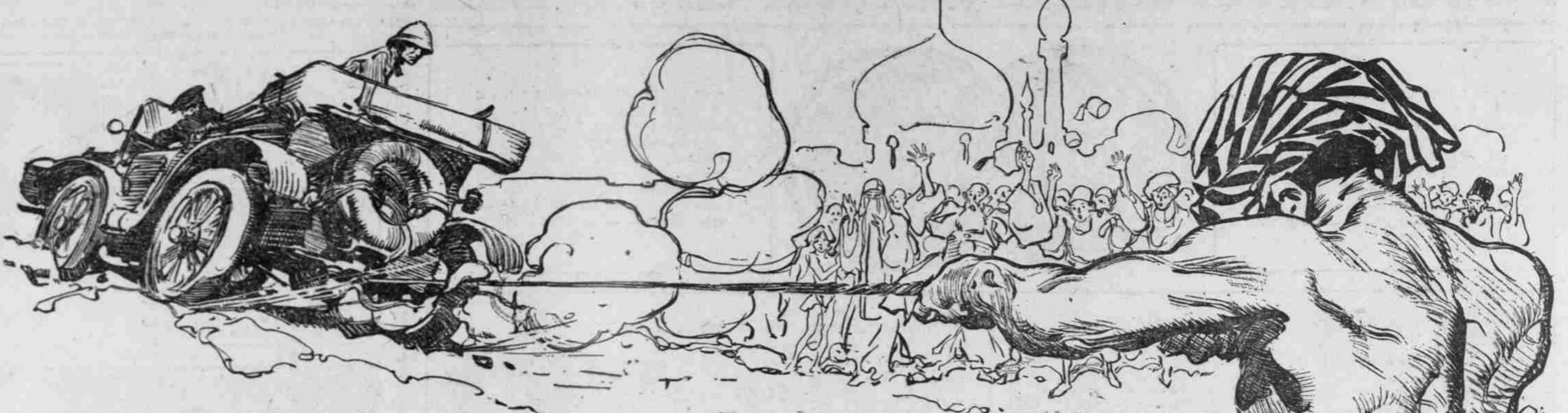
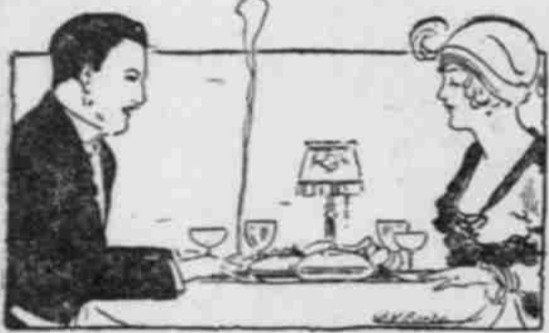


THE STRONGEST MAN in the WORLD—Who Doesn't Eat Meat!



Strong Mind Above Food and Exercise Responsible Says Mighty Ram Murli, Who, Like Napoleon, Declares It Is Mental Energy



"Americans Eat Too Much," Says Basauta Koomar Roy.

BY BASAUTA KOOMAR ROY, Hindu Author and Traveler.

INDIA today gives the strongest man in the world—Ram Murli Naidu. He has proved his super-human strength before huge Hindu and European audiences and in India he is greeted as a great national hero. That is the secret of his tremendous feats of strength.

Ram Murli Naidu is 5 feet 6 1/2 inches tall and weighs about 218 pounds. His chest measurement is 48 inches, and he has an expansion of nine inches. He can swim for two hours continuously and can run 12 miles at a stretch.

As a test of his great strength Ram Murli has a heavy iron chain passed around his shoulders and the two ends of it bound to a heavy post. He then slowly lifts his shoulders and the chain breaks in two.

As another test of his great strength Ram Murli has a gigantic elephant, weighing about four tons, enter the ring. A thick plank is then placed over Naidu's chest and abdomen and the elephant gently walks on it and after swimming for several minutes walks off. Naidu immediately jumps to his feet and smilingly greets his audience as unconcerned as if nothing had happened.

One of the most startling exhibitions of Naidu's feats of strength is his act of "stopping a motor car." By sheer force of mental and physical strength he holds back a 15-cylinder automobile.

At one of Naidu's exhibitions an Englishman, not relying on Naidu's automobile, effected his own and promised the strong man a great sum of money and the automobile if he could hold back the machine. Ram Murli promptly accepted the challenge. A strong rope was encircled around his waist and tied to the automobile. Then he asked the Englishman to drive the machine. All the power was turned on and Ram Murli was carried several feet, but he merely smiled, for he was simply testing the strength of the rope. Then he made his stand and the fast-moving automobile immediately was checked in its full motion. The wheels spun around with terrific speed, but the car itself did not move forward even an inch.

Some Americans are apt to jump to the conclusion that this Hindu giant of strength eats nothing but the very best of chops and steaks, rare roasts, birds and fresh eggs by the dozen. Well, if you think so, you are entirely mistaken. Naidu never eats meat of any kind, neither fish, nor even eggs. He is purely a vegetarian.

In the morning Naidu takes a drink made of almond paste, sugar, spices and cold water. His principal meal, which he eats at 10 o'clock in the morning, consists of a quarter-pound of boiled rice, vegetable curry, lentil or pea soup. He eats plenty of clarified butter with all his dishes. He never drinks tea, coffee or liquor of any kind. He is very fond of cold water, of which he drinks in abundance.

At 4 P. M. Naidu takes his favorite pudding made of honey, cream, butter and sugar. Along with the pudding he takes a drink made of milk, wheat bran, almonds and sugar.

After his performances at night Naidu takes a little rice, vegetable curry and lentil soup, the whole weighing not more than a quarter of a pound.

As a boy Ram Murli Naidu was a sickling. The reading of the lives of historical strong men inspired him to become a physical giant. At first he took up the Western method of dumb-bell and bar exercises, but soon discovered that his constitution was not suited for that kind of exercise. Consequently he adopted the Hindu system of ground exercises. Constant and regular exercise and build-up pertinacity and, above all, his strong mind, turned him from a weakling into a physical marvel. By personal experience he discovered that it was neither food nor the form of exercise that made a man strong, but that it was the mind that developed the muscles. Naidu says he believes, as did Napoleon, that it is mental strength, mental energy and control of the mind that make a man strong and that a weak mind can never expect to develop a strong body. Naidu's life and strength bear testi-



Ram Murli Naidu, India's Strong Man, Who Lives on Vegetables.

mony to his theory. Every day for about two hours he practices concentration and meditation and also the different breathing exercises to increase his power of oxygenation. Naidu's control of breath and power of concentration help him to localize his energies in that part of his body where they are most needed. When he snags a heavy iron chain, holds a 4-ton elephant on his chest or holds back a 12-cylinder automobile, he drives by sheer force of mind his power of resistance to that part of his body where it is most needed.

The life and career of Ram Murli Naidu give a lie direct to the superstition that none can expect to be strong who do not gorge on meat morning, noon and night. Americans should eat less meat and

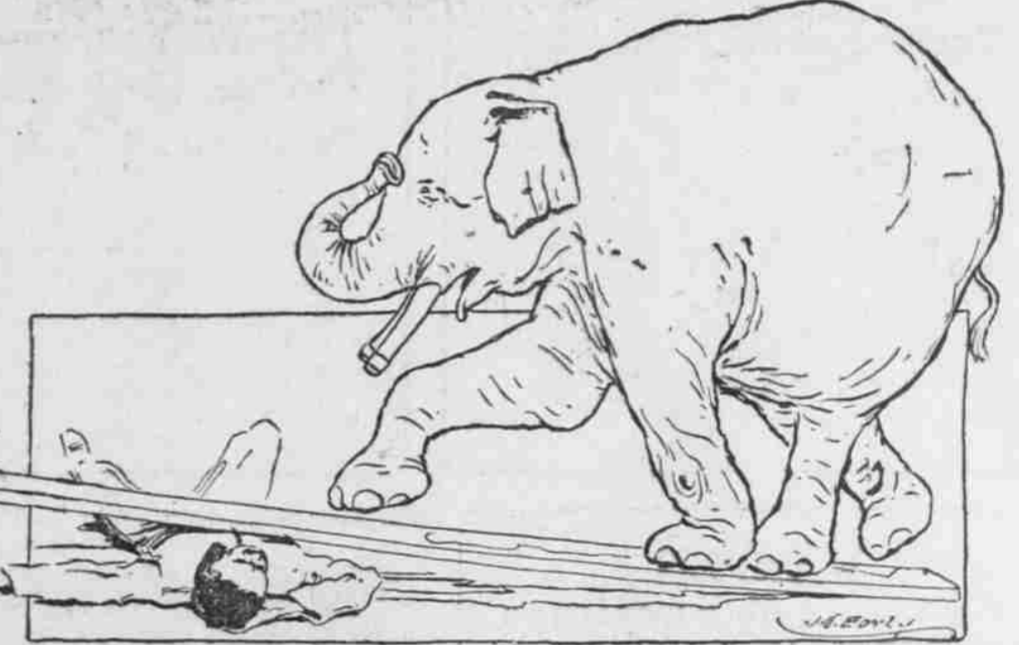
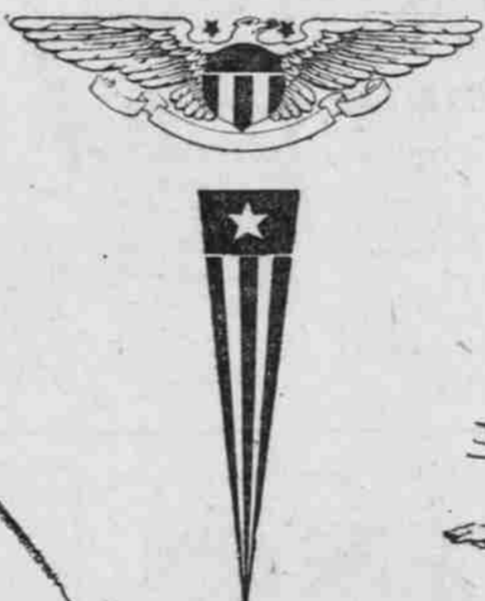
more of rice, beans, vegetables, nuts and fruits. This is today not only a patriotic but it is a personal duty as well, for in this way can everyone increase his personal magnetism and strength.

As a Hindu I feel that you Americans eat too much. From your early childhood you have been reared on meat, meat and more meat—bacon in the morning, lamb chops at lunch and beef steak or chicken at dinner. If you do not eat meat you feel that you have not eaten at all.

I come from a country where plain living and high thinking is the motto of human life. Our great sages of olden days—days as far back as 2000 or 3000 years before Christ—lived not in palaces or luxurious cities, but in

cottages by a river, in a forest or on the top of a mountain and ate neither rich nor luxurious dishes. Sir Rabindranath Tagore, whose books of poems are being bought in America like the best-selling novels, is a vegetarian. He lives mostly on rice and other vegetables.

When you think in the afternoon that you are feeling weak because you could not afford to have lamb chops for lunch, but had plenty of vegetables and beans or rice, you are just creating a mental condition which reacts on the physical. Meat is not absolutely necessary to make one strong. Look at an elephant. It is huge, and strong, of course, but it eats no meat. It draws its nourishment and strength from grass and vegetables, fruits and foliage. The elephant is purely a vege-



Ram Murli Performing the Feat of Supporting an Elephant on His Chest.

arian. So is the horse, the rhinoceros, the bull. And no animal can surpass the bull in vital endurance—even in fighting ferocity.

There are races of men, too, who are mostly vegetarians, and they, too, are strong and healthy and have unquestionable power of endurance. The Japanese at home live mostly on rice, beans and vegetables. Those who have been in Japan and have lived with the Japanese know how simple is their food and how strong their minds and bodies.

For breakfast the Japanese eat one, two or three bowls of rice, soy beans, soup with or without potatoes, beans, cheese and pickles. For lunch he has rice, fish soup, fried fish and cooked vegetables. For dinner he takes rice, baked or raw fish and vegetables.

LEGAL SIDELIGHTS FOR LAWYERS AND LAYMEN

By Reynelle G. E. Cornish, of the Portland Bar.

RATS. . . Premises rented for use and occupation are presumed to be tenable. And in case a nuisance renders them untenable, the lease may in a proper case be broken. Theoretically, a building infested with rats would come within this ruling, but as a matter of fact the courts are very chary of holding our rodent friends as a good ground for the breaking of the lease. They have even in more than one case, instead of sympathizing with the harassed tenant been inclined to poke fun at him, as in the lengthy opinion given by Judge Broyles in *Lumpkin vs. Provident Loan Society*, 15 Ga. App. 816, which follows: "The whole trouble of the plaintiff in error can be summed up in one word—rats! It is true that the evidence disclosed that the office was badly ventilated, and one witness for the defendant in error testified that was the cause of the bad odor; but the plaintiff in error himself makes no such complaint; he puts the bad odor, and the consequent untenability of his office, squarely upon the 'unoffending heads' of the rats.

"There is no contention that the rodents disturbed the office force by unseemly squeaking or scurrying, or that they otherwise conducted themselves in any ungentlemanly or unladylike manner; or that they gnawed his furniture; or that they themselves had a bad odor; but the sole contention is that they brought in food, presumably from an adjoining restaurant (which

was established about a year after the plaintiff in error leased his office), and that this food alone caused the offensive odor.

"The plaintiff in error, not being an object of charity but a man of considerable means, strongly objected to having food thus brought in to him from his neighbors, and especially the kind that was furnished, he not being especially fond of 'chicken bones,' 'fish heads,' 'scraps of cheese,' 'tripe,' and such like delicacies.

"He testified that he disinfected the premises, but all in vain. He set traps, and every day caught scores of rats as big as squirrels, but their ranks were no more diminished by his captures than were the ranks of the allies or the Germans by the 'battles of the Aisne.' No traps, no disinfectants, 'no nothing' could stop the onslaught of these hungry and persistent vermin; they were imbued with the true 'Atlanta spirit,' and continued with undiminished ardor their kindly meant but misunderstood attentions.

"Finally, in despair, the plaintiff in error, having no 'Fied Piper' to entice them by the witchery of his music to their destruction in the 'rolling waters of the river Weser' (or the Chattahoochee), cut the Gordian knot by breaking his lease and moving to another and distinct building.

"We do not think that under the law and the evidence, the landlord can be held responsible for the action of the rats. . . . There is, however, another plea which the plaintiff in error might have set up by way of recoup-

ment, which would have received our careful and sympathetic consideration. The fear of rats, and even of mice, entertained by the fair sex, is proverbial, and this court will take judicial cognizance of the fact that any real estate office overrun by such vermin would lose all patronage of the ladies, and would be entirely deprived of the refining and elevating influence of their presence, to say nothing of the more substantial emoluments derived from business dealings with them.

"If the plaintiff in error had rested his case on this ground at once solid and sentimental, this court (though all its members are staid and settled married men, but, like all men of intelligence and discernment, fond of the beautiful) would have diligently sought to find a way to relieve him, if not by the harsh and inflexible rules of law, then by the softer and more pliant ones of equity. But the plaintiff in error (possibly through fear of his better half) not having made this plea, the only thing we can do, while affirming the judgment against him, is to render our congratulations upon the fact that at least he has escaped from his too attentive friends (?)—the rats."

Will Wilson pay an income tax? "Of course" you say. Well, now, will he? "Let me think," you begin to hedge. "It seems to me that I remember reading something about some special provision in the act!" Well, now, are you quite sure about that? As a matter of fact, the question of whether the salary of the President of the United States is subject to the income tax appears to be a difficult one. The surcharge act while exempting Congressional salaries makes no provision in favor of the President. The Constitution of the United States provides that the salary of the President shall not be increased or diminished during his term, and this clause has

(Continued on Page 2.)