

GYM

JUNE

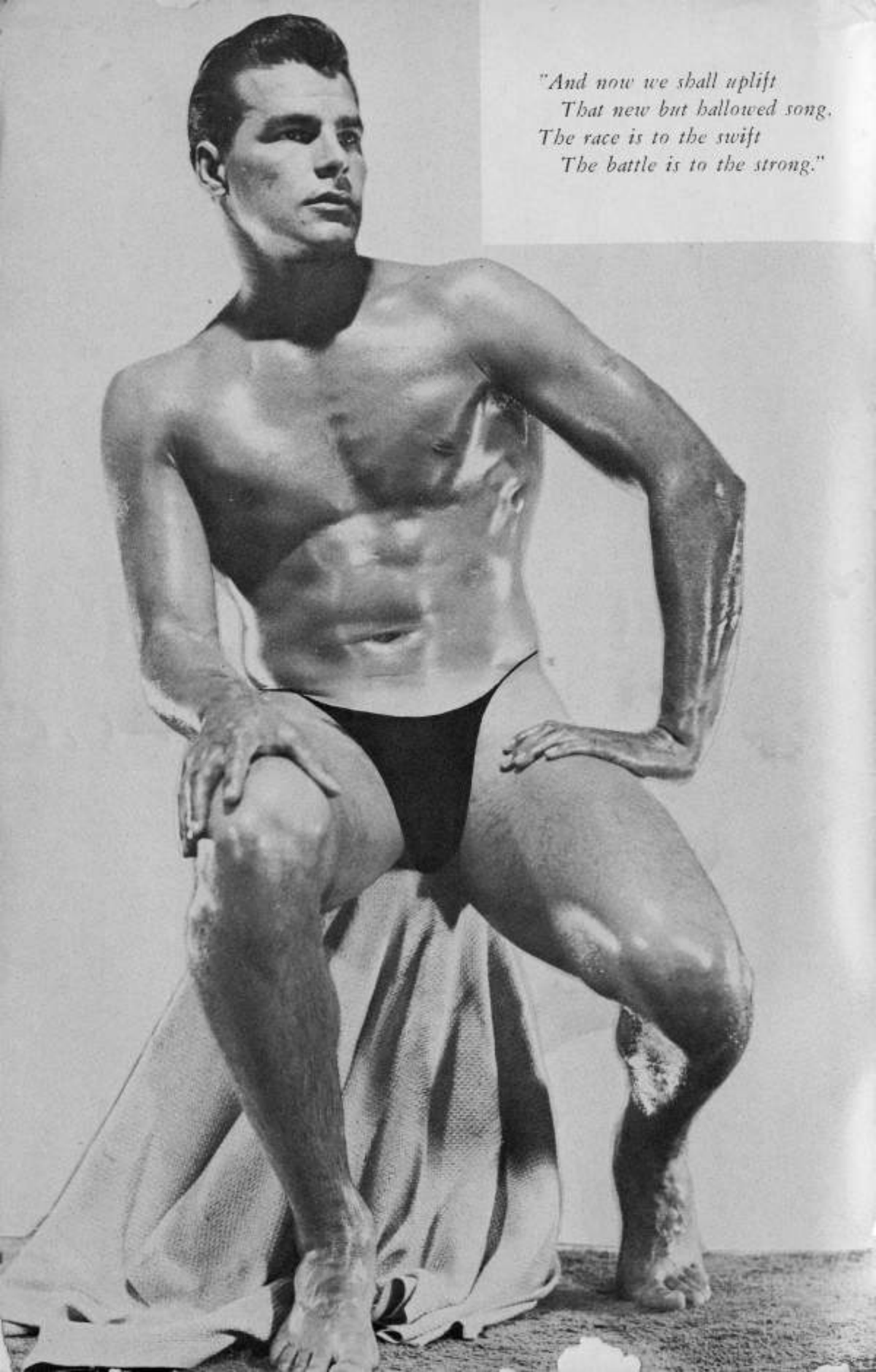
50c



ARE
Bodybuilders
Over-Sexed?

IT'S
NEW

*"And now we shall uplift
That new but hallowed song.
The race is to the swift
The battle is to the strong."*



JUNE

GYM

1959

The Magazine for Males

Posture and its Psychology.....	2
Pan-American Games	8
Are Body Builders Oversexed? 14	
Code of the Body Builder.....	20
That Trim Torso.....	23
Figure Art Section.....	26
Mr. Man—1959.....	38
Exercises	40
Books for Body Builders.....	43
Build Your Own Barbells.....	43
The Editor Speaks.....	46
Letters to the Editor.....	47
Jack Walters	Editor-In-Chief
Cover: Vince Gironda—Warner Studios	
Left: Dave Gardner.....	Warner Studios

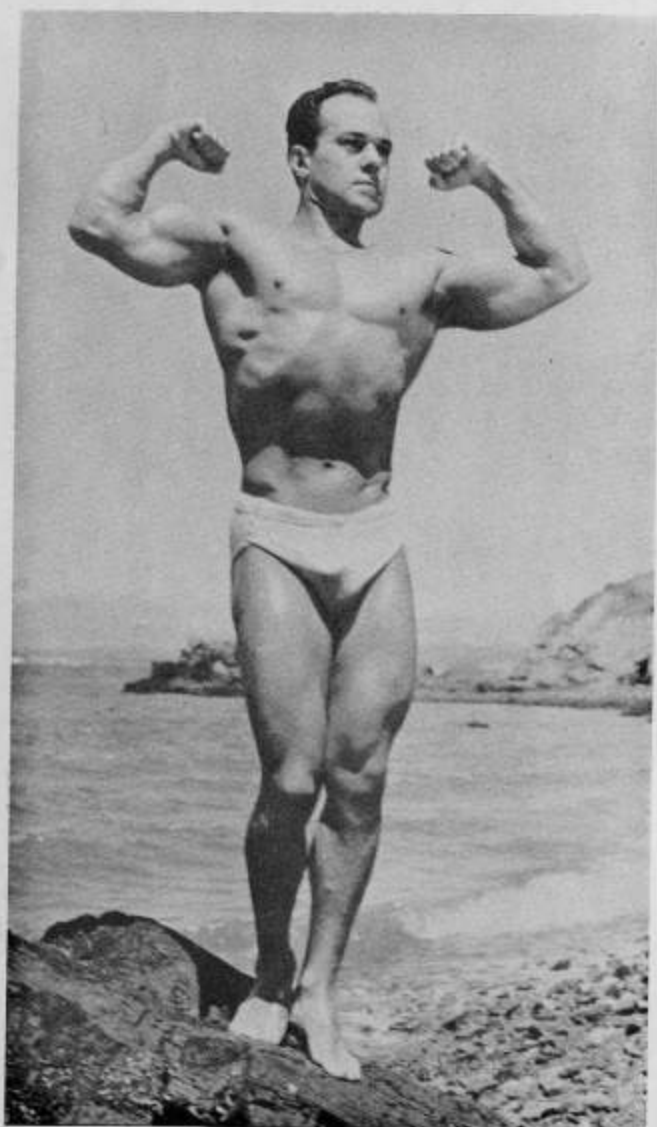


By Walt Baptiste

POSTURE

and its

PSYCHOLOGY



The Author

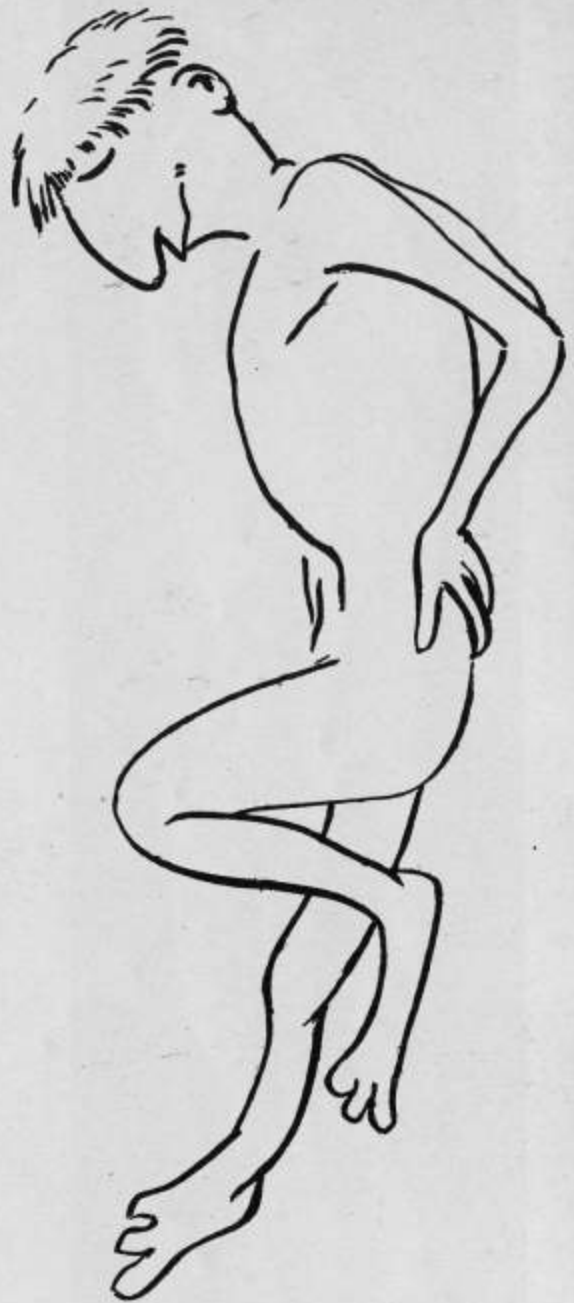
Within our spinal column is the spinal cord which is, in itself and its related nerve centers, the source of great mental and physical energies and vitalities. Constructive posture at all times — sitting, standing, walking . . . is the method by which these spinal energies are revealed and released.

Though the spinal cord is within the spinal column, it is not attached to it. It floats freely in a very tiny opening. Because it is not attached to the vertebrae, it is constricted in its action whenever the head, chest and hips are allowed out of line. Through the action and freedom of the spinal cord, the several important nerve centers are stimulated and influenced into releasing vital impulses which flow to every single cell of body and brain. These nerve impulses are the forces which establish harmony and health within the physical body, and clear-mindedness and inspiration in the brain.

If your work keeps you on your feet all day, keep your body in constant good stance. This posture, with chest high (not out — but high!), with shoulders down and hips under, will allow freedom of the spinal cord. Your appearance will be attractive, you will not be tired at the end of your work day, and your mind will remain keen and alert.

Stand always on two feet with even balance. Let the weight rest on one foot and the hip is thrown out of line. The nerve centers lie dormant and the cells become starved for the impulses which keep them alive, alert and responding. The cells of the body and brain depend upon the various nerve centers for their solid and their finer nourishing substances. If they become starved for even a short time, they suffer and the parts and the organs into which they are organized and which move for the good of the whole, fall out of harmony with the rest of the body.

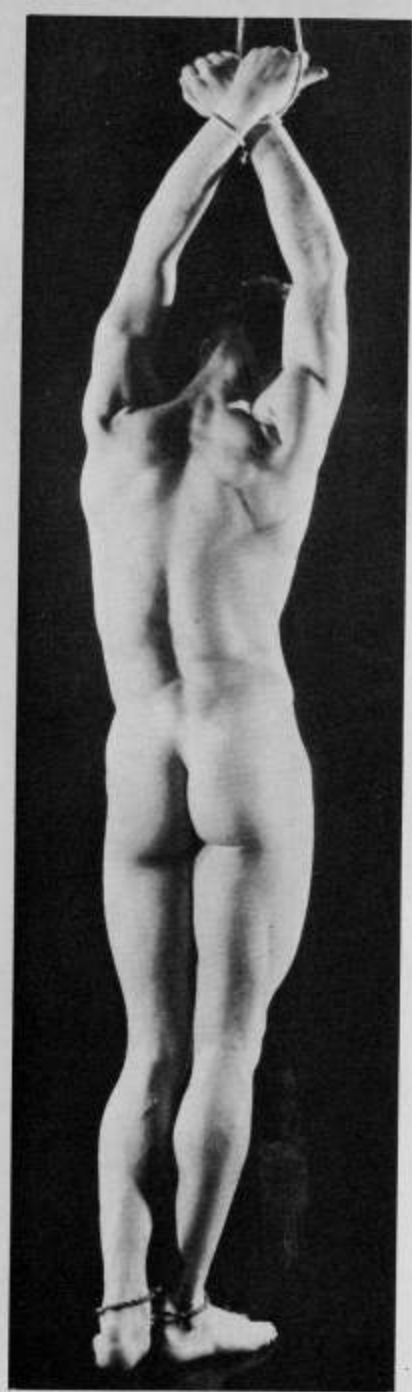
At the lower end of the spine is a vital center of creative energies. It is here that the sex glands are activated and made to secrete their vital fluids into the blood stream. The circulation then takes this life element to the brain, organs and muscles which are dependent upon this vital fluid for their tone, strength and quality. There is nothing more devitalizing upon your whole organism — the total of what you are — than the dulling effect of insufficient amounts of this secretion. In this instance, improper posture is as damaging as it is in all others. It is wasteful and reflects in all that you do and become.



The body as a whole has a rhythm; a vibration. When the head, spine and hips are in line, this pulse is regular and even. The vibration is faster and finer, for the body is less tense. This physical fact reacts in mental awareness that is broader and has far greater horizons than otherwise.

Experiences which other people talk about, yet which are not a fact for you, become visible and real in your own life. Your opportunities will be expanded. Your joy of living will be increased.

Of course, as you grow in consciousness and your world becomes larger, you will have greater responsibilities along with the added advantages, but you will be also stronger and able to meet the challenges of these demands . . . as long as you hold to the positive mental attitudes that will come as a direct result of **POSITIVE POSTURE!**

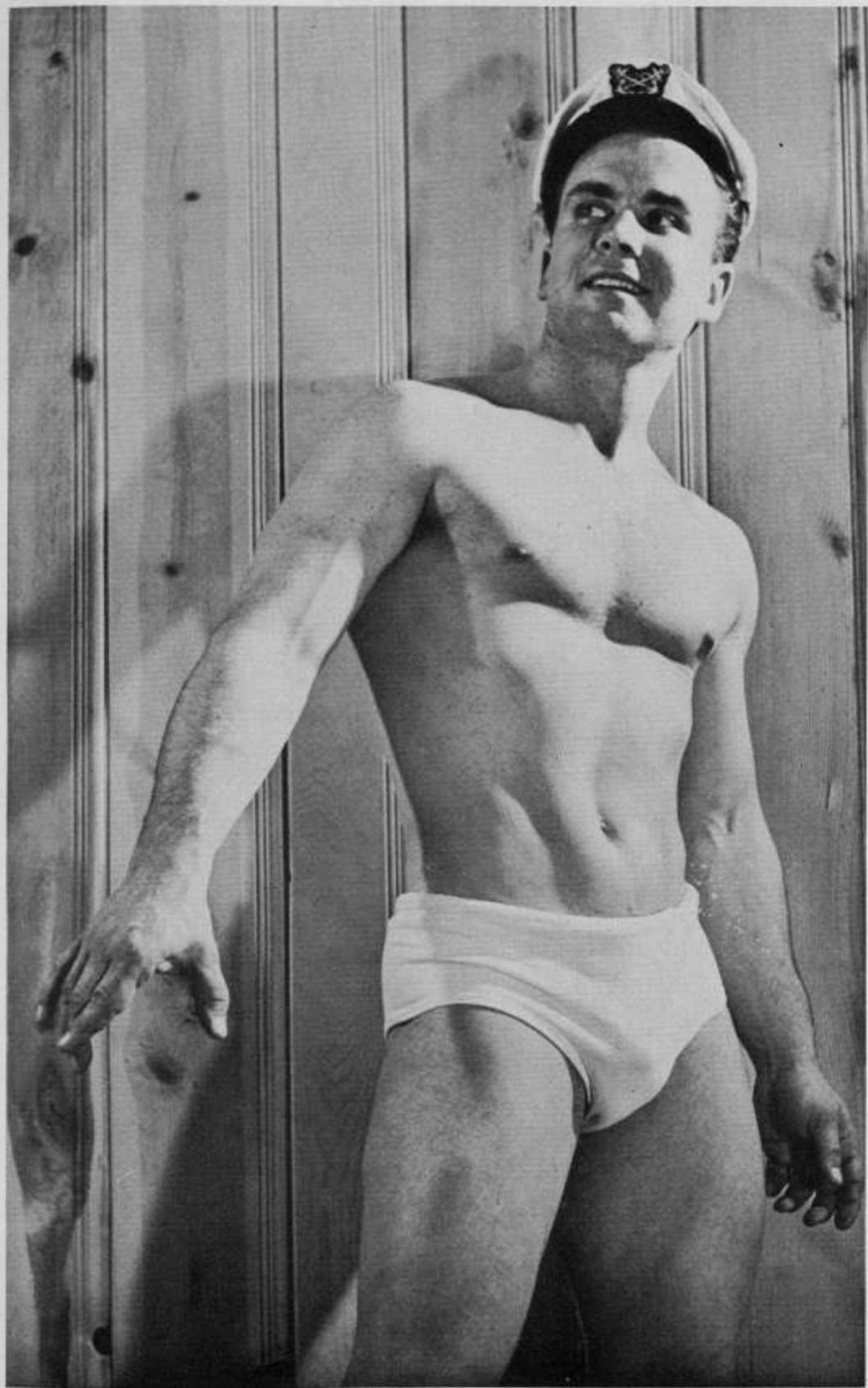


Harold Andsbury, at left, is posed by Royale of London in manner of convict in olden days awaiting the lash in the Tower of London.

The young sailor on the facing page is 24 year old Kent Lanahan who is a weight lifter by avocation and an artist by profession. The photo is by Spartan Studios.

The well developed chest and shoulders on Johnny Tabor, below, are captured by the lens of the Athletic Model Guild, Los Angeles.





Something **BRAND NEW . . .** for you!

The **ADONIS Male Club**

A "pen pal" club that's for **MALES ONLY!**

Here's your chance to correspond with exciting men of all ages . . . from all walks of life!

You'll exchange body building photographs — relate interesting personal experiences, get true enjoyment from swapping fascinating stories with males of unusual occupations, backgrounds, nationalities, and avocational pursuits!

YOU choose the categories with whom you wish to correspond . . . receive warm, friendly letters that will build a rich personal contact between yourself and your pen pal.

During our short introductory offer you receive a **ONE YEAR MEMBERSHIP** for the ridiculously low fee of just Five Dollars (\$5.00) . . . and here's what you get:

The name of a new Male of the Month personal correspondent **EACH MONTH** of the year. Yes, a brand new correspondent each month whose name will be selected from the preference list that you have indicated.

Naturally only a limited number of applicants can be accepted. We must carefully match the preference tables to be sure that we are doing everything to satisfy our members. So . . . if you really want to receive pen pal mail from males, through the most truly **DIFFERENT** club in the world, you must **ACT NOW!**

Fill in application below, enclose \$5.00 membership fee and mail **TODAY!**

INTERNATIONAL BODY CULTURE ASSOCIATION

546 N. Harvey, Oak Park, Ill.

Enclosed please find my \$5.00 membership fee for one year in the **ADONIS MALE CLUB**.

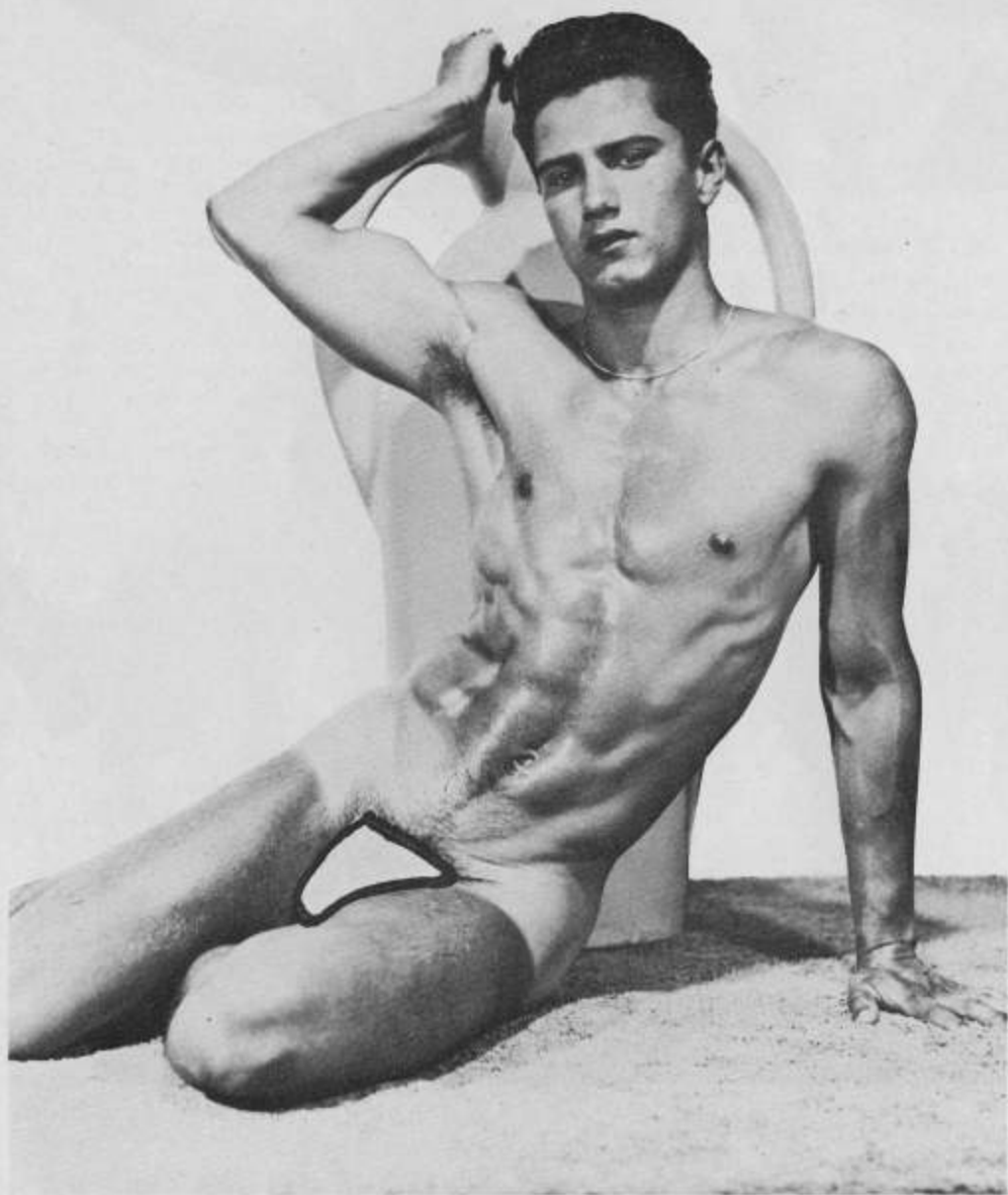
Name _____ Age _____
Street _____ City _____ State _____
Occupation _____ Hobby _____
Height _____ Weight _____ Measurements _____

Below is the order of preference in which I would like my correspondents selected each month.

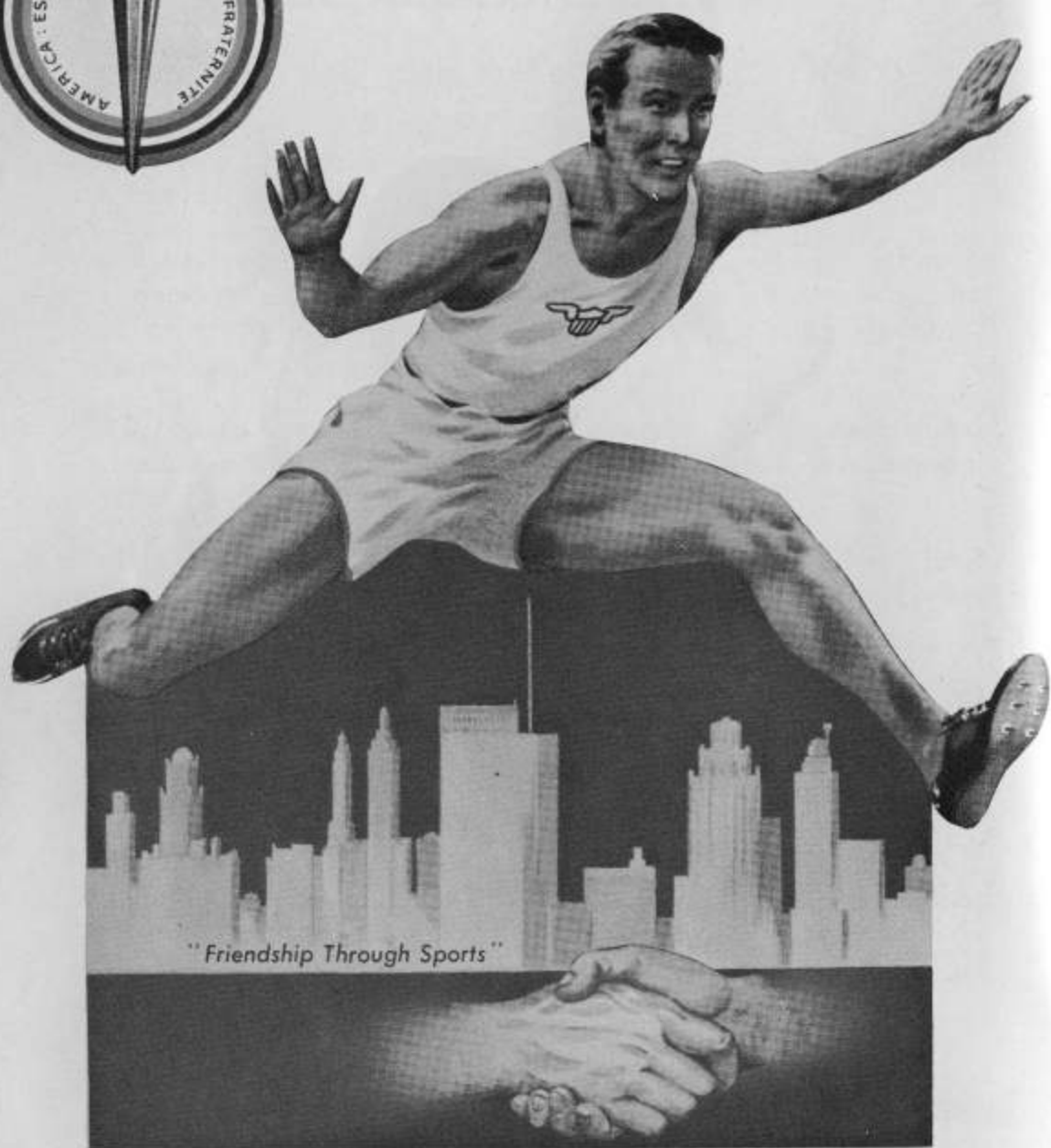
_____ Male Model
_____ Wrestler
_____ Lawyer
_____ Writer
_____ Artist

_____ Doctor
_____ Teacher
_____ Truck Driver
_____ Student
_____ Radio Announcer

_____ Actor
_____ Dancer
_____ Hair Dresser
_____ Designer
_____ Singer



Above,
Lou Venegas
by J-Art



the Third **PAN-**

Chicago, hub of America, will be the host to the third annual Pan-American Games this Fall and the events will be of particular interest to all who are interested in observing competition between males of superb physical condition.

From August 27th until September 5th there will be events of special import for body building enthusiasts for during that period the gymnastic competition will be held (September 3 and 4) and the weight lifting events will be conducted August 27 through 31. This is nice scheduling and thus enables folks to see both of these important conflicts between athletes.

The gymnastic competition will be held at the University of Illinois facilities on Chicago's Navy Pier and will be both afternoon and evening events. Admission will be \$1.00 for everybody.

The weight lifting battles will be held at the Chicago Vocational High School and will be night events on August 27, 28, and 29 with finals on the afternoon of the 30th. Admission will be \$1.00 for the preliminaries and \$2.00 for the finals.

In all there will be some twenty different categories of competitive sports running the gamut from baseball, basketball and boxing to fencing, swimming, tennis, wrestling, yachting, polo, football, and cycling, in addition to the aforementioned gymnastics and weight lifting.

No nation may enter more than nine male competitors in total for all events. The team for all Olympic events will consist of six competitors with the five best to count. Some special events may be eliminated if sufficient entries are not available which may very likely be the case inasmuch as financial burden for the athletes is a real problem when it is remembered that the Pan-Am Games are simon pure in their amateur standing.

Gymnastic events will include the six Olympic events — horizontal bar, parallel



Host for the athletes is Chicago's energetic Mayor, the Honorable Richard J. Daley.

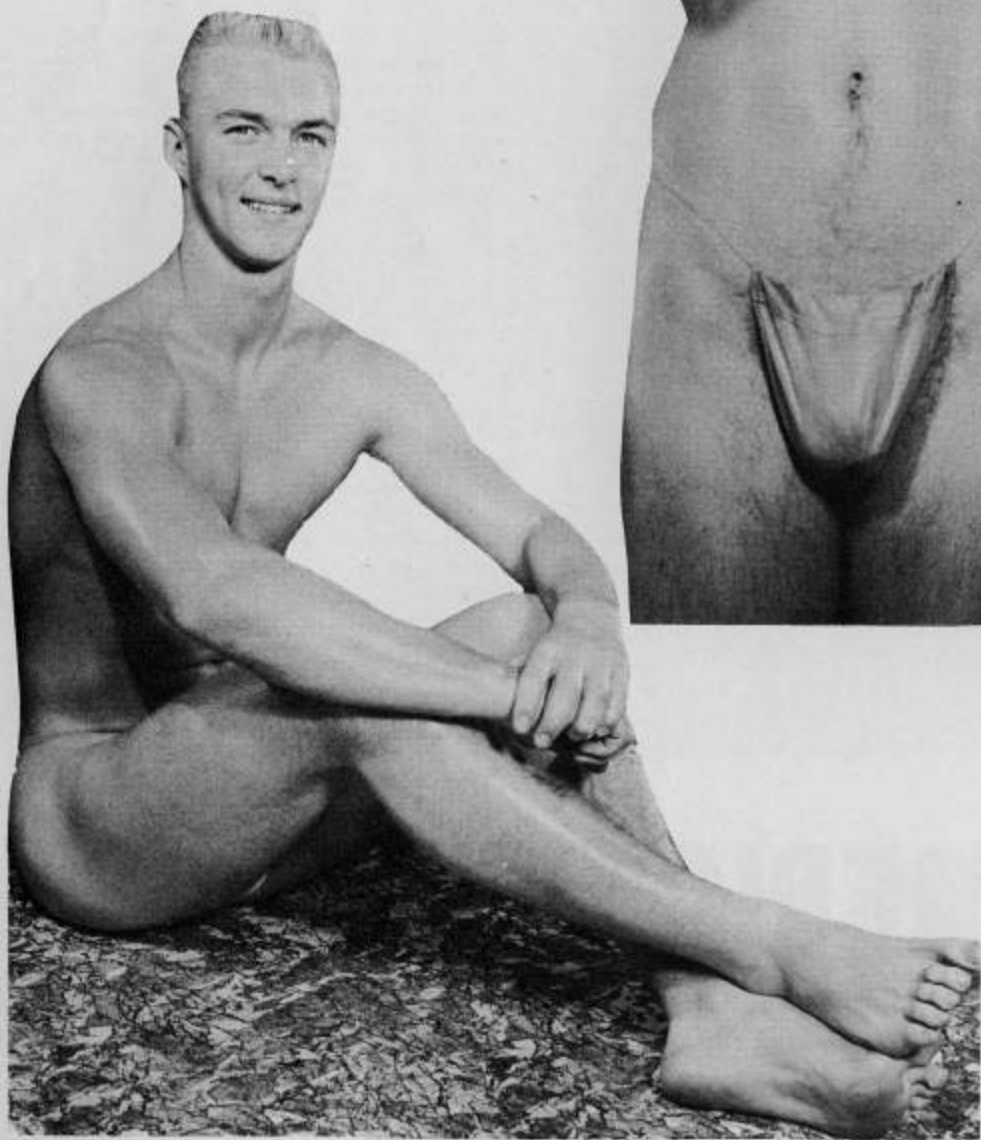
bars, side horse with pommels, long horse, still rings, and a free floor exercise. There will be a compulsory exercise and an optional exercise in each event. Results will be based on rules of the International Federation of Gymnastics.

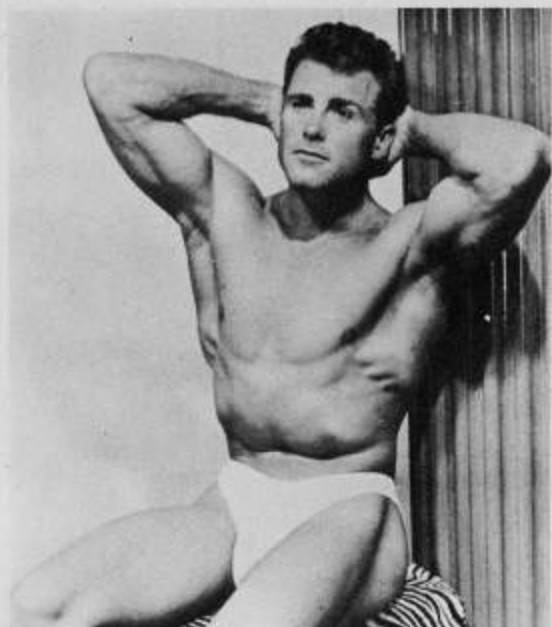
Weight lifting events will also be in accordance with the Olympic events and rules of conduct.

Here is an opportunity for everyone in the United States to get a preview of the Olympic competitors before they swing into action in the 1960 Olympic Games that will be held in Rome. Ample spectator facilities are available for all events and the Chicago Committee spearheaded by Mayor Richard J. Daley is working feverishly to insure success for this great event. We are sure it will be a triumph for athletics in general, Pan-American goodwill and a boon for the great Midwest.

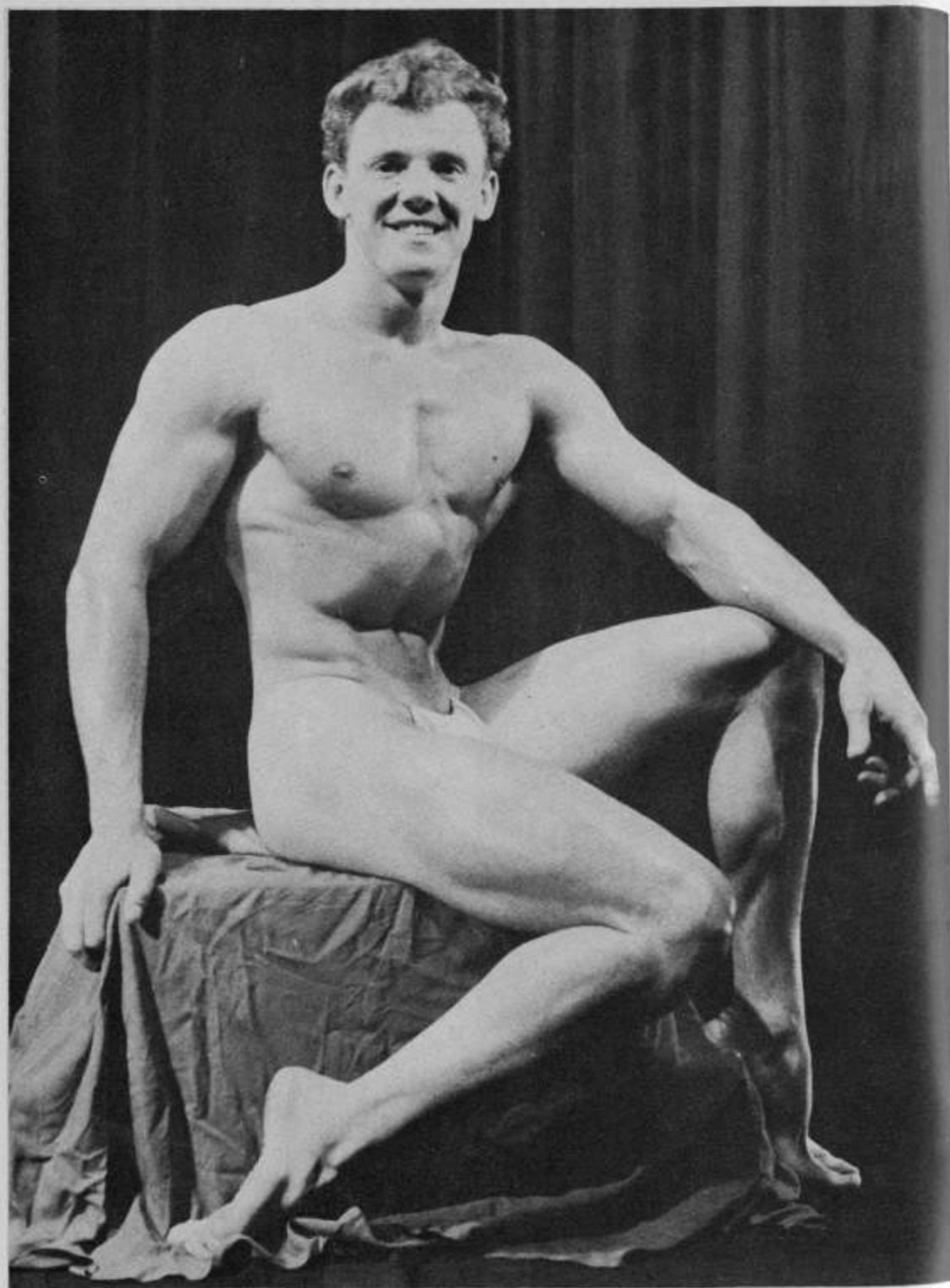
AMERICAN GAMES

Bob Hansen is the well scrubbed, crew cut model in these excellent studies by J-Art of the cinema capital of the world, Hollywood, California.





It's hardly necessary to identify this often photographed and famous model who posed for the J-Art's lensman in brand new poses. He is, of course, Ed Fury.



Even without the caption you'd probably guess that the youngster above is an Englishman. He is 23 year old Bill Proctor of London and the picture was taken by Domenique.

YOU'LL BE SORRY . . . and then some!

If you do not get EVERY SINGLE ISSUE of GYM magazine, the excitingly different Magazine for Males that covers every phase of body building, physical health, physique photography and figure art.

Besides the finest—and most unusual—pictures and drawings, upcoming issues will be packed with articles of lasting interest. Exclusive features on subjects that range from the virility of European weight lifters to intimate, personal glimpses into the lives of famous athletes whose championship form is not confined to a special event of competitive prowess!



You can receive GYM each month delivered right to your door for only \$5.50 and you can have first class mail delivery in sealed wrapper for only \$1 more — \$6.50 . . . here is a top value for the finest magazine, picture for picture — article for article, in its field!



AND HERE'S A SPECIAL INCENTIVE — if you order right now, using the form below, we will send you next month's issue ABSOLUTELY FREE! So, don't waste a minute. Fill in the form below and enclose with your check to us so that it will reach us before June 1st and we will send you the July issue of GYM without cost to you and start your year subscription with the August issue!



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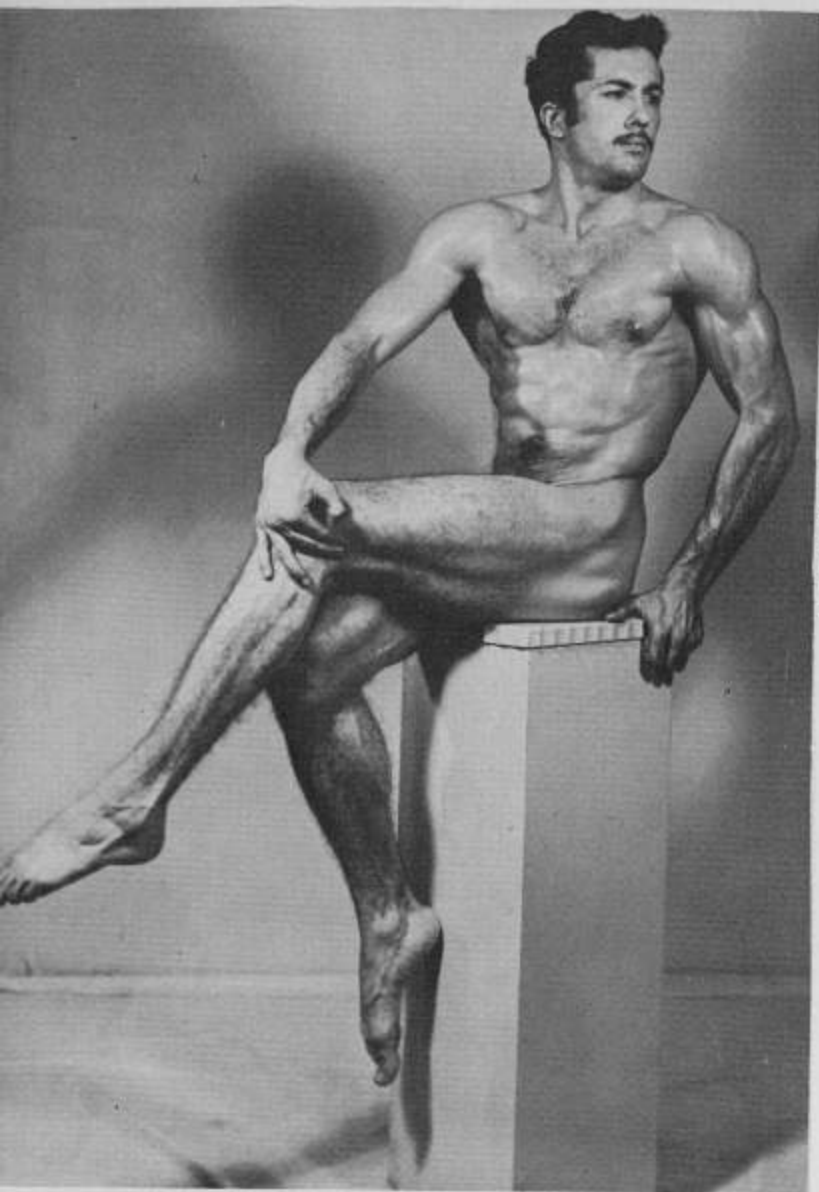
Gentlemen:

By all means I wish to subscribe for a full year to the New Gym magazine to be delivered to the address below either first or second class mail as indicated. Enclosed find payment for the full subscription. I understand I will receive the July GYM absolutely FREE.

Name _____

Street _____ City _____ State _____

Check One: _____ 1st Class Mail _____ 2nd Class Mail



Bill Pence, at left, is a prime example of the rugged physique of a top body builder. Photo is by Adonis Studios.

Are Body Builders Over-Sexed?

The question of sexual indulgence as it affects the physical culture enthusiast is of interest to every body builder or weight lifter. The subject is divided into two very definite classes. There is a biological as well as a moral division.

From the biological view there is definitely NO question of a body builder being over-sexed. A man in training has less desire or urge to indulge sexually for the simple biological reason that his glands of internal secretion are not erotogenically employed.

Their secretions are not expended but are absorbed into the body as part and parcel of the reserve needed to supply the increased need of the mental and physical output.

It must not be assumed, however, that continence, either in the celibate or married man is essential to the attainment of physical perfection. On the contrary, many men have improved on their physical relations and perfection after marriage.

There is, however, a process known as "hormone hunger," a condition in which certain organs fail to function correctly if they do not receive the hormone secretions from the ductless glands upon which their proper activity depends.

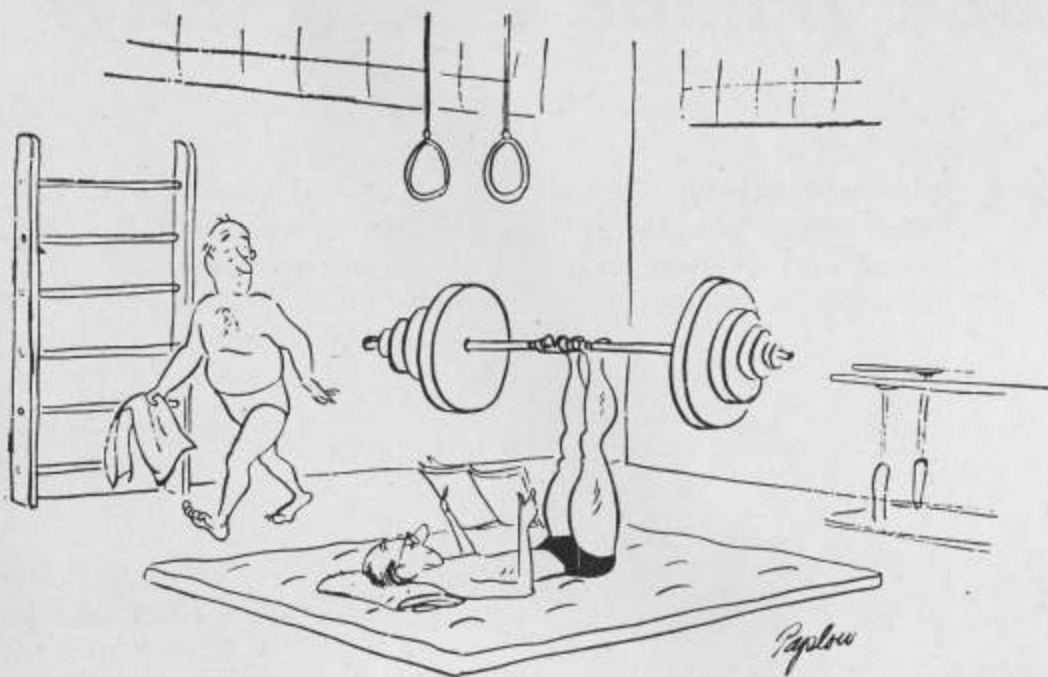
Thus the metabolic rate (tissue change) of the individual is adversely affected and the basal metabolism associated with the continuous organic functions of secretions, respiration and circulation are all influenced.

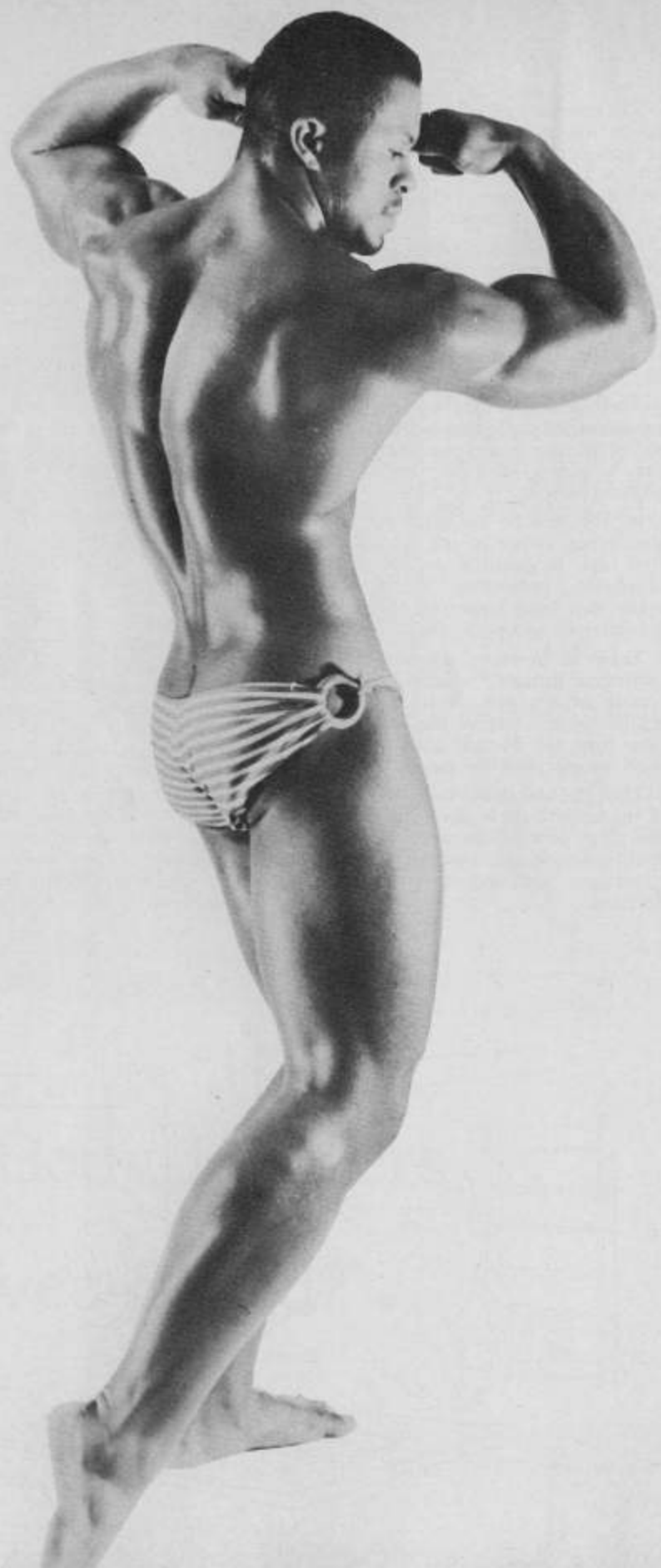
The moral aspects, or perhaps it should be phrased the "introspective feelings," are a different story. There is no doubt that preoccupation with size of various parts of the body—concern with how other people view your body—and a greater appreciation for an excellent proportioned male body as against a female body, would tend, in some cases to bring about certain reactions such as (1) a lessening interest in women from a physical viewpoint and (2) a correspondingly greater increase in males with the obvious homosexual overtones.

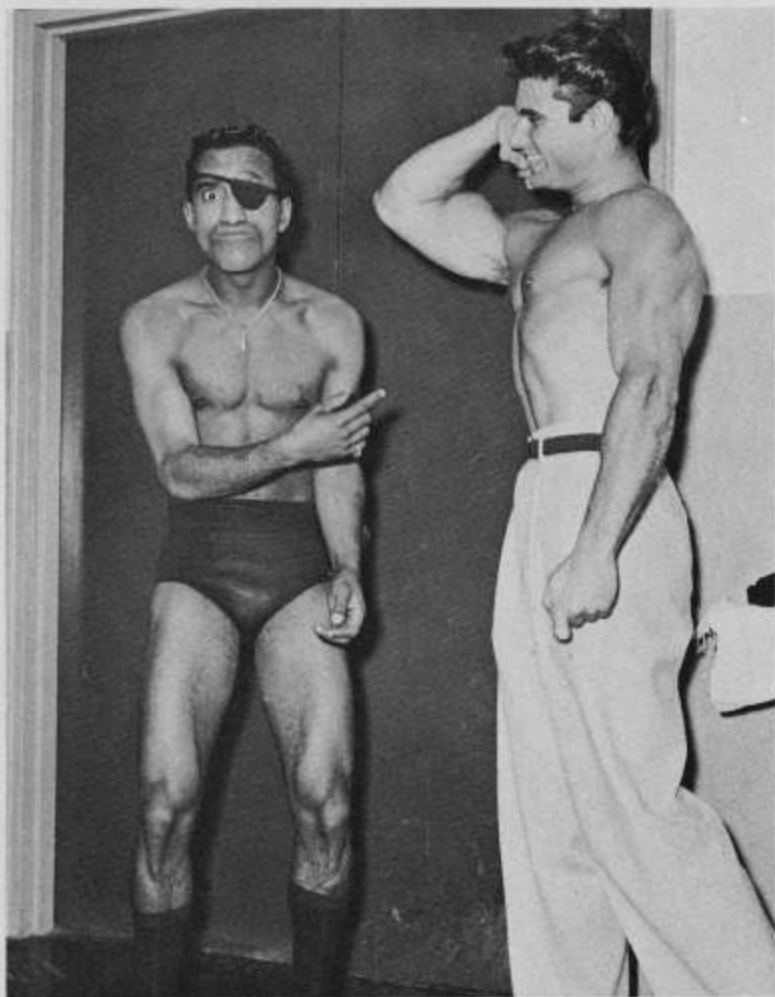
It is readily apparent that body building per se does not tax the mental powers so that those who are greatly engrossed in this field might—and, mind, we just say, might, find themselves carried across that shadowy borderline that separates those whose interests are in the opposite sex and those who are more desirous of their own sex.

Why is the above mentioned? Well, for the simple reason that the person who is homosexually inclined will doubtless gain MORE stimulation from body building than will his counter part who has what is considered a normal adjustment to his sexual life.

To what extent are these supposedly "oversexed" body builders among the physical culture clubs, gyms, etc., of the nation? Most gym managers feel that from 20% to 40% of their clientele is made up of those with a homosexual bent. They generally shrug their shoulders at it. After all, a buck is a buck is a buck.



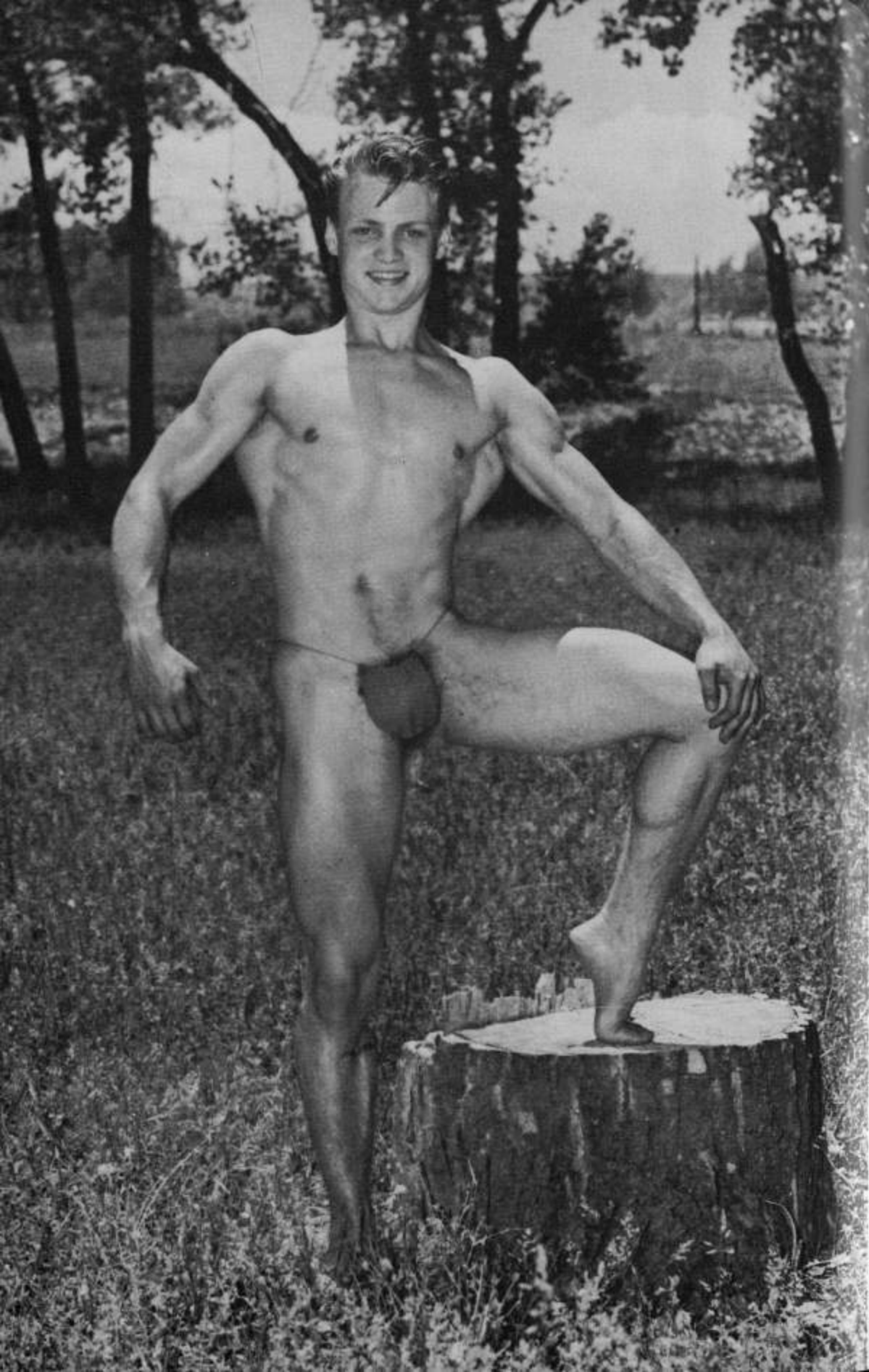


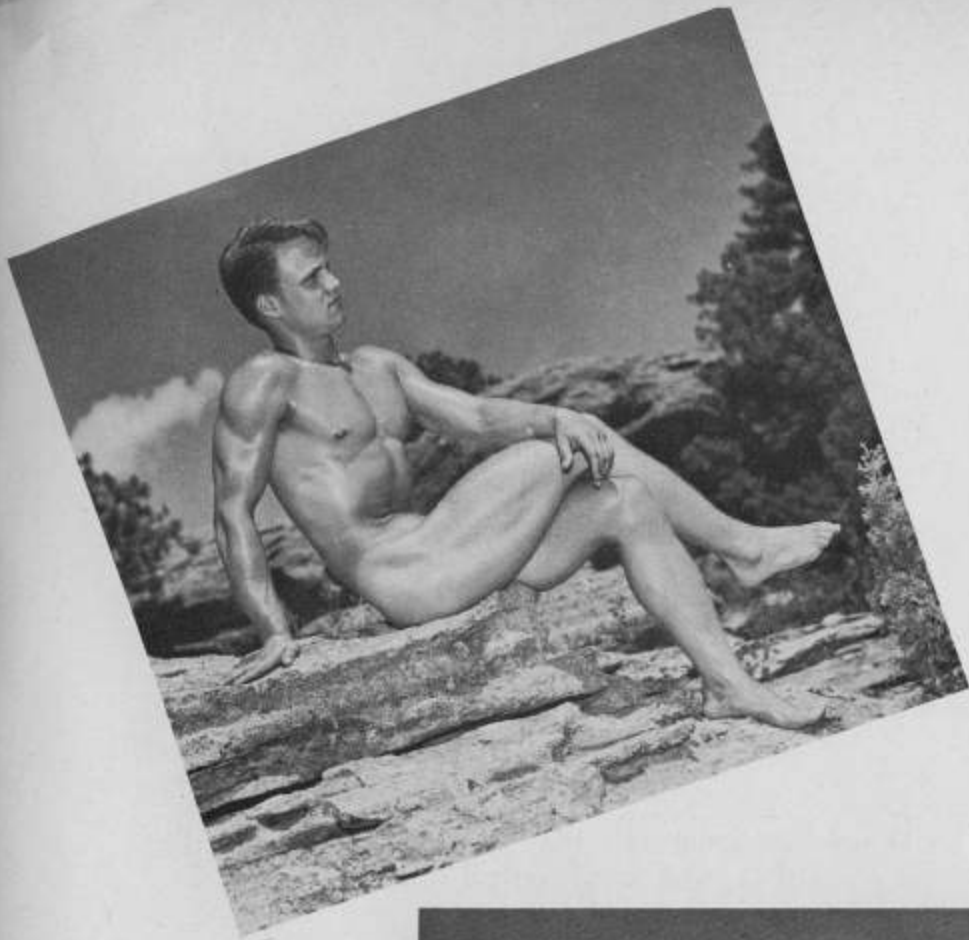


What Makes Sammy Sad?

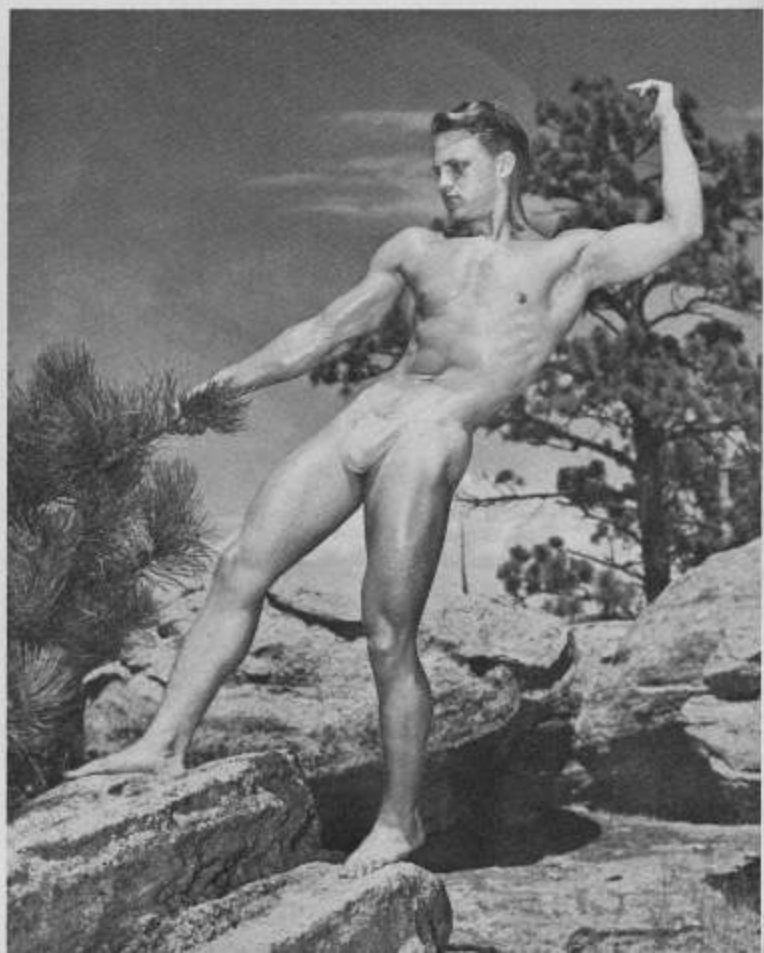
Sammy Davis, Jr. points glumly to Arlin Marshall, the cause of his chagrin. The Marshall musculature makes Sammy envious and he vows to take some body building courses. Photo courtesy of Athletic Model Guild.

The rippling muscles of John Cuspard are captured in an action pose by American Studios on facing page.





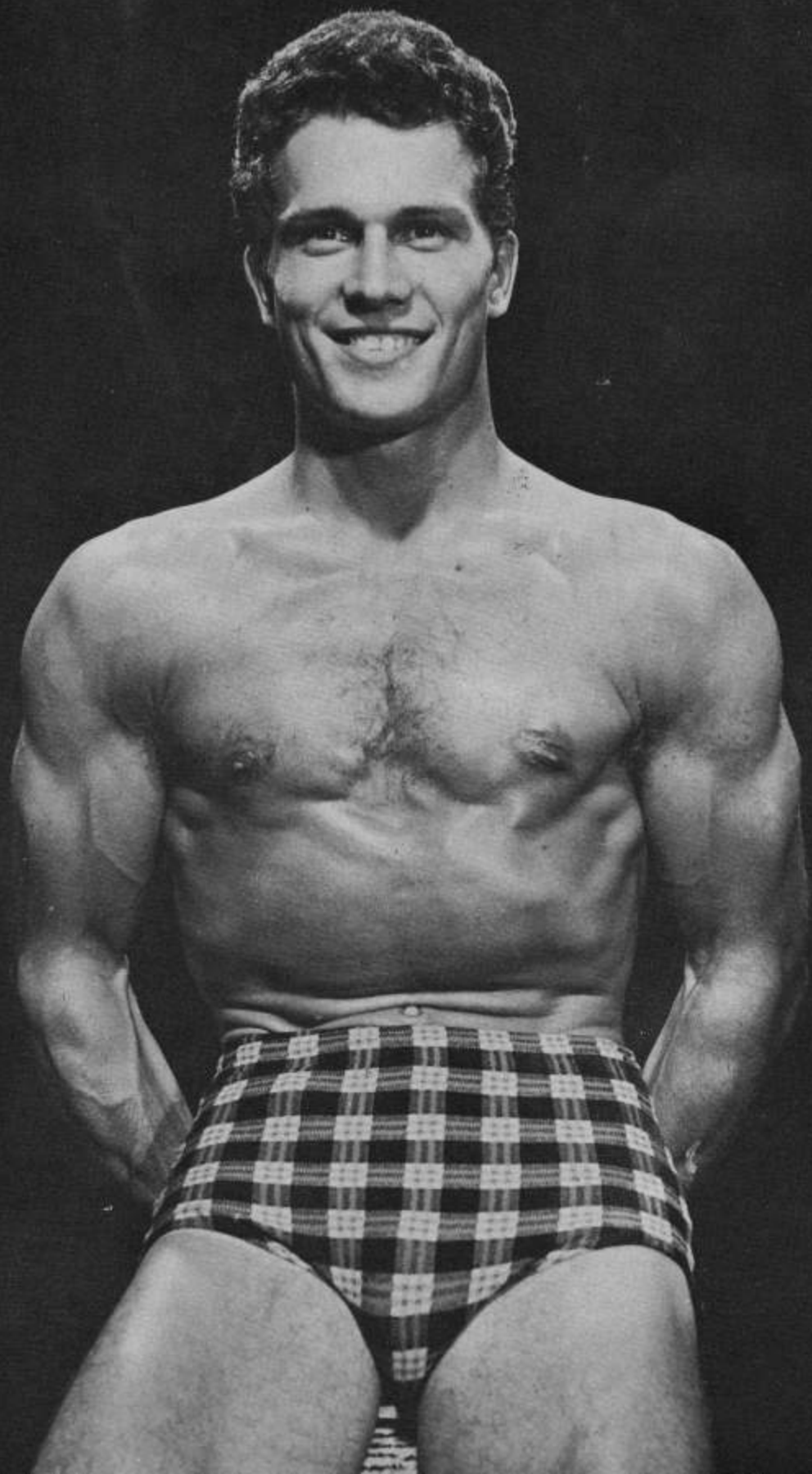
Summer vacations are just around the corner and what better way to spend them than in the manner shown by Pat Burnham in these three photographs by Western Photo Guild.

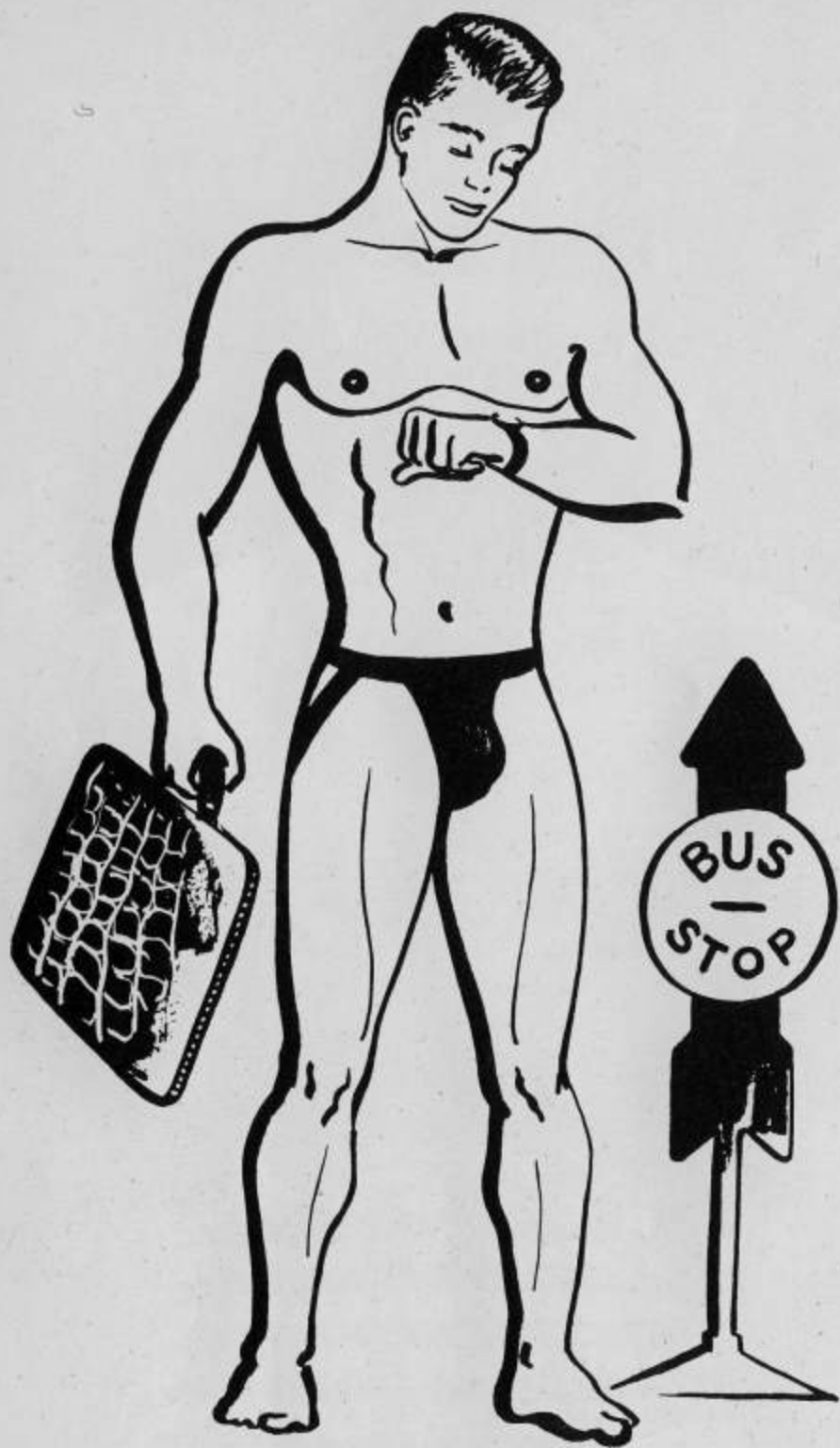


Sure now and all can see that here's a smile and tattoos from Davy McGee. Photo by American Studios.

The Code of the Body Builder

- B**uild your body so that it becomes a fitting temple to house your soul.
- O**pen your mind to new ideas, but sort out the good from the bad.
- D**o not dread criticism . . . and be hesitant in criticizing.
- Y**ield when you find you are wrong . . . and stand firm when you know you are right.
- B**uild an inner self that is worthy of a well constructed exterior.
- U**nshackle yourself from the bonds of bad habits and bind yourself firmly in good ones.
- I**gnore influences that would make you inferior or make you think yourself superior.
- L**ive your days so you look back on them with pride and look forward to them with anticipation.
- D**evelop a sense of humor so you can take your troubles lightly.
- E**nlarge your area of interests so that your mind will have room to grow.
- R**emember to be patient when results are slow . . . and diligent when results appear.





I DREAMED I WENT TO WORK IN MY . . .

That Trim Torso

by J. Larsen

For the sake of both health and appearance, the maintenance of a trim and muscular torso should be of primary concern to all body builders and, of course, this also goes for the average individual who is interested in keeping fit.

The same exercises can be used for fitness and muscularity but in different degrees of intensity. The muscles running down the front of the abdomen — the ones that look like building blocks when they are well developed — are activated by doing the well known pull up exercise.

For best results the feet should be anchored, either by having them held down or by thrusting them under something heavy such as a bar bell or a piece of furniture. The exerciser then lies flat, places his clasped hands behind his head, and sits up, touching elbows to knees.

To maintain muscles that will firmly hold the abdominal organs in place, the situp can be done 20 times a day. The muscles will be more affected if a weight is held behind the head, either a bar bell plate or a dumbbell.

If gym facilities are available, the resistance can be made more effective by increasing leverage. This is done on the abdominal board by raising the foot end of the board higher than the head.

For impressive musculature, the "washboard" effect, more than twenty repetitions is needed. To get the kind of abdominal muscles sported by "Mr. Superman" winners, a combination of high reps, leverage and weight resistance is advisable. Famous best-developed-men have worked at twenty to thirty degrees with twenty to twenty-five pounds, doing two to four sets of fifty repetitions!

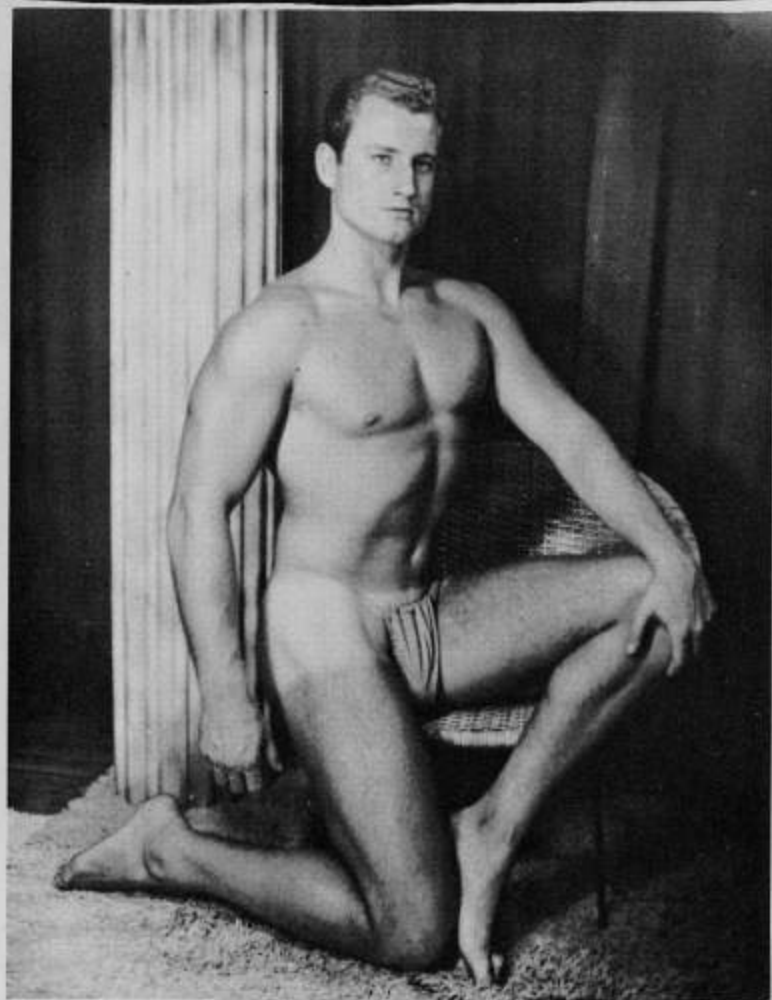
Another good exercise for the waistline involves the muscles of the back and sides. This is a simple one and can be done with a broomstick or an unloaded barbell. The bar is held across the shoulders as the exerciser stands with feet comfortably well spaced. He then twists to point the bar perpendicular to the line on which the feet are placed, first twisting to the right and then to the left. This should be continued for about one hundred twists.

These exercises will not bring much in the way of results if the intent is to reduce, unless some attention is paid to restricting calory intake at the same time. It is possible to reduce by exercise but a lot more activity is needed than just a few simple movements. These exercises will reduce the size of the waistline though by making the muscles firmer.

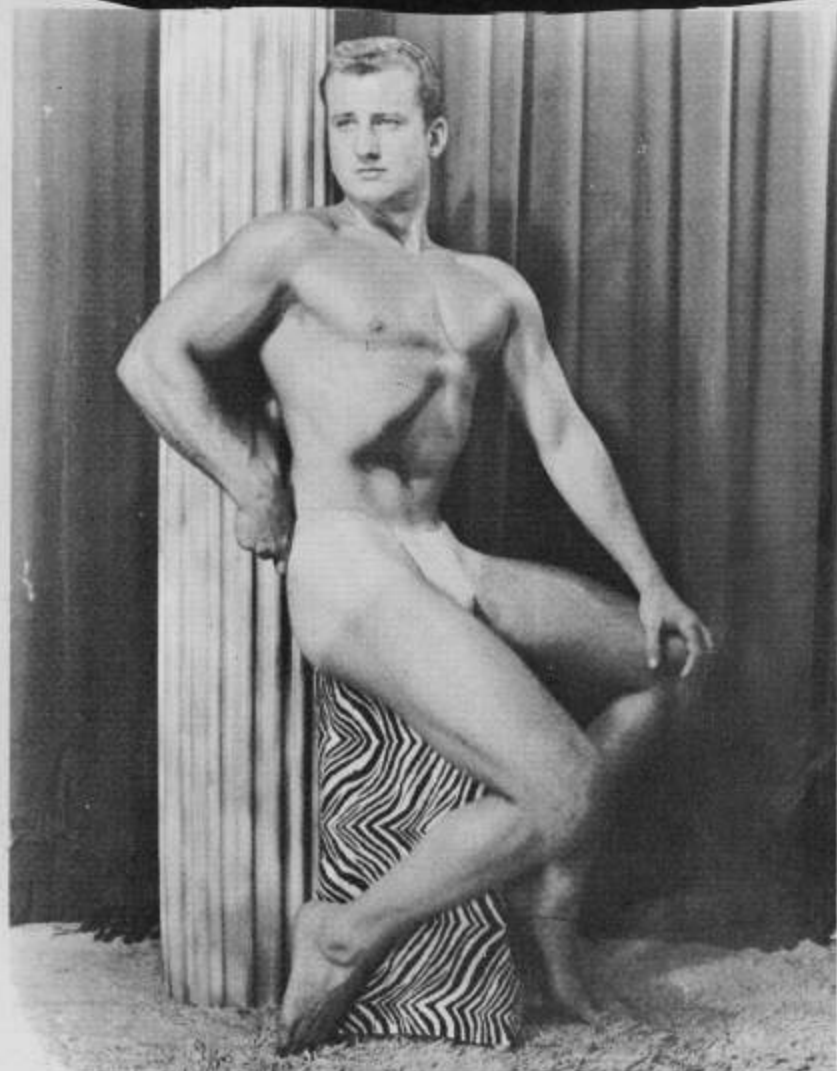


Vince Gironda demonstrating the physique that has made him internationally famous and owner of one of the most popular West Coast body building emporiums.

FIGURE



STUDIES

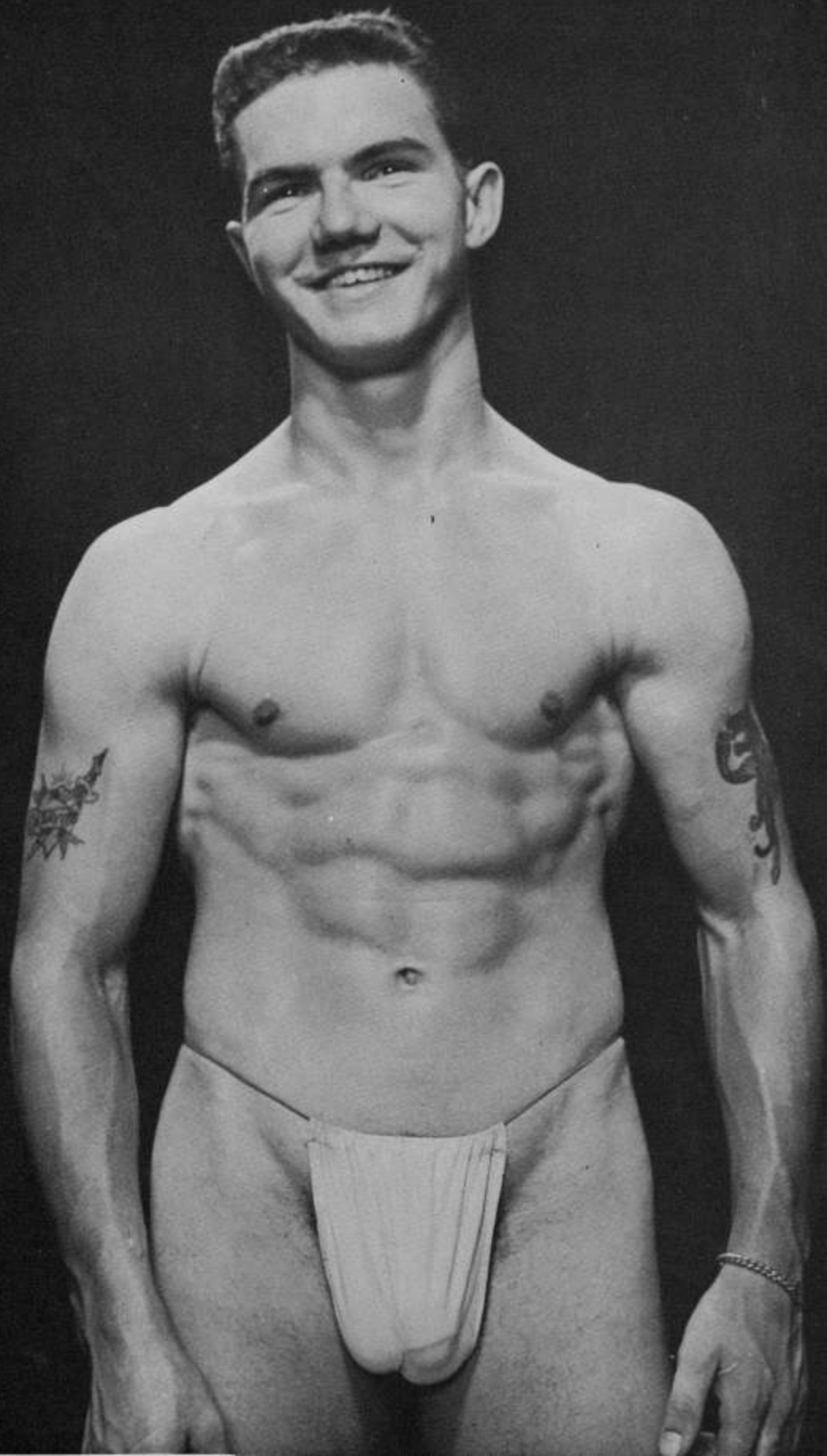


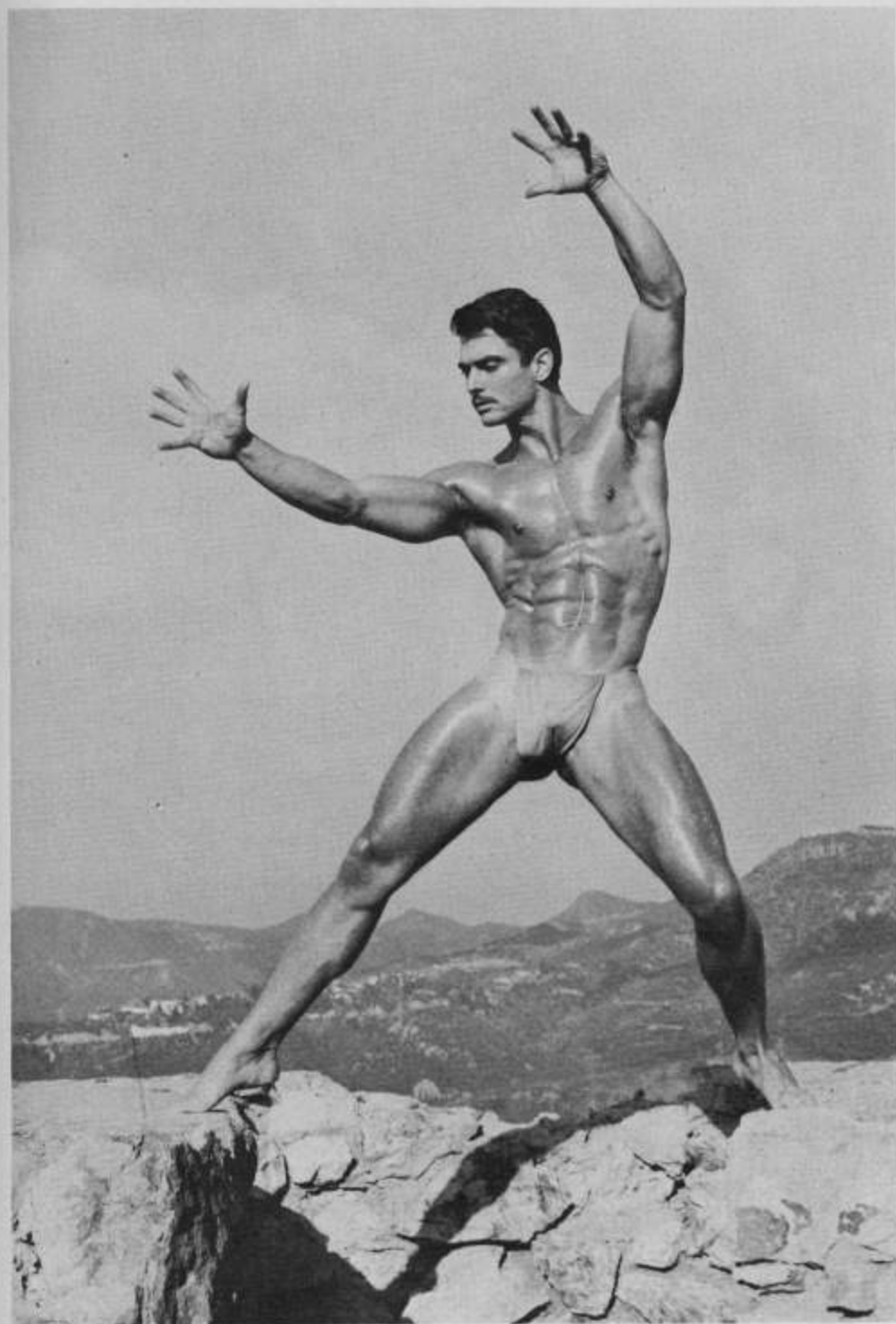


*"... as I lie upon my pad, I wish that you were here, m'lad.
Strong and virile in every way, you'd turn my night into glorious day."*



Spartan

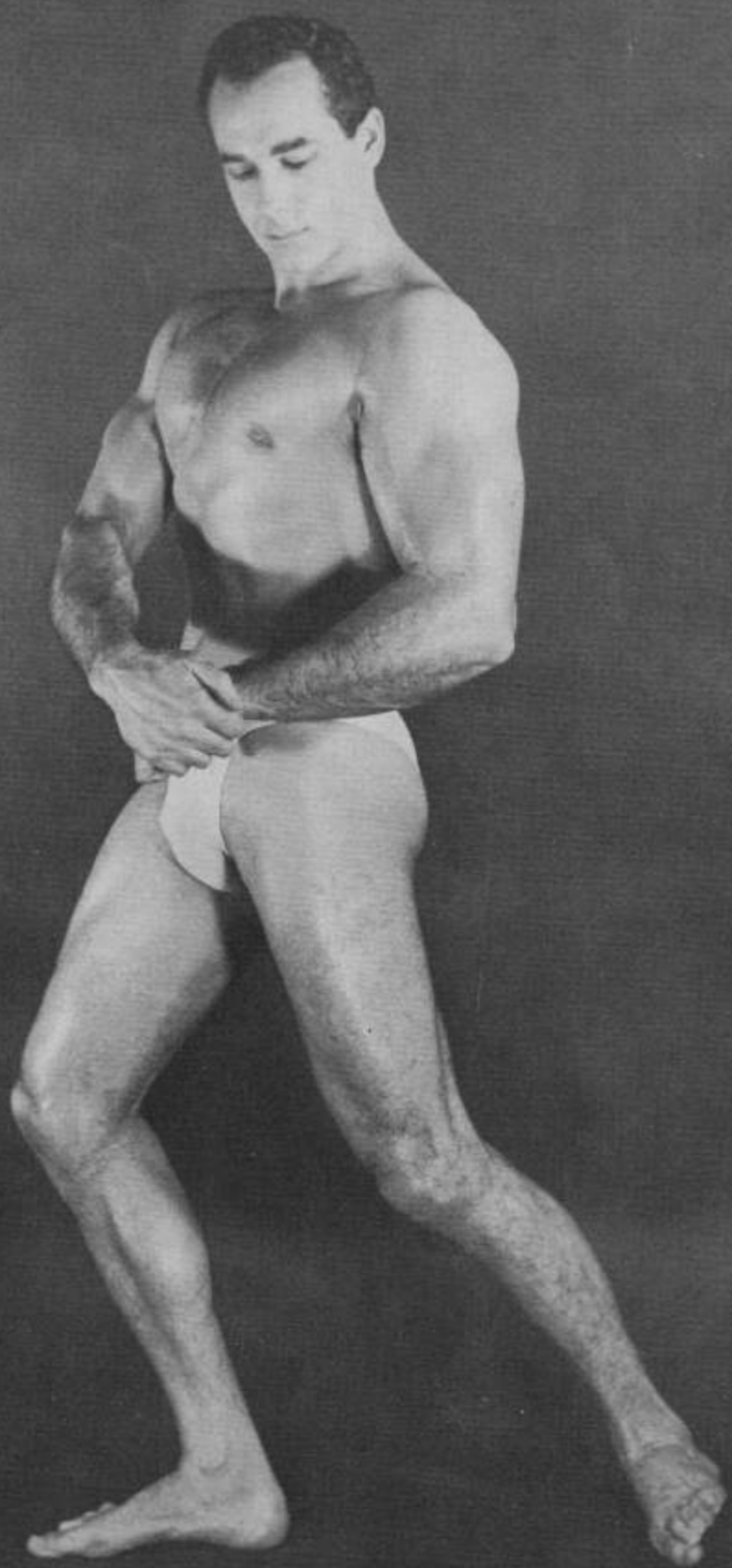


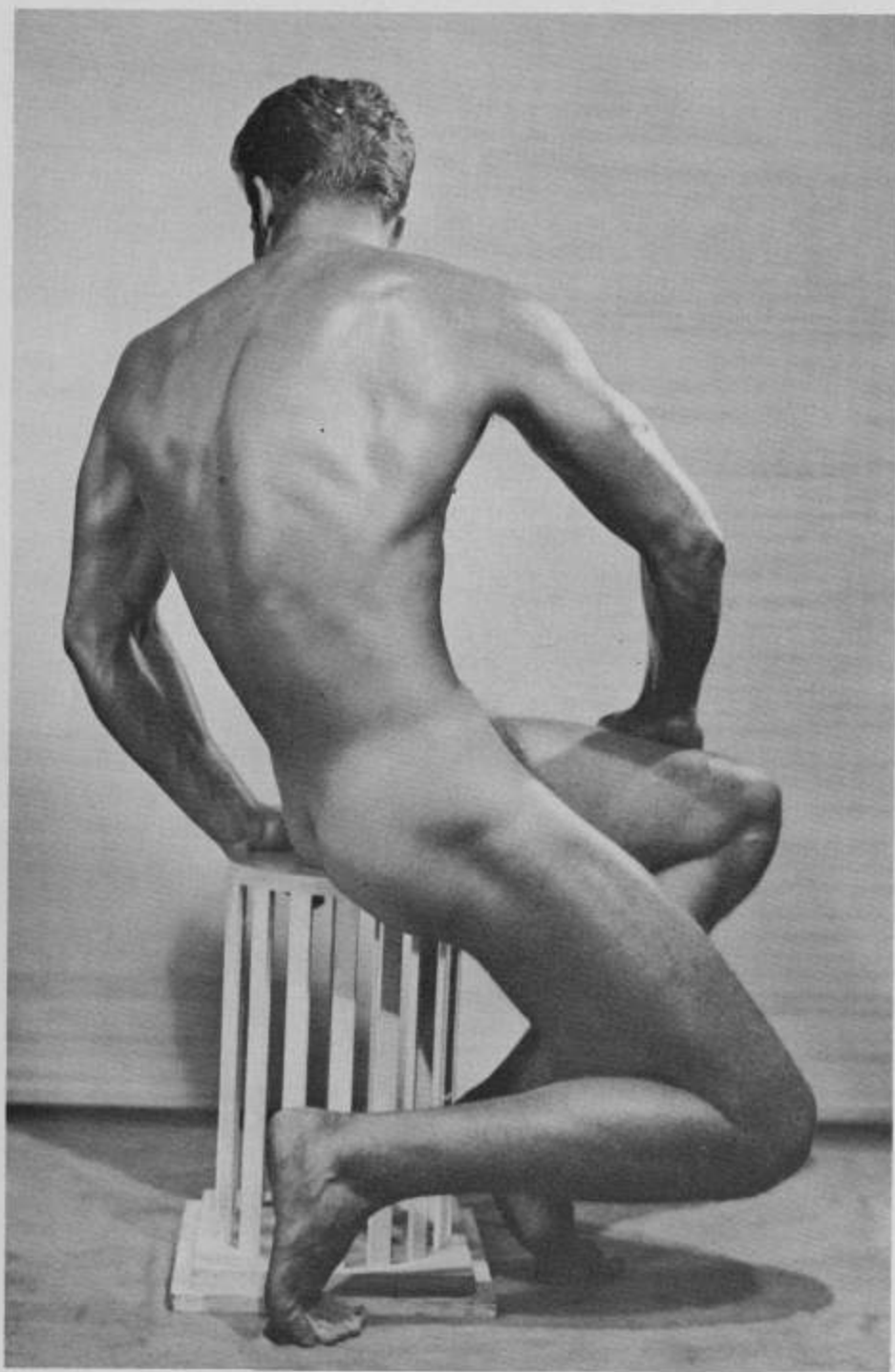


The interesting study above is the artistic camera work of J-Art of Hollywood, California. Model is Bob Rome.

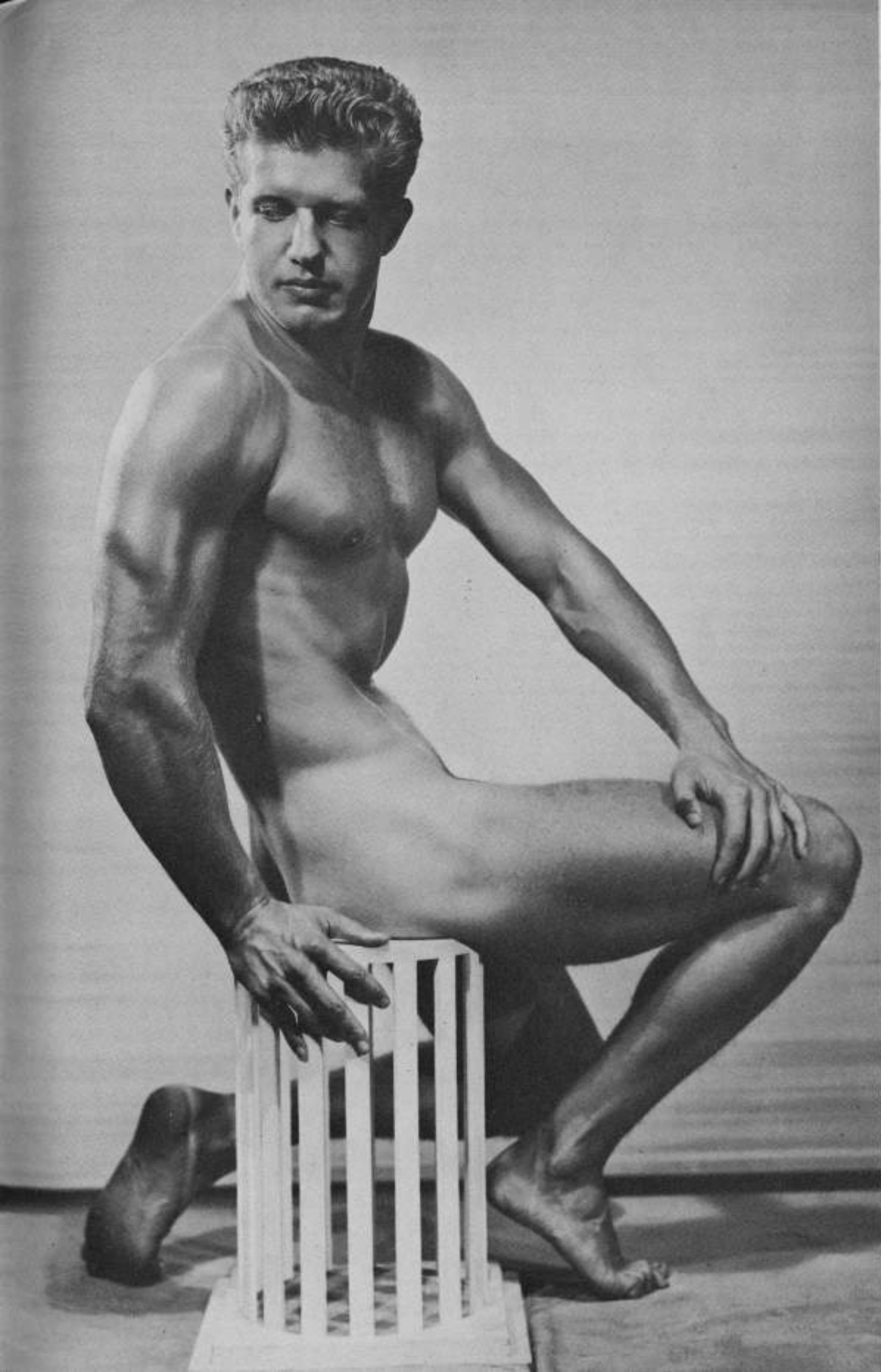


At right is Brick Dana who enacts the "Gladiator" role for The Sophisticate of New York.



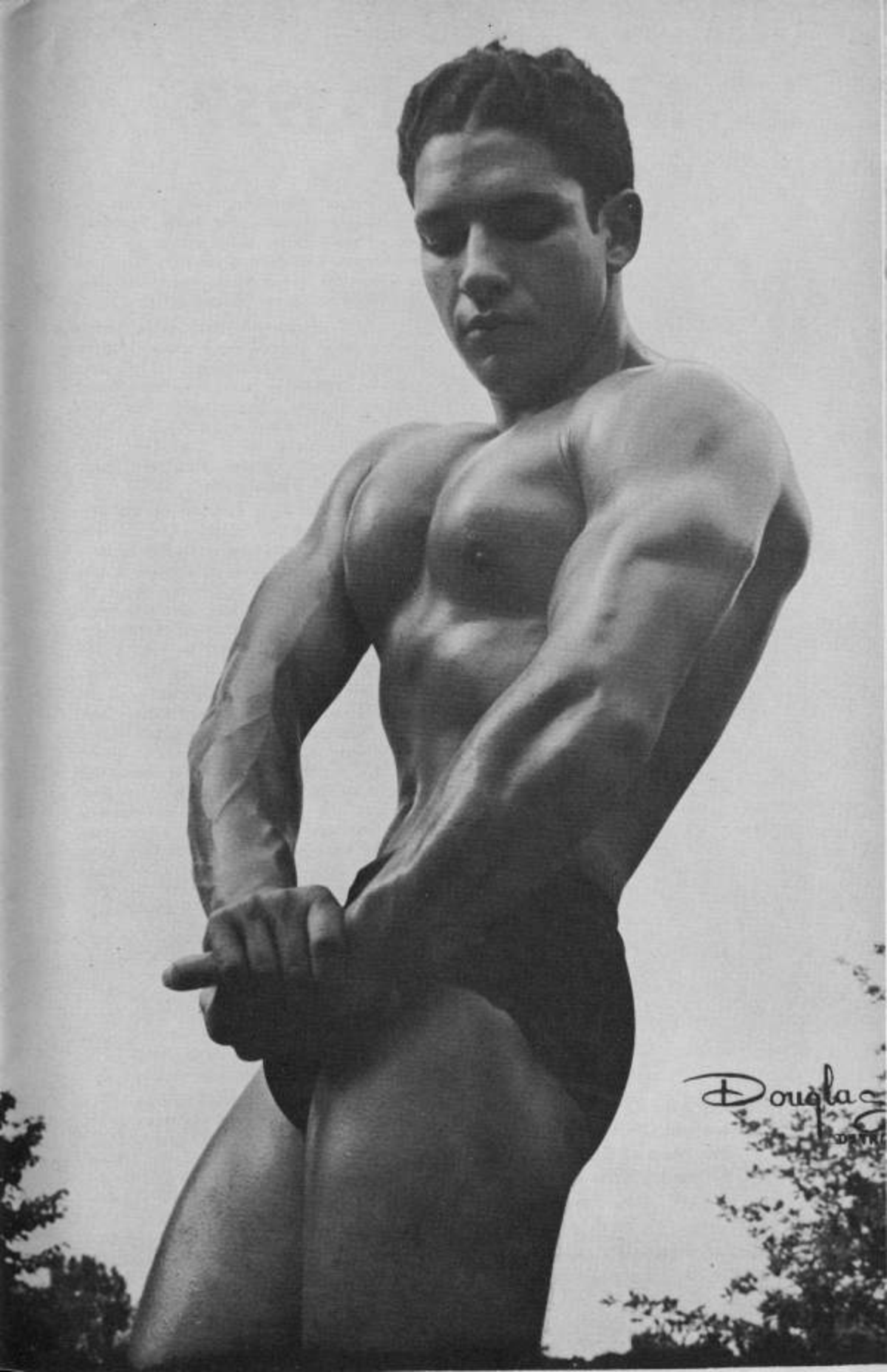


Blond Herb Nelson shows excellent form in these studies by Jack Sidney of Brooklyn, New York.





Facing page is excellent study of powerful shoulders of Frank Cuva, enthusiastic body builder of Detroit, Michigan. Photo by Douglas.



Douglas
D. W. H.

Mr. MAN - 1959



Ralph Kleiner, Heavyweight Division Champion, Mr. Man of Chicago-1959.
Photo by Kris

On these pages are shown some of the winners in the Mr. Man Contest of Chicago held at Perry's Gymnasium, 22 East Van Buren Street in the Windy City, Saturday, May 2nd.

An annual event conducted by this enterprising emporium for body builders, this season's event attracted more than 40 entrants and drew a capacity house of spectators for an hour long stage show that preceded the actual contest activity.

There were five sub-divisions in which winners were judged by a team of three authorities on musculature. The Best Arms classification was won by James Finn, the best Abdominals was also awarded to Mr. Finn while the Best Chest went to Ralph Kleiner. Best Legs were won by Bruno Ceccini and Best Back went to Larry Baumbaugh.

In the lightweight division of the Mr. Man contest proper, Bruno Ceccini was the winner of first place, adding to laurels he had previously won this year as top pre-novice of 1959. 2nd place went to Jesse Stonewall who was also adjudged the most muscular in the lightweight division. 3rd place was won by Ken Brandenburg.

In the heavyweights, which included all over 160 pounds, the 1st place winner was Ralph Kleiner who won 2nd place in the Mr. Middle States last year. 2nd place went to Joe Harris, also acclaimed the most muscular among the heavies and who was Mr. Junior Illinois last season. 3rd place was given to Gene Cook who won the same spot in the Mr. Man contest last year. 4th place in the senior classification was awarded James Finn and 5th place was taken by Larry Majewski.

The 1958 winners were ineligible to succeed themselves in their special classifications. The heavyweight champion in '58 was Roger Kelly while the lightweight champion was Bill Jacobs. Jim Finn, who placed fourth in the heavies, was the Most Muscular winner last year so was ineligible for that honor this season.

Perry's is probably one of the most active, enterprising and well equipped body building headquarters in the middle west and certainly deserves a visit from body builders whenever they are in the Windy City. There's a friendly atmosphere, the best and most complete of all types of equipment, an excellent diet bar, and, above all perhaps, there is available capable and professional instruction in the means to build one's body to heroic proportions.

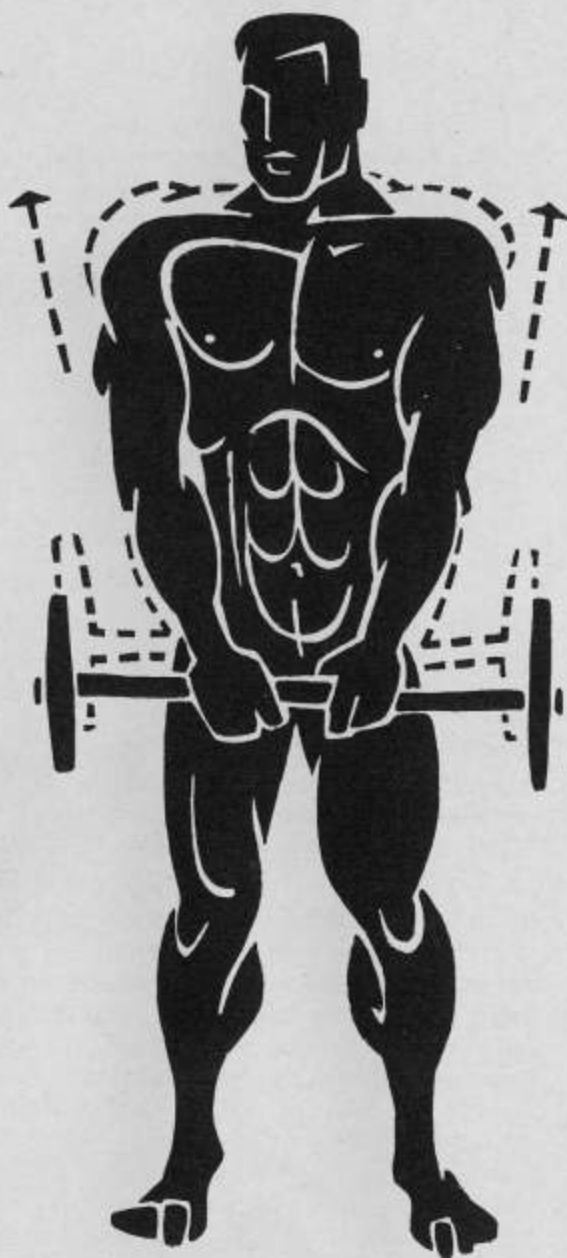


Joe Harris, 2nd Place winner, Heavyweight Division, Mr. Man of Chicago—1959. Photo by Kris



Bruno Ceccini, Lightweight Division Champion, Mr. Man of Chicago — 1959. Photo by Kris

BARBELLS: Body Builders



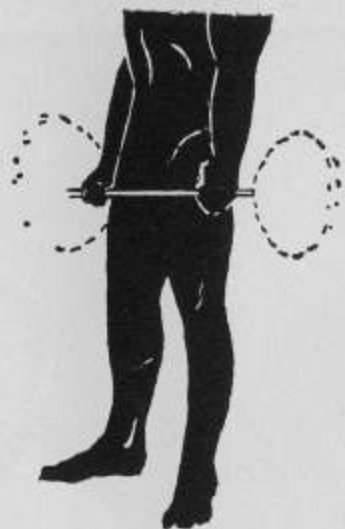
Is weight lifting the key to a better body? Many advocates of physical culture will hesitate before answering, and rightly so. The reason for this is that many fellows perform daily tasks which help them to develop their muscles properly while still others are gifted with an unusually well developed physique that, like Topsy, just seems to grow.

Most of us, however, need special exercises with the weights in order to become fine specimens of strong back, good arms, and impressive shoulders. We can not all be dancers and develop well proportioned thighs, calves, and trim figures nor can we be active athletes who possess great strength in wrists, arms and legs.

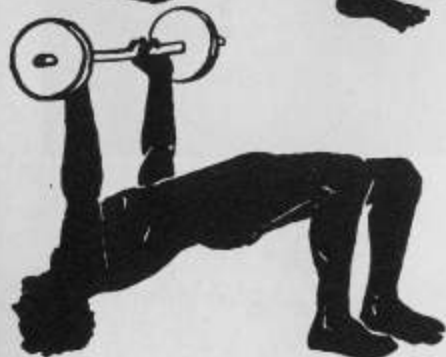
Weight training can be the main-stay of your development with exercises similar to those that appear on the facing page. The two examples shown here, i.e. Wrestler's Bridge and Two Arm Curl, are by no means the only of the foremost modes of doing daily workouts but they are good ones and each month we shall select others so that you can build a file on such methods of workout which will aid you in gaining a well-rounded physique through bringing into play muscles that probably are dormant in your otherwise daily routine.

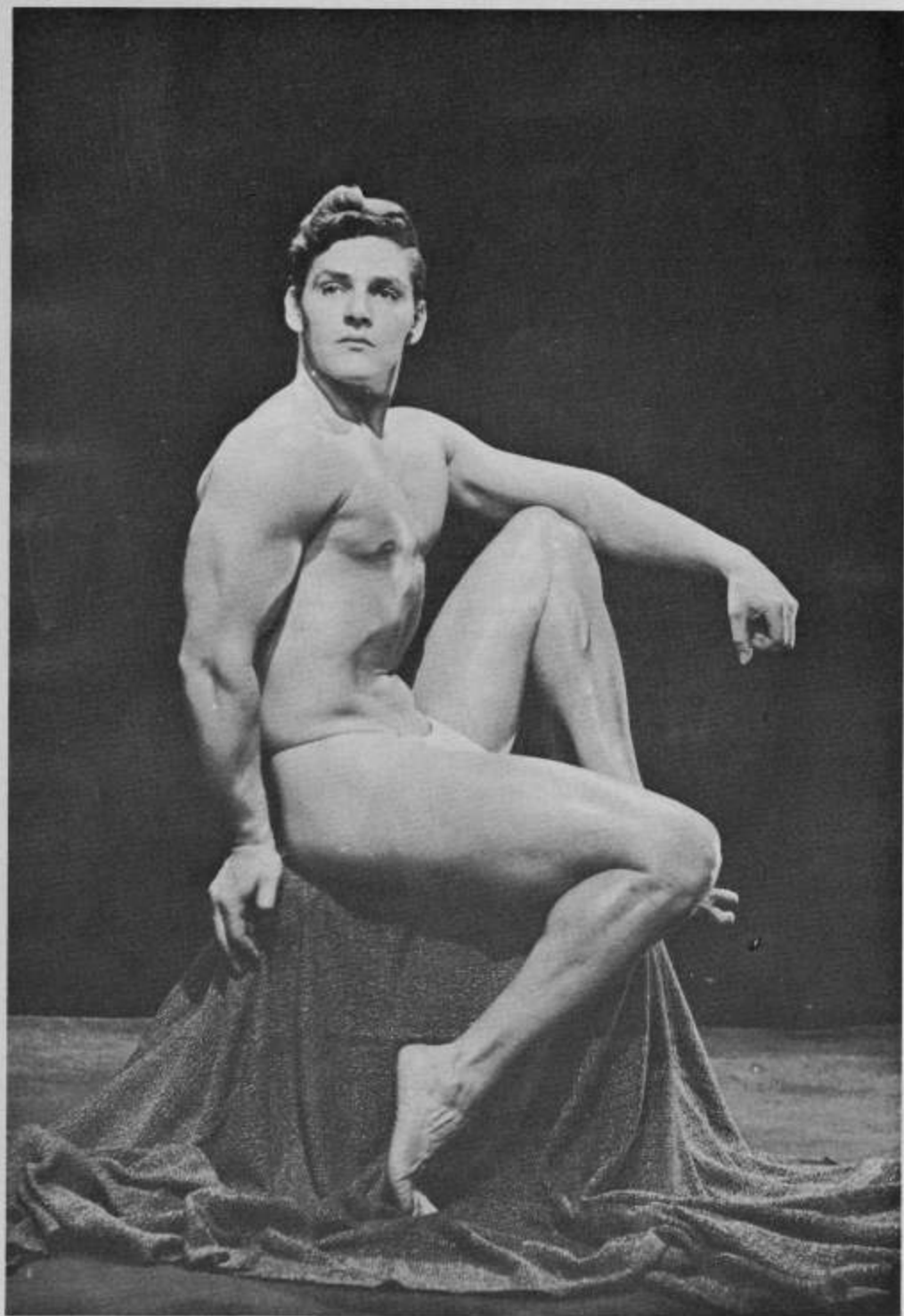
Another tip. Keep a weekly record on your dimensions of chest, neck, arms, thigh, waist and calves. We are sure you will be greatly impressed with the figures after a few months.

TWO ARM CURL begins by holding barbell (underhand grip) in front of thighs, then raising it to a point in front of your shoulders. At this point, keep moving your elbows up until they are pointing directly ahead of you. Reverse the procedure and begin again. Start by doing ten reps with about 30 pounds. When you find you can do a dozen reps, add five pounds and go back to doing 10 reps.



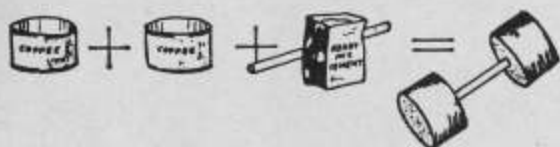
WRESTLER'S BRIDGE (left) is a good neck and back developer, but should be used with moderation. Start with no weight, then use a bar alone, and then add light weights gradually. Lie on your back with bar on chest, feet flat and knees bent at right angles. Push bar up slowly to arms length as you roll up on top of your head. Then immediately lower bar to chest, lower body to floor . . . and repeat.





A classic study posed by Harold Cooley for Jack Sidney of Brooklyn, New York.

Build Your Own Barbells



On a budget? You can still go into weight training with real weights without shelling out a small fortune for glossy, impressive steel and iron models.

These home-made versions of the barbell and the dumbbell may lack something in esthetic appeal but they can be just as heavy and efficient. After all, your muscles won't know the difference.

The diagram above shows all that goes into making a dumbbell that weighs about ten pounds. Drive nails through the center of the bottom of two coffee cans. Then, nail the cans to a heavy wooden dowel—one at each end. Fill one can with cement and wait until it hardens. Then turn the half-finished dumbbell over, supporting the heavy end with a chair, and fill the other can with cement.

You can get such dowels at hardware store for pennies—that is, one about a foot long. The same goes for the ready mix cement.

After trying your skill with dumbbells (you'll want to make two of them, of course) progress onto full-fledged barbells.

The only difference in making the latter is that you'll need larger cans and an iron bar instead of a dowel. A one inch gas pipe is suitable. You can't use nails, naturally, so you must have some way to support the pipe in the can while the cement is hardening.

As a concession to appearance, you can make the completed job look better with a coat of black paint.

DID YOU KNOW . . .

By Tom Morgan

That the first "perfect man" in the United States was Al Treloar of Los Angeles who was so selected in a contest sponsored by McFadden in 1903 . . . ?

Also to be added to a compendium of useless but interested information—man has 638 muscles but the little caterpillar has **FOUR TIMES AS MANY!**

The one arm planche is considered by most physical culturist and body builders as the epitome of dexterity, balance and skill. We'd like to hear of anyone who has held this position for longer than one minute.

There still is no substitute for proving the value of progressive exercising in the feat of lifting a calf every day until it becomes full grown. Even the most vocal of scoffers is convinced when he sees a man lift a full grown bull and then caps the performance by walking over a stile with the animal on his shoulders.



Books for Body Builders

Famous American Athletes of Today

235 pages of biographic sketches of outstanding athletes in virtually every phase of athletic endeavor. Compiled by F. E. Whitmarsh and published by L. C. Page Company of New York—\$3.95.

Modern Judo

This is the 4th Revised Edition of the most popular manual on the subject and is published by the Military Service Publishing Company of Harrisburg, Pennsylvania. Profusely illustrated. \$5.00.

BE WISE! Advertise in GYM
Your best buy for
an eager and loyal
readership.



THE OLD SCHOOL

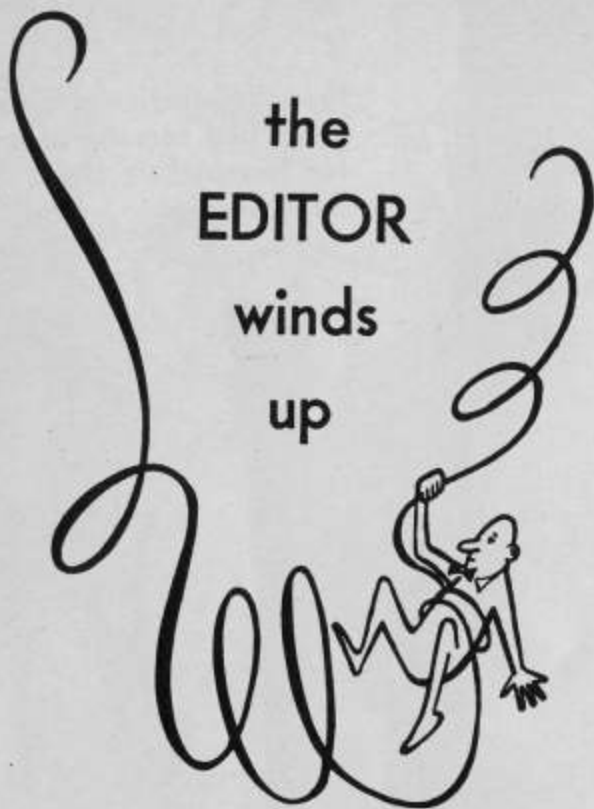


THE NEW SCHOOL

George Mastics of Cleveland poses in a Tarzan-like setting for this picture by Kent Studios.



the
EDITOR
winds
up



Herewith is the first issue of GYM magazine with its new size, format, and editorial content. We sincerely hope that it meets with your approval. Your comments are earnestly solicited and will be reproduced, insofar as space permits, on the facing page where we hear from First Class Males.

The past month has seen this editor so busy with administrative details and production matters relative to setting both GYM magazine and its brother publication, VIM, on a new improved editorial course that, as a result, we have not been able to keep our car as close to the ground for news of body building news as we would like. Hereafter this deficiency should be corrected to a large degree but we would like to take this opportunity to ask our readers to send us such reports on body building and weight lifting events as occur in their areas.

We would like to comment on two different contests that we had the pleasure of viewing recently. One was the 9th annual YMCA weight lifting championships that were held in the beautiful quarters of the Aurora, Illinois YMCA. Under the guidance of Joseph Beczkowski, chairman of the national committee, and assisted by Clarence Johnson of Detroit, Stuart McDonald of Chicago, and James Thompson of Aurora, on the championship committee, an excellent group of young men participated in events ranging from the 123 pound class to the heavyweights. There were a total of 42 entrants with contestants coming from as far as Birmingham, Alabama (Don Quinn) to Pontiac, Michigan (Gary O'Neil).

We were most impressed with Don Cousino of Toledo, Ohio, the winner in the 165 pound class and Clyde Emrick of the Irving Park YMCA in Chicago. Both boys show tremendous potential.

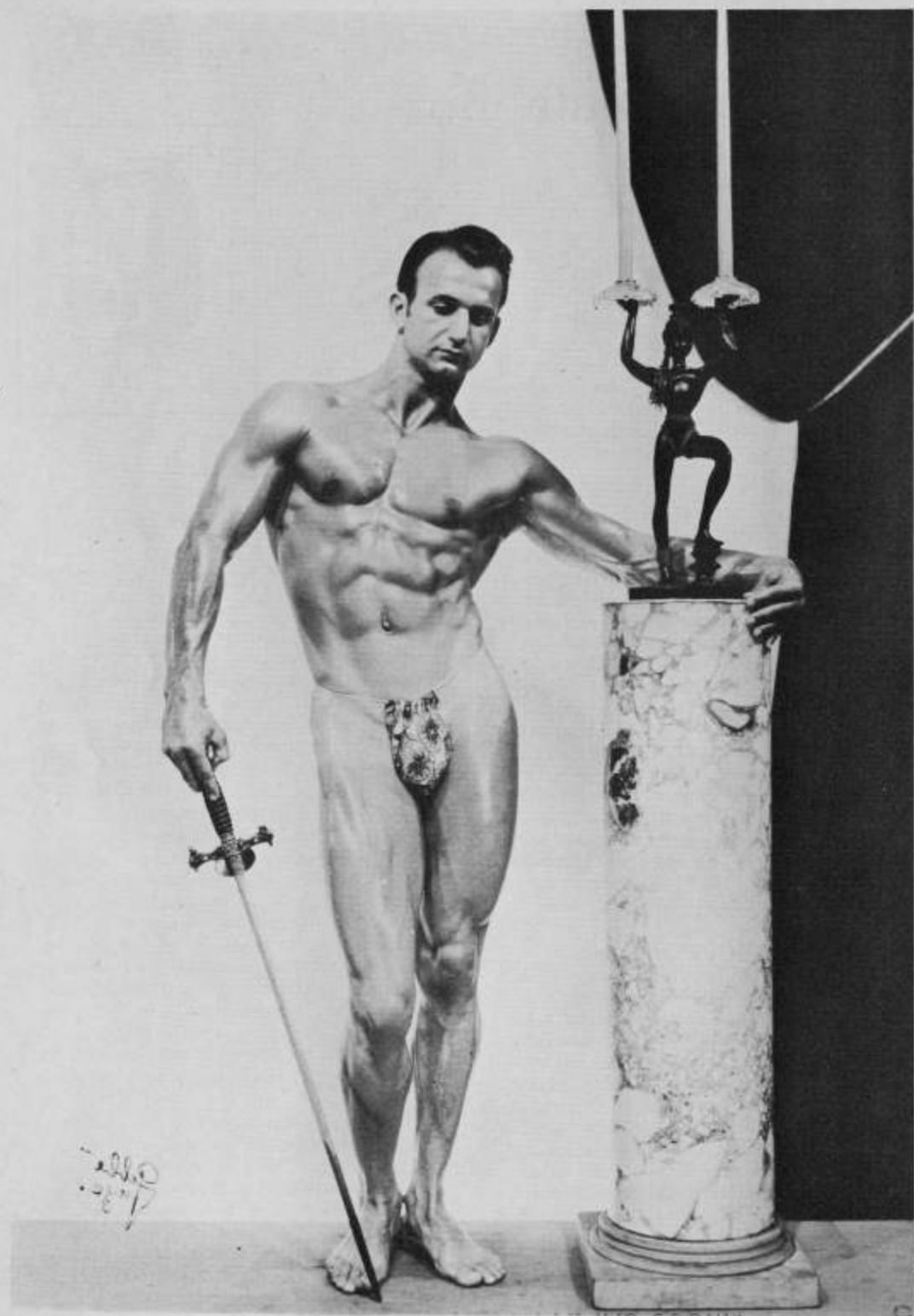
Saturday, May 2nd, at the Perry Lakin Gym, was held a "Mr. Man" contest that enabled nearly fifty entrants to exhibit their excellent physique gained, in the main, through rigid adherence to the best principals of exercise and diet. The winners are detailed on pages 38 and 39.

It probably would be wise for us to interject a note for the special benefit of our regular readers — both those who are subscribers and those who purchase GYM and/or VIM magazines on the stands. BOTH publications are now monthly and will be off the press by the first of the month prior to the cover date. This means subscribers will be getting their copies in the mail by no later than the fifth of the month while stand copies will probably be on display around the tenth of the month. If for any reason, and we wish to emphasize this, that you do not receive your subscription copy promptly according to this schedule or do not find the new issue on your favorite stand according to schedule, send us a postcard and your editor will drop everything else to see personally that you get your copy pronto!

Upcoming in our next issue, the July GYM, will be several features that we feel will be of great interest to all readers. An excellent and authoritative writer, Carlson Wade of New York City, will begin a regular series on proper diet for body builders. His advance manuscripts shows us that he cuts away all the malarkey that is commonly printed on this subject and with facts backed by even more facts PROVES the merits of his recommendations. It's must reading for the enthusiastic body builder! Also next month starts a fine series of informative articles on aspects of the male sex life. Prepared after exhaustive research and utilizing much of the case history method of relating the data, you will find startling and little known facts about sexual activity by males including an exceptionally exciting story about a young man who was cursed, or blessed — depending upon the viewpoint, with bi-sexualism. It's an exclusive in GYM magazine, your outstanding magazine for males.

The Male Box





Above is Martin Gagliano in artistic setting photographed by Gebbe, New York. At right, Bill Gieskieng in outdoor scene by Western Photo Guild.



