

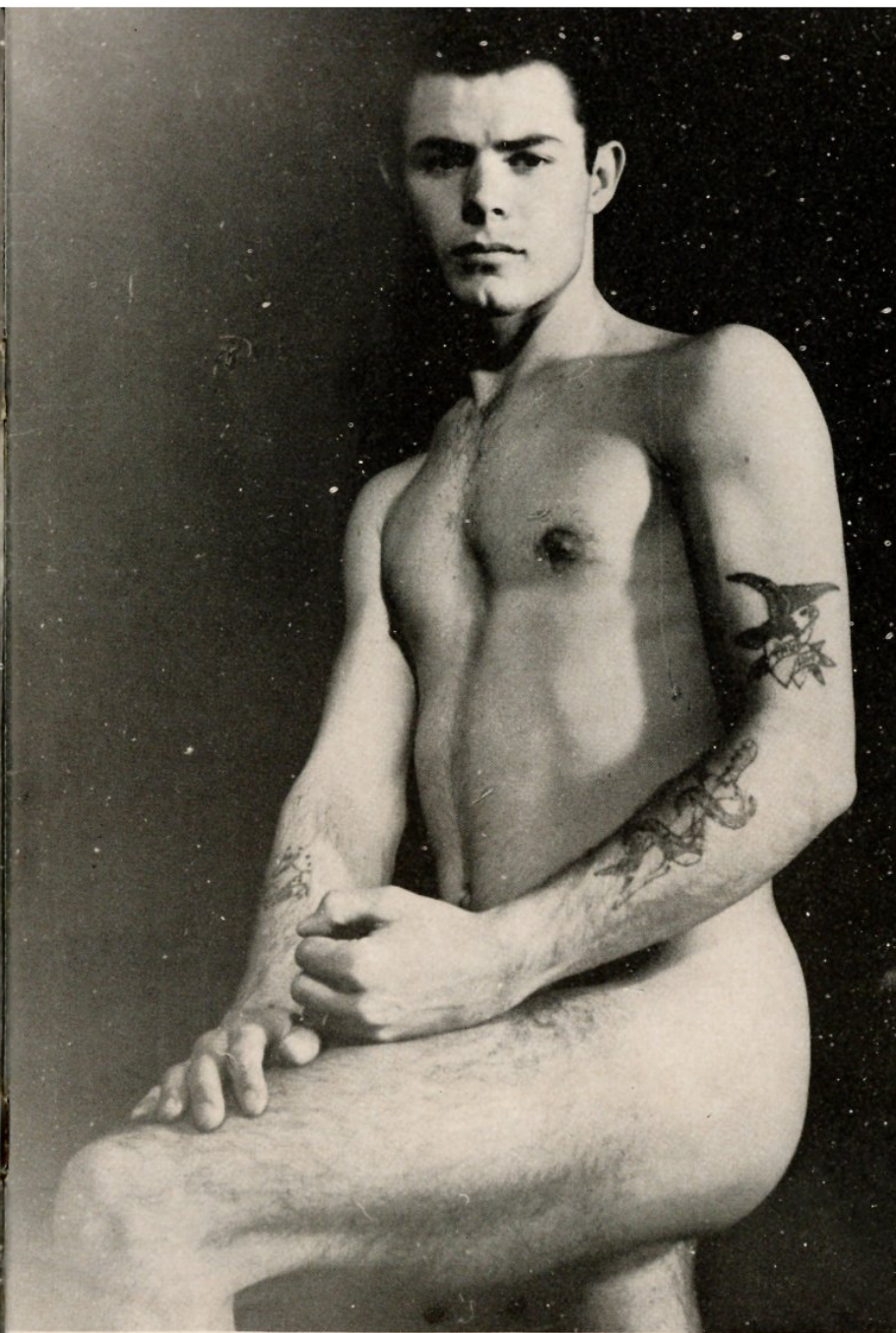
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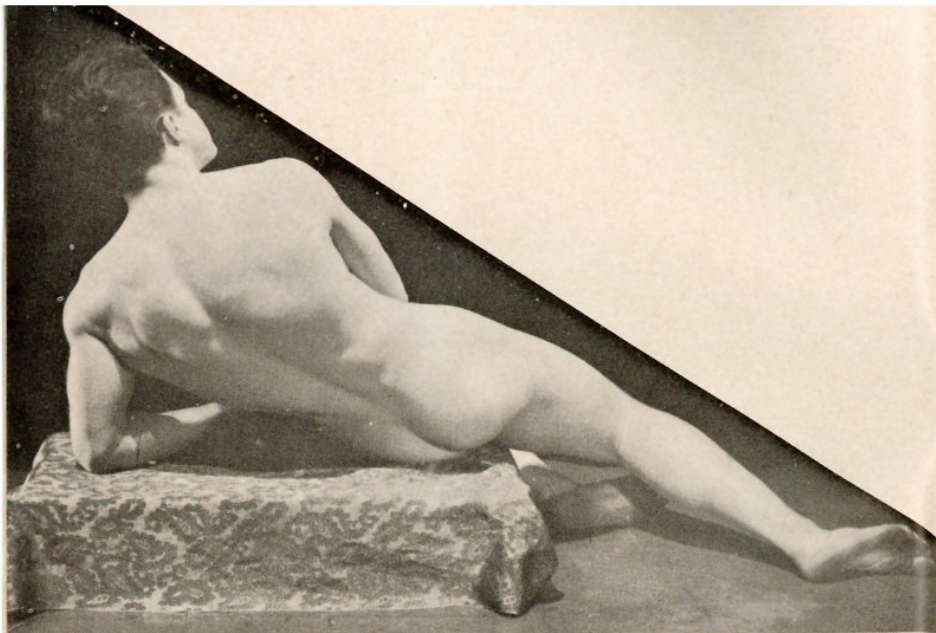
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CHARLIE LUKE in photos by PLATO



MANUAL • Number 40 • MAY 1963

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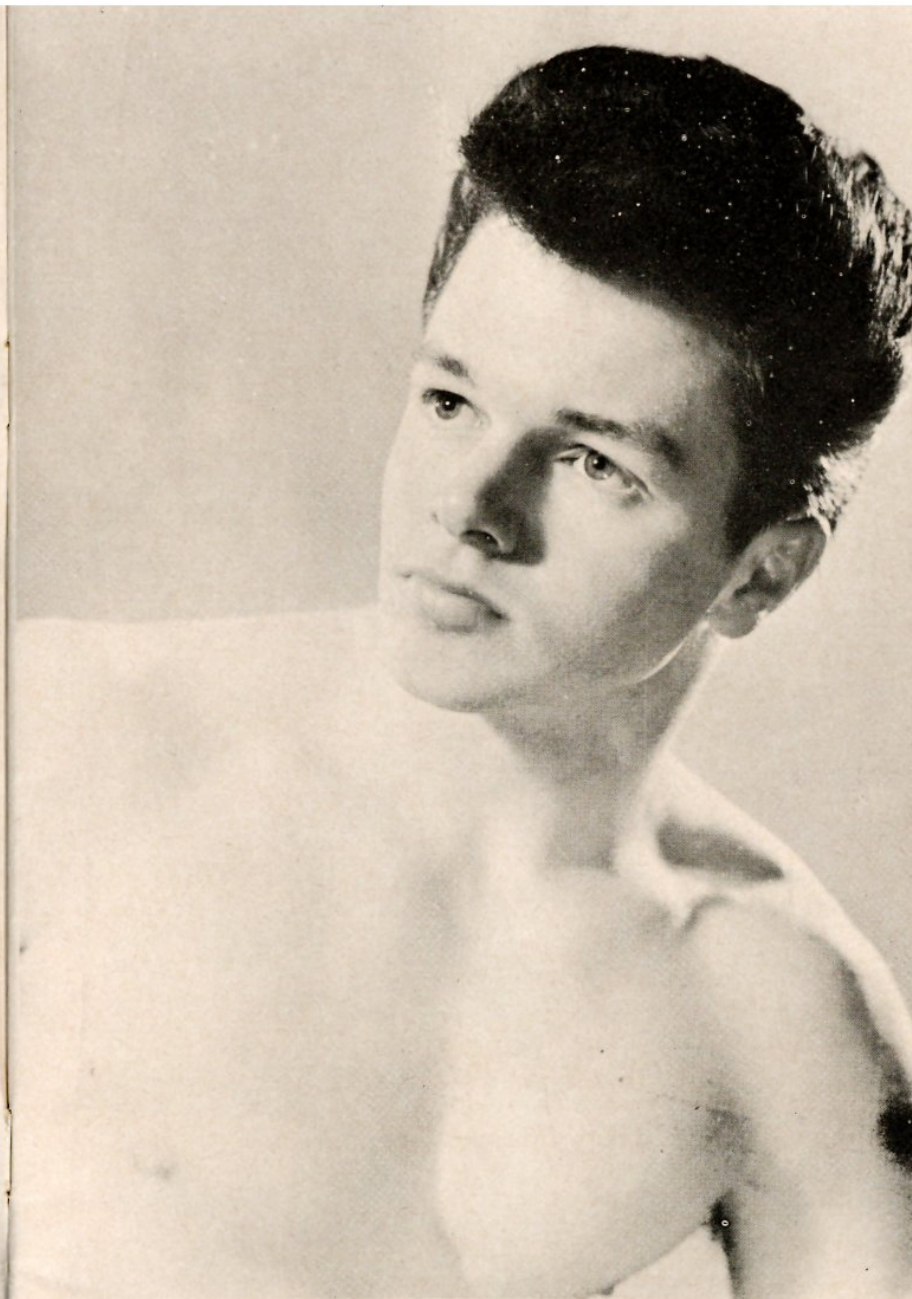
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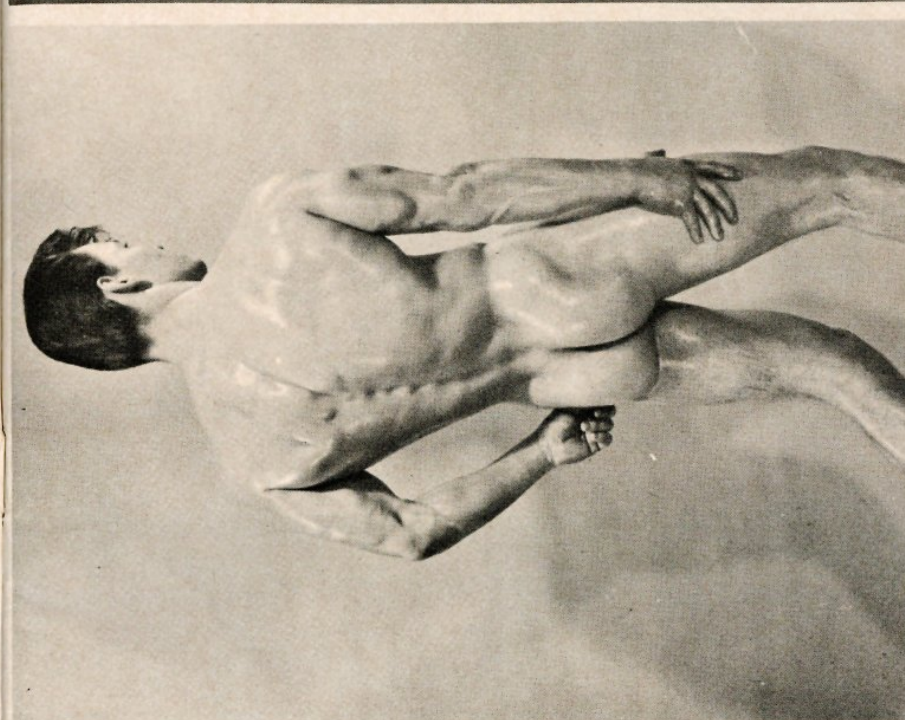
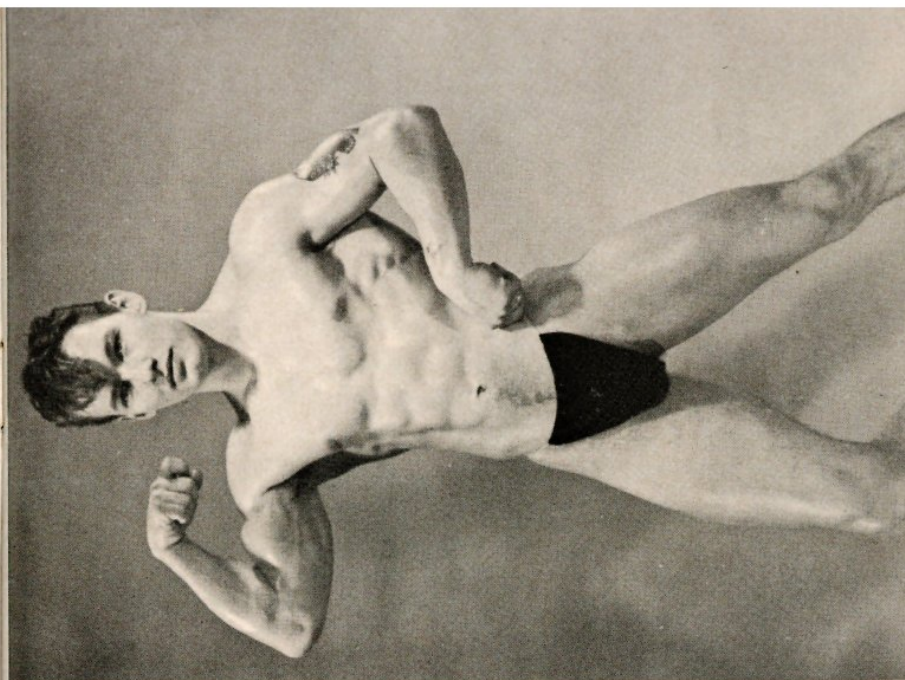


18 year old TONY HALL, at left and above,
in photos by GRAHAM STUDIO



COVERMAN
BOB
FOXX

A MANUAL PHOTO FEATURE
from TROY SAXON



Bob Foxx, our featured athlete for this month, well deserves this spot. His massive and finely chiselled physique is a superlative example of the miracle of modern weight training. It also is beautifully proportioned and controlled, as can be seen from his magnificent posing; the back shot on the facing page is as perfectly balanced and coordinated as any statue, while the pose seen below demonstrates strength, agility and pure physical harmony.



Now aged 20, Bob was an outstanding athlete in school, excelling in wrestling, football and track. These sports are important in developing the all-around stamina which is vital as a basis for body-building; they also help keep the body symmetrical and mobile. Weightlifting alone has an unfortunate tendency to develop 'bulk' at the expense of all else, resulting in the typically 'lumpy' and ill-coordinated body.

Bob entered his first contest in the Mr. Milwaukee event a year ago, and placed fourth in a hotly contested competition. At that time, he was likened to the immortal Steve Reeves—with considerable justice, we think. The unposed photo at right, snapped just as Bob was between poses, shows his natural latent power and vigor.

Besides all that, Bob is a normal young man with a liking for modern jazz and hotrods . . . and he really does have a personality to match his build!

Build Better Arms . . . Better Shoulders

by

JON PARKER

(Chapter 20)

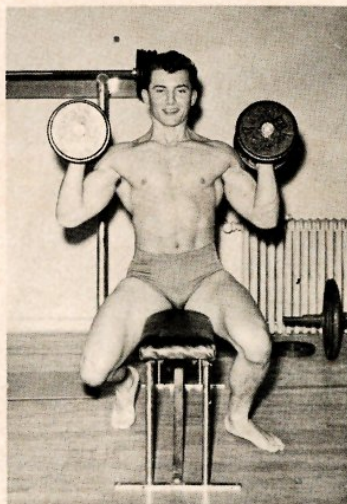
MANUAL'S EXCLUSIVE BODYBUILDING COURSE

It was interesting to read Harold Shryock, M.D., state in his book, *Happiness And Health*, "Both nervous system and muscles are part of the same human organism. The same bloodstream nourishes the brain as nourishes the arms and legs. The same pair of lungs provides oxygen for the nervous tissues and the skeletal tissues. The same pair of kidneys eliminates wastes from the nervous system and from the muscles. The same digestive organs provide nutrition for nerve cells as provide nutrition for muscle fibers. Thus the vitality of the nervous system depends, definitely, upon the well-being of the entire body."

ACTIVITY AND EXERCISE ARE IMPORTANT

Dr. Shryock then points out, "The various parts of the body were designed for activity. Balanced activities of the parts contribute to the general well-being of the whole. It is quite as ridiculous to expect one's mind to function efficiently in spite of flabby muscles as it is to expect an automobile with an excellent motor to operate satisfactorily in spite of broken-down running gear." Dr. Shryock also feels that, "Physical activity quickens the circulation of the blood. This promotes the elimination of waste products and favors the replenishing of nutrient materials in the cells of the nervous system. Physical activity has the effect of reducing the emotional tensions that have been pent up."

EXERCISE HELPS YOU SLEEP BETTER



"The effect of physical exercise," continues Harold Shryock, M.D., "is to promote restful sleep. The person who has used his muscles may not feel as fatigued as the person who has spent the day in mental exertion. But the person who has used his muscles, even though for only an hour, falls asleep quickly and awakens refreshed, in contrast to the person who has become so keyed up that he tosses aimlessly in bed wishing he could stop thinking about his troubles."

"It is during sleep, of course, that nervous vitality is restored. The better a person is able to sleep, the more efficient he will be the next day. Therefore, the program which includes sufficient exercise each day to induce sound sleep each night, is

the program which will enable the individual to accomplish the most in the long run."

EXERCISE HELPS YOU STAY ALIVE!

Dr. Shryock concludes by emphasizing, "The human organism is designed for activity—both mental and physical. Failure to provide activity encourages deterioration of the body tissues and thus cause eventual poor health. A program of systematic, moderate exercise is a definite health-building measure and is particularly valuable to those individuals whose principal way of life requires a considerable expenditure of nervous energy." Yes—you NEED exercise.

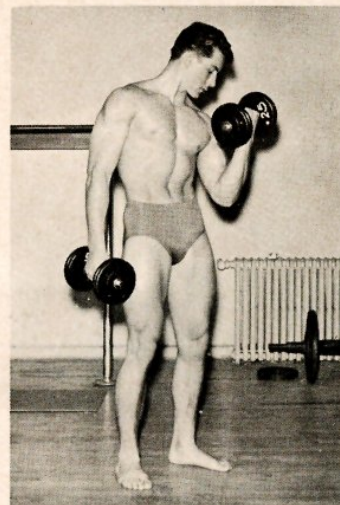
Here are 3 exercises prepared exclusively for MANual—designed to build better arms . . . bigger shoulders.

EXERCISE NO. 1

Straddle a chair or bench, both knees far apart with the bench between your legs. Your thighs rest upon the bench. Keep your back straight; comfortable, that is, but not rigid or too stiff. Both feet may be flat on the floor or slightly bent, as illustrated. In each hand, hoist up a 20 lb. barbell. When you reach your shoulders, pause and hold the barbells upright. Breathe in very deeply, hold the breath and now lift both barbells h-i-g-h up over your head. Keep your elbows straight. Hold for the count of 5. Now, slowly bring them down, pause at shoulder length, then down, all the way. Breathe out as you go down. Do for 10 reps. SEE ILLUSTRATION NO. 1.

EXERCISE NO. 2

This exercise requires that you stand up. Keep both feet flat on the floor, knees slightly apart. First, in your left hand you hold a 20 lb. barbell. Lift up slowly to your shoulder, bend your elbow and hold for the count of 5. Again, take a deep breath. Now, lift your arm all the way up h-i-g-h over your head. Feel the power surging through your arms and vibrating through your shoulders? Your muscles are already developing. Hold for the count of 5. Now, slowly bring your left arm down. Pause at shoulder length and then go down all the way. Breathe in as you go up. Breathe out as you come down. In your right hand, for this exercise, you have held a 20 lb. barbell. You merely hold it. Don't lift both arms up at the same time. Rest for the count of 10. Now, repeat this exercise with your right hand. SEE ILLUSTRATION NO. 2.



EXERCISE NO. 3

This exercise will add the crowning touch to massive arms and broad

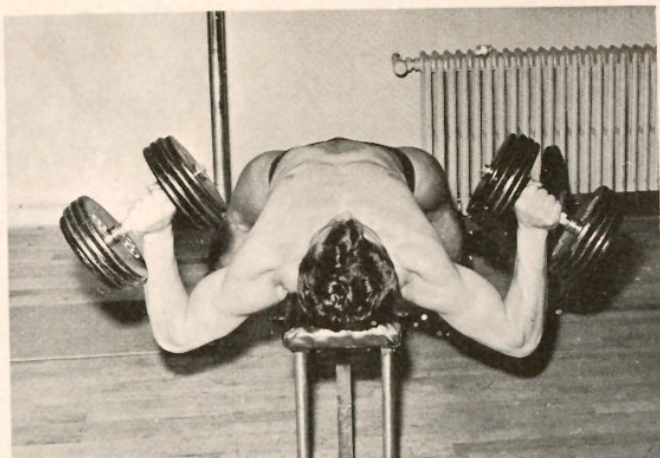
shoulders that make a lifeguard the envy of all the girls on the beach. You lie down on a bench. Straddle it, both legs apart. The flesh of your thigh rests comfortably on the bench. Keep your back flat on the bench. Your head, too, remains flat on the bench. In each hand you hold a 20 lb. barbell. Slowly, you raise them, bend at the elbows, pause, now raise up above you. Hold for the count of 10. Breathe in as you go up—breathe out as you go down. Do for 10 reps. Rest for 10 minutes. Increase your reps. This is a terrific exercise that does wonders for development of arms and shoulders. SEE ILLUSTRATION NO. 3.

Your visual instructor is the well-known and popular Steve Wengryn—a young man who is a prize winner and has a splendid physique. Steve is now 20, 5' 10½" tall, weighs a muscle-packed 166 lbs. He has thick, black hair and eyes as blue as bright skies. When these MANual pix were taken, Steve was finishing a stint with the military—we hear that he's now more developed than ever. Keep it up, Steve.

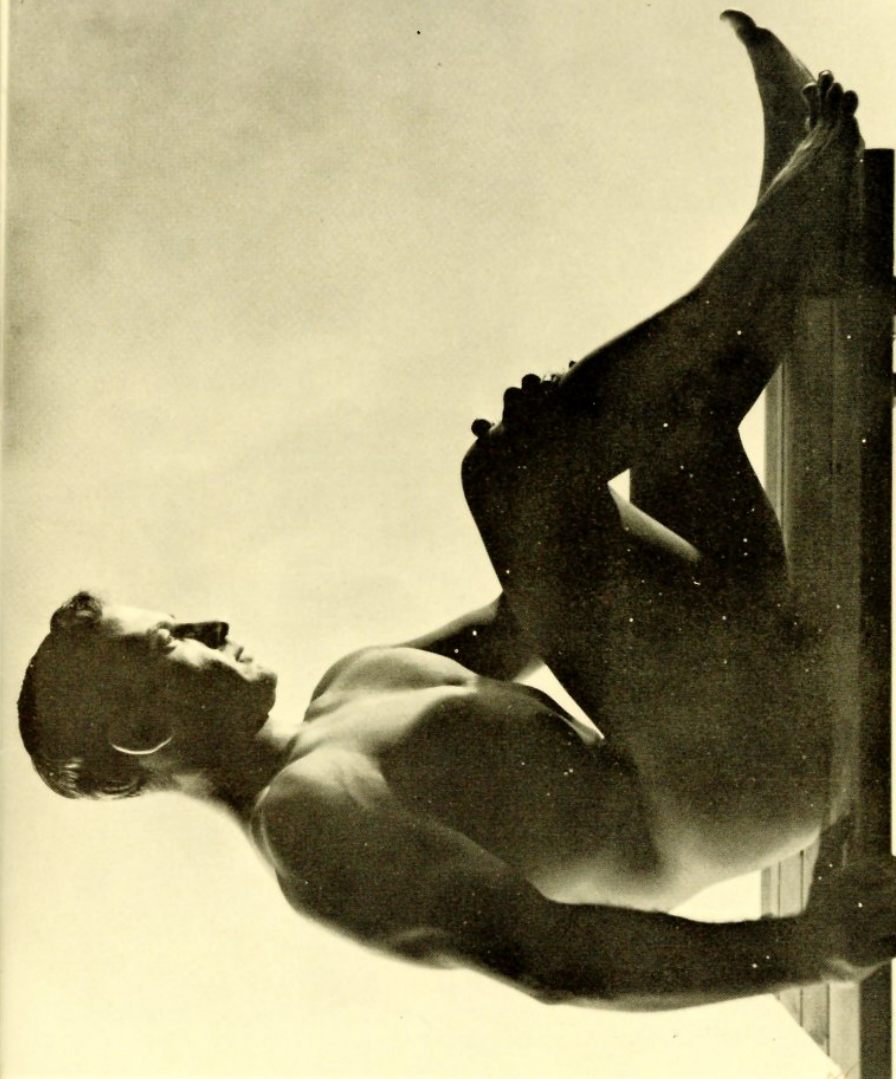
My thanks, for these photos, to Carlson Wade Agency,
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NEXT ISSUE: more terrific exercises designed to build muscle and strength. Don't miss a single issue of this exclusive series on bodybuilding which does *not* appear in any other magazine and is not available in any other form except in MANual.

(To be continued)



JULES BACON in a photo by AL URBAN

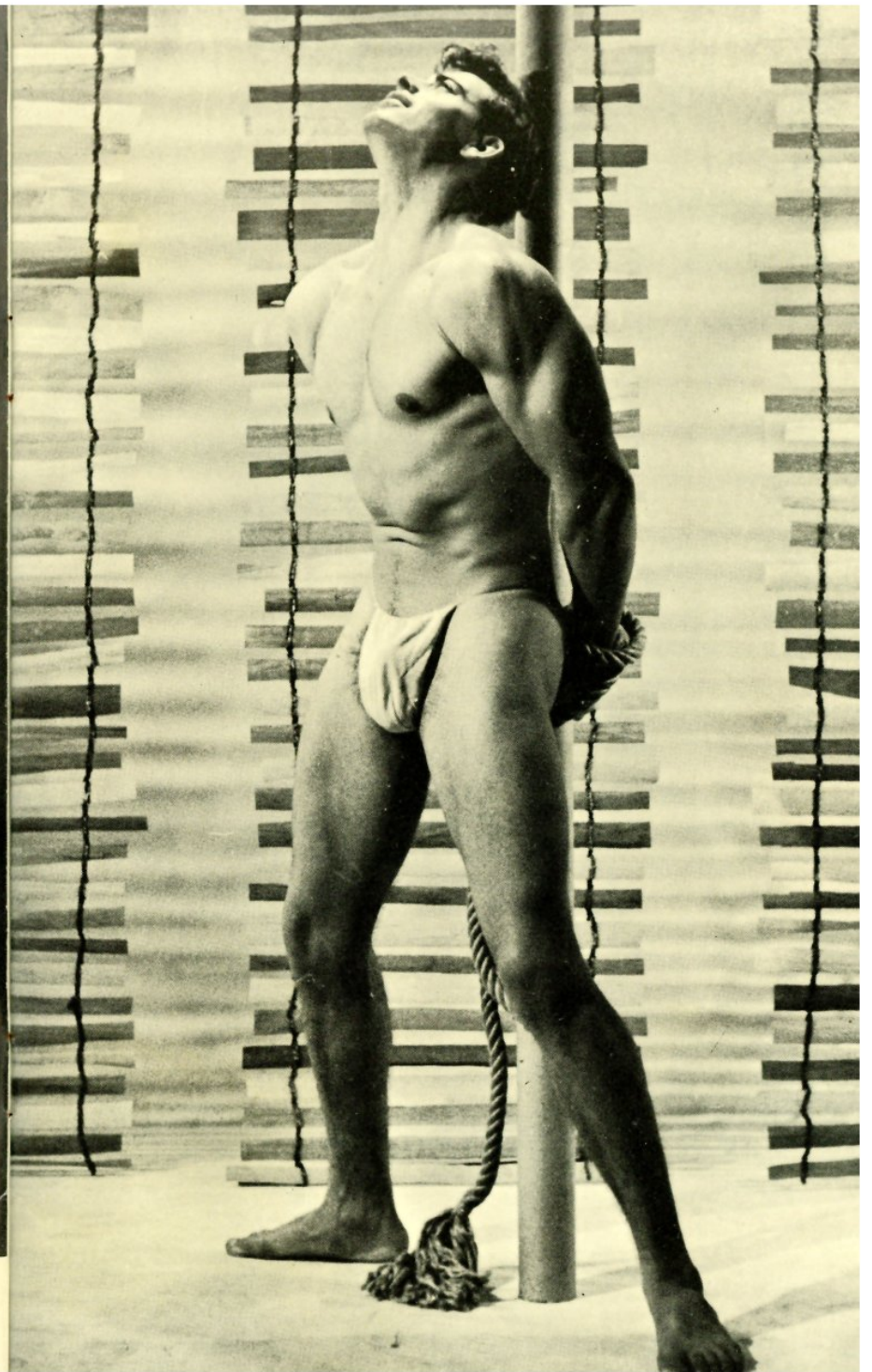
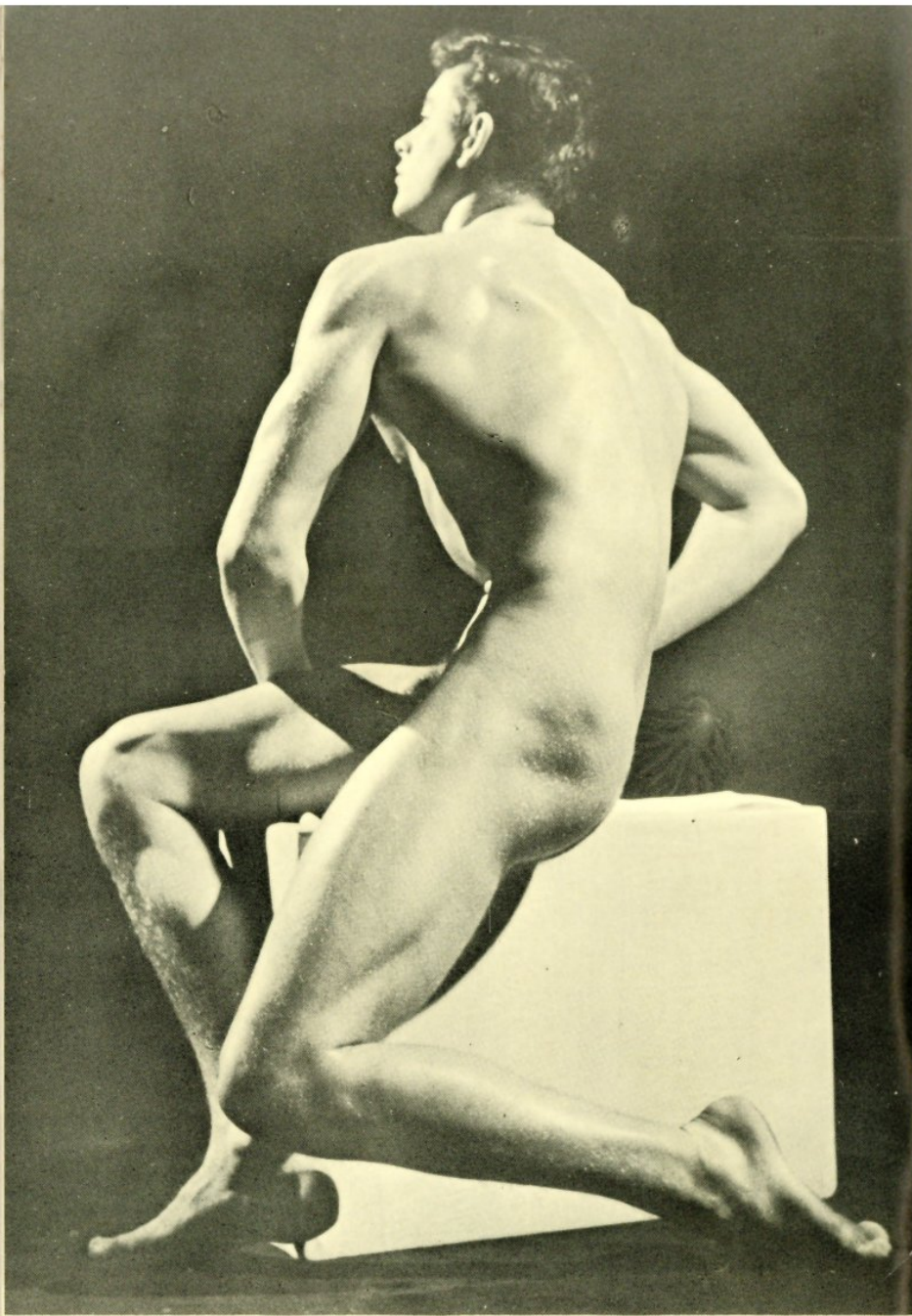


BILL RAVIN, 20 years old, is an avid bodybuilder who is just now starting to enter local competitions. His catalog is available if you will send \$1.25 to: **AGUILLAR STUDIOS**, P.O. Box 5391, Cleveland 1, Ohio.



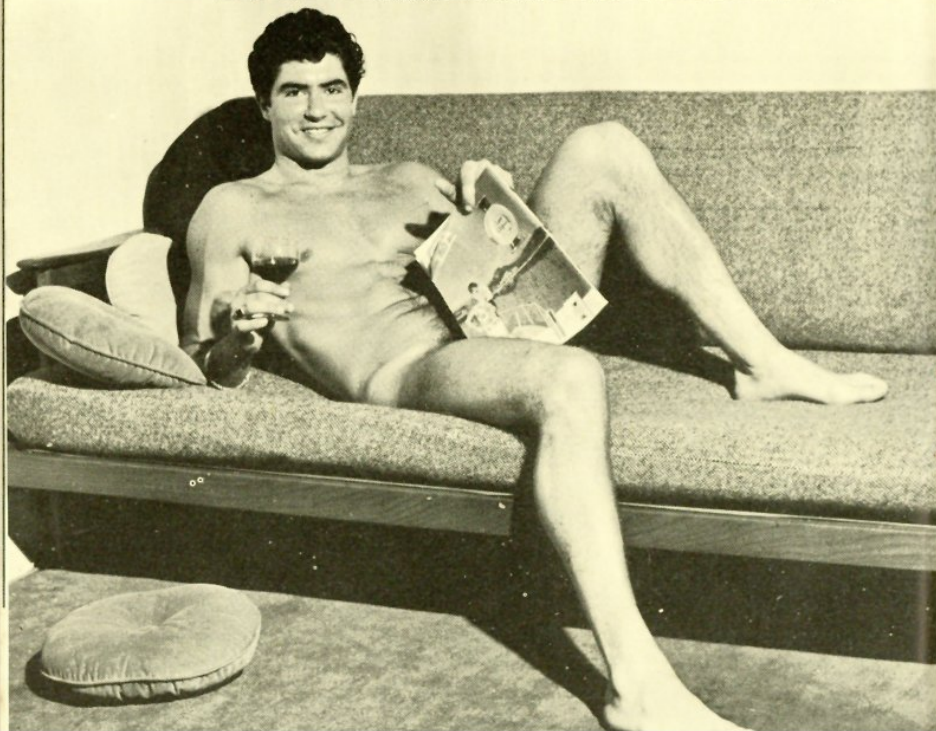
STEVE KOTIS in photos from KRIS



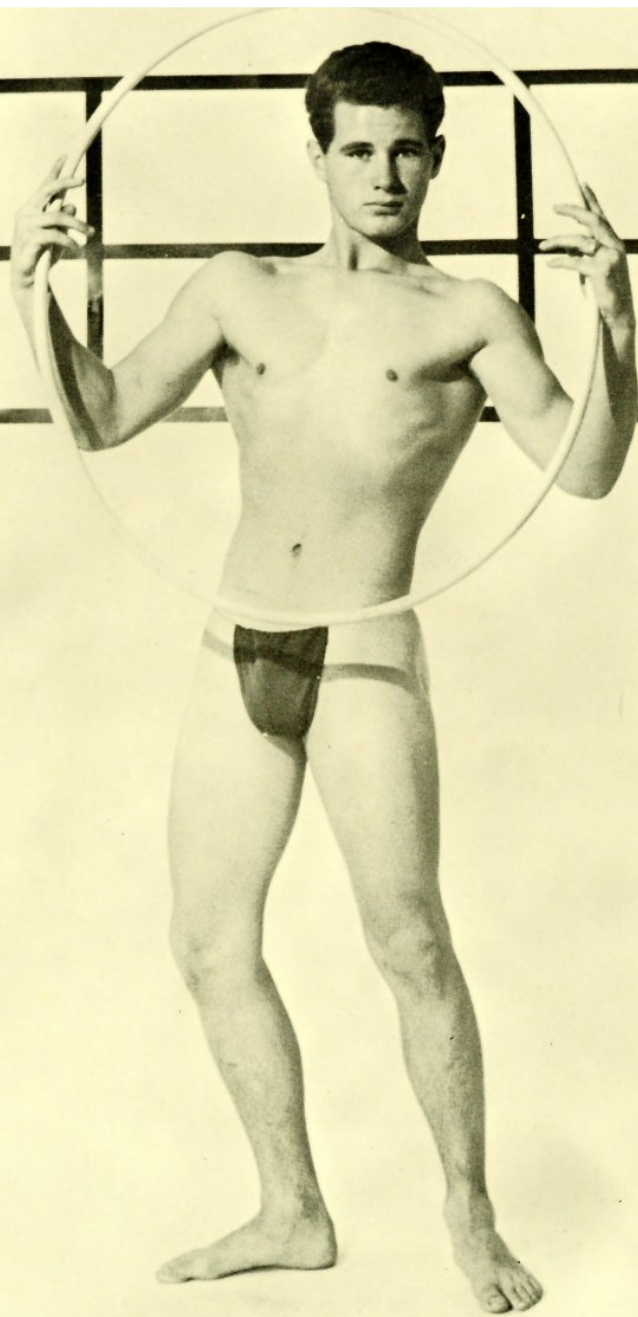


DIETER MAXFIN in photos by JAN EYCK

MUSCLES AT HOME

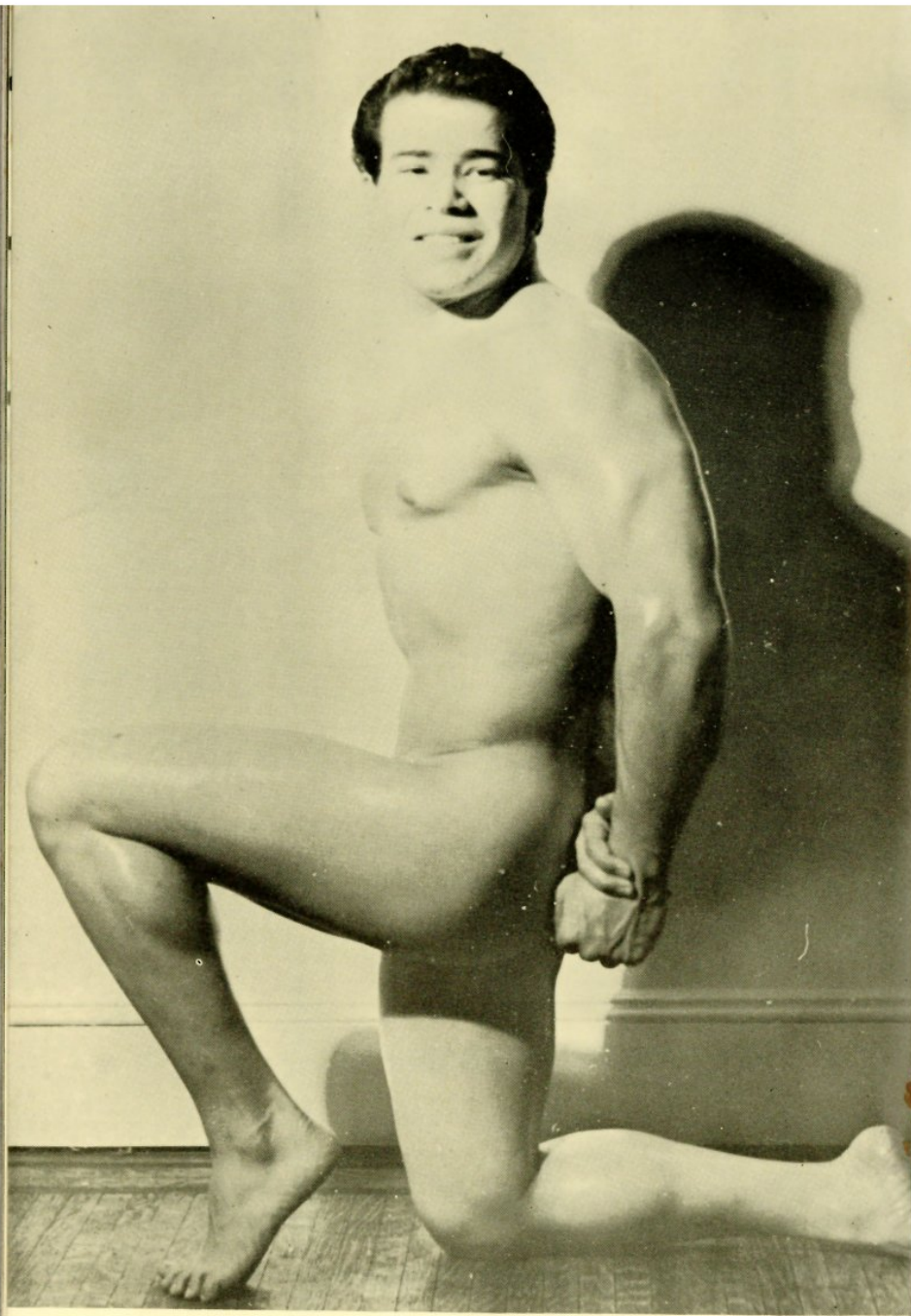


Muscles at the Beach—Muscles at the Gym—Muscles in the Studio—these are common themes. Muscles at Home are less MANUAL's usual style, but these shots of Rikii seemed so expressive of raw power and what we might call the 'luxury' of muscles, we just felt we had to run them. The dynamic photos are by the brilliant new studio CLIMAX.



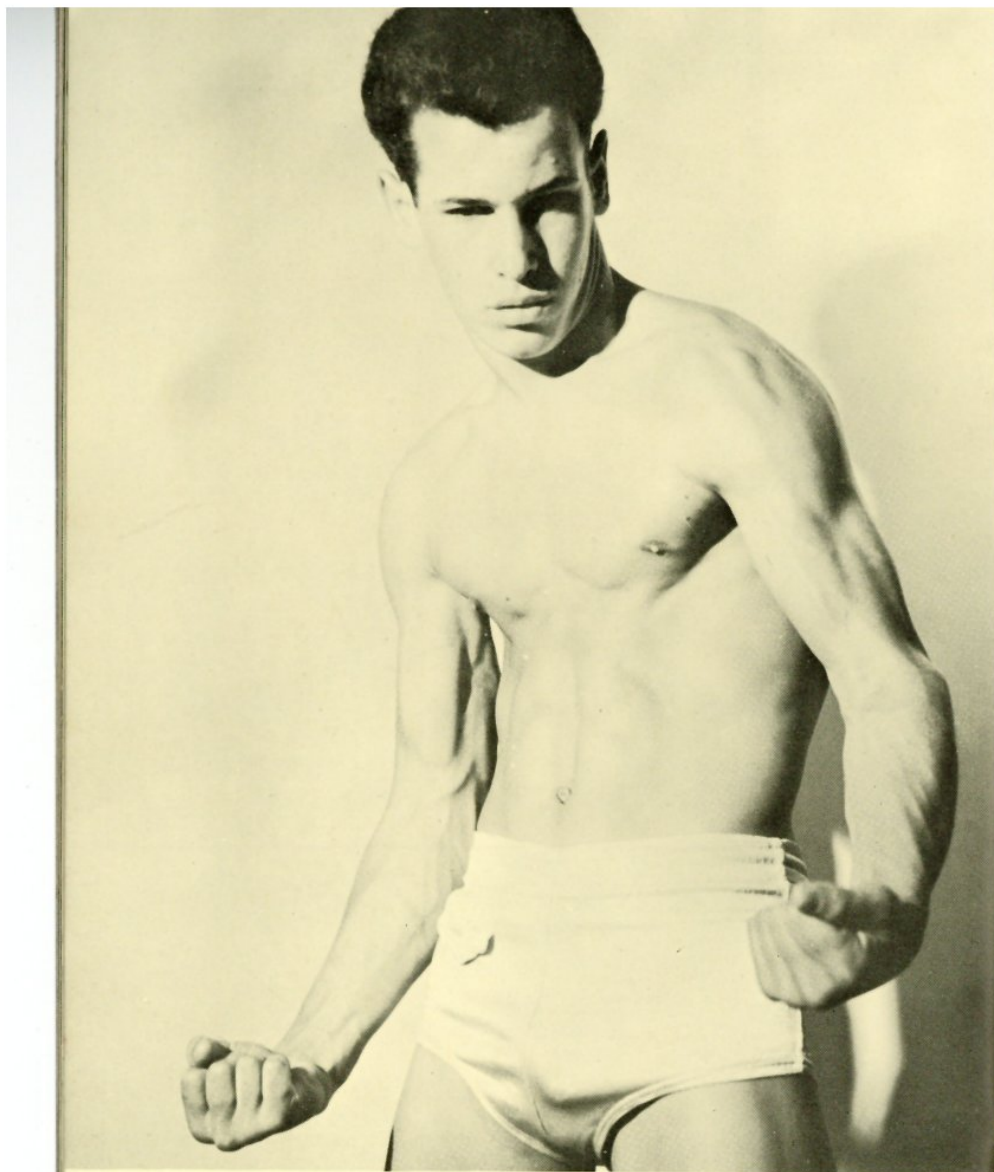
TOM WOODS in photos by MILO



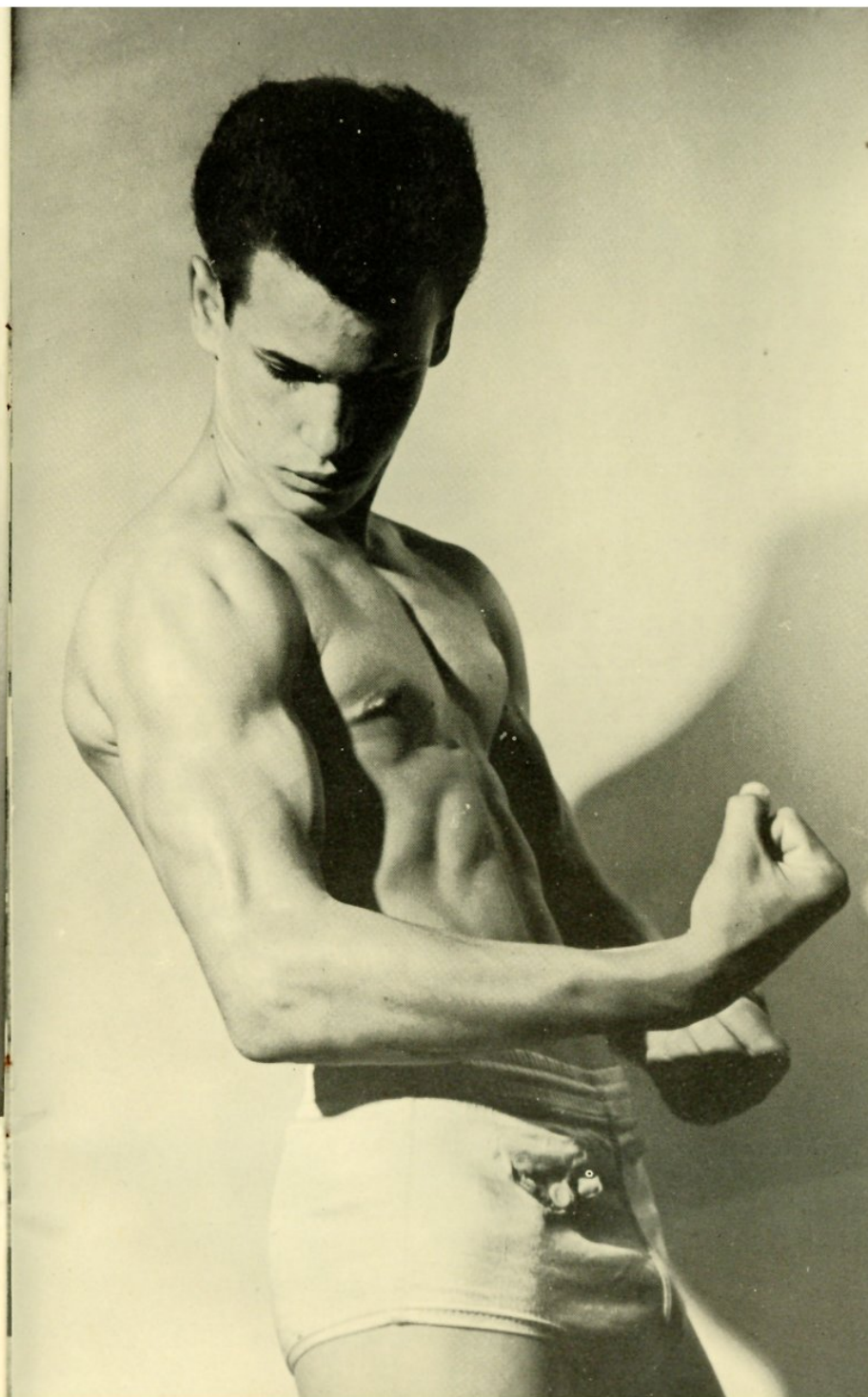


GILBERT LOPEZ in photos by J-LO

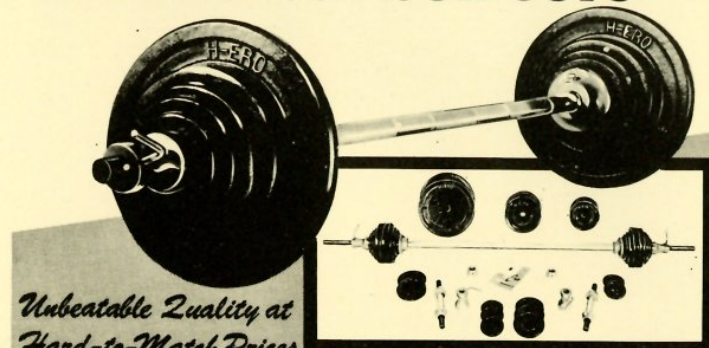




AL MURRAY, at only 16 years, stands 5' 6", weighs in at 145 lbs. He stems from a husky line of Hawaiian and Irish ancestors. Al spends his time racing, diving, and swimming (in that order!). Photos are by Dick White, 811 So. Inglewood Ave., Inglewood, California.



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- 160 LB. GROUP** Includes four 1-1/4# plates, four 2-1/2# plates, four 5# plates, four 10# plates, two 25# plates, revolving 5-ft. solid steel bar, chrome-plated knurled sleeve, 2 chrome-plated revolving dumbbell bars, instruction book and wrench . . . **\$32.95**
- 210 LB. GROUP** Includes four 1-1/4# plates, four 2-1/2# plates, four 5# plates, four 10# plates, four 25# plates, revolving 5-ft. solid steel bar, chrome-plated knurled sleeve, 2 chrome-plated revolving dumbbell bars, instruction book and wrench . . . **\$35.95**

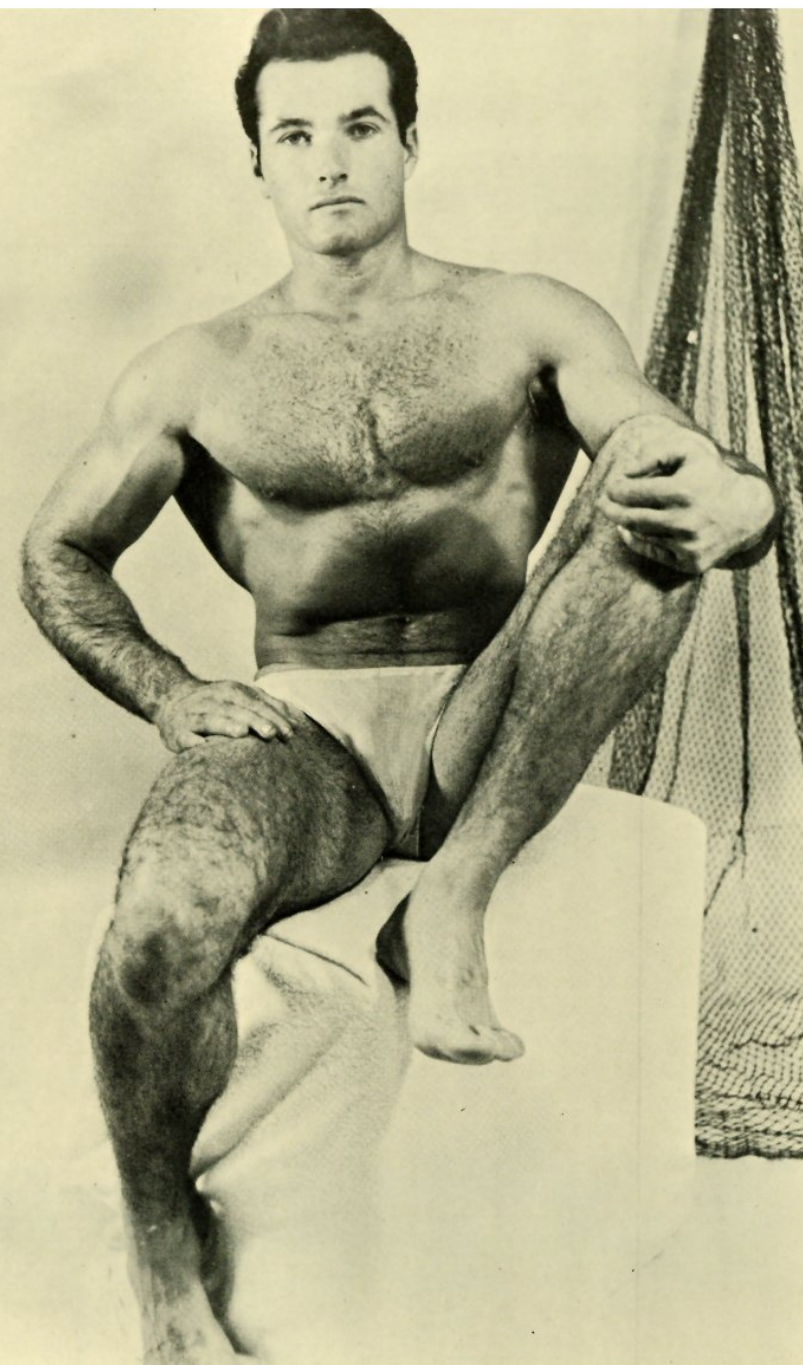
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BRUCE REED in a photo by APOLLO

MUSCLES AND DRAMA

The Most Ancient Sport of All!

Wrestling is the most ancient sport known to man. In fact, it predates man's appearance on this earth, for who has not seen animals engaged in friendly combat?

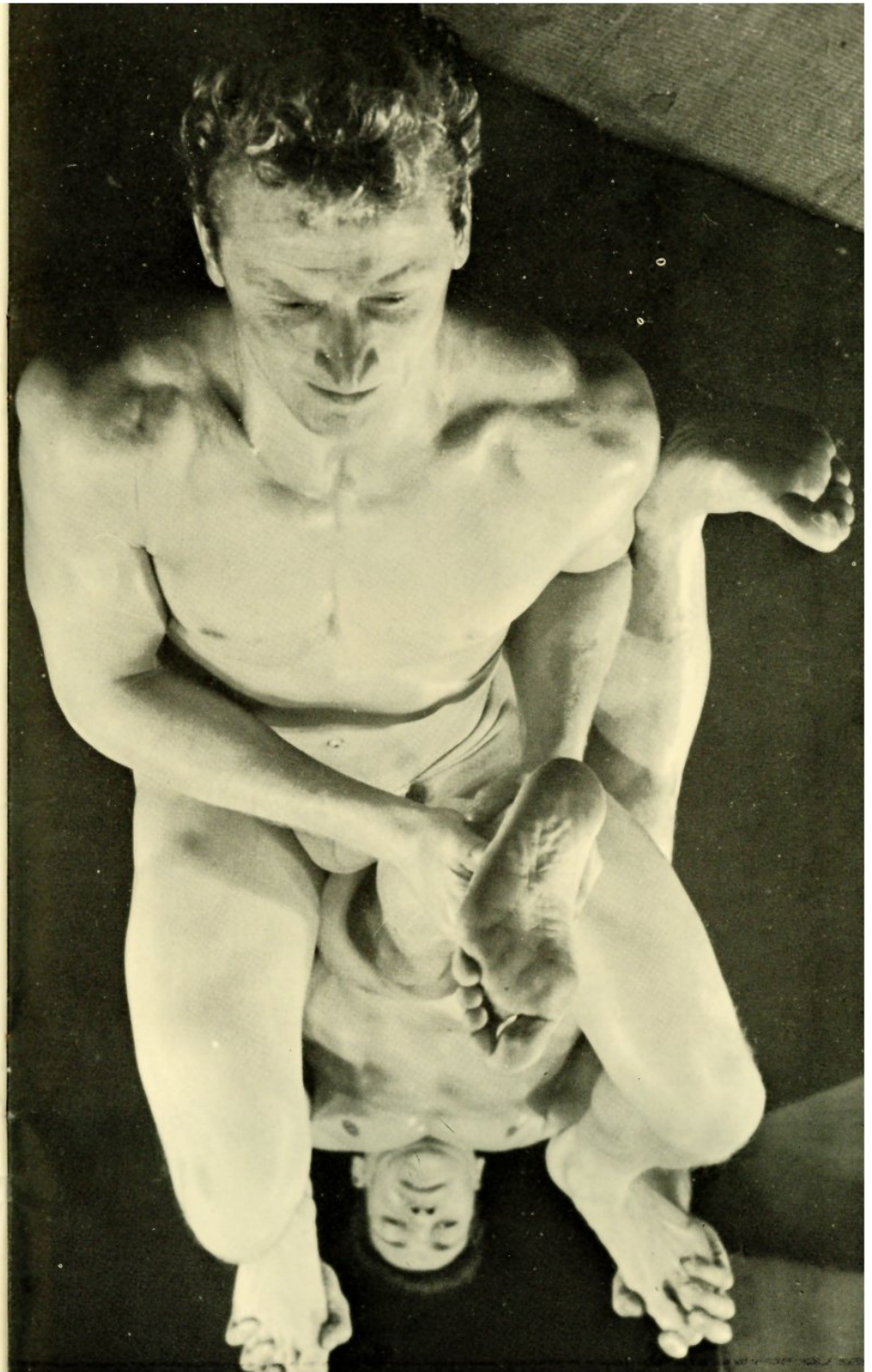
It requires no equipment. The kind of 'will to win' is more direct than in any other sport. No individual submergence in team tactics is required. Any two individuals, anywhere, can pit themselves against each other.

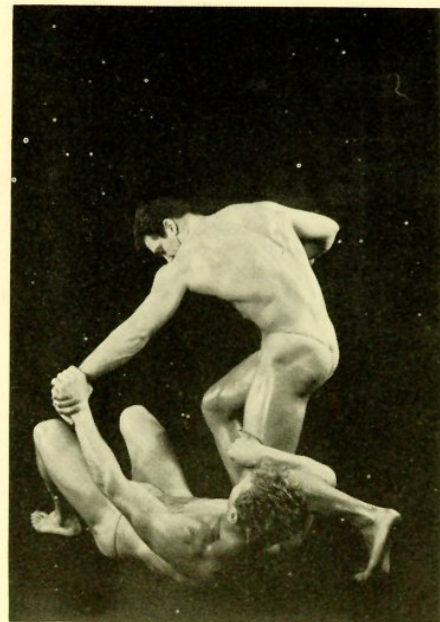
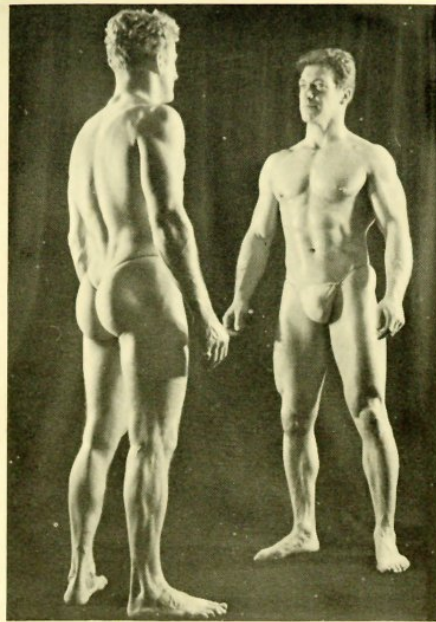
It's almost unbeatable as a muscle builder, but it develops speed, coordination, alertness as well. Social scientists believe that the combination of close contact and friendly competition breeds a humane civility and gentlemanliness.

It's fun to take part in, satisfying as play, and exciting to watch. The Roman writer Marcus Aurelius looked on it as a dramatic symbol of life itself—more so than the play or the dance, for in wrestling no one willingly loses, nor is the end contrived.

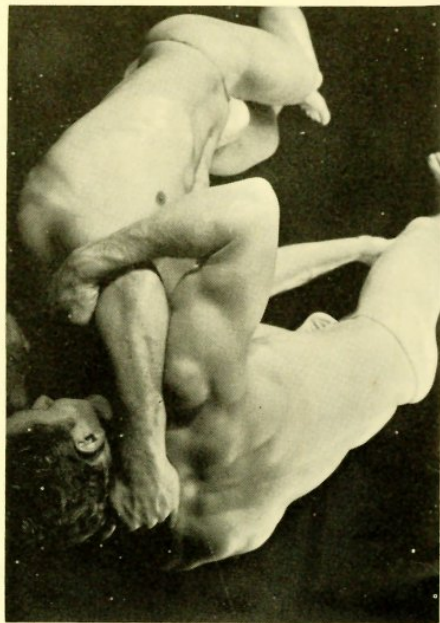
Here's an unusual and brilliant photo story by HUSSAR which perfectly catches the thrill of wrestling.

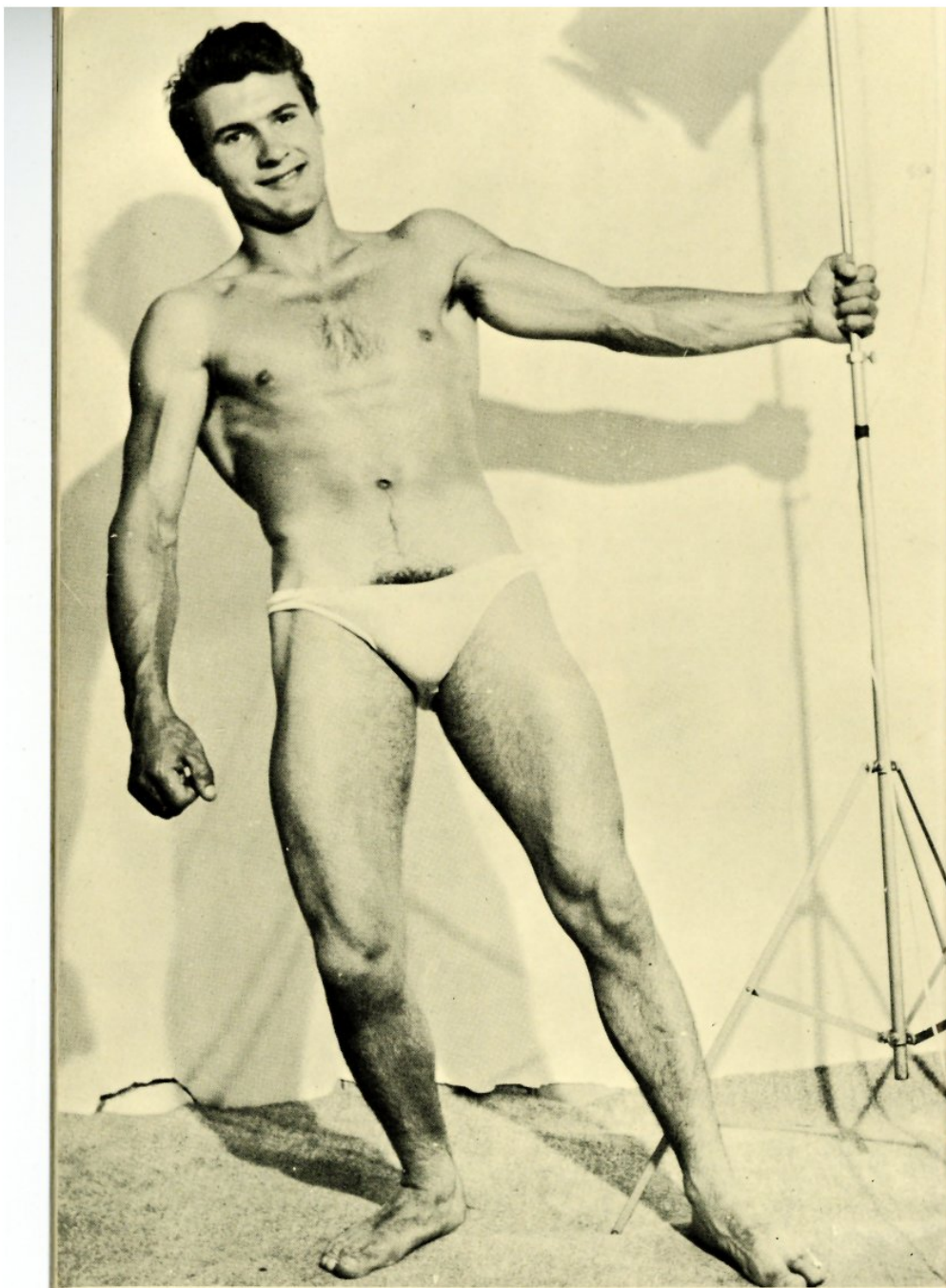
Most wrestling as we expect it to be these days is derived from Graeco-Roman forms. Recently there has been great interest in oriental forms of combat. In passing, we might mention a new paperback book titled 'The Art of Zen Combat,' which is one of the most complete and readable treatises on all Oriental systems. MANual will be interested to receive for possible publication well illustrated articles on wrestling or photographs for photo-stories like this.





Cook v. Davidson, by Hussar





TIBOR in a photo by JOHN PAIGNTON

DANGER AHEAD!

All our readers know the work of JOHN PAIGNTON—artist, photographer and writer. It is with some shock that we hear that Mr. Paignton has been summonsed for 'publishing an indecent item'.

The item in question is the book, *Under My Skull*. Mr. Paignton feels—and having seen the book, so do we—that it is a serious, even educational work, and contains nothing from which any segment of the public needs to be protected. The charge is also hard to understand in view of the fact that England is generally considered to be one of the most enlightened and sensible countries in matters of this sort.

Although Mr. Paignton intends to fight the case with all his energy—and that is a great deal—it takes more than energy to fight court cases, and particularly this one, since the English "Obscene Publications Act" of 1959 requires that it be heard by a jury.

Recent cases (both in England and the US) have shown that freedom to write and publish material in keeping with the times can be successfully upheld in court. In prosecutions of this kind, the verdict is, indeed, more likely to favor the defendant than the 'official censors'.

This case is not John Paignton's alone, it is the case of every one of us. The person who says, "Let John Paignton worry about it" is going to wake up one day and find nothing left to read but the "Readers' Digest"—or a handful of semi-official propaganda organs. The person who says, "Why fight it—you can't win" is not only spineless, he is nine out of ten times WRONG.

These dreary defeatists do not realise that the issue is not just the publisher's rights, but their own rights, and every successful fight against official priggishness is ONE MORE NAIL IN THE COFFIN of organished humbug. This applies to any such case, anywhere, large or small.

Under My Skull was not written to pander to frivolous tastes, nor was it a 'moneymaker'. Its total printing was exactly 550 copies. It has circulated, in such limited editions, throughout the world since it was published in 1958. Yet this is the book the authorities seriously claim to be dangerous to morals, public order, decency, etc. etc.

Publishers of mass circulation media can afford cases of this sort. Neither Mr. Paignton's nor any others in this field have this kind of money. YOU HAVE.

We do not think you have to be pleaded with. We think you are well aware of what we have said above—that cases of this kind are the business of *all* of us, and *can* be won. If you are too lethargic to help us to help John Paignton, there is no use asking you. (You probably will not have read this far). If your response is negative, we say, "Go your way and good luck to you." Good luck is the only thing which can do you any good.

But if you believe in the cause, you *can* help in the battle and you *will* share in the victory. NO AMOUNT IS TOO SMALL. If all you have on you this minute is small change, send that! The urgent need is SPEED, for we understand that this case will not be held up by procedural delays. It is for this very reason that, with parts of this magazine already on the printing press, we have inserted this message.

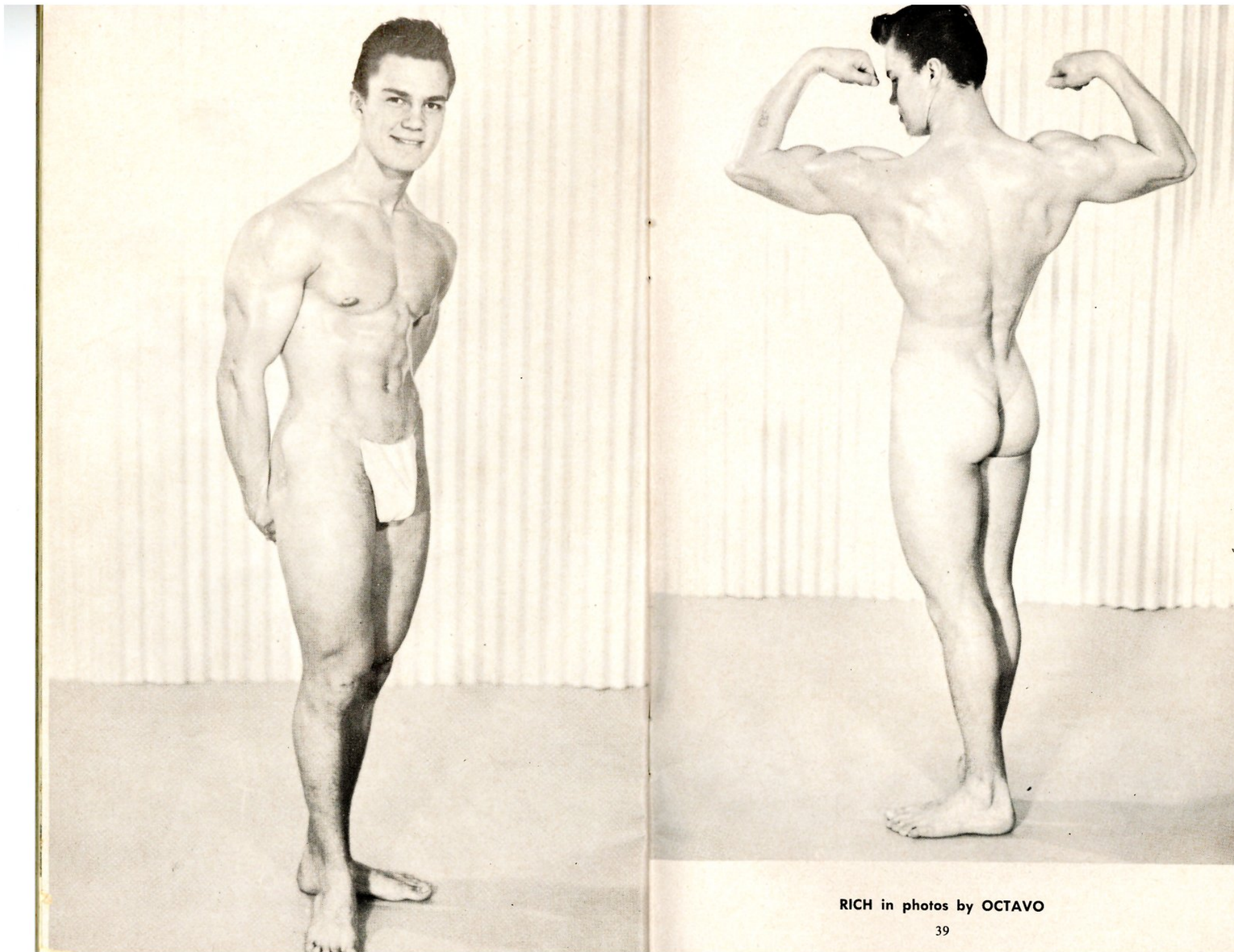
We believe that with your help *Under My Skull* will be cleared by the courts. We hope then to publish an American edition, and in this case, money donated now to Mr. Paignton's legal fund will be credited back to the donors for the purpose of purchasing copies of the book they have helped to make possible.

Remember, cases like this one do not only concern the individual under attack. They concern *everybody*, wherever they occur. They concern *you*, no matter where you live. *You can help win them.*

The urgent need is SPEED! Ten dollars or ten cents, send it NOW, AIRMAIL (15¢ per ½-ounce), to:

John Paignton Defense Fund, 18a Hill Street, Richmond, Surrey, England.

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RICH in photos by OCTAVO



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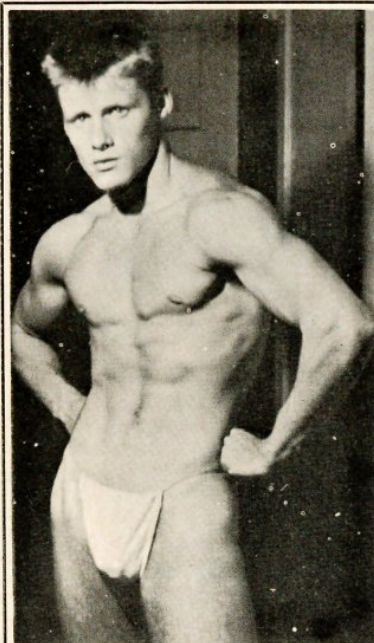


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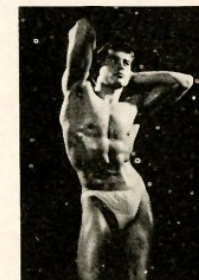
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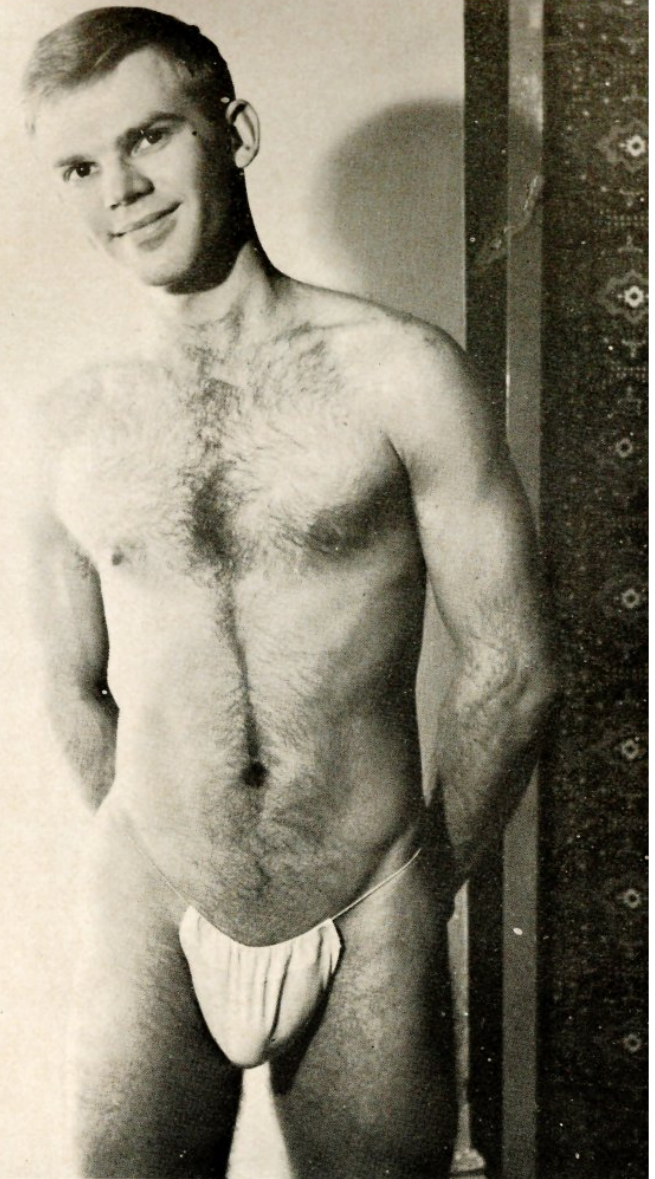
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