

*Tomorrow's*  
**MAN**

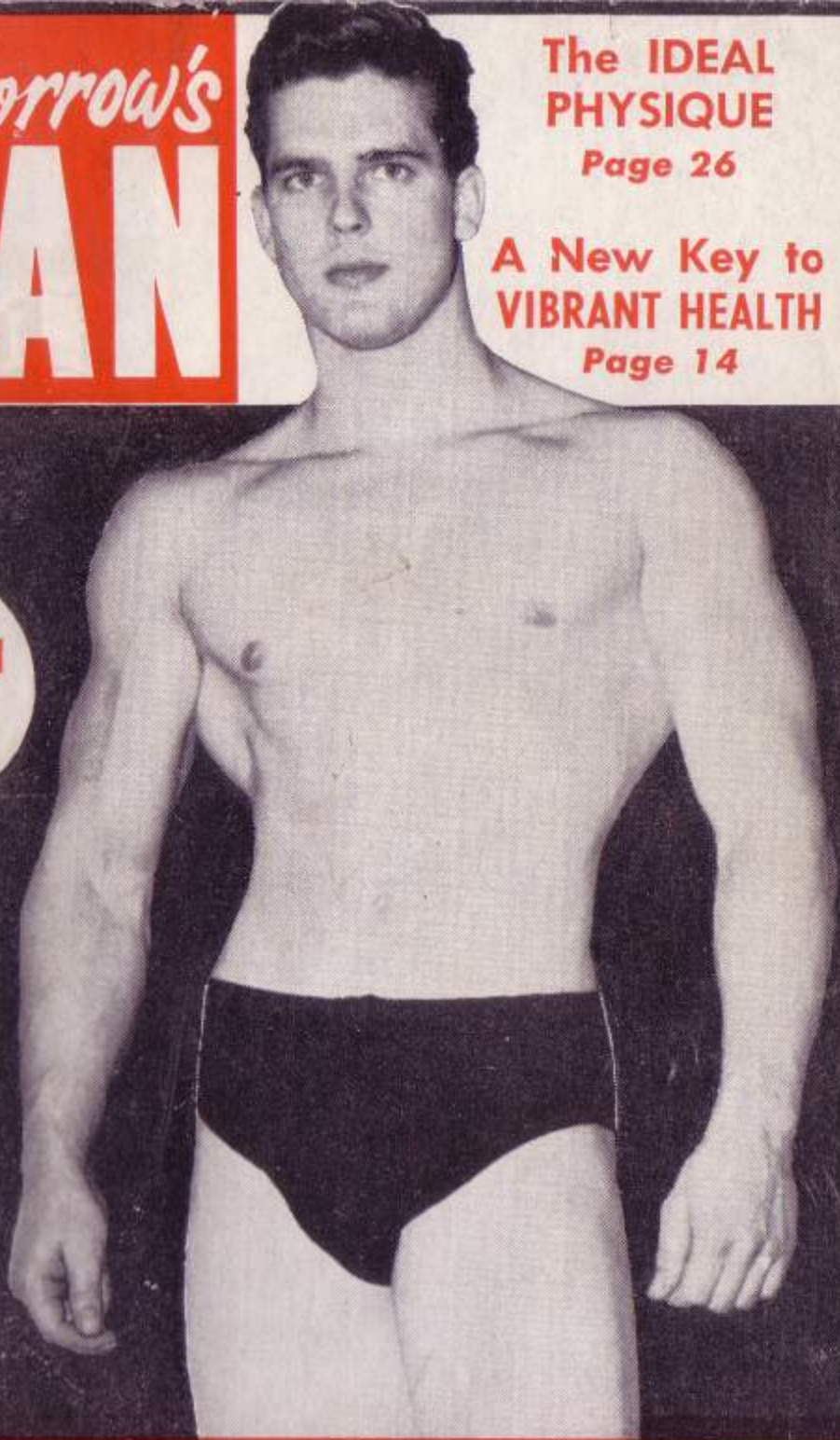
The IDEAL  
PHYSIQUE

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A New Key to  
VIBRANT HEALTH

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MARCH  
20c



**A New Approach To Bodybuilding**



# Ideals

"... RISE ABOVE  
ONE'S SELF,  
NEVER  
ABOVE  
OTHERS."

JULIA WARD HOWE

THE other day I was talking with a fellow who had been in the iron game for over twenty years . . . and we started comparing it with other sports. The main factor that set body building off from the others, we agreed, was the type of competition involved.



It was my friend's conclusion that body builders were among the best sportsmen in the field of athletics because of their peculiar sense of competition . . . *the body builder is competing with himself more than he is competing with others.*

If he doesn't win a contest, he emulates the training methods of the winner. Instead of wasting time yelling he was "robbed," he does something constructive. There are exceptions, of course, but fortunately most body builders are not of the crying breed.

*The real body builder "rises above himself." He sets up an ideal and strives to achieve it. Every man's ideal is not the same, but every man should have some ideal, some goal to aim at.*

Consider your own ideals . . . plot your course . . . determine where you want to go . . . what you want to be. It's important, because "you will become as small as your controlling desire; as great as your dominant aspiration."





## ◁ Why So Sad?

see page 22

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# Tomorrow's MAN

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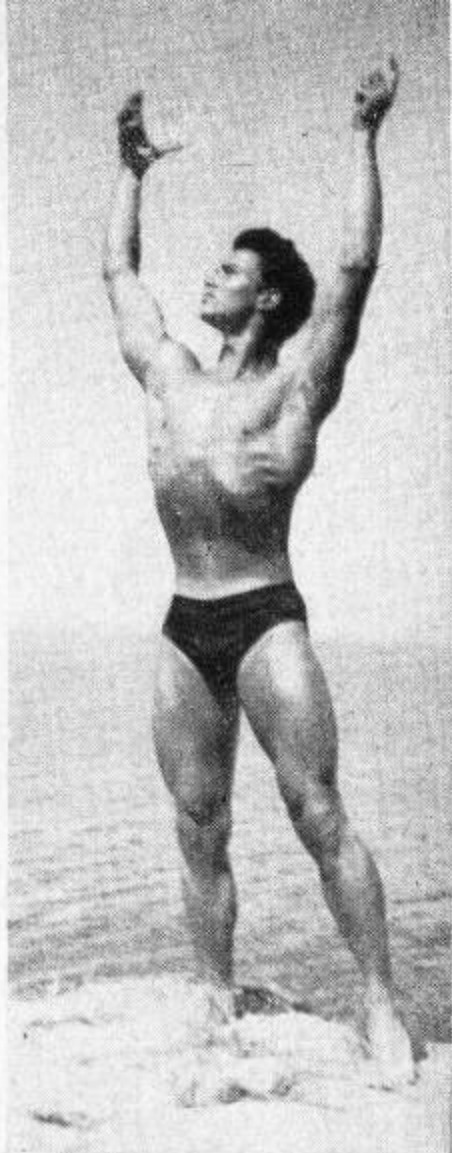
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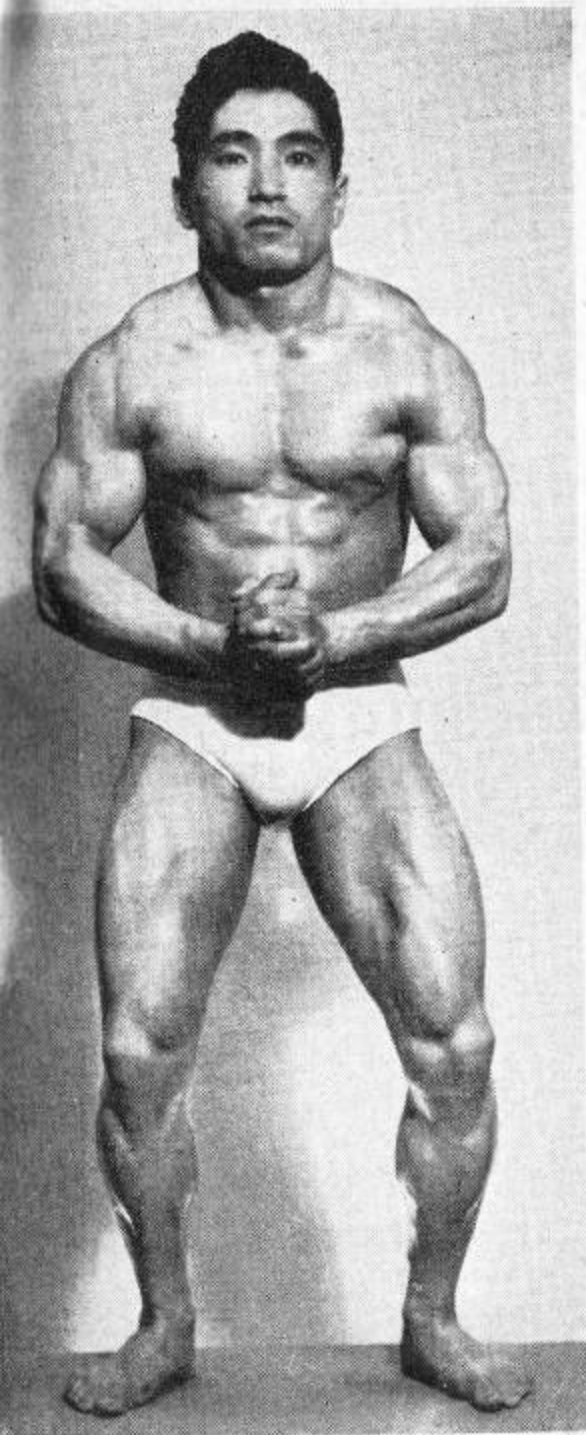
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“... I was very proud and pleased to see my picture in the first issue of TM. I was pleased with your magazine in general. You have so much more to offer than all the other magazines that you should succeed. I dare say that, except for the set system, you have the only really new thing

---

**YAS KUZUHARA**, the immaculately muscled winner in the Class C competition of last year's "Mr. World" show, is aptly depicted here in a superb study by the master photographer, **AL URBAN**. Definition like this is hard to surpass, and Kuzuhara was compared with the highly vaunted John Grimek during the show.

Yas is quite a figure in the body building world. Among his titles and triumphs are: "Mr. Chicago YMCA 1947," Illinois State Weight Lifting Champ in 1944, '45, and '52. He won the Junior Nationals in 1944.

### CHARTER SUBSCRIBERS!

This March edition of TM is the first of the 12 issues for which you subscribed. The first two editions were sent to you with our compliments.

to offer body building in the last twenty years.

I can hardly express my thanks for the gains your protein tablets gave me . . . especially after 7 years of failure with weights alone.

If any body builders wish to reach me, I'll appreciate a letter. The address is: Pvt. Frank Cuva, U.S. 27 057 596; Battery A, 932nd FA Bn.; 31st Inf. Div., Camp Atterbury, Indiana."

FRANK CUVA

**"I would like to order four pounds more of your Hi-Protein Food. I have used four pounds already and have gained 10 pounds."**

**RONALD DeMEGLIO**  
S. Norwalk, Conn.

"Thanks for your speedy delivery of all my orders. I am also glad that I now use "Johnson's Hi-Protein Food." I gained 19 pounds in twenty-nine days!"

**GEORGE BARRY**  
Rego Park, N. Y.

## SIT UP to Better Health

We received so many excellent comments on one of last month's exercises which could be performed without weights that we are following through with another.

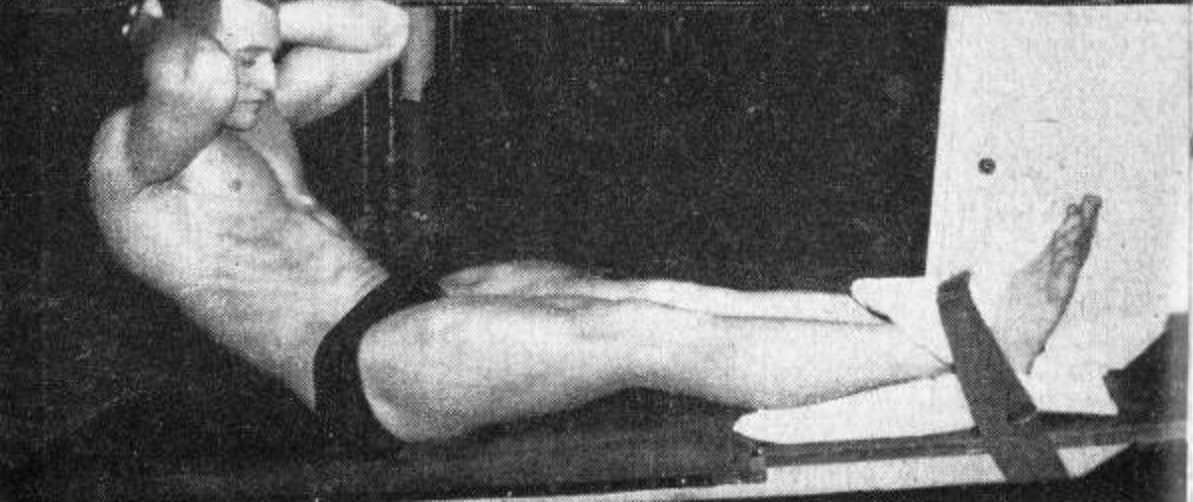
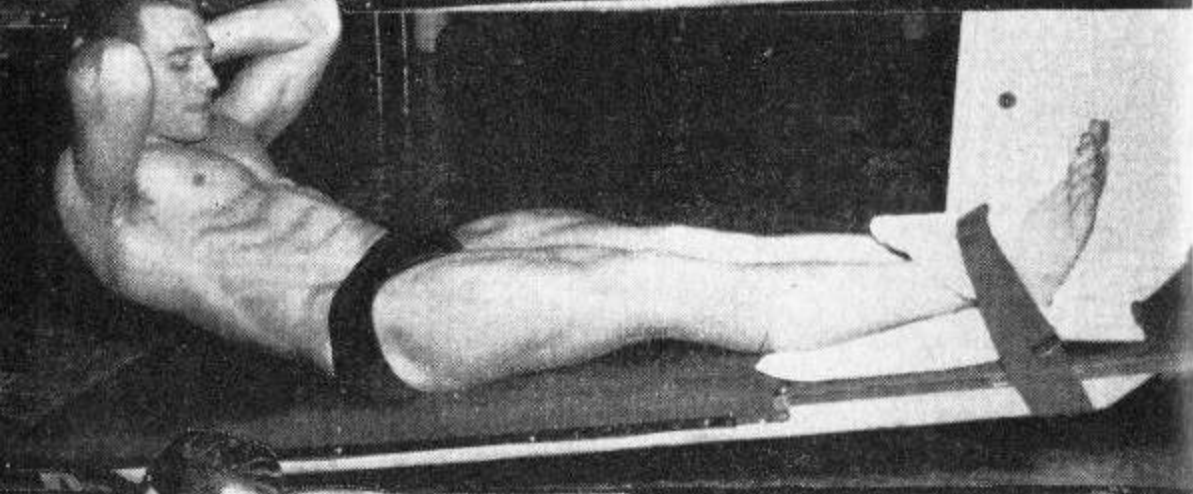
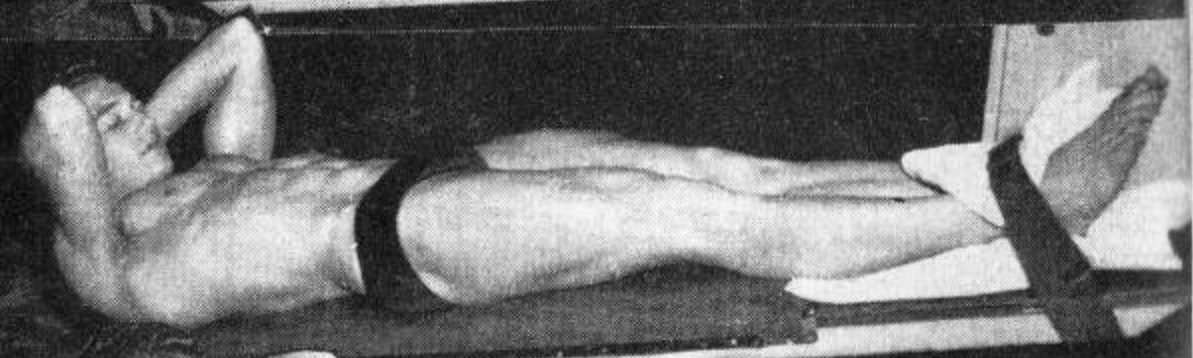
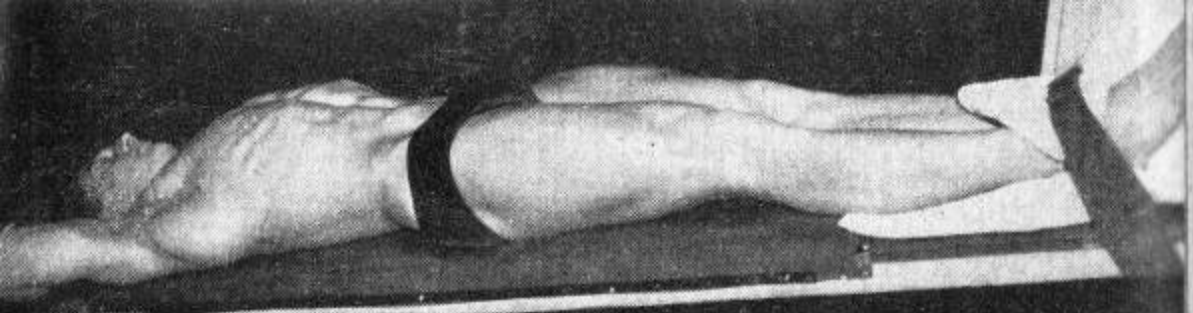
Like the pushups between benches, the situps require no weights. If an incline board is available, you will find it helpful. However, it is not vital to the performance of the exercise. You can do the situps on the floor with your feet anchored under a bureau or bed.

Situps are an extremely good exercise for developing the abdominals . . . give the trunk of your body a firmness and muscularity that is not only eye-appealing, but beneficial as well. Strong abdominals prevent inner vital organs from sagging out of place, and keeps the physique in trim shape.

It isn't a complicated exercise and you'll be surprised at the speed with which you'll notice results.

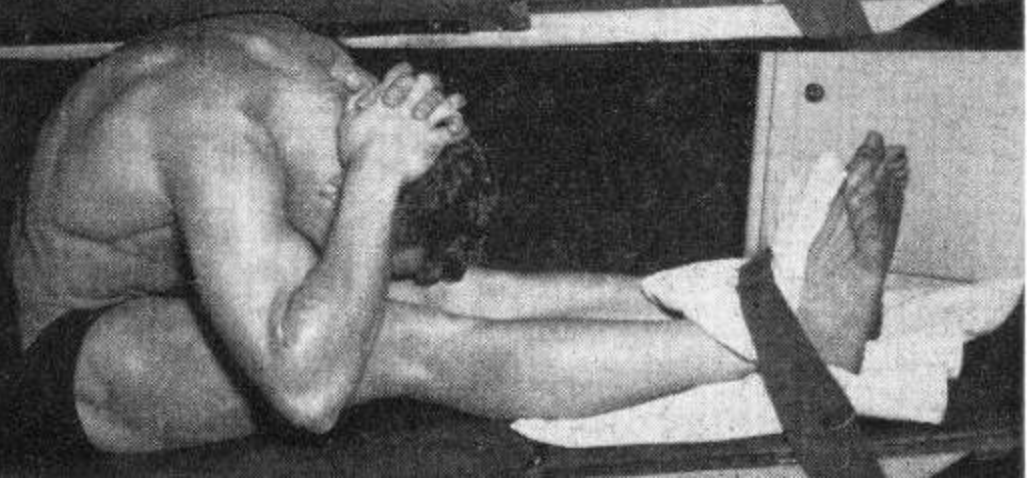
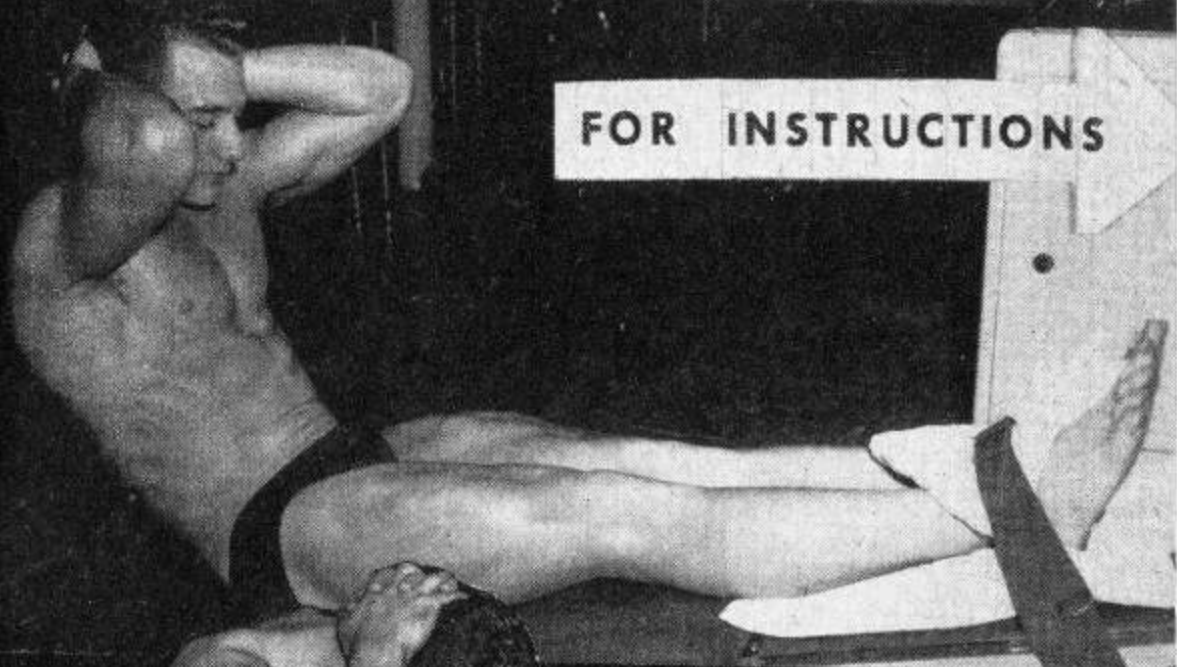
On the following two pages, Hank Miller, "Mr. Illinois 1952" shows you the correct method of doing the situps for best results. Complete instructions follow.







FOR INSTRUCTIONS



# How To Do SITUPS

(See Previous Pages)

This exercise is done in a smooth, flowing manner. It is not a series of jerky movements from one position to the next.

Lie on an incline board with your feet under a strap. Your feet should be about 6" higher than your head.

Clasp your hands behind your neck and begin pulling your upper body forward.

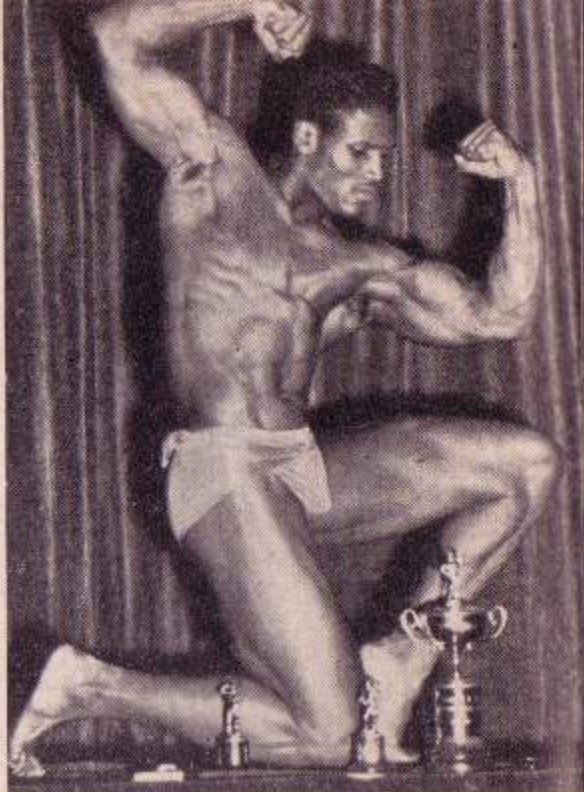
Bring your elbows forward, then the head and shoulders.

Keep the upper body moving forward until your elbows come down over the knees.

Keep rolling the upper body up and back . . . inhaling when you're lowering the body, exhaling when you're raising it.

Pause slightly when you reach the last position (elbows on knees), but **DON'T** pause to rest when you're lying flat on the board.

You can do this exercise every day if you wish. Do the exercise until you are comfortably tired, but not until you are completely fatigued. As your abdominal muscles become stronger, you will be able to perform a great many more.



This flash photo by FRANK GIARDINA shows the winning form and physique that captured the coveted "Mr. New York State" title for ARTHUR HARRIS.

Harris is beautifully muscled, has the grace and symmetry of form that the winner's platform demands.

A representative of the Bronx Union Y.M.C.A., Harris also won top honors in the "Best Back" and "Most Muscular" subdivisions.

For another of Harris's poses, see the studio portrait on page 38.



## HARRIS WINS "MR. N. Y. STATE"

One of the high spots in winding up the 1952 volume of iron game history was the selection of **ARTHUR HARRIS** as "Mr. New York State—1952." Harris, who trains at the Bronx Union Y.M.C.A., also captured first place in the sub-divisions, "Best Back," and "Most Muscular."

Also on the winners' platform were **Elmo Santiago**, second; **Ray Jiminez**, third; **Len Peters**, fourth; and **LeRoy Colbert**, fifth.

Colbert, of the Goldberg Gym, also won "Best Arms" and "Best Chest" while Santiago, of the 161st Street Bronx Jr. YMCA won "Best Legs."

During the weightlifting portion of the show, **TOM GURSKY**, of the Adonis Athletic Club, won the trophy for outstanding lifting . . . the trophy being donated by the show's sponsor-host, the McBurney YMCA.

Weightlifting contestants and their totals are:

**HEAVYWEIGHT:** TOM GURSKY, 845; JIM PAPPAS, 835; FRANK MILANO, 815.

**198 POUND CLASS:** FRED BRYCE, 805; ADAM SWIRZ, 770, AL BROCK, 725.

**181 POUND CLASS:** JIM

FONTRY, 750; BILL PUIE, 725; STAN CHEIFETZ, 695.

**165 POUND CLASS:** St. CLAIR WARNER, 775; JOHN AUTUORI, 645; TIMMY MACHAUER, 640.

**148 POUND CLASS:** HAROLD MOSER, 670; ARTHUR BUTZ, 650; ED REMILLARD, 645.

**132 POUND CLASS:** MARTIN GAGLIANO, 600; HANK GALIANO, 590; GENE GULLO, 560.

**123 POUND CLASS:** VICTOR RODRIGUEZ, 565; ISAAC BERGER, 490; and BOB LARIMER, 470.

An interesting sidelight on Gursky is that he is a disabled veteran of WWII. He received a number of shrapnel wounds during fighting in Italy.

Gursky and second place winner Jim Pappas are always beating each other by 5 pounds. Pappas beat Gursky three times in 1952; Gursky beat Pappas 3 times in 1952.

**Dr. Hy Schaffer's Adonis Athletic Club** won the team trophy donated by Edward Sweetman. Not satisfied with this victory, Schaffer is looking for new weight lifting talent to bolster his team. Eager applicants should phone Hy at Dickens 2-2825 or visit the club.



Only the **BEST**  
is Good Enough . . .

**Irvin** Johnson's  
**HI-PROTEIN  
TABLETS**

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

Minimum Protein 86%  
(Nitrogen 11%)

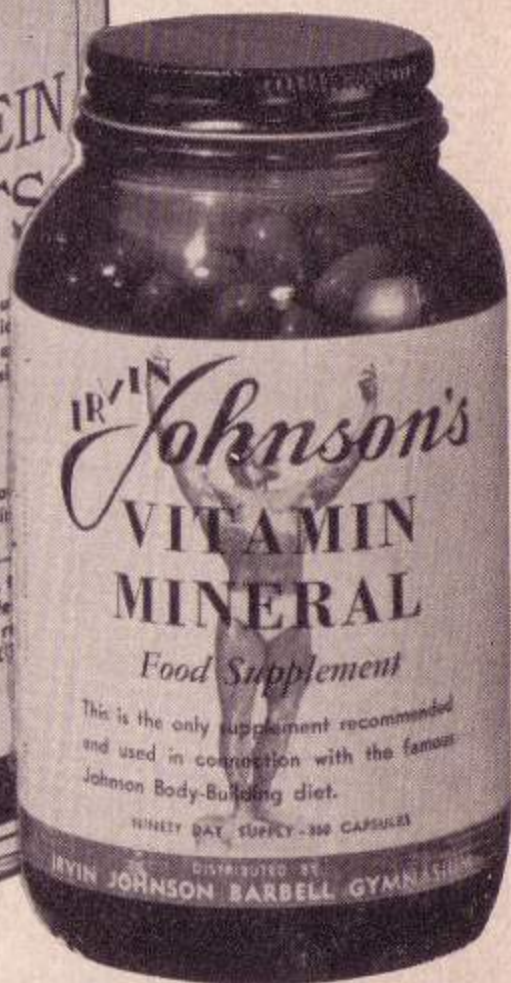
Ash 6%  
Moisture 8%

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

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

This product contains no salt (sodium chloride.)

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



DISTRIBUTED BY  
**IRVIN JOHNSON BARBELL GYM**

**IRVIN JOHNSON'S \$\$\$-SAVER SPECIAL** 



**. . . for bodybuilders who want to get the most out of their training.**

Sure, there are cheaper "high protein" food supplements. They are cheaper in more ways than one . . . cheaper in cost . . . AND in quality!

But for **MAXIMUM GAINS**, real quality counts. You get this quality in the original **IRVIN JOHNSON'S HI-PROTEIN TABLETS**.

These easy-to-take tablets contain **86% PURE PROTEIN**, plus the vital amino acids which aid in protein digestion.

If you have difficulty making gains, you may not be digesting the proteins you eat. The freed amino acids in the original **JOHNSON'S HI-PROTEIN TABLETS** help put protein to work, building a stronger, huskier body.

**Johnson's HI-PROTEIN TABLETS** are a major food supplement used by the famous Johnson "Before and After" cases. They played an important part in the nutrition program followed by Jim Park, 1952's "Mr. America" and "Mr. World."

But whether you're a "Mr. America" or just "Mr. Average Man," you owe it to yourself to test this amazing body building supplement.

Used and recommended by body builders all over the world, **JOHNSON'S HI-PROTEIN TABLETS** give you vital muscle building protein in its most useful . . . most convenient form. No fuss or bother . . . no powders to mix. Carry them anywhere.

250 of these "miracle tablets" costs only \$5. Order today . . . and start getting real results!

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

Please send me: ( ) 250 Hi-Protein Tablets . . . \$5.

( ) 525 Hi-Protein Tablets...\$10. ( ) 1100 Hi-Protein Tablets..\$20.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

ZONE \_\_\_\_\_

STATE \_\_\_\_\_

**THIS MONTH'S BUDGET STRETCHER!** With every order of 250 tablets, you can get a 30 day supply of Johnson's Multiple Vitamin Mineral Supplement (regular \$4) for only \$2 extra. You save half the price!

For orders of 525 Hi-Protein Tablets, you get the \$4 bottle for only \$1 extra. For orders of 1100 Tablets, you get the \$4 bottle **FREE—WITH THIS COUPON ONLY!**

**CHECK HERE** ( ) if you wish to take advantage of this month's special combination offer. (Enclose \$2 extra if you order 250 tablets. Enclose \$1 extra if you order 525 tablets.)



# THE *Truth* ABOUT *Food Supplements*

*There has been so much loose talk about food supplements lately, that there is a danger of becoming so lost in the forest of facts and propoganda that we won't be able to find the trees . . . the simple basic truths about these miraculous food concentrates that have produced such wonders in rapid body development. This little forum has been designed to clear away the "underbrush" on this important health foods question.*

## **JUST WHAT ARE FOOD SUPPLEMENTS?**

They are nutriments in concentrated form. They were developed because the body needs many elements which have been removed from our modern foods. Supplements do not replace your regular meals . . . they are taken in addition, to give your body the materials it needs to do a good job of cell construction.

## **WHY DO WE NEED SUPPLEMENTS?**

A big question . . . and a big answer. The human body is a complex machine. The food you eat is changed into substances which enable your body to live and grow. Your food is used to give you energy, replace body cells, heal your wounds, and keep your glands in shape.

What you are, therefore, depends on what you eat. A few years ago, the "correct diet" meant a certain balance of starches, fats, and proteins. But then medical science discovered that there was a great deal more to correct eating. The right balance might be eaten . . . but if it were not digested and used, it could not bring good health.

For instance, it was discovered that glands do not operate efficiently if they are not supplied with *enough* of the *correct* vitamins and minerals. The thyroid gland, for example, does



HOW WILL THEY HELP ME?  
EXPENSIVE?  
DO I NEED THEM?  
WHAT ARE THEY?  
HOW ABOUT TASTE?

not function properly with insufficient iodine. More research indicated that most Americans suffer from some sort of diet deficiency. In fact, the U.S. Department of Agriculture announced that 3 out of 4 Americans were not getting the right kind of nutrition. Why? First, poor farming methods and worked-out soils were producing foods which were low in mineral content to start out with. Second, much of the nutritive values of our foods is lost during processing, shipping, storage, freezing, defrosting, cooking, and so forth. All of these factors suggest that some form of supplement is needed to bring nutrition up to par.

## DO I NEED FOOD SUPPLEMENTS?

Maybe you don't. Probably you do. Surveys show that people are worse off (nutritionally speaking) than they realize. This is mostly due to the fact that deficiencies are deceptive. You don't notice the need until a deficiency disease strikes.

Selective Service reports, for example, revealed that there were startling percentages of "rejects" who were stamped "4-F" because of poor teeth, eyesight, muscular response, nervous system and glandular troubles. Most 4-F's were somewhat surprised to discover their weaknesses, many of which resulted from deficiencies in diet.

## HOW DO I KNOW IF I'M DEFICIENT?

You probably won't know until an outward sign shows up. But instead of a definite deficiency (which would leave no doubt in your mind about its existence,) you may be a borderline case. Body cells are constantly changing, and your body is constantly adjusting itself to the food you give it. If the

TURN TO PAGE 46

When we first met **ADA ASH**, we thought she was (1) charming, (2) vivacious, and (3) attractive. She is indeed all three, but we were really surprised to find that she is the female half of the famous team of:

## Mr. and Mrs. **WRESTLING**

by **ADA ASH**

**B**EING a lady wrestler may not be the life goal of every red-blooded American gal, but I wouldn't trade my work or my life for anything.

I've had more than my share of cut lips, bloody noses, and broken ribs, but I still love the game . . . even after gaining the dubious honor of being the only lady wrestler with *two* cauliflower ears!

Best of all, I'm married to a wonderful guy who is—what else?—a wrestler, and a top notch one, too.

I met **AL SZASZ** at a wrestling match, shortly after I became an amateur wrestler myself. (I was the only girl in a family of five kids, and I had to learn wrestling to defend myself! I also trained at the YWCA's and even wrestled men during my amateur days.)

I didn't start out to be a wrestler. It just happened. I wanted to be a musician and was well on my way to be-

coming a concert pianist when I got the wrestling bug. I still love music, but I love wrestling more.

My husband, Al, learned his wrestling at the Boy's Club and Kingdom House, both in St. Louis. He wrestled 4 years as an amateur and then turned pro. Among his professional titles are: Light-heavyweight Champ of California, Rocky Mountain Junior-Heavy weight champ, and both the Light-Heavy and Junior Heavy-weight championships of the Pacific Northwest.

Al is what they call a "scientific wrestler." Among his more informal titles are the "Rubber Ball of the Mat," and "The Boy with the Hydramatic Drive." Gorgeous George once complained that Al was grease covered because of the way he bounced out of one of the best holds on the repertoire of His Gorgeousness. Al wasn't

TURN TO PAGE 19

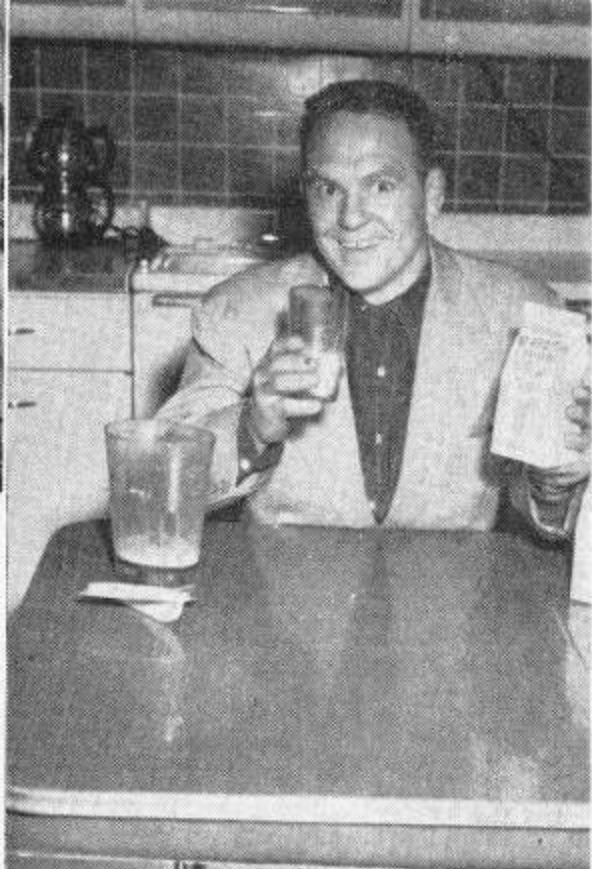




**LOOK, MOM! GLAMOR!**  
Here I am giving out with the toothpaste smile and the "come hither" look. Don't let the coy look fool you, though. Wrestling is a great weapon to ward off wolves.

Top Right is a picture of "my boss," AL SZASZ indulging in one of his favorite hobbies, eating. We're both hearty eaters. Get a load of Al's eyes after sipping some of Irv Johnson's Hi-Protein drink. We both use his supplements, but our favorite is the Hi-Protein food. It's delish!

Right: Irv and I are in perfect agreement about the importance of nutrition in health. But what's a side head lock among friends? More pictures on the next page.





Dean Martin and Jerry Lewis do a little bicep testing in the top picture. Al and I met the popular screwballs in an airliner a few years ago when we were on our way to a wrestling match and they were enroute to a night club engagement. We had a terrific pillow fight. Lots of fun. Those two are really "good joes" in my book.

Below: Here we are in professional attire. Al, by the way, was once voted "Most popular wrestler on TV." The "AA" on my trunks are for my professional name . . . ADA ASH.



greased, but "the Toast of the Coast" was burned to a crisp.

Al and I are both all-around athletes. We're on tour most of the winter, but summers are spent mostly on our 40 acre farm in Missouri. Al loves to surf board and water ski. We both love to climb mountains, ride horseback and play baseball. Incidentally, I once played on a man's baseball team.

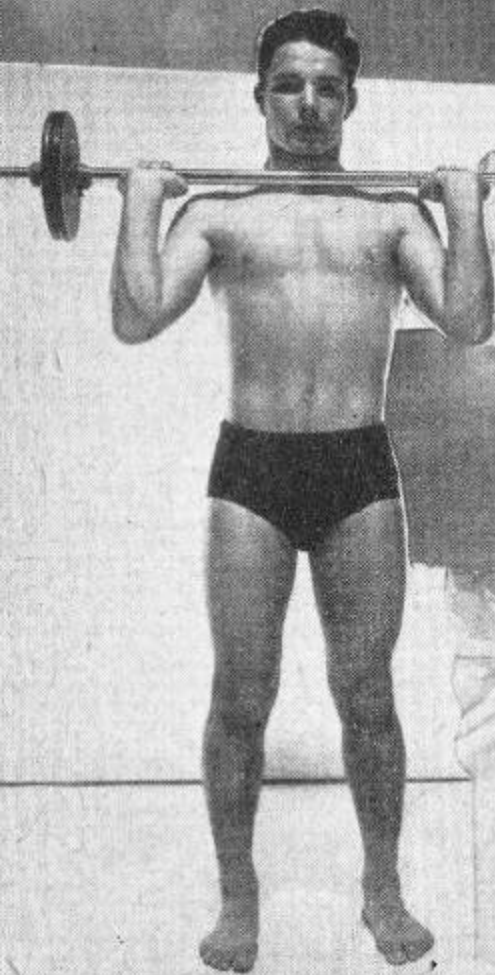
Of course, we both do barbell work. It gives us the strength we need to keep on the job. And eat? Both Al

and I have terrific appetites and I'm sure any doctor would find us both "disgustingly healthy." We both use diet supplements, of course.

Home life is pretty much like that of any couple. On the farm, we relax and keep in trim by doing the hundred and one odd chores necessary to keep it going.

Sometimes we try out new variations of different holds on one another and I guess we "let off a little steam" by throwing each other around the house.







# HIGH SCHOOL HERO

A sound mind in a sound body is the key to the active life led by **RON CZARNECKI**, 17-year-old Chicago athlete who is shown here in candid shots of an average day.

An all-round sportsman, Ron specializes in football and baseball for his alma mater, Lindblom high school.

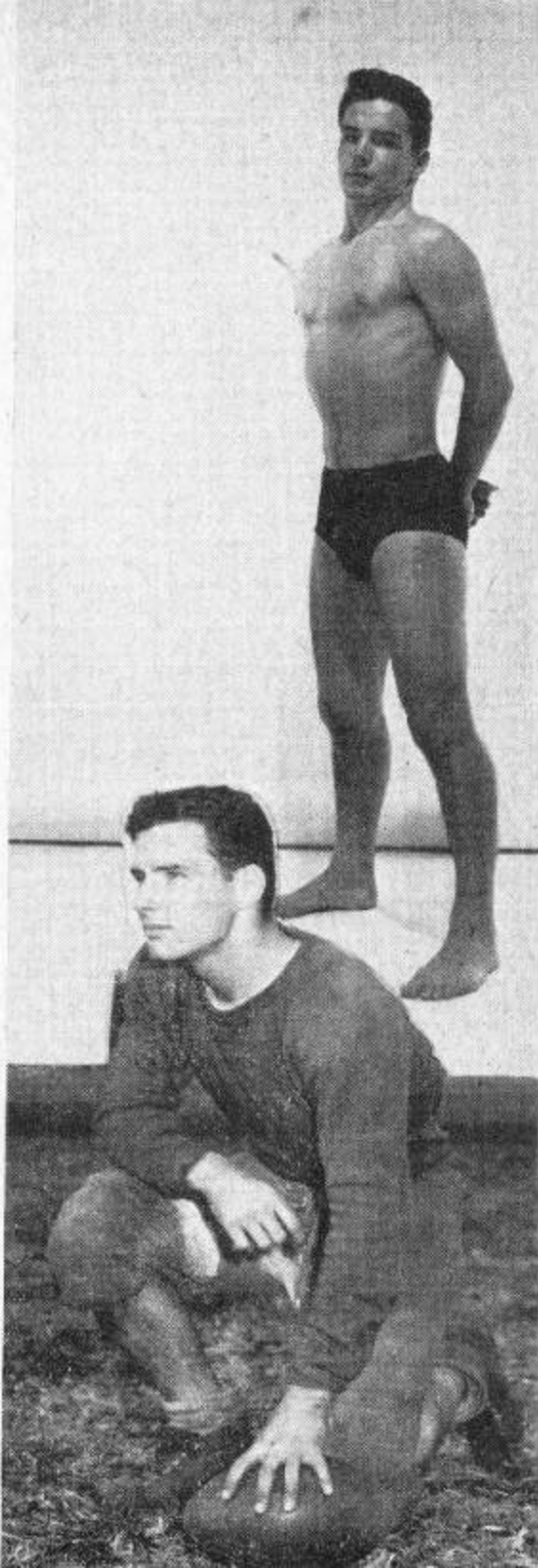
He's also an ice skating fan and takes an active interest in the weights.

Ron is a hearty eater, gets his share of big, juicy steaks. (He also supplements his diet with food concentrates to make sure he gets the body building nutrition it takes to keep a lively body going.)

School work is important, too, for Ron plans to get a degree in engineering . . . if he doesn't follow a career in sports.

And of course, he makes sure of a goodly amount of "sack time."

Good diet, plenty of exercise, and sufficient sleep keep both body and mind working at top efficiency.





## You'd Be Sad, Too . . .

. . . if you were the 13 year old boy pictured on page 4. This youngster had been trying to develop a husky, powerful physique for about six months. But he was following old fashioned "huff and puff" methods which did nothing but tire him out.

Just 35 days after he started the famous Irvin Johnson program of scientific nutrition and body building, he had put on 13 pounds of solid muscle, added 5 inches to his chest, and grew a half inch in height.

At left, you see him at the end of the concentrated health building program . . . a new man, with strong facial features, a more aggressive, self confident personality. His new found health also showed in his school marks and his athletic ability.

For information about this dynamic new system of body-building, why not invest 2¢ in a postcard and write IRVIN JOHNSON at 22 E. Van Buren St., Chicago 5, Ill. Just say: "I want to get the full story about your program."



## GYM SHORTS

By Bill Bunton

**Three Big Shows:** "Mr. Chicago," "Mr. Illinois," and "Mr. High School," are planned for March 22 "somewhere in Chicago."

For exact location, details, tickets and entry blanks, write: Body Builder Sport Shop, 1925 W. Division St., Chicago 22.

QUICK magazine, in its annual "prediction issue" for 1953, reported that "broad shoulders for men" were "on the way out" in the fashion world. We wish they had said "padded" instead of "broad." If it becomes unfashionable for men to have genuine "broad" shoulders, a lot of the boys around the gym will have to start reducing their deltoids.

"Mr. Brooklyn Central Y.M. C.A." is the title won by SAL INGUANTI in December's All-Sports Carnival. Second and third place winners were JOE NISTA and CHARLES GARONE, respectively.

JIM VICHICONTI, who held the title during 1951-52, gave a posing exhibition during the show which was sponsored by the Brooklyn Central Y.

Sometimes a mistake of one word can cause a whale of a lot of trouble. That one little word popped up in last month's issue . . . right on the cover! After the presses had turned out about 15,000 copies of TM, we discovered that the date was marked "January" instead of "February." The correction was made pronto. In order to prevent any delay in your receipt of the issue, the 15,000 were shipped per schedule . . . which explains why some of you received February issues while others received January issues.

YAS KUZUHARA (picture on p. 6) had a "hi-protein" breakfast in the Johnson Health Kitchen during his recent stay in Chicago. Yas, who placed 4th in the "Mr. World '52" competition and won the Class C "Most Muscular" division, spent the Christmas holidays with his parents. His father is a Chicago minister.



# Mr. Wisconsin

MR. WISCONSIN gets a hearty handshake from MR. AMERICA and MR. WORLD who are, of course, one person, the great JIM PARK.

PICTURE 2: Still shaking hands, this time with third place winner TED AUGUST. Second place went to JOHN KLEIN who waits his turn for congratulating the winner.

PICTURE 3: Here he is again, the winner, DON POL-LACK, showing the physique that won him top honors among body builders in "America's Dairyland."



In one of 1952's final physique shows, **DON POLLACK**, of Milwaukee, captured the "Mr. Wisconsin" title. It was a prize for which he had worked hard . . . training 7 days a week for six months previous to the show. Besides taking home the winner's trophy, Pollack also claimed the trophy for "Best Legs." His point score was 25. Runners-up were **JOHN KLEIN** with 24 points, and **TED AUGUST** with 22 points.

Klein, who lives in Kenosha, placed first in "Best Abdominals," second in "Best Arms" and "Best Legs," and third in "Best Back."

August, who is Wisconsin's lifting champ, is a former Golden Gloves boxer. Billed as the "Strongest man in the Mid-West," he military presses 285 pounds. (August placed third in "Best Arms" competition.)

**SYLVESTER SIMS** won "Best Arms" and was a place winner in practically every category. (He was second in "Best Back" and "Best Abdominals" and third in "Best Chest.")

Another double winner was **DEWAIN WEST** who won "Best Chest" competition and took third in "Best Legs." West is president of the show's

ponsor, the Milwaukee Weightlifting Club and is state lifting champ in the 181 pound class.

Other winners were George Wojnoiski ("Best Back" winner) and Ronald Feryer (3rd place in "Best Abdominals.")

Feryer, incidentally, is an 18-year-old high school student who has been lifting only five months. He placed third in the state lifting meet.

A highlight of the show was the surprise appearance of **JIM PARK**, 1952's "Mr. America" and "Mr. World." Park came to Milwaukee with **IRVIN JOHNSON**, who conducted a short forum on the importance of nutrition in body building.

The show was emceed by **BOB KNUTSON**, a heavy-weight lifter who holds the second place title in lifting, both in Olympic and odd lifts. Judges were Cliff Oettinger, assistant A.A.U. weightlifting chairman for Illinois and well-known physique photographer; Pat Graham, "Mr. Wisconsin of 1947" who is currently a mid-west wrestling star; and Irvin Johnson, of Chicago's famous Johnson Health Studio. Celebrated pianist Jack Nelson provided the musical background which kept the show rolling at a lively tempo.

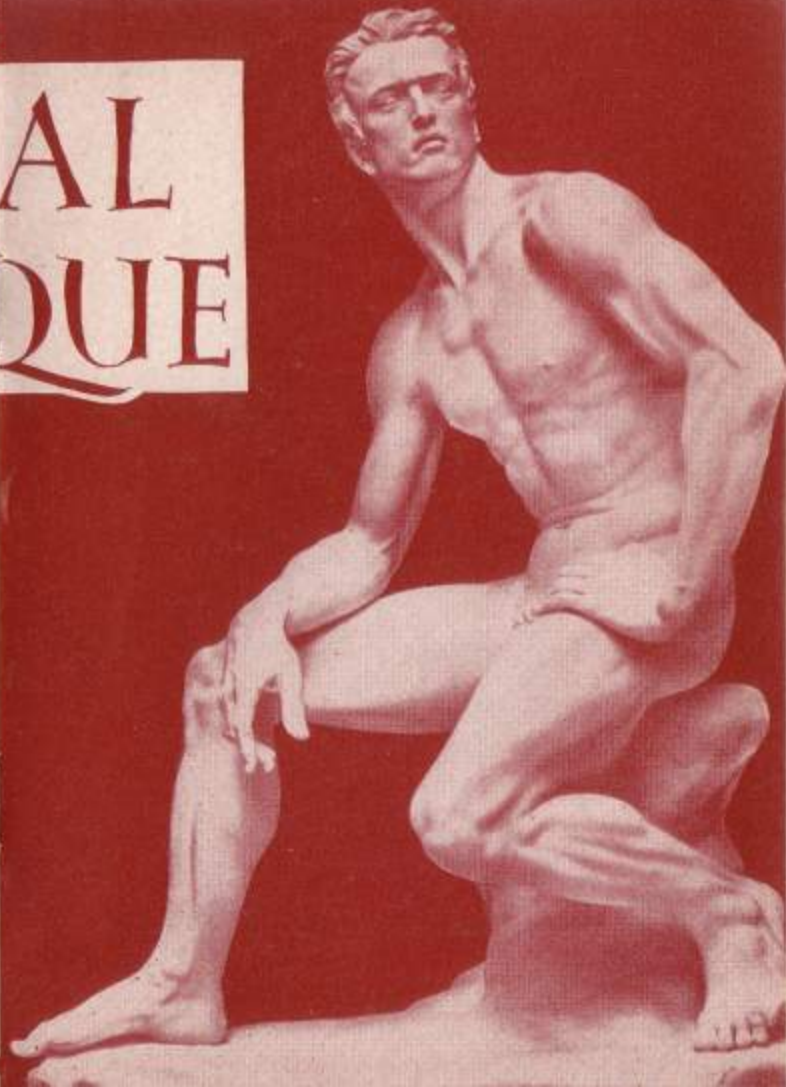
# The IDEAL PHYSIQUE

**T**HE IDEAL PHYSIQUE is the goal of every man in the body building field. To attain ideal proportions, physical culturists have tried every conceivable training method. They have "huffed and puffed" under great weights, gone on crazy diets, followed equally crazy fads, and . . . for the most part . . . failed.

A chief reason for failure (besides the fact that the methods followed were grossly ineffective) is that many, many body-builders do not realize just what the "Ideal" is! For years, the physical culture magazines have printed pictures of heavily muscled mastadons over the label: "Ideal." These muscle monsters have become the body builder's hero. Too often, however, attempts to follow the pattern laid out by the giants results in failure.

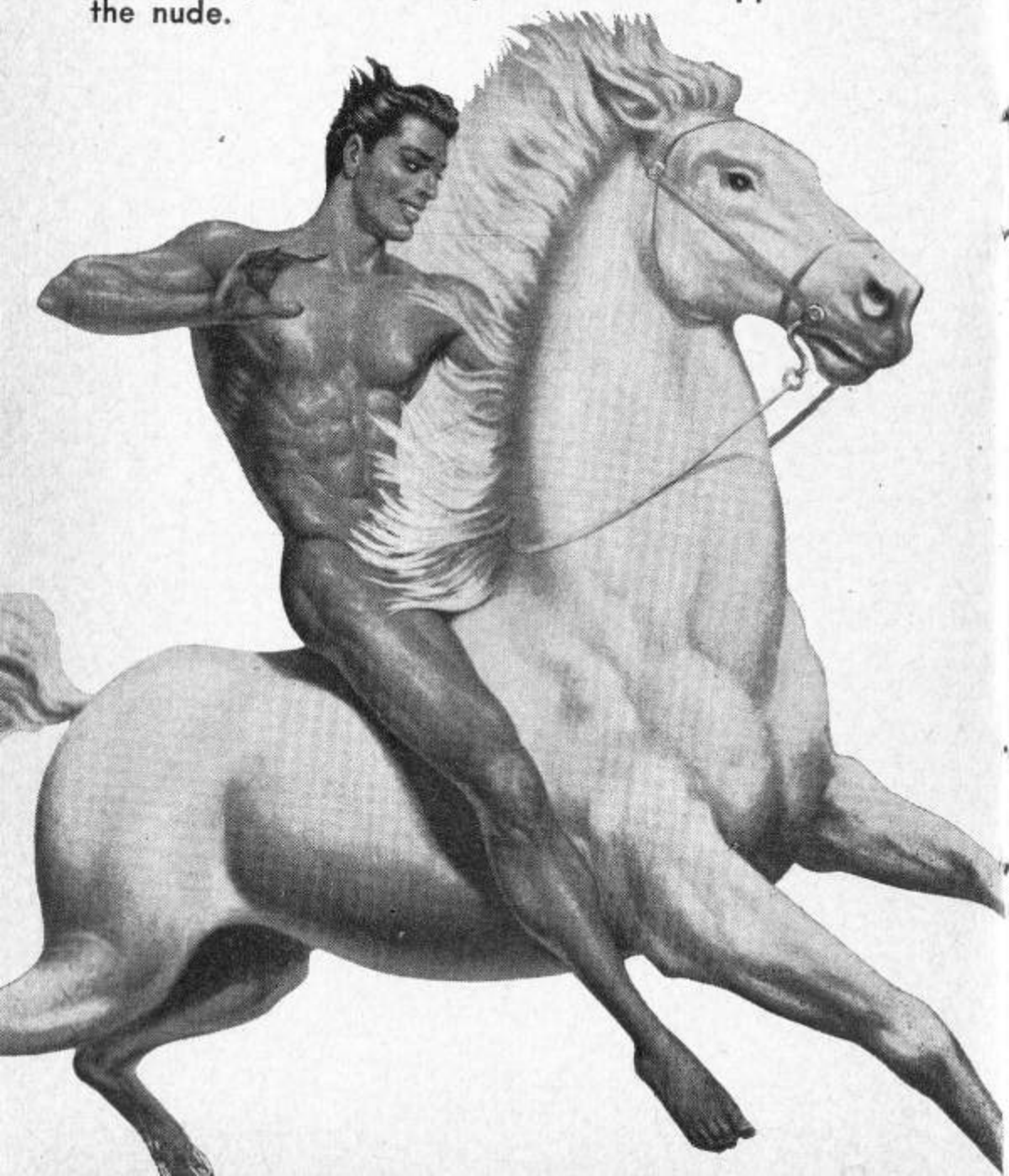
Naturally, there is nothing wrong in a herculean physique, but must this heavy type be *the* Ideal to be copied by one and all? It is like saying that all horses should be draft horses rather than race horses, show horses, etc.

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Ancient Greeks raised body building to a high plane . . . and every town had its own physique show. After "posing routines" in the city square, young athletes displayed their prowess by riding through the streets, leaping off and on their steeds. Greeks did not associate nudity with indecency, so contestants appeared in the nude.



## THE IDEAL PHYSIQUE—Continued

The dictionary tells us that the "ideal physique is an individual regarded as a standard of perfection." Yet, careful study of the physical culture heroes shows that many of them are not perfect at all. Many of them are more like grotesque caricatures of physiques, complete with drooping pectorals, bulky thighs, flabby waistlines and scrawny calves. Their bodies are collections of over-developed and under-developed parts.

**T**HE ancient Greeks, who developed body building to a science, would have laughed at these so-called "ideals." They looked upon the body as a whole . . . a complete picture constructed of many balanced parts.

They were interested in symmetry, and their chief interest was in even, all-around development . . . not in "Best Backs," "Best Abdominals," etc.

Extremes were avoided . . . no single body part was over-emphasized at the expense of another. When the Greek body builder found that a certain exercise marred the body in any way, he abandoned that exercise.

Today's body builder seldom practices this bit of common sense. If he finds a certain muscle responds well to exercise, he goes overboard. He specializes on that exercise . . . and the result is that he develops an unbalanced physique that is neither ideal nor attractive to the eye.

And speaking of "eye appeal," it is these muscle happy hulks who have become the symbol of the "iron game."

Strangers to the field criticize body building on the basis of these overdeveloped representatives of physical culture. It isn't always jealousy that moves a fellow to comment: "I certainly wouldn't want to have a physique like *that*."

No one wants to be criticized. Body building toward *truly ideal proportions* will produce a physique that is not only above criticism . . . it is an object of admiration!

In this article, you will find no "table of ideal measurements." The tape measure and the wall chart will never tell you what *your* ideal should be. Any standard list of measurements is, at best, a tabulation designed for an average man.

Since you are not exactly like any person on earth, your capabilities are not exactly the same as any other person. You

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Polynesian races from the Pacific isles have long been known for their smooth, muscular physiques. In this painting, by George Quaintance, note the sweeping back and firm, well developed calves of the "Kanaka Fisherman."

can develop your body to the limit of *your* individual capabilities, but you should not try to become a six foot miracle if nature has limited you to 5'5". If you are naturally on the slim side, you should not attempt to achieve great bulk. (As a matter of fact, we have never been able to figure out why so many people want to develop bulk in the first place!)

The short fellow should strive toward perfection in a physique of short stature. The slim fellow should try to accent the muscles which give him the spring steel look of dynamic manhood. Both should strive for symmetry and balance in body proportions.

Throw away the measuring tape and the chart. Instead,

Quaintance takes artistic license to portray the Ideal Physique (cave man era)

on page 31. The trim, though heavily muscled, hunter is an idealized ver-



have a consultation with your mirror.

Look at your shoulders. Broad shoulders are the first mark of manhood. Exercise to broaden the shoulders and give them the necessary width that accents the much vaunted "V" shape.

How about the abdominals? Are they firm . . . solid? Or are they covered with a layer or so of fat? Later in life, you'll find good abdominals are insurance against a pot belly, the sign of advancing age.

Thighs are worth studying. Heavy squats indulged in by so many body builders have given them thighs which are so exceptionally heavy that they are all out of proportion to the rest of the leg . . . and the rest of the physique for that matter. A woman has naturally heavy thighs, so if you want to get the feminine look, do everything you can to develop your thighs.

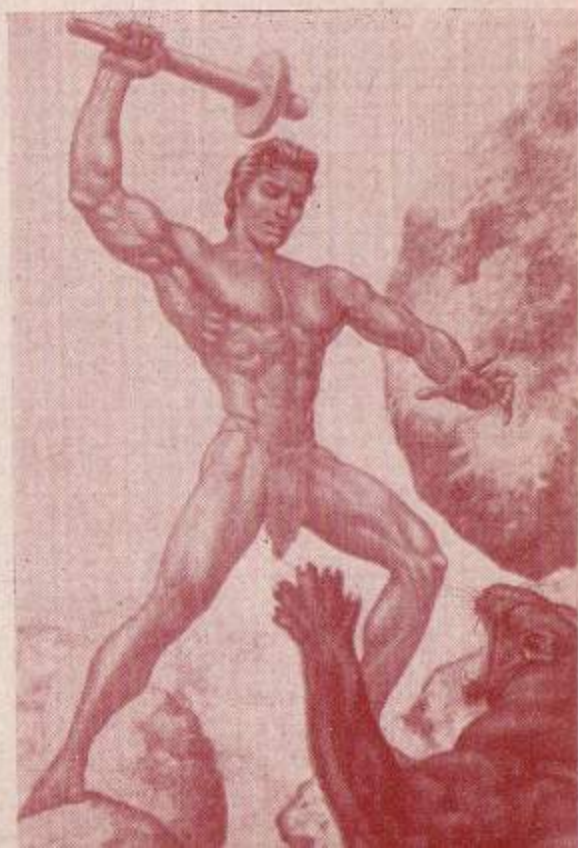
But if you want manly looking legs, accent the calves instead. The *calf* should be the most impressive part of a man's leg, giving it a distinguishing departure from the

sion of our short, knotty ancestors. A powerful physique was a "must."

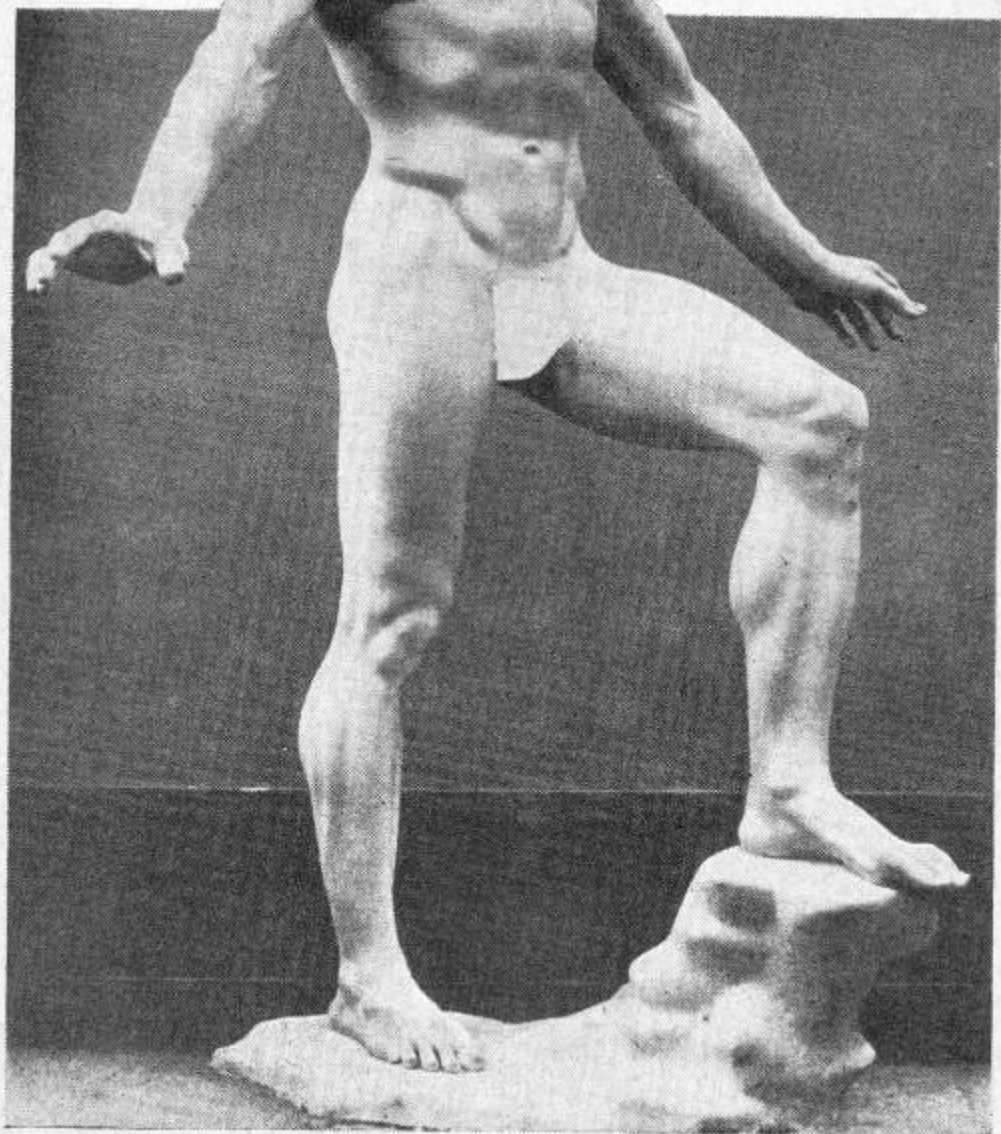
female form.

Arms should have the strength that has always been associated with manhood, but the exact measurements are unimportant. A 16 inch arm is often just as powerful as one which measures 18 inches . . . and in most physiques, it looks better. It is all a matter of how it balances with the rest of your body.

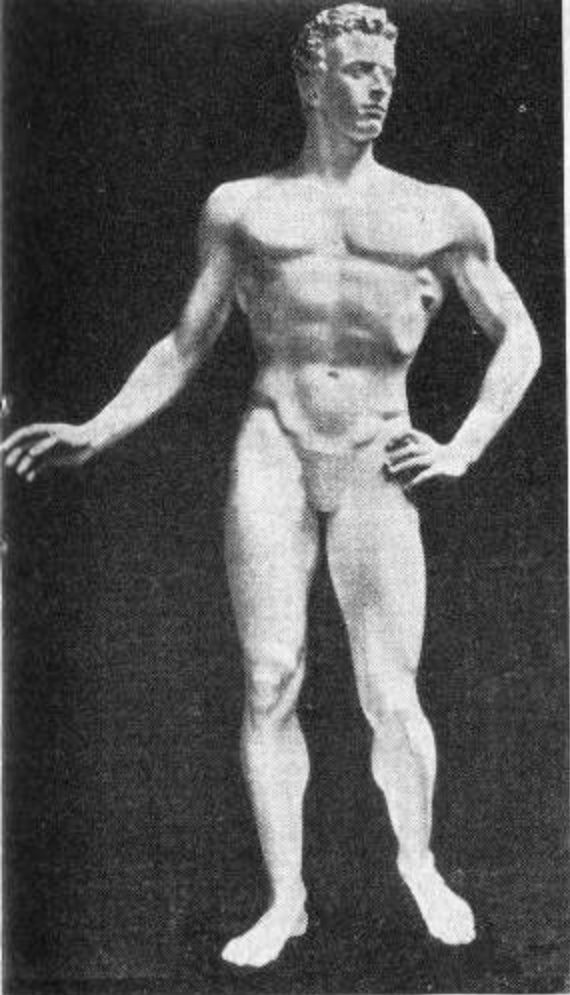
It's well worth your while to take this inventory. It will save you a lot of time and energy working toward a false ideal. It will also speed up your efforts to become the living reflection of the true ideal you will paint for yourself.



**AL URBAN'S** camera has given a feeling of life-like agility to this statuary . . . a task which was made easier since both model and sculptor stressed symmetry.





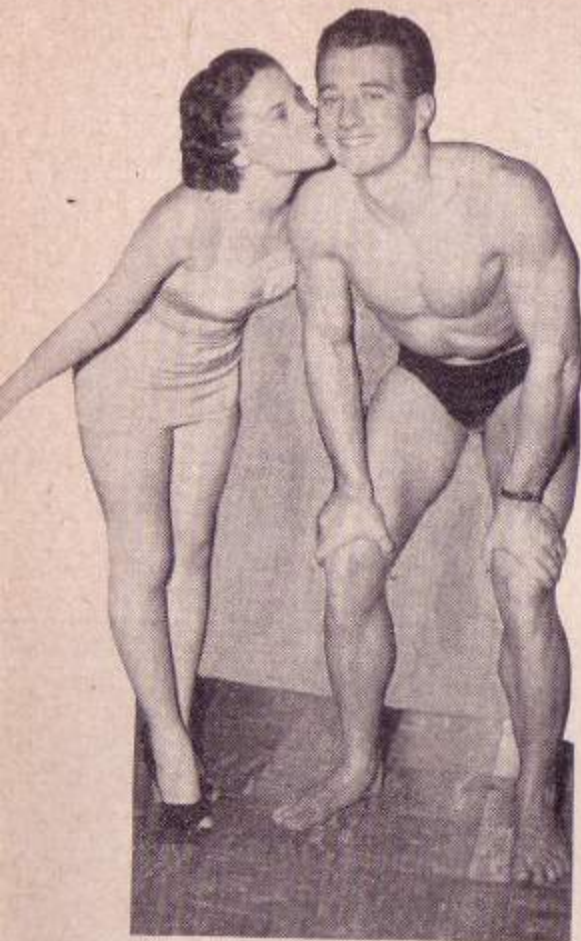


**PLASTER STATUE** (left) is a sculptor's impression of "The Ideal." Note that "V" shape of the torso has not been overaccented. Pecs are firm, not pendulous. Well developed calves and trim thighs give a more virile look than do bulging thighs and poor calves.



**LIVING STATUE** (right) shows a 1953 impression of idealism in body building. Gilt-covered model is **VINCE GIRONDA** of Hollywood. Even though he appears heavier than most classic sculpture, his physique compares favorably with many idealized by artists, sculptors.





THERE IS NOTHING LIKE A DAME to keep up a navy man's spirit and here Hank is getting a big ego builder from girl friend Lillian Congreve. Among Lillian's many interests are: (1) ballet, (2) athletics, and (3) Hank Miller.

Hank is a happy mixture of brawn and brains. (He was elected to the National Honor Society for his high grades in high school.) A real catch for any gal!

## "Mr. Illinois," Fifty-Two, Now Decked Out In Navy Blue

An all-around athlete who has proved his prowess in many sports is HANK MILLER, handsome 22-year-old Chicagoan who won the "Mr. Illinois" title last year.

Hank is a real outdoorsman, and his hardy physique (197 pounds of muscle at 6 foot) shows the result. He camps in the north woods every summer, and once he and a buddy took a 200-mile canoe trip through choppy Canadian streams.

Aquatic sports are favorites . . . swimming, boating, and canoeing. A graduate of the National Boy Scout Aquatic School at Springfield, Ill., Hank served as assistant aquatic director at a Chicago Scout camp.

A 1952 graduate of the Univ. of Ill., Hank didn't have time to participate in college athletics. *He was too busy working his way through school. (Among his jobs was modeling for art classes.)* Once, however, he defeated a member of the university track team during an informal race. *(The*



*track man had been Chicago City sprint champ!)*

A skillful handbalancer and adagio dancer, Hank says weight training (he started in 1945) helps him keep an agile, flexible physique. This agility is combined with great strength, however. He has done the full squat with 360 pounds and bench pressed 305 pounds.

Favorite exercises are: dips between parallel bars, dumbbell presses and curls on incline, bent arm pullover, and deep knee bends.

*But Hank knows that exercise alone can't build a physique. He follows a high protein diet, eats a lot of steaks, cheese (cottage, long horn, and cheddar) and food concentrates.*

*He recommends the Johnson Scientific Body Building and Nutrition Program as tops.*

He plans to open his own gym after his two-year Navy hitch.

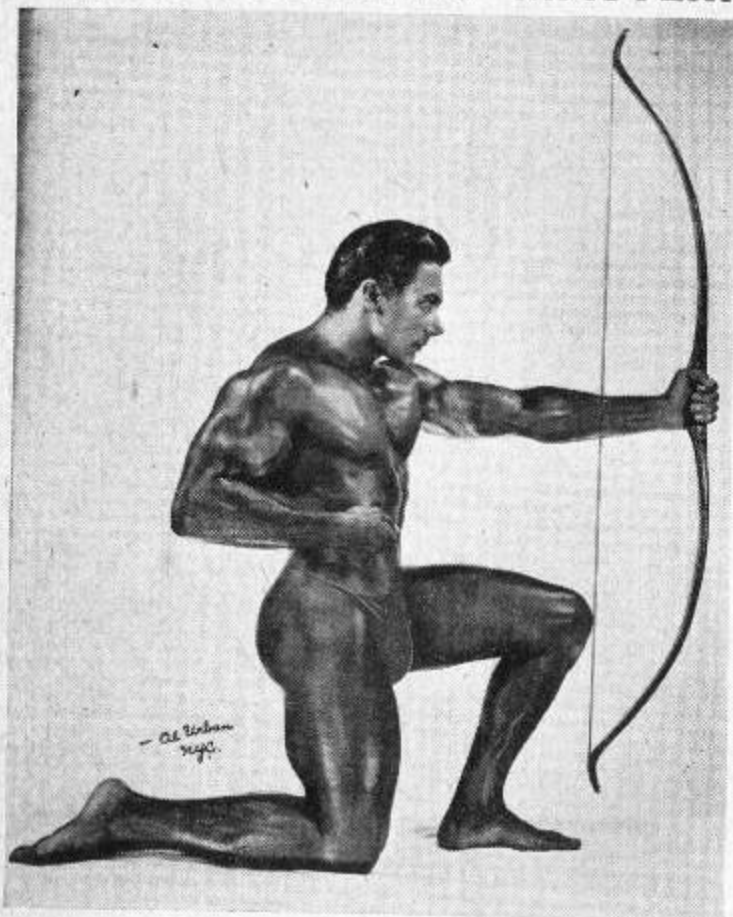


A REAL BEFORE AND AFTER picture of Hank is not available, but here is a snapshot taken of Hank and his younger brother a few months before Hank took up body building. Though his brother was naturally stockier, Hank's training enabled him to surpass his brother in physical development.

INSET PICTURE shows Hank and Irv Johnson rating some physique pictures while enjoying a tasty Hi-Protein cocktail.



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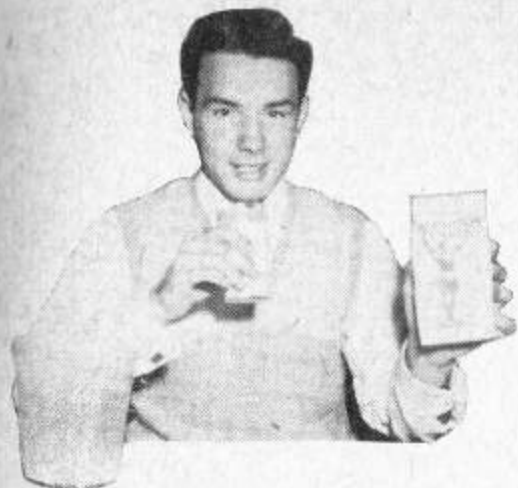
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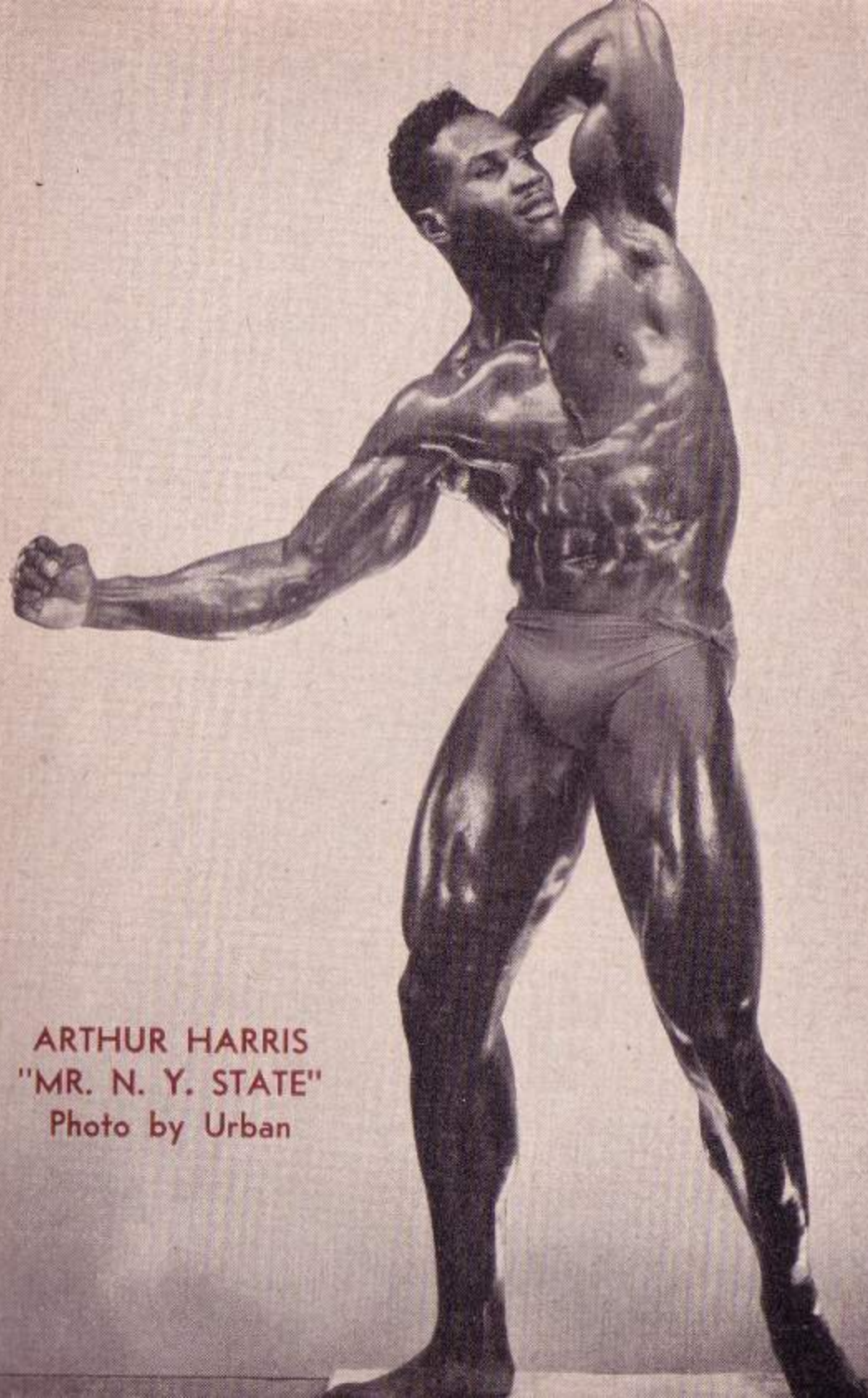
And if you're a budget stretcher like me, you'll find **JOHNSON'S HI-PROTEIN FOOD** is the

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ARTHUR HARRIS  
"MR. N. Y. STATE"  
Photo by Urban





We might well have used these two excellent studies of HANK HARPER to illustrate our feature story on the IDEAL PHYSIQUE. Hank, who hails from Sacramento, Cal., would surely rate high on any tabulation of "the body builders' ideal."

Harper trains at Leon Warrick's Studio in Sacramento, and has been active in the iron game for the past five years. We're only sorry that Hank doesn't enter more of the west coast shows.

He is 26 years old and weighs 190 pounds at 6 feet. Measurements include: 47 $\frac{1}{2}$ " chest, 31" waist, 17" bicep, and 24 $\frac{1}{2}$ " thigh.

These pictures are from the camera of AL McDUFFIE whose studio is at 2817 V. Street in Sacramento. TM plans to publish more of Mr. McDuffie's work in future issues.







**"PYRAMID BUILDERS"** (above) is another in the excellent series of paintings by the California artist, George Quaintance.

Mr. Quaintance has spent a great deal of time in the study of the physique, and from what we've seen, we think he has succeeded in portraying on canvas the physique par excellence more adeptly than any other living painter.

He has graciously consented to the publication of his complete series, and we look forward to printing these excellent studies in future issues of TM.

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**T**HERE's a lot of truth in the old saying, "*He who hesitates is lost.*" Empires have crumbled and countless individuals have wound up in misery and defeat for failing to move ahead and grasp a single opportunity when they saw it.

How many times have you heard people say, "I would have been ahead in the world *if* . . ." And how often does that "if" turn out to be a chance that was ignored. What you *could have done* but did not do will never bring you success.

Only you hold the key to your own tomorrow. A thousand chances for advancement may come to you, but if you don't use your key, the door will never open.

It's not necessary that your name go into the history books as "the self-made man who made good." But it is important that you gain the self respect that comes from achievement . . . and achievement comes only from taking the



# Take the INITIATIVE

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initiative. You've got to do something in order to be somebody.

The man who is born, grows up, exists a few decades, and then dies, is no man at all. He has done nothing to make the world a better place. Man was created to be a builder. By the sweat of his brow he built great pyramids, hulking fortresses, sprawling networks of railroads, huge skyscrapers.

Man has always been a builder and, if he is to continue to progress, he will always be a builder. Of course, it is not easy to take the initiative. If you want to avoid criticism, the best thing to do is to do nothing.

Body building is a splendid example of this. The man who starts on a body building campaign will hear all kinds of objections and criticism. If he is fundamentally a weakling, he will "throw in the towel" and forget about the whole thing. But if he has the drive and "gumption" to back up his initiative, he will see his ef-

forts blossom into worthwhile achievement.

With the advent of scientific body building, a good physique is no longer the impossible goal it once was. When the old theories of "huffing and puffing" your way to a better physique went out the window, the goal of vibrant health became easier to reach.

But it still takes a certain amount of initiative to get started. If you have that initiative, you will become a builder.

You have two paths to follow. The first leads down the "Do Nothing" valley, and next year when you look back over the ground you've covered, you can say, "I might have developed a real physique *if . . .*"

The other path leads to a more attractive goal, and when you reach that goal, there will be no "ifs" about it.

Now is the time to begin your journey. Now is the time to select the path you will follow. The man you become next year depends on the decision you make today.

—Tom Houran



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# COMING EVENTS

*Long Island Invitation Meet,* Whitman Lane, Huntington, L. I., New York, February 8th.

*Mr. New York City Best-Built Man Contest,* Brooklyn Central YMCA, February 21.

*Odd-Lift Weightlifting Contest* (Bench Press, Curl, Squat) St. Mary's Recreation Center, Bronx, New York City, March 7th.

*Senior Metropolitan Championships,* McBurney YMCA, New York City, March 14th.

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

*Mr. Gotham Physique Contest,* Harlem Y.M.C.A., New York, April 10th.

*Mr. Eastern North America Physique Contest,* Roosevelt Auditorium, New York, May 8.

Senior Metropolitan A.A.U. Weightlifting Championships and Physique Show — March 14th, 5 p.m. — *McBurney YMCA*, 215 W. 23rd St., N. Y. C. Admission: \$1.25. Being contested: 7 weight classes plus "Mr. Metropolitan A.A.U."

# Those Controversial SQUATS

by IRVIN JOHNSON

Anyone who has read articles by Irvin Johnson will be surprised to find "The Squats" in this magazine.

I certainly have gained a reputation as a "squat knocker," and saying uncomplimentary things about this particular exercise has become a hobby with me.

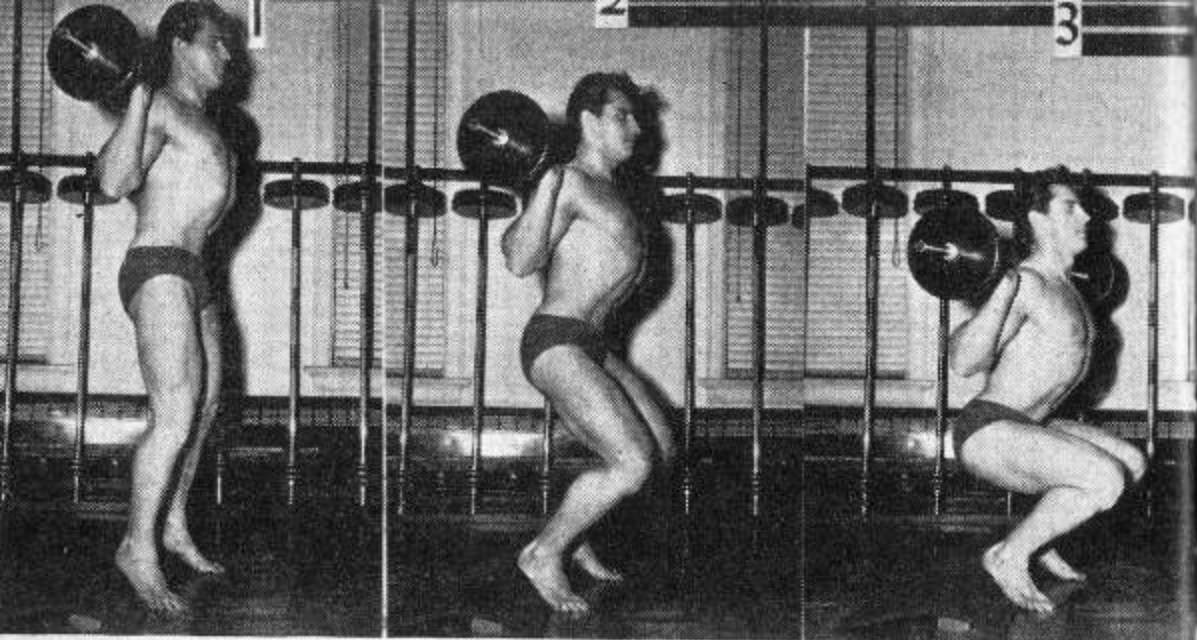
However, I am not against squats!

**I AM** against squats as they are usually performed . . . and **I AM** against *heavy* squats. I developed these prejudices both through personal experience in my own physical development, and from a careful study of the results of heavy squatting indulged in by body builders here in the gym.

At one time I was called "The Squat King," because for two years I followed the exercise religiously, doing everything as scientifically as possible regarding reps, sets, rhythm, and so forth.

I got results from the squat, but the results were certainly

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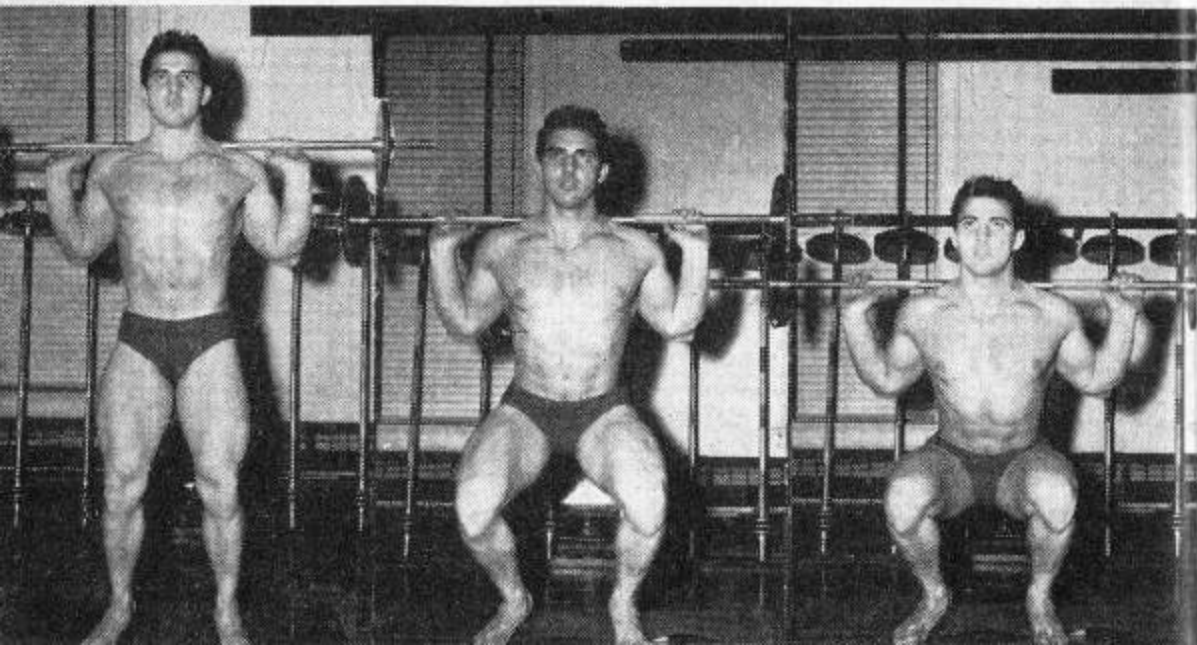
### HOW TO DO THE ERECT SQUAT:

1. Stand erect with barbell across shoulders, heels on a two-by-four, feet about a foot apart. Toes are turned slightly out for better balance. The small of the back is curved in and the head is held back.

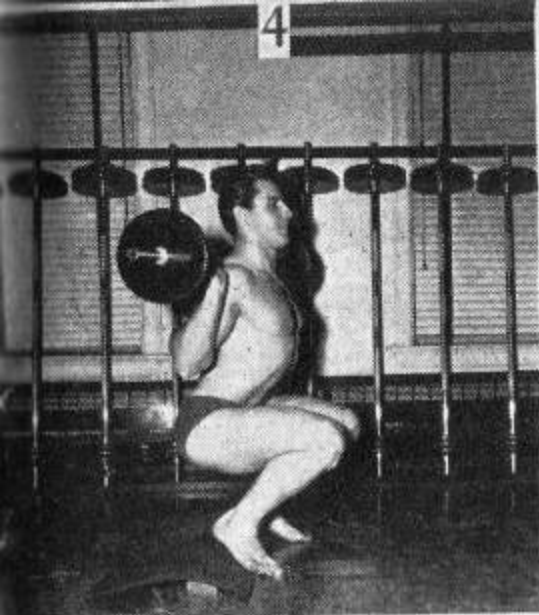
2. Begin bending the knees, keeping the upper body still erect.

3. Still bending the knees and still retaining the erect position of the upper body. Note that the weight moves straight up and down with no forward or backward movement.

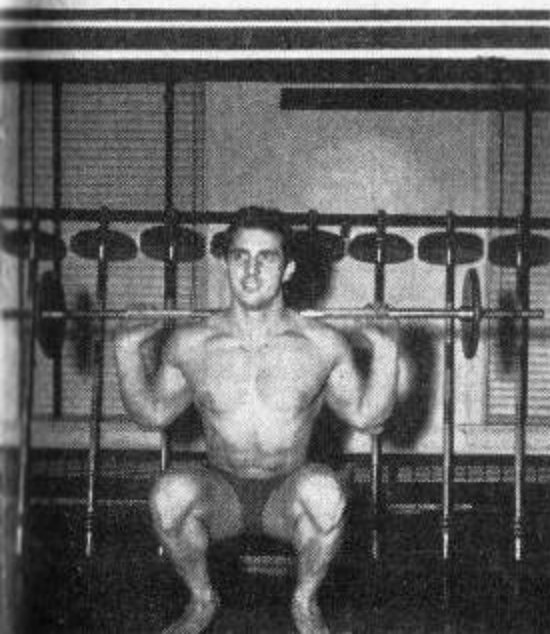
4. When you are in the full







squatting position, your knees should be well forward, but again the upper body should remain erect. Don't lean forward. Don't stop when you reach the bottom, but come right back up, exhaling when you are again in a standing position.



## SQUATS—Cont.

not what physical culture magazines had led me to expect.

"The Mighty Atlas," the famous wrestler who has retained me as trainer, was a squat fan. But he also found that it was ruining his back. I talked him into laying off squats and he is highly enthusiastic about the results he has made.

Squats, I have found, do add flesh . . . to the thighs, but not on the arms, chest and so forth. If the thighs are really underdeveloped, squats are the thing to do. BUT . . . don't develop the thighs out of proportion to other bodily parts.

Most body builders have overdeveloped their thighs.

Added flesh on the thighs requires added nutrition which might better go to another section which needs development to give a more virile looking touch to the body.

Bodybuilders with well developed thighs might well lay off the squat and concentrate more on the other muscles, giving them a chance to "catch up," as it were.

Continued heavy squatting will only serve as a strain and drain on the body . . . straining the back and draining off energy and nutrition needed elsewhere.

Our Instructor for this exercise is HOMER CHELEMENGOES

## **FOOD SUPPLEMENTS—Continued**

food you eat today is deficient, your body will have less to work with and tomorrow, you'll have a slightly weaker version of a body.

“Borderline deficiency” covers the greatest range. Borderline cases are never (well, hardly ever) sick . . . but they're never quite well either.

A still more adequate situation might be called “Just-Getting-Along Nutrition.” You're eating just enough of the right things to keep going. You're a little better off than Mr. Borderline, but you've got to be careful lest you make a wrong choice of foods and slip off the “tight rope wire.”

The lucky person is “Mr. Adequate Nutrition.” He gets sufficient amounts of everything his body needs to continue its life-building activities. He's a rare person, for he (1) eats sensibly, and (2) supplements his diet with vitamins, minerals, and protein to make up for the lack of these items in the foods we eat today.

### **IS THIS JUST ANOTHER FAD?**

When the “vitamin craze” started a few years ago, the drug counters were flooded with every conceivable combination of pills and capsules. People bought them . . . and used them . . . for a while. Unfortunately, many of the pills were designed to build the manufacturer's bank roll rather than to build the user's health. The public lost faith, mostly because of the ineffective pills pushed by manufacturers who had rushed in to capitalize on the health fad.

Much the same is true today with the newer food supplements. One of the originators of protein food supplements, Irvin Johnson, is today being copied by half a dozen other distributors. Unfortunately, the copy-experts are following much the same road laid out by the vitamin boys. Protein foods are offered at impossibly low prices.

### **ARE THEY EXPENSIVE?**

Hardly . . . when you consider them an investment in good health. For instance, you can supplement your diet with



27 vitamins and minerals for less than 12¢ a day! (There are also cheaper versions of this supplement . . . cheaper in price AND quality).

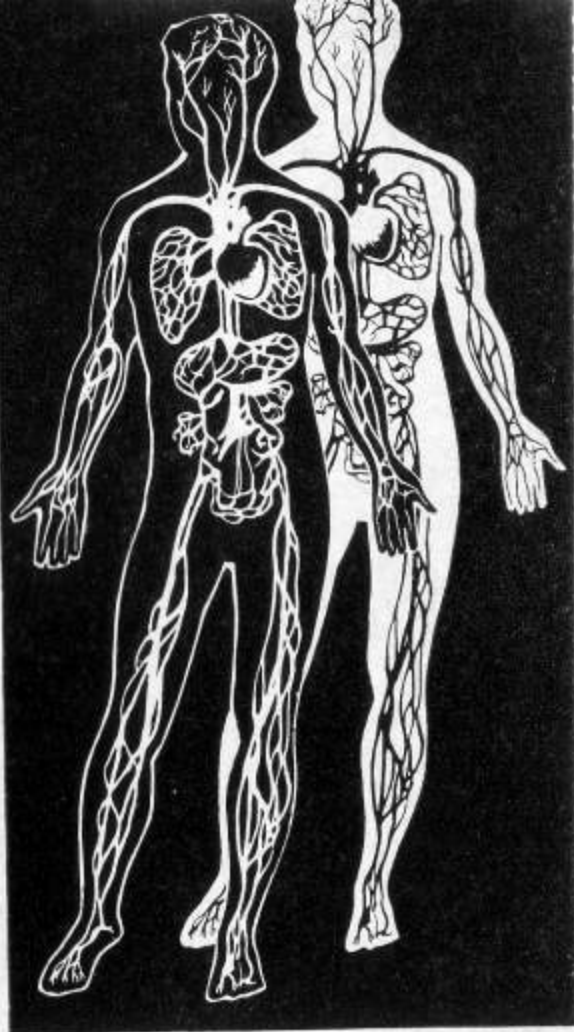
Protein supplements, vital because protein is the body's chief building block, is relatively inexpensive. It comes in two forms, tablet or powder.

The convenient tablet form, preferred by many because it can be carried in the pocket to work, school, or wherever you go, is especially effective. The leading protein tablet contains 86% protein in a special combination with amino acids which aid in protein digestion. Cost? Two cents each, and less in larger quantities.

Budget stretchers can supplement their diet with a proven-effective high protein drink which sells at only \$1 a pound! It's protein content is 38% and the taste angle is important here because it comes in plain, vanilla, chocolate, coconut and black walnut flavors.

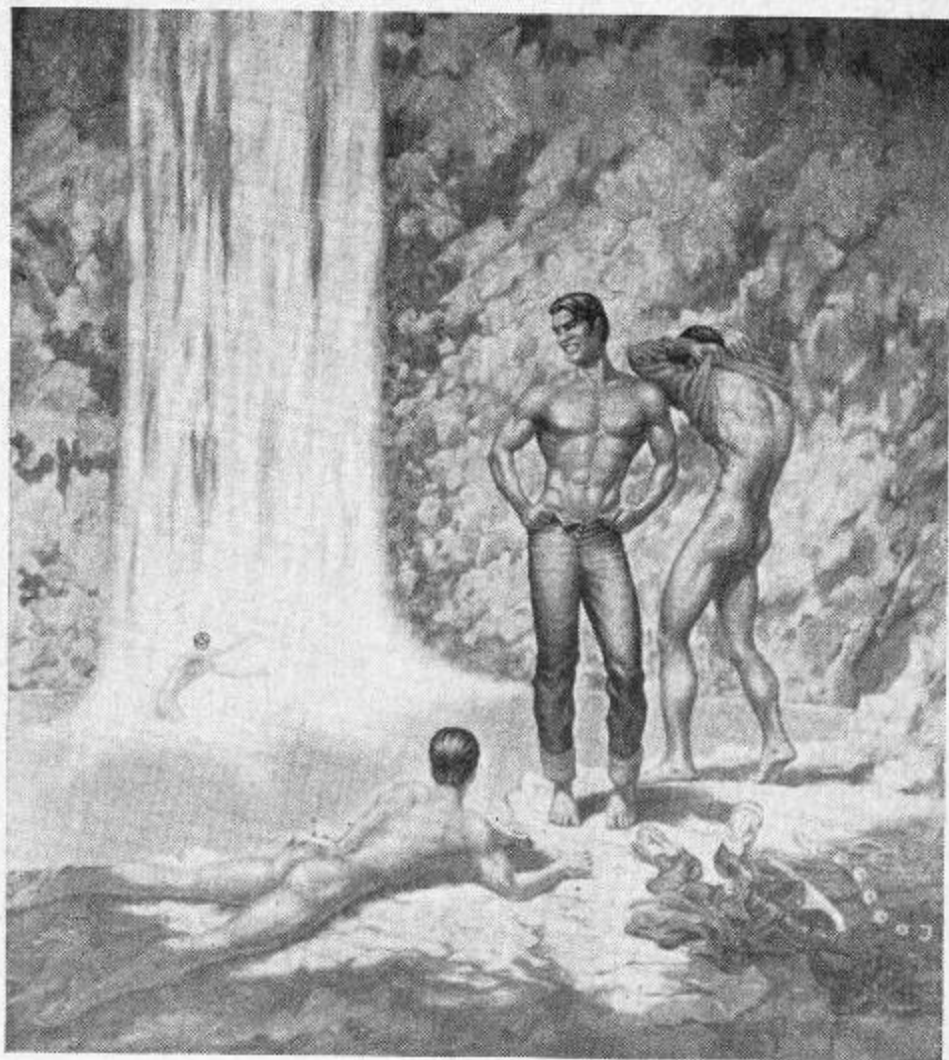
A more concentrated high protein drink which contains 60% protein is available at \$4.00 a pound. Its creamy texture makes it taste like a delicious malted milk . . . and it contains all necessary amino acids for the digestion of the protein.

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Food deficiency today means a slightly weaker body tomorrow.

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# We're Proud of this Letter!

**Dear Irvin Johnson:**

I read with interest the letter from Jim Manning which appeared in last month's issue of TM. While Mr. Manning was faced with the problem of gaining weight, I had to do just the opposite . . . lose weight.

I am happy to report that, after five months of following your nutrition suggestions, I have brought my weight down from 209 to 172. My waist line has receded from 40" to 31". I'm 42 years old, but a few months ago people were guessing me at 55. Today they think I'm in my middle 30's . . . but I feel like I'm 19.

You'll probably be especially interested in the fact that I had been a weight lifter for almost 20 years. I got a lot of bulk in weight training . . . mostly fat and water. I just couldn't slim down. *Since I began your program, I haven't exercised at all . . . and the results have been amazing.* I've lost the old feelings of sluggishness and find my job is easier to do. I'm an engineer for the Baltimore and Ohio railroad, a job that requires you to be on your toes at all times.

I'm especially enthusiastic about your Hi-Protein Food and the Vitamin-Mineral supplement. I've even started my oldest son, 15, on these two concentrates and he's progressing nicely. (Incidentally, I've got two other children, a girl 13, and a boy 9.

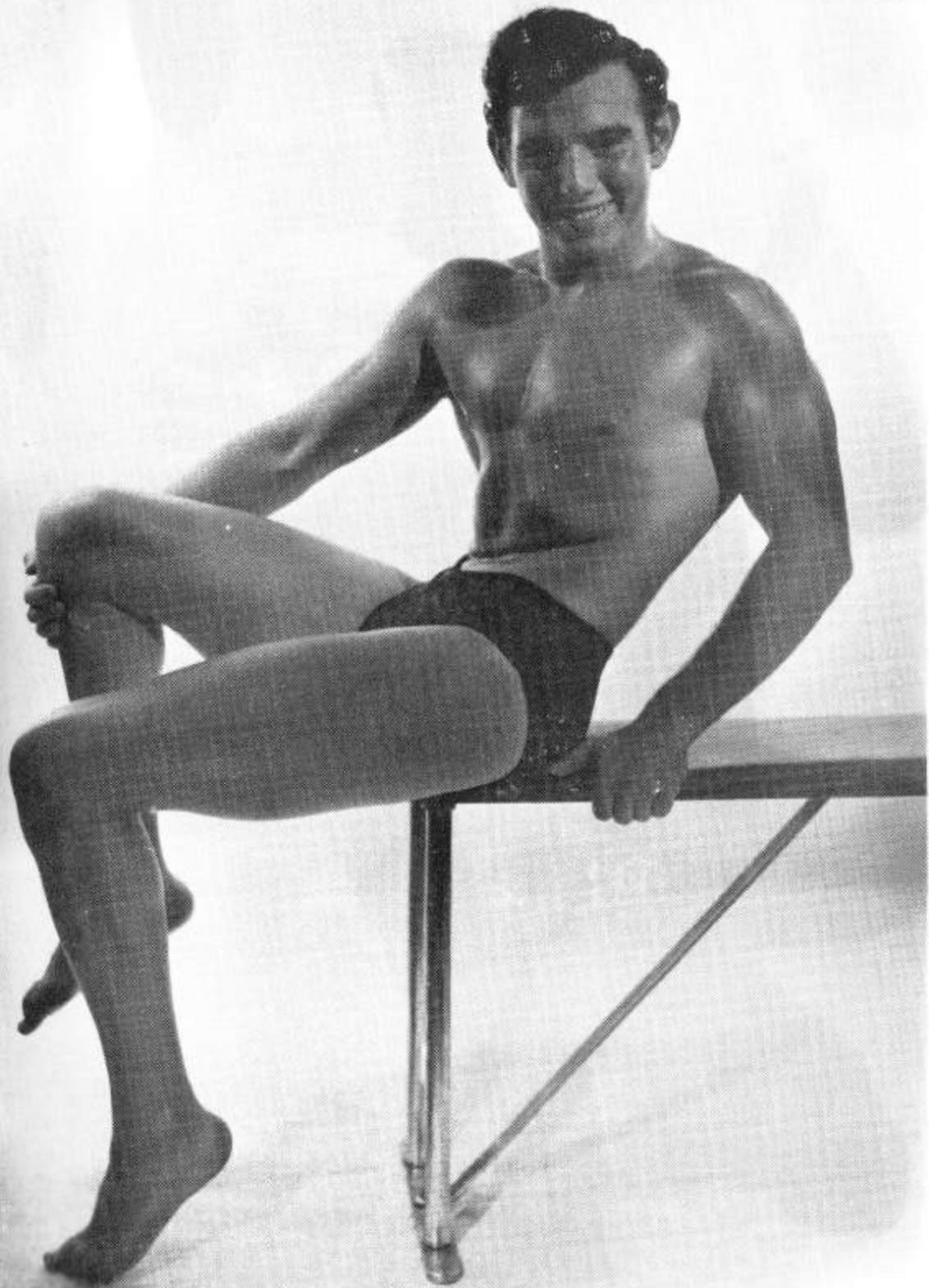
Before coming to you, I tried all sorts of diets and reducing programs, but I can honestly say that yours is the most "result-getting" I've ever seen. As you can see, I'm a real "Johnson booster."

**Curt Tuisl, Chicago, Ill.**

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**RIGHT: JACK MERJIMEKIAN**







**A Sterling Example of  
TOMORROW'S MAN,  
Young FREDDY KAINER at  
age 15!**