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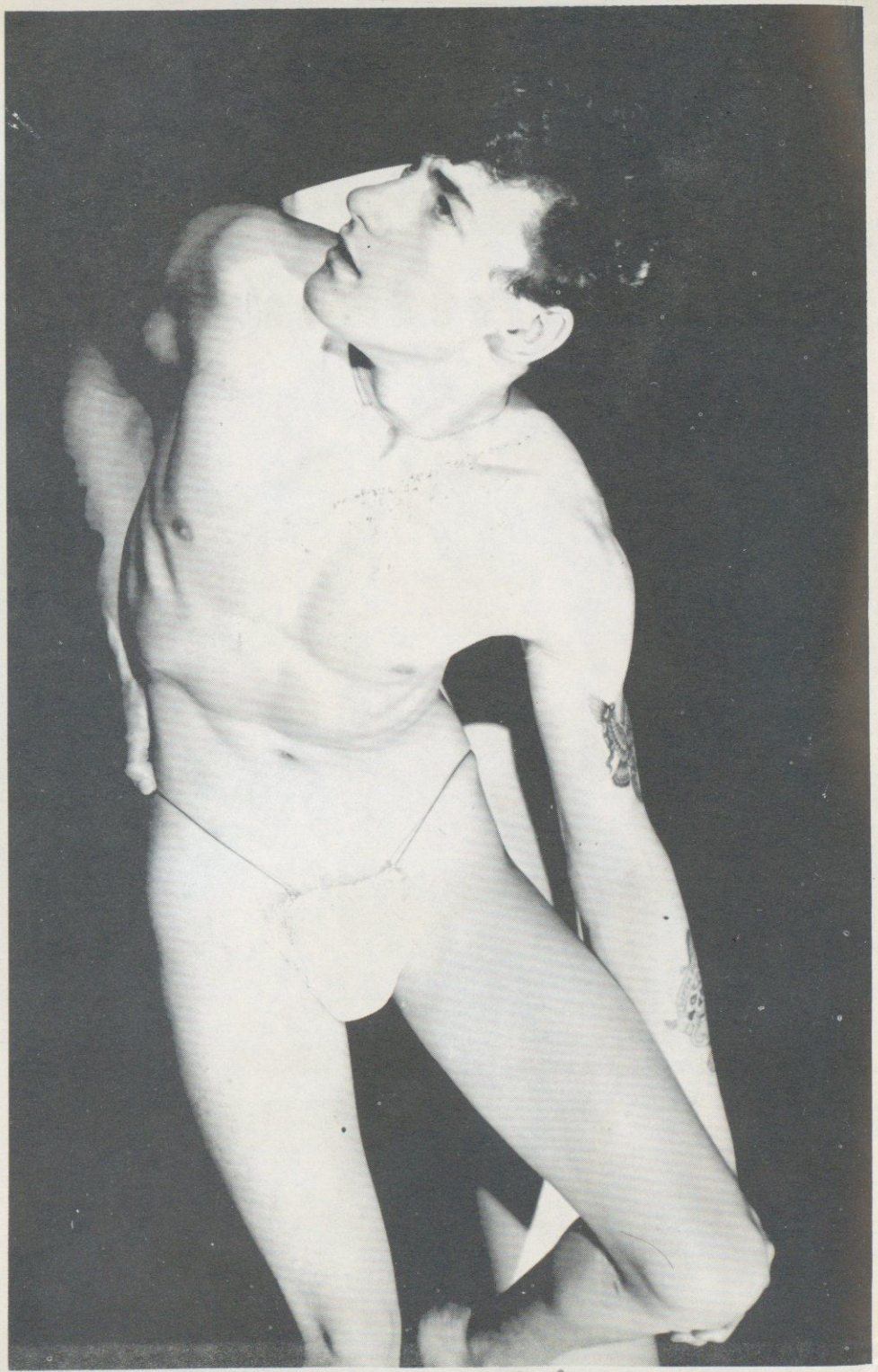


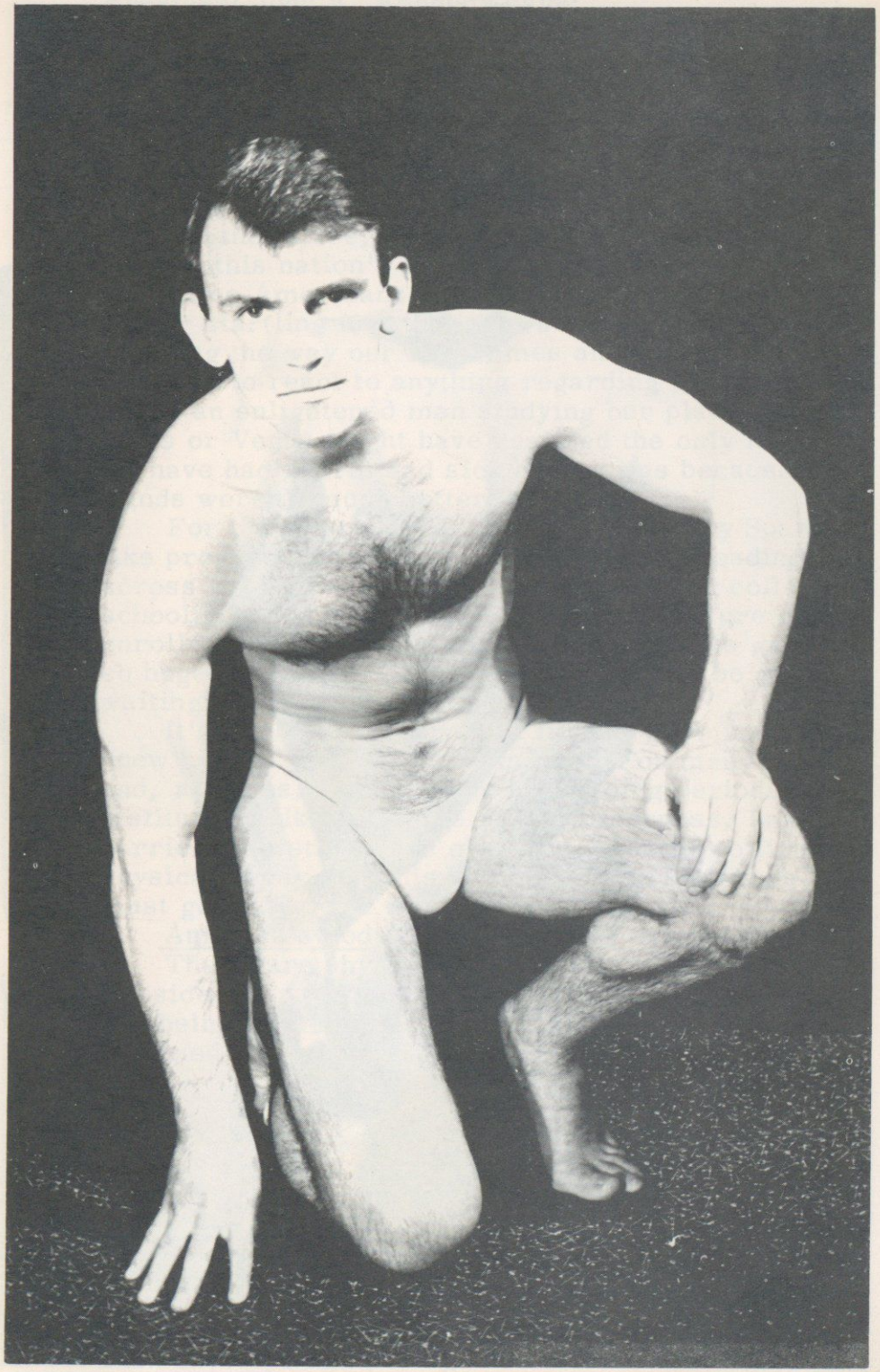
Manhattan MAN

7-1961

No. 2
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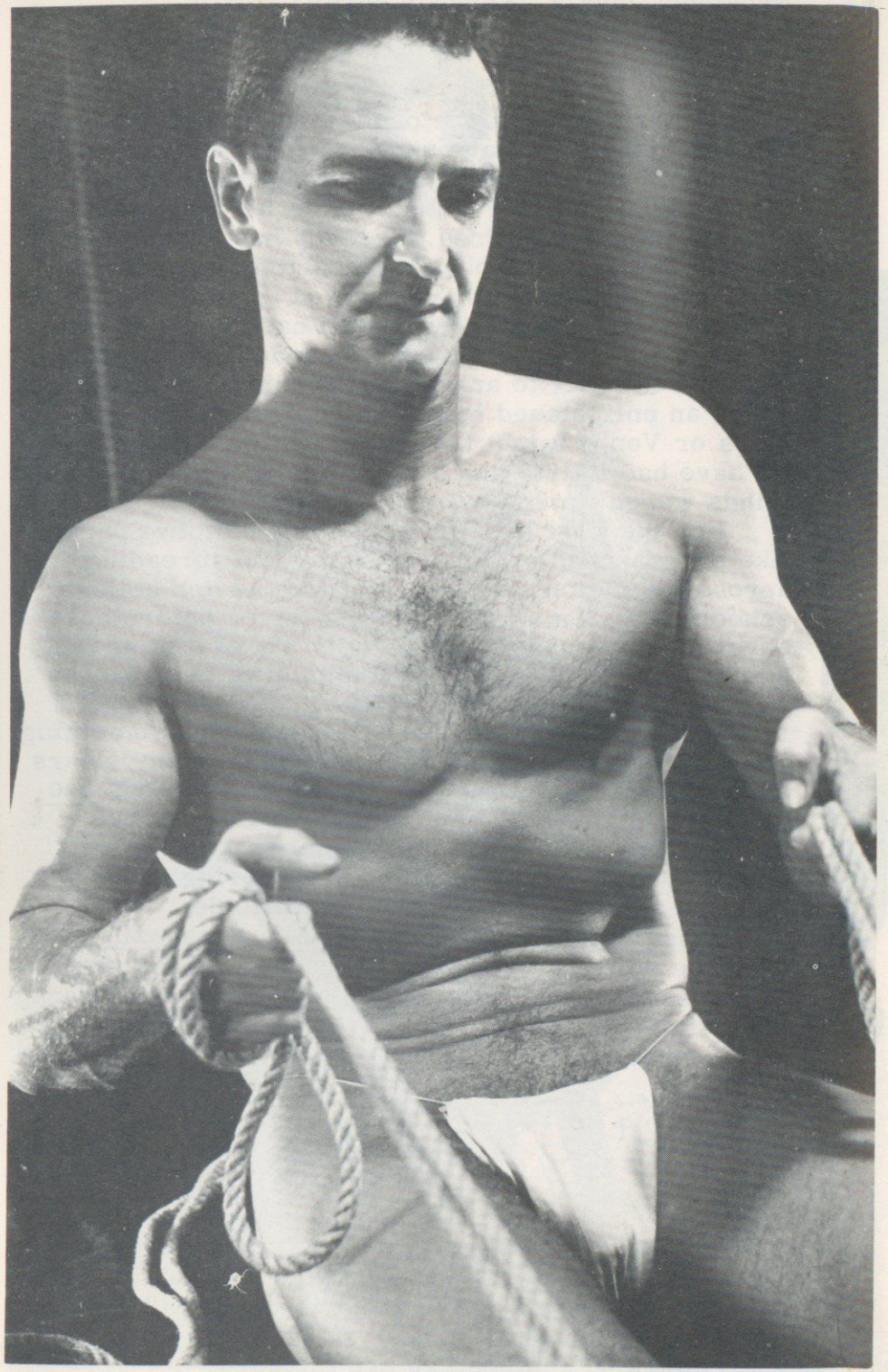


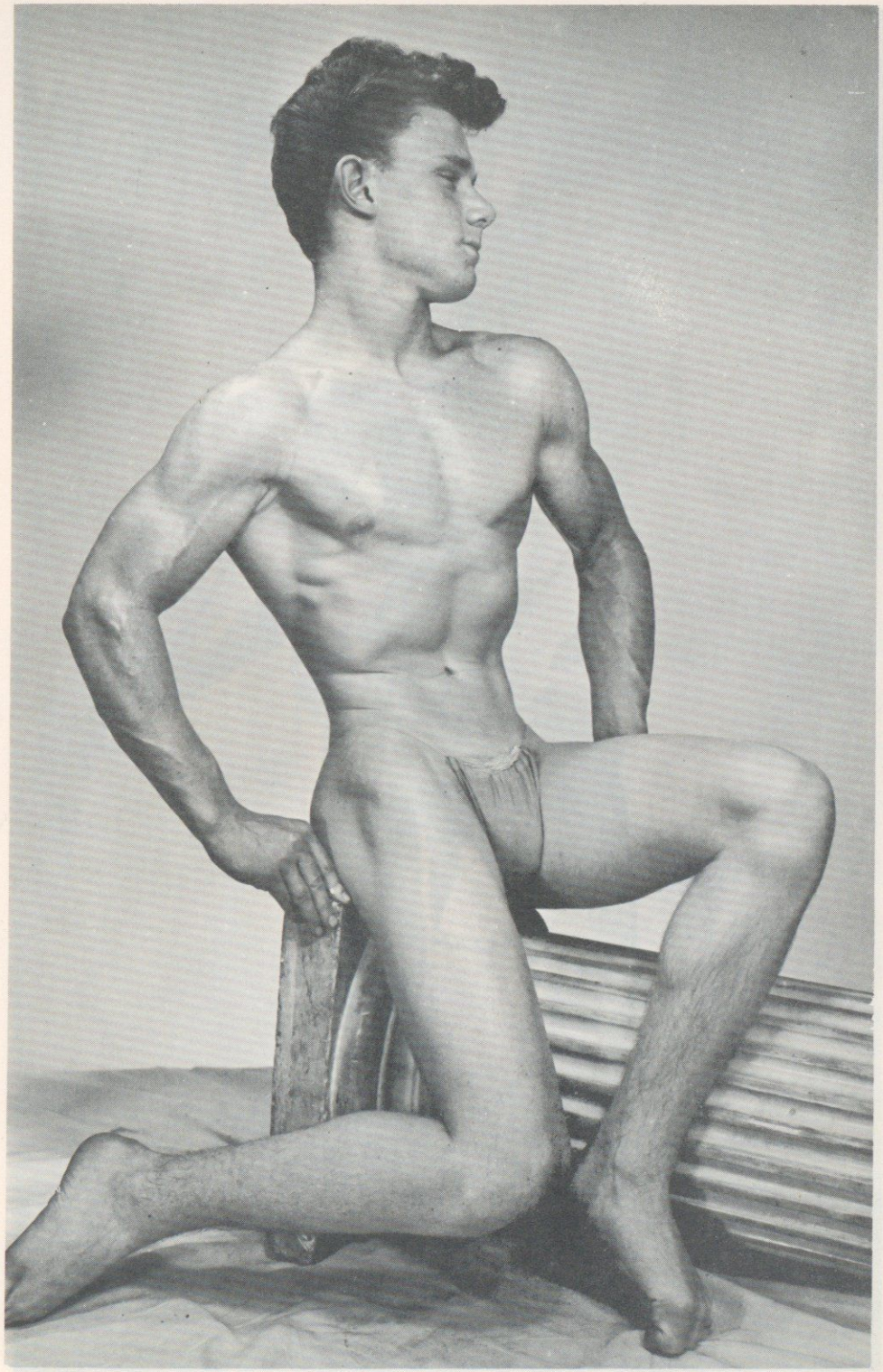




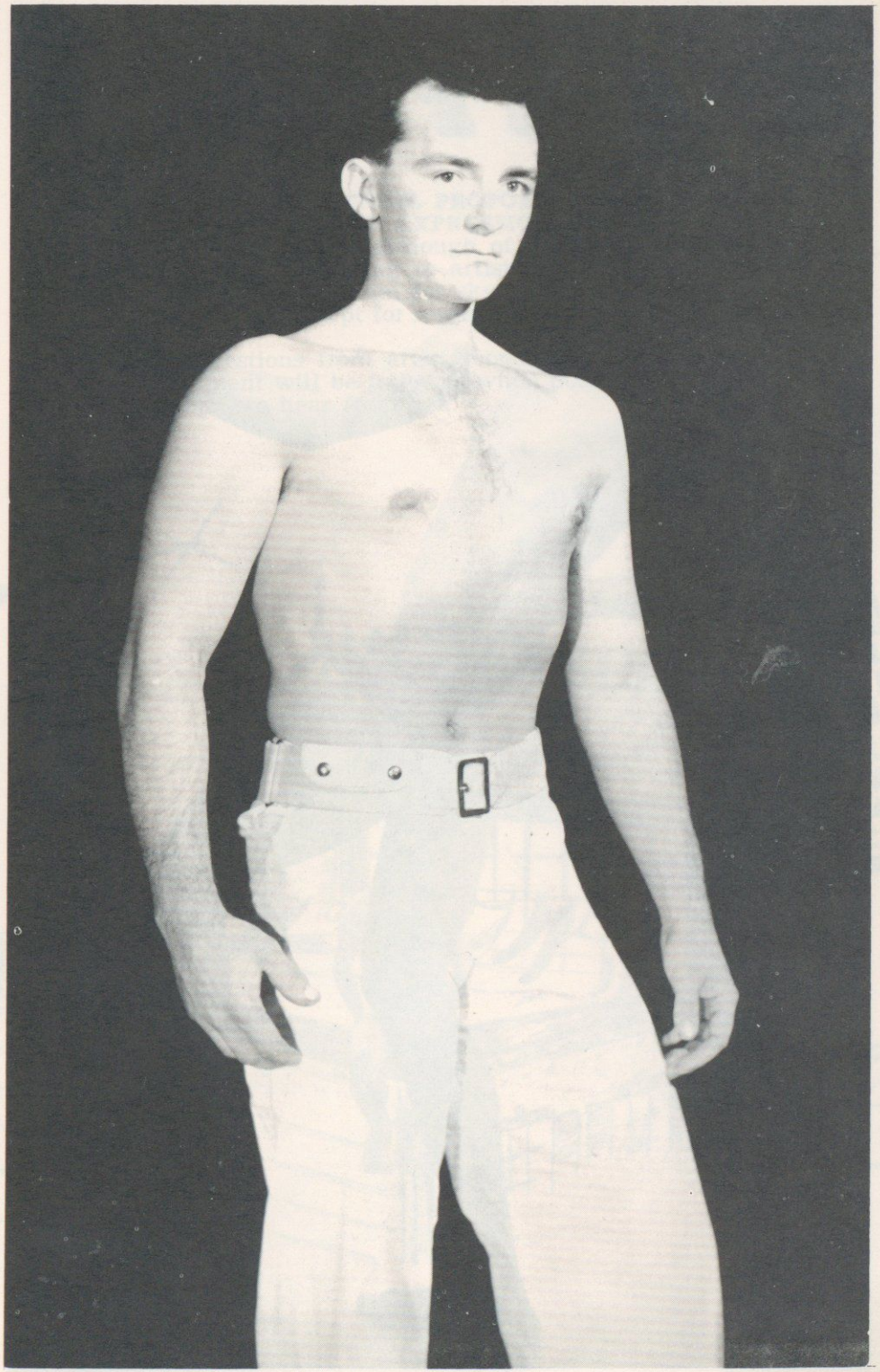
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President John F. Kennedy says:
"AMERICA'S HOPE IS IN PHYSICAL FITNESS..."
!!!











ARTIST'S PAD

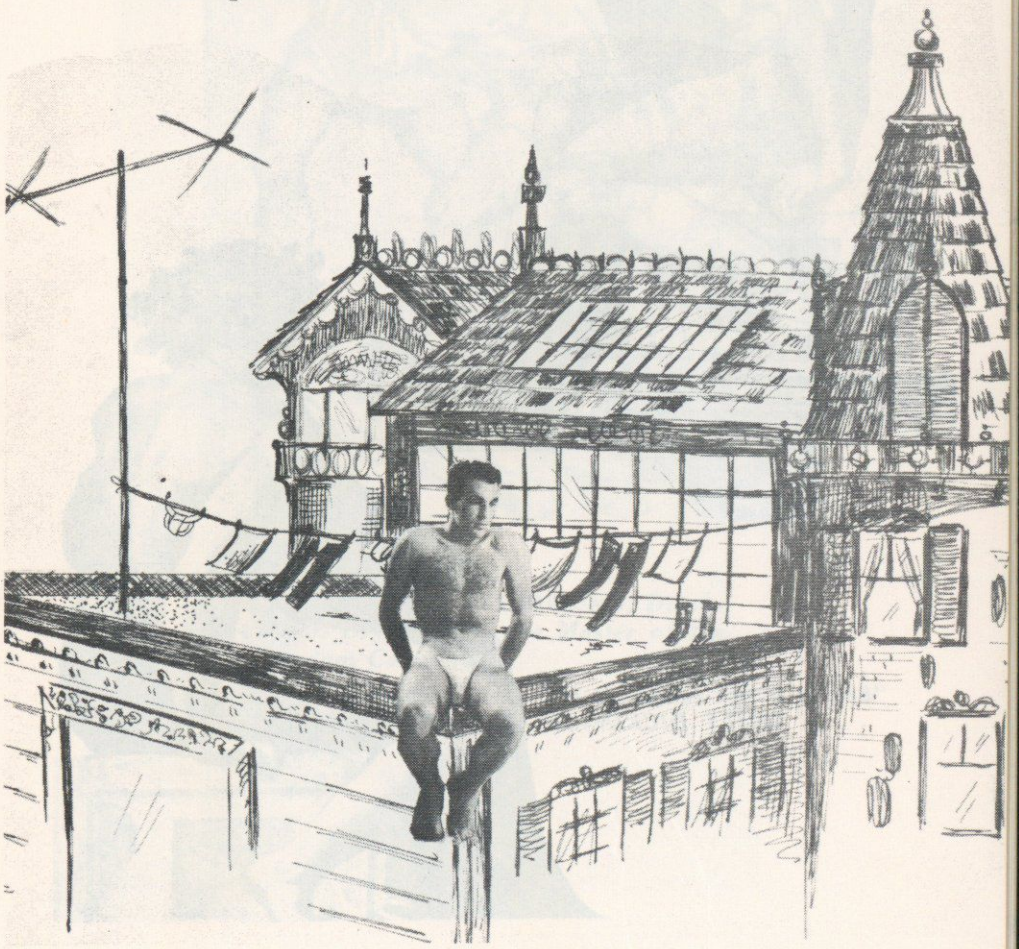
DEALING WITH POSITION, PROPORTIONS, PERSPECTIVE AND EXPRESSION.

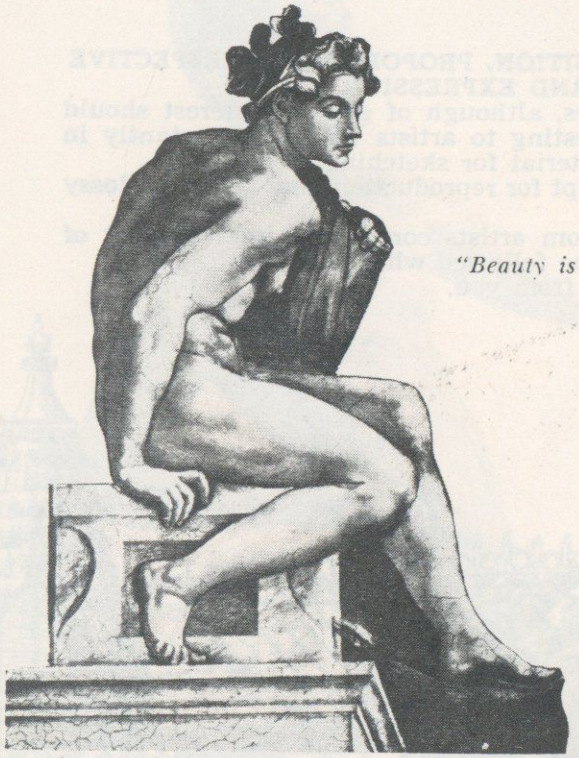
The following pages, although of general interest should be particularly interesting to artists who are constantly in need of reference material for sketching.

We will gladly accept for reproduction here suitable glossy prints.

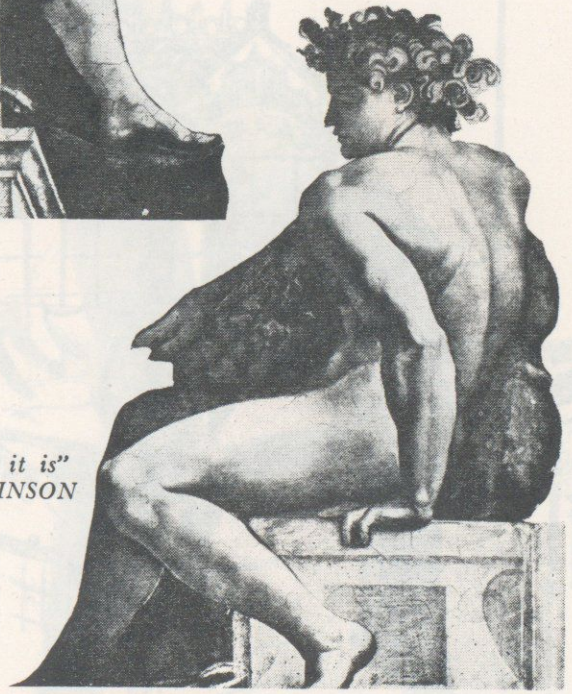
Any suggestions from artists concerning improvement of the department will be followed when possible.

.....hope to hear from you.





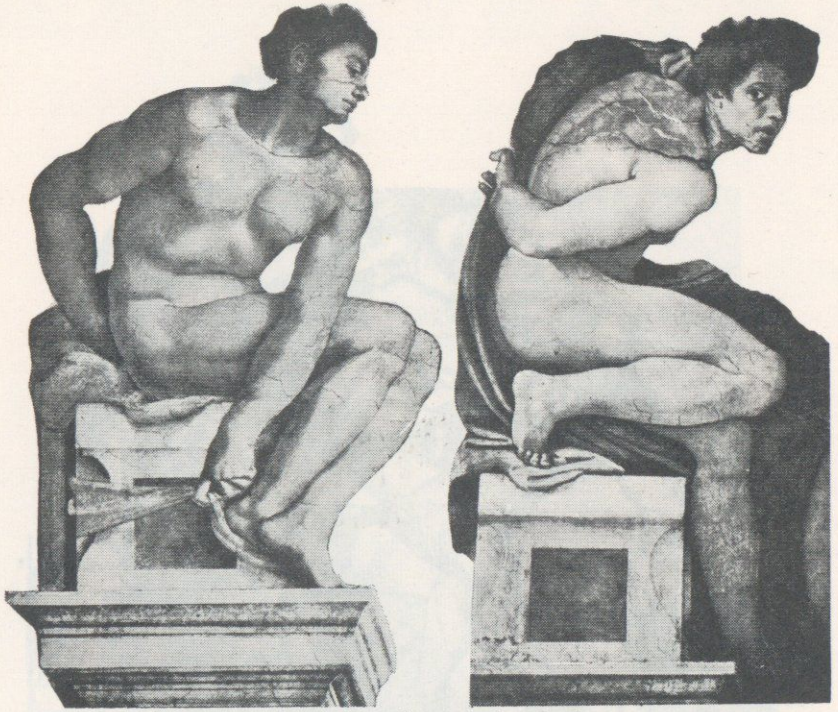
"Beauty is the gift of God"
. . . ARISTOTLE



"Beauty is not caused, it is"
. . . . EMILY DICKINSON



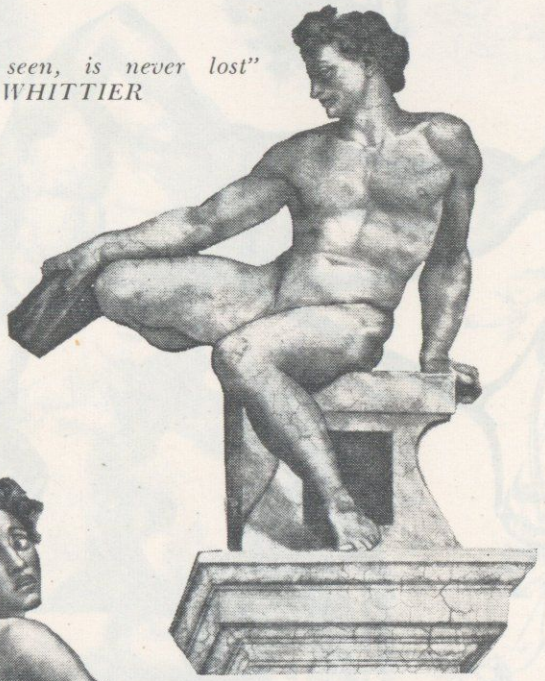
TWO PEASANTS STRUGGLING, ***Dutch. 1475-90, Drypoint by the Master of the Amsterdam Cabinet,***

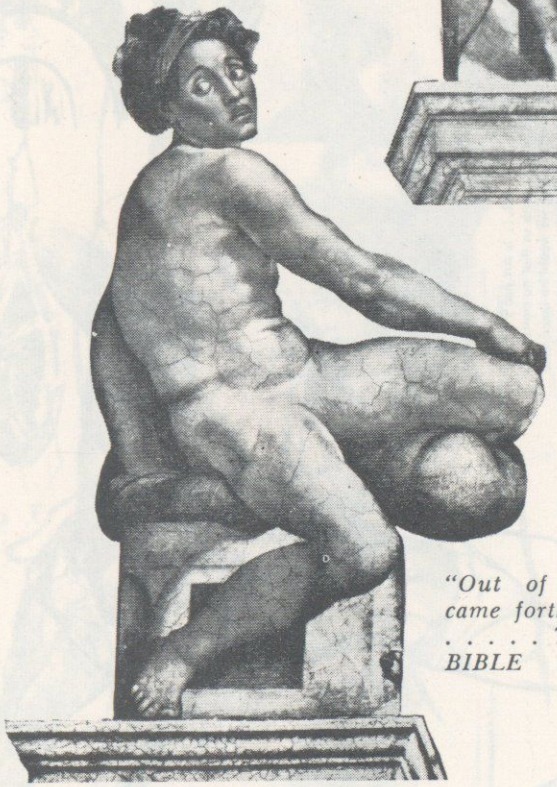


"There is no excellent beauty that hath not some strangeness in the proportion" . . . . . FRANCIS BACON



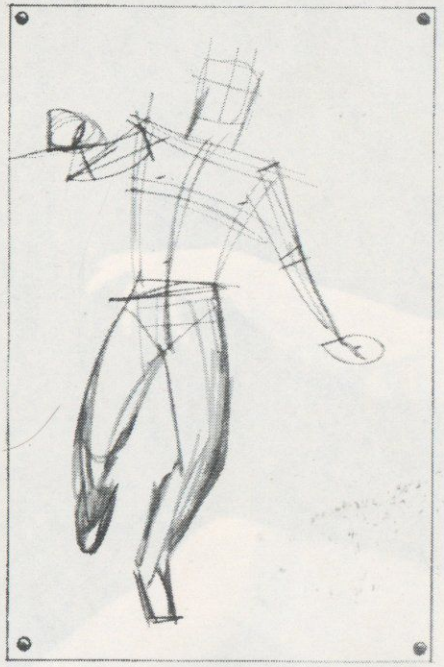
"Beauty seen, is never lost" . . . . . WHITTIER

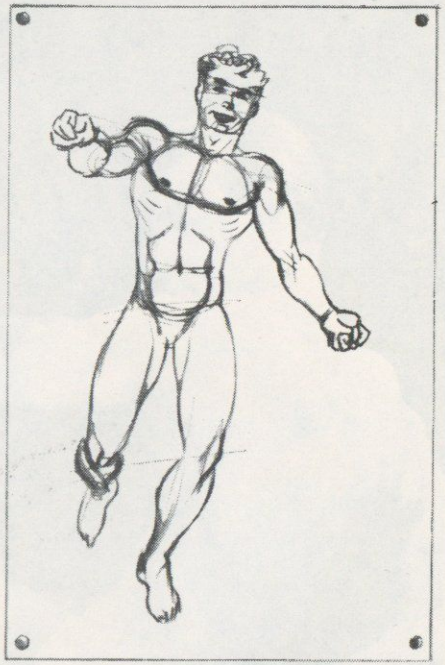




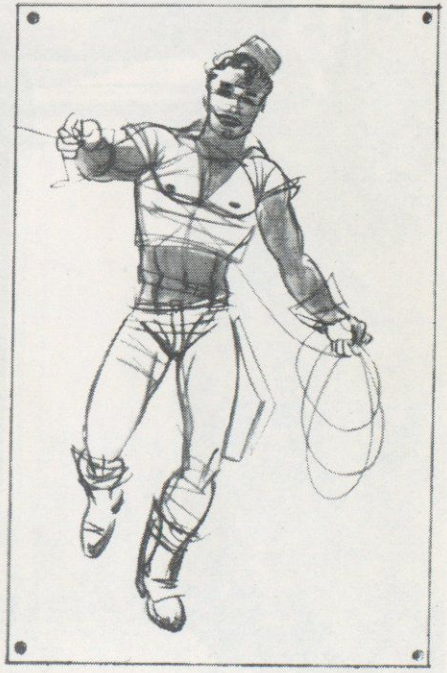
"Out of the strong came forth sweetness" . . . . . THE HOLY BIBLE

THE GRASS IS ALWAYS GREENER... is Art Bob's title for this pair of reveries. He reminds us that no matter how great our advantages, we imagine we would be happier in a contrasting situation. Yet, things are rarely what they seem and we should learn to be content with life as we find it.

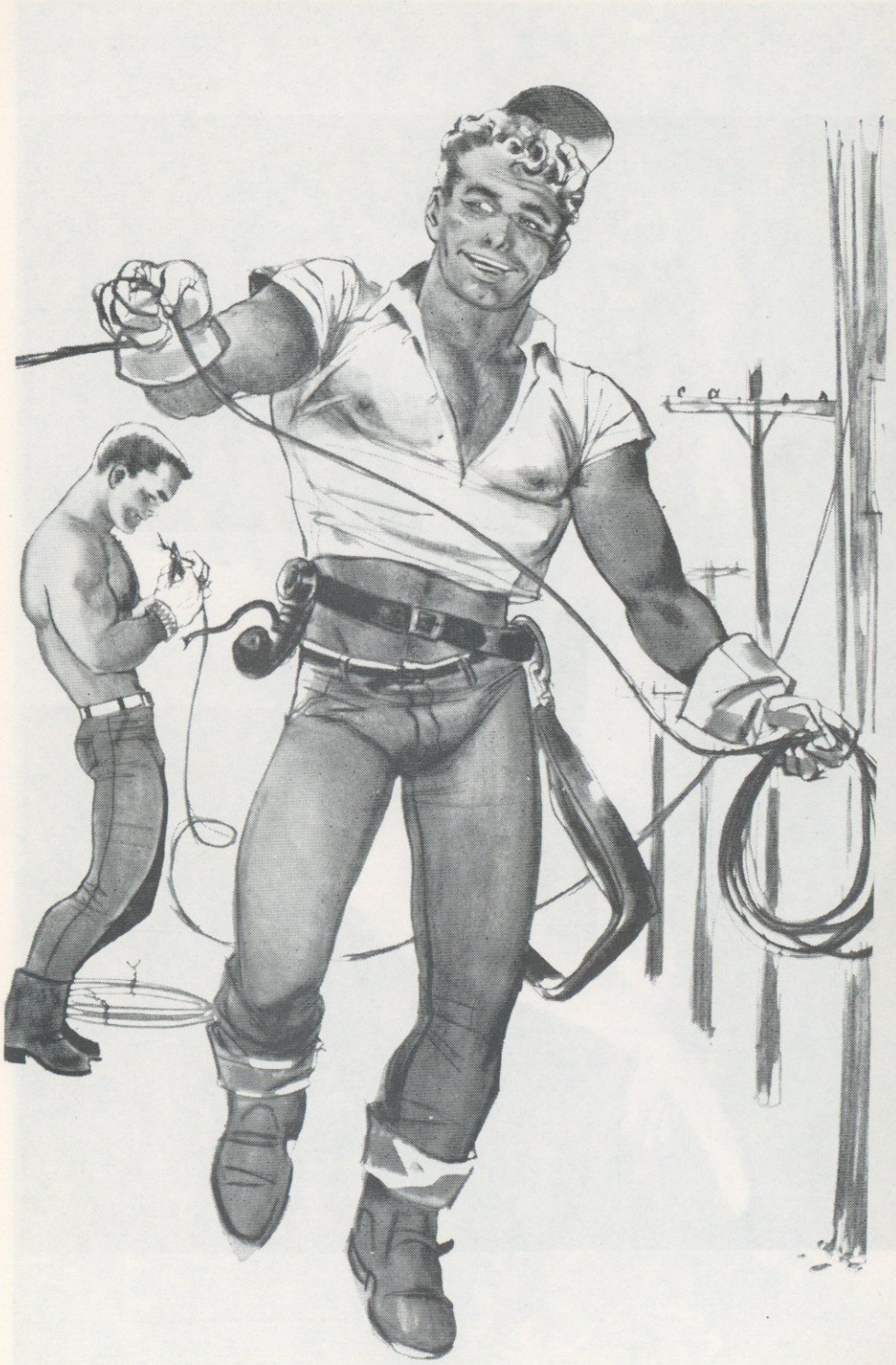




A Lesson in FIGURE DRAWING

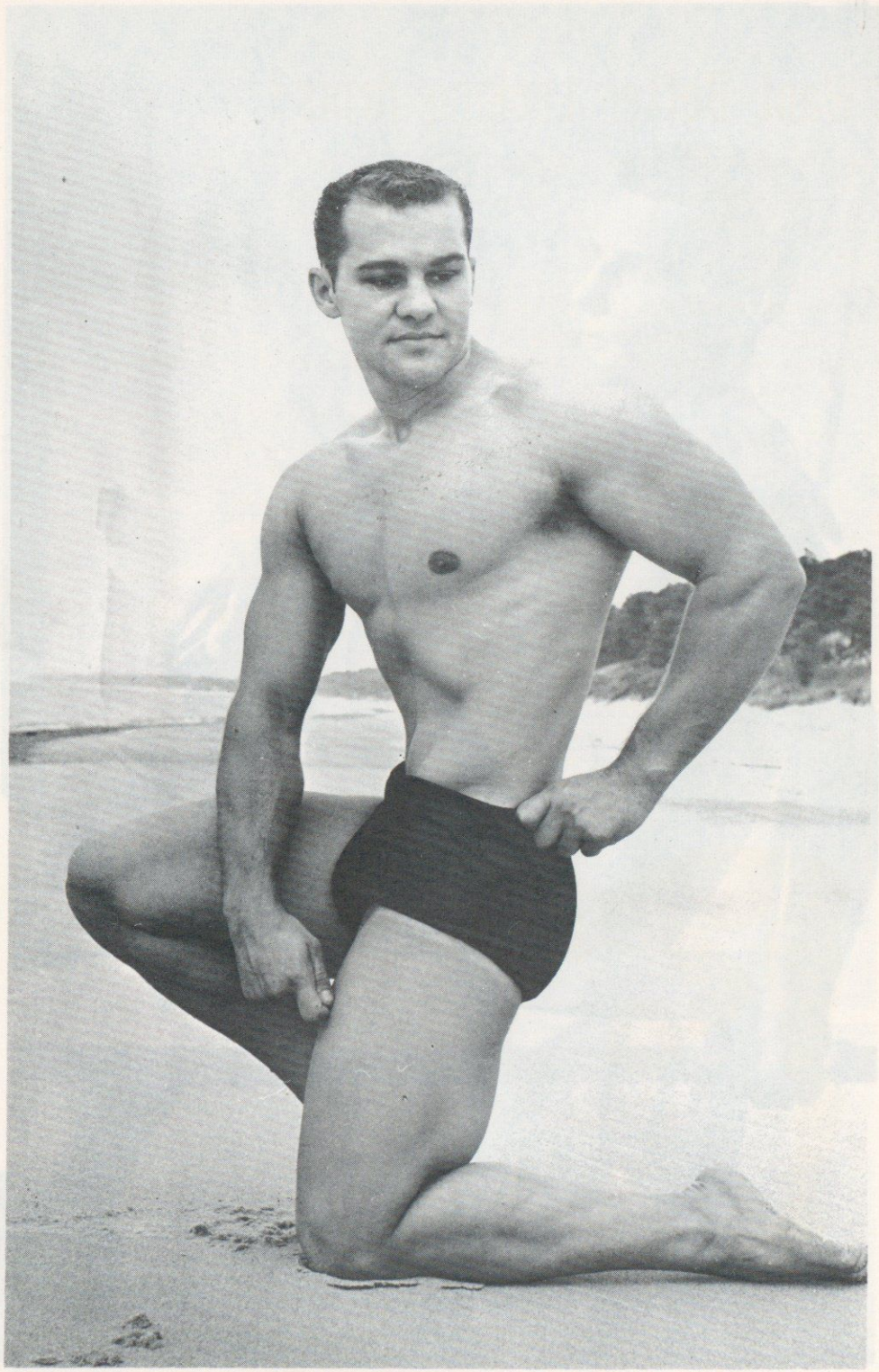


Creating a fine physique drawing can be a very aesthetically satisfying experience, and will give you an even greater appreciation of your own body and physical training. Indeed, you may have no talent along this line whatsoever when you begin, but with practice and persistence you may soon be turning out work of which you can be quite proud.









Want Better Looking Arms?

POWERFUL ARM MUSCLES are one of the primary marks of strength, and happily, they are relatively easy to develop. The arms respond readily to exercise and results become fairly obvious after just a few real workouts.

There are also a multitude of arm exercises to choose from, so there's no need to drag through a monotonous routine of the same-old-exercise every workout session.

Besides the formalized movements with weights, you can achieve good arm development through exercises that utilize your own bodyweight as the resistance factor.

Rope climbing . . . chinning . . . pushups . . . to name but a few. Gym work on the parallel bars will do wonders with a set of rather scrawny arms.

HERE'S AN EXCELLENT ARM builder that uses the barbell and can be adapted for use with dumbbells. Simply bend at the hips and move the weights in a "ferris wheel" manner. Alternate overhand and underhand grips with this one to give different muscles a workout.



WEIGHTY QUESTION

By Dick Lee

YOU DON'T HAVE TO BE HEAVY to be muscular. Most fellows think that to look good they must weigh 200 pounds. Here are just a few of the bodybuilders who weigh 175 pounds and under. They are all proportionate and muscular.

Yas Kuzuhara weighs 132 . . . Martin Gagliano 130 . . . Jules Bacon, 155 . . . Monty Woolford, 170 . . . Ed Theriault, 132 . . . Art Powers, 150 . . . Bert Elliot, 165 . . . Jose Avila, 165 . . . Elmo Santiago, 172 . . . Enrico Tomas, 175 . . . Artie Zeller, 175 . . . Harry Johnson, 175 . . . Roy Hilligenn, 175 . . . Leo Robert, 175. All but two (Kuzuhara and Theriault) are of average height. These fellows have done pretty well by concentrating on quality rather than quantity.



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