber band" is stretched out to its greatest

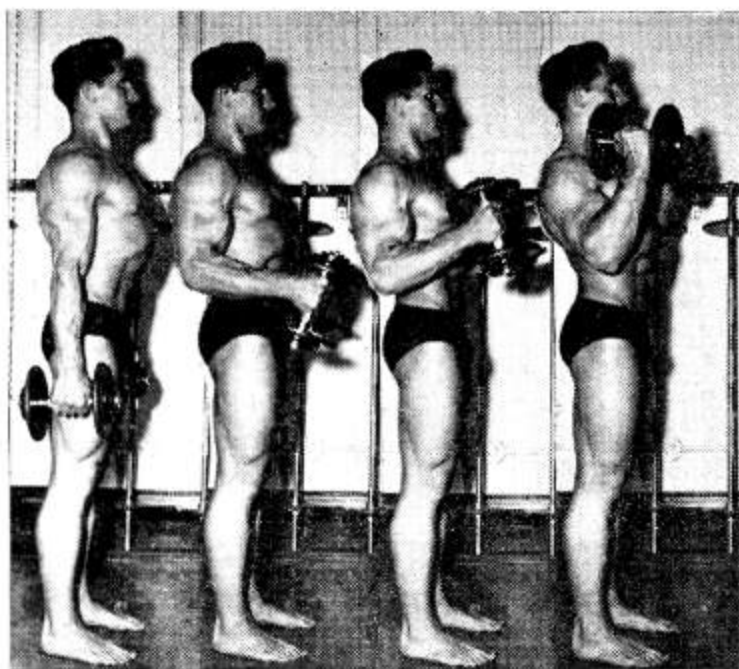
length. When your arm is bent, the "band" is contracted, or pulled into a smaller area, so it bunches up, forming the bulge which the girls admire.

The duty of the bicep is to bend the arm. (Every time you contract it, you also relax another muscle. the triceps, whose function is to straighten the arm.)

Different weights applied to the forearm naturally make it more difficult for the bicep to contract, and it has been found the muscle tissue "works harder" if weights are increased . . . up to a point. A very light

*Steve Klisanian  
works on his*

# BICEPS



exercise is the bending of the arms. Think of your elbow as the hub of a wheel and your forearm as a spoke of a wheel. The spoke moves; the hub doesn't. Inhale as the weight goes down.

weight does not activate as many muscle fibers as a heavy weight does. However, if the weight is constantly increased, it is impossible, to activate more muscle fibers. This is probably due to the fact that there are no more fibers to activate. They are all busy tugging away in an effort to lift the weight.

Thus, if the weight is too heavy, the bicep will be unable to lift it. The energy which has been freed in the bicep during such an exhaustive effort, goes off as heat.

You've heard people say "I'm so tired I can't lift an arm." They are exaggerating, of course, but fatigue can be carried to such a point (in laboratory tests) that a muscle contraction is impossible.

Training does develop bigger biceps and greater strength. The bicep does not grow because there are more muscle fibers added. It grows because the individual fibers grow in size.

Growth of the individual fibers is, quite naturally, based on proper nutrition just as all other growth processes are.

# CALVES LIKE THESE

can be developed  
quickly by the new  
**Johnson Calf Course**

**NOW**, with the introduction of Johnson's Calf Course, you can easily and quickly develop your calves to maximum size . . . *with only a few minutes of exercise daily.*

Complete Course with apparatus, only \$14.95. Here's a successful way to gain the results you've searched for. You get everything . . . course of instructions to tell you how to develop your calves . . . specially designed apparatus to give results . . . plus Irv Johnson's personal consultation by mail to show you exactly how the men he has trained achieved results.

**ALL FOR ONLY \$14.95**

Develop a **MANLY LOOKING CALF** . . . do away with unnecessary and dangerous



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Order your complete Johnson's Calf Developing Course Today!

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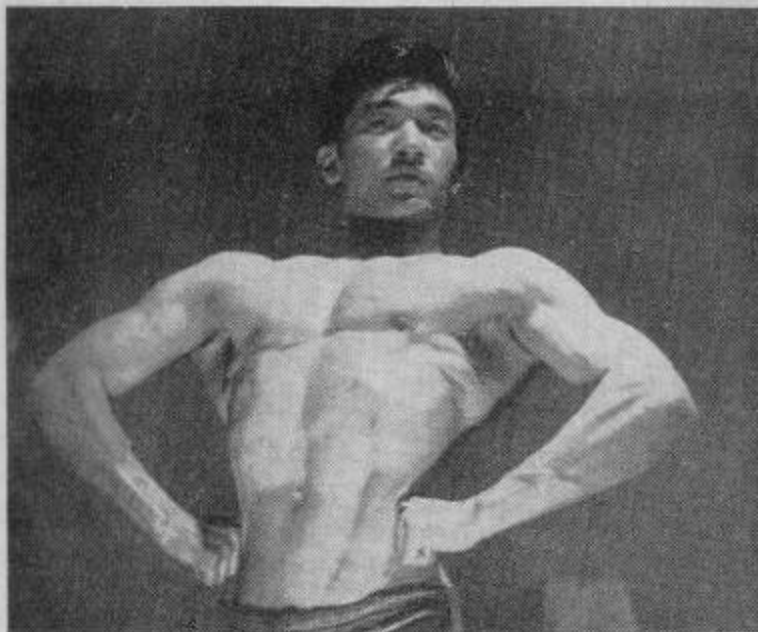




## NEW FACES

HANDSOME NEW-COMER to TM's pages is Barry Grey, a 19 year old athlete who mixes swimming and judo with weight training. He weighs 175 at 5'10", and is now in the Air Force. Hometown is the Bronx, N.Y. Note the clean-cut "V" shaped torso, broad shoulders, and well moulded pecs. Photo: Eastern Model Associates.

"A PICTURE is worth a thousand words," wrote Eddie Owada, of Salt Lake City, Utah, when he sent us the pic on the right. We agree! Writes Ed: "I first sent for your new bodybuilding course the earlier part of this year and since then have also used your food supplements. They all have helped me up the bodybuilding ladder." Ed tips the scales at 140 at a height of 5'6".



## 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  
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at an unbelievably low price.

Food Blenders are now prized appli-  
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101 uses, the Food Blender mixes all  
kinds of drinks . . . batters . . . liquids.  
(The lady of the house will love this  
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when mixed in JOHNSON'S TWO-SPEED FOOD BLENDER. Changes soli-  
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BLENDER'S four sharp blades make 72,000 cutting strokes per minute!  
The second speed (Medium) cuts coarser foods at the rate of 56,000  
strokes per minute.

Transparent bowl has handles to avoid slipping or spilling . . . and  
the special dual-lid means you can add ingredients *without* turning the  
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In Engineer-Supervised comparison tests, the JOHNSON TWO-SPEED  
BLENDER equalled (or surpassed) the performance of four higher priced  
blenders. There's no better blender on the market today.

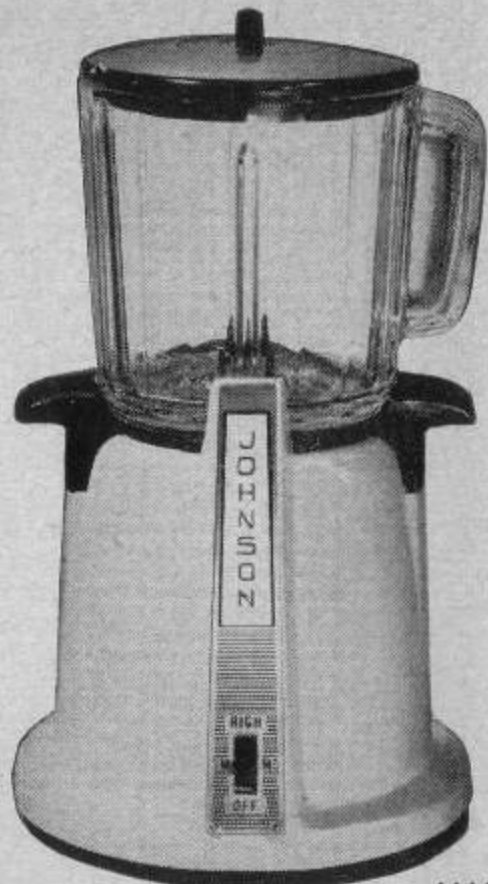
Priced just right . . . at only \$31.60. OR, if you are a steady user  
of Johnson products . . . send \$17.50 and 6 labels from the four pound  
can (or 24 labels from the one pound can) of JOHNSON'S PROTEIN  
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ORDER NOW! (Free Blender Recipe Book included.) Shipped to you  
completely prepaid. No C.O.D. orders.



## 10 MORE SEX QUESTIONS (Continued)

Many of these generalizations are based on isolated incidents.

Different racial cultures, of course, differ in their outlook on sex. In many European and Asiatic countries, sex is regarded as normal human behavior. There are no bugaboos about it, and it is not given undue importance any more than other normal activities such as eating, sleeping, etc. Thus, in many of these countries you will find men and women sharing the same public bath houses and thinking nothing of it. American visitors in these areas, however, apply American standards of morality to foreign activities, and assume that these particular people are ignorant, decadent, or immoral.

### HOW CAN YOU TELL IF YOU ARE STERILE?

Usually a person does not know if he is or is not. If a marriage does not produce children, medical assistance may be able to determine the cause.

### WHAT IS THE AGE OF SEXUAL MATURITY?

At the age of 15 or 16, the first sperm cells are produced in the male, and at 14, the female begins producing eggs.

Please note, however, that this maturity is physical, not mental.

### CAN INSANITY RESULT FROM OVER-INDULGENCE IN SEX?

This is an old false assumption. Insanity and sexual overindulgence may be found in the same individual, but this does not mean that one caused the other. Both the insanity and the overindulgence may have stemmed from a common cause, or both may have resulted from some severe personal conflict or conflicts.

### WILL THE CHILD OF A PERSON WHO HAS INDULGED IN MASTURBATION BE ABNORMAL?

The child of such a parent will be as normal as any child of a parent who has not indulged in the practice.

### IS A HAIRY CHEST A SIGN OF MANLINESS?

Hair formation is a sex characteristic, but it is by no means a "gauge" of virility. Body hair is supposedly an inherited "left-over" from the days when hair was a protection from the elements.





## ADD PROTEIN TO YOUR DIET The **INEXPENSIVE** Way

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.

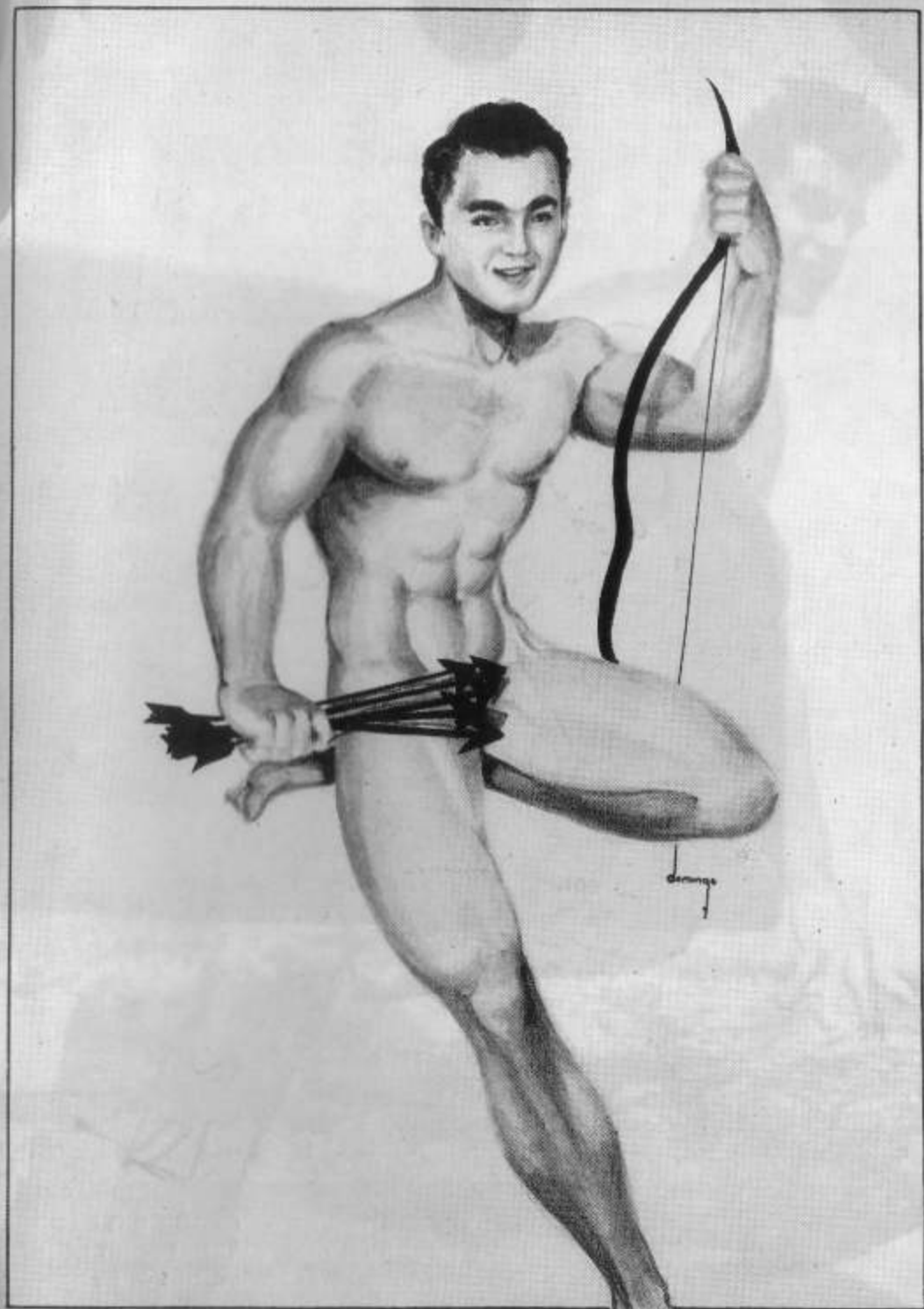
**YOUR BODY RELIES ON THE FOOD  
YOU EAT. ONLY PROTEIN CAN BUILD  
NEW MUSCLE TISSUE!**

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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22 E. Van Buren St. Chicago 5, Illinois

"**CUPID**," the God of Love is depicted in a painting by the well-known Chicago artist, Etienne. The painting, one of six in a series called "Dei Romanus," (*The Gods of Rome*) represents modern man in a mythological setting. Many of the models are trainees at the Johnson Health Studios.





*Tomorrow's*  
**MAN**

**Bob Todd**

Photo by Eastern Model Associates