

FARMER BURNS

IS a man old at fifty-four? Farmer (Martin) Burns, former champion wrestler of the world, as well as maker of a world's champion, says that a man is still young at fifty-four, and his own physical condition is an indication that he is right.

Farmer Burns is a living example of how a strong body can laugh at old age. He says that he did it because he practiced what he preached.

Never in all his fifty-four years has Farmer Burns tasted either liquor or tobacco. He is in training, as the athlete calls it all the time, and some of the recent exhibits of strength that he has given would be remarkable even for a man half as old as the Farmer.

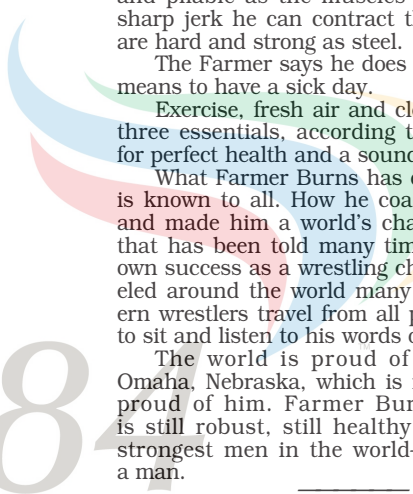
He has absolute control over every muscle in his body. In relax his muscles are as soft and pliable as the muscles of a boy. With a sharp jerk he can contract them so that they are hard and strong as steel.

The Farmer says he does not know what it means to have a sick day.

Exercise, fresh air and clean living are the three essentials, according to Farmer Burns, for perfect health and a sound, happy old age.

What Farmer Burns has done for wrestling is known to all. How he coached giant Gotch and made him a world's champion is a story that has been told many times. The Farmer's own success as a wrestling champion has traveled around the world many times, and modern wrestlers travel from all parts of the world to sit and listen to his words of wisdom.

The world is proud of Farmer Burns. Omaha, Nebraska, which is now his home, is proud of him. Farmer Burns at fifty-four, is still robust, still healthy, still one of the strongest men in the world—and every inch a man.



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