



LETTERS AND TOMATOES DEPARTMENT:

SERGE-IN GENERAL DEPARTMENT:

THE ABDOMINAL SHOWMAN DEPARTMENT:







Random Samplings of Reader Mail	4
WHERE THERE'S A WILL THERE'S A WASTE DEPARTMENT: "Mild Mild Mess" (A MAD Movie Satire)	6
GENERATION YECCH DEPARTMENT: MTV's Real Real World Casting Questionnaire1	1
THE GENERATION CRAP DEPARTMENT: The Basic Differences Between Parents and Grandparents	4
A NOT READY FOR RHYME TIME PLAYER DEPARTMENT: The Lost Poetry of Jewel1	6

ORDER IN THE COURTSHIP DEPARTMENT:

Bulging Man (A MAD Magazine Parody)......21

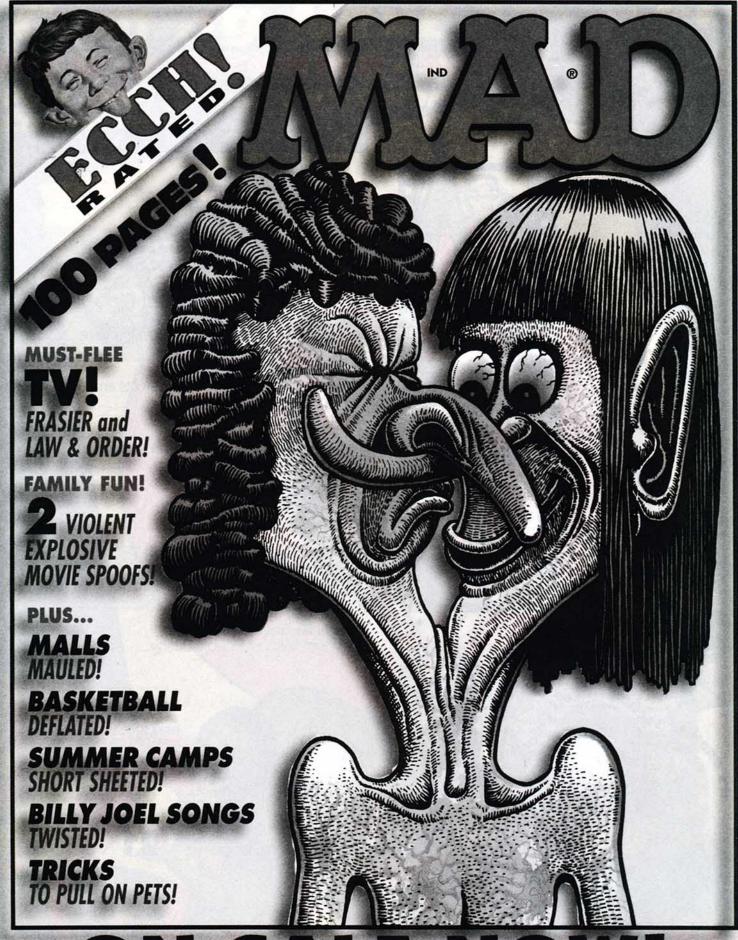


FRONT COVER ARTIST: MORT DRUCKER BACK COVER WRITER: J. PRETE









ON SALE NOW!



Editor's Note

this issue.

Due to unprecedented demand, the discontinued feature called Editor's Note returns with

- The Editors

Kansas City Chiefs Mathematically Eliminated From 1999 Playoff Contention

Heterosexual White Guy Pride Day

Tomorrow Officially Begins, Midnight Tonight

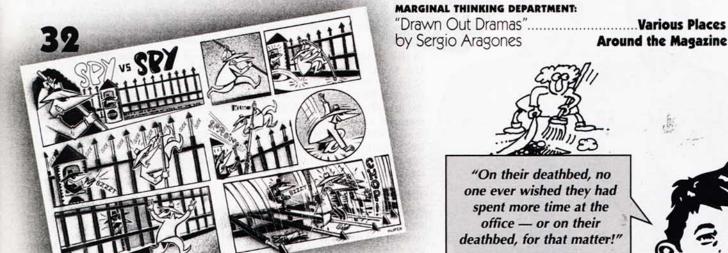
SUN	MON	AU	œ.u	ST	-	SAT
	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

51 shopping days til October 9

Imbecile's Thanksgiving

DEPART

	RASH HOUR DEPARTMENT: The MAD Salve, Ointment and Balm Primer	1
	JOKE AND DAGGER DEPARTMENT: Spy Vs. Spy	2
	THE SCHLUB BOAT DEPARTMENT: The U.S.S. Desperation Singles Cruise	ļ
10	ADS NAUSEAM DEPARTMENT: A TV Commercial We'd Like to See	1
	ANGSTER'S PARADISE DEPARTMENT: Monroe &Goth	7
	SPECIAL DEFECTS DEPARTMENT: "The Faketrix" (Another MAD Movie Satire)	2
	GRIEVING LAS VEGAS DEPARTMENT: MAD's Celebrity Cause-of-Death Betting Odds	3

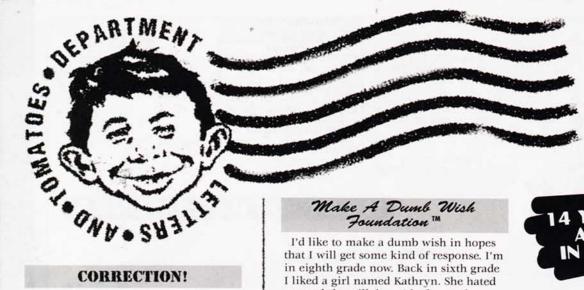




"On their deathbed, no one ever wished they had spent more time at the office - or on their deathbed, for that matter!"



Around the Magazine



HOW TO REACH US

Please Address Correspondence
To: MAD, Dept. 384, 1700
Broadway, New York, New York
10019. MAD welcomes reader submissions. Manuscripts will not be returned or acknowledged, however, unless they are accom-panied by a self-addressed, stamped envelope! MAD doesn't read faxed submissions!

Foundation IM

CORRECTION!

its two-year history has been written by Anthony

Barbieri and drawn by Bill Wray, we're going to bet

the farm that Tony B. and Billy W. are the culprits!

Then again, since no one did write in, our little

rant here is pretty much a moot point anyway!

ATTENTION!

CD-ROM ALERT

As we mentioned in the Letters and

Tomatoes Dept. in MAD #381, a new

CD-Rom box set (appropriately titled

Totally MAD) is scheduled to arrive in stores this Fall. This set will include

every issue of MAD, material from Super

Specials and other fun garbage! If you

would like electronic updates on the

TotallyMADinfo@Learningco.com.

DO NOT send your address to MAD!

At Ease!

project, send your E-mail address to:

Thanks to all of our readers who

wrote in asking who the writer and

artist for "Monroe and...Las Vegas

Part I" were in MAD #381. Well,

freakin' episode of Monroe in

let's see, nimrods, since every

I'd like to make a dumb wish in hopes that I will get some kind of response. I'm in eighth grade now. Back in sixth grade I liked a girl named Kathryn. She hated me and she still does. I had a crush on her for a couple of years. I thought of liking a different girl, but no girl interested me the way Kathryn did. I looked around for somebody else to like, but nobody could replace her. Kathryn was just too nice (even though she hated me). Then in December of 1998 a sequence of events occurred that led me to a very pretty and very sweet girl named Kristin. She just happened to be Kathryn's twin sister. She hates me too. My dumb wish is that you print my story in your magazine because I'm just stupid that way.

Martin Nguyen, Address withheld upon request

Marty - We love these kinds of letters at Make A Dumb Wish Foundation 1M. Quick and easy to fulfill and dumb! We can knock off early and beat the crowds to happy hour at the tanning salon! We hope that by publishing your letter and making your dumb wish come true, Kathryn and Kristin will see you in an entirely different light. If this happens with you and the twins, we suspect the next letter you'll be writing will be to Penthouse and not MAD! Keep us up to date! -Ed.

14 YEARS

This one-pager was selected in honor of the greatest drooling goon who decided to hang up the skates and sniff the fumes from the Zamboni never more!

ONE DARK AFTERNOON IN EDMONTON





MAD #257 September 1985

I live in Singapore where MAD costs almost \$8 per issue. That's about U.S. \$5 per copy. Therefore I make a humble submission to your MAD Celebrity Snaps in a hope for a free subscription. Not many celebs who come by Singapore are sporting enough to pose with an issue of MAD. An exception was American cellist Yo Yo Ma. The issue in question featured a cover about yo-yo's. Yo-Yo MAD, get it? Maestro Ma seriously doubts whether he is considered a celeb in your eyes but I know you know your celebrities. He asked me whether I actually read the stuff you print and when I told him I had a big stash in my bathroom, he concluded I was truly MAD!

Tou-Liang Chang, Singapore

Tou-Liang — O.K., O.K. you'll get your free three-year subscription! Not so much for the MAD Yo-Yo Ma thing, but because we don't want you running out of paper in your bathroom (just always remember to remove the staples first)! You follow? -Ed.

P.S. Whatever happened to that American kid that got caned a while back? Is it true he's getting his own sitcom on FOX?

FAX MAD At (212) 506-4848



For all subscription related matters (including related matters (including change of address) in the change of address) in the U.S. and Canada, please call 1.800-4 MAD MAG or write P.O. BOX 52345, please DOC 80392-93451 Please Ple NOT phone, write, fax or E-mail our New York office we're too dumb to help you there!



3 2 2 3 5 5



VISIT THE MAD WEB SITE! http://www.madmag.com

TREBEK TO THE FUTURE

Writer Charlie Richards and artist David O'Keefe are comedy geniuses, "11 Ways Jeopardy Contestants Can Really Piss Off Alex Trebek" (Issue #380) was the best I have ever read from MAD. I've read it through several times and always cracked up! Also, O'Keefe's drawings of the contestants were really funny looking. I just hope Alex Trebek is not offended by this article.

P.C.W., Honolulu, HI

P - Offended? Au Contraire, Mon Frere! You must be sipping some potent potables! if you were a true fan of Alex Trebek (a Trebekkie), then you would know that the Trebekster would love our little treatise! Read on...

March 29, 1999 MAD Dept. 380 1700 Broadway New York, NY 10019

To the editorial staff:

cover. I LOVED it! I read the spoof and found it very funny, especially when I

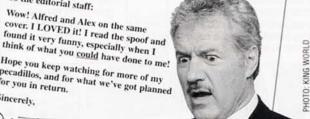
Hope you keep watching for more of my pecadillos, and for what we've got planned for you in return.

Sincerely,

The Answer is: It is the most unexpected letter and photo we received this month.

The Question is: What is this missive and photo from Alex Trebek!

Coming next month! Another MAD Exclusive! It's the return of our legendary Two-Question Interview, this time featuring Alex Trebek!



POLICE LINE DO NOT CROSS POLI



Hey, you probably thought we forgot to print this year's readers choice for the best articles of 1998. We would have put it in sooner, but we were waiting for the shipment of Y2K compatible typewriters to be delivered! This year's list comes courtesy of Jonathan Gratzer from Ontario, Canada!

Best Movie Satire: Ahm-a-Gettin' (The Hell Outta Here) (#375)

Best TV Satire: Just Spoof Me (#372)

Best Article: Old Sportsmanship Vs. New Sportsmanship (#373)

Best Satire of a Movie that Deserved It: Ecch Files: Fight This Feature (#374)

Best Satire of a TV Show That Deserved It: Everybody Loathes Raymud (#372)

Best Lighter Side of: (#374)

Best Spy Vs. Spy: (#370)

LINE SCENE DO NOT CROSS CA CRIME SCENE CROSS CALICE LI Best Tales From the Duck Side: The Daredevil's Advocate (#371)

Best Cover: Armageddon (#373)

Best Back Cover: Cigar Addictionado Magazine (#370)

Best Fold-In: Calvin Klein (#373)

Best Alfred E. Neuman Quote: (#373)

Best Melvin and Jenkins: Guide to Party Going (#373)

Best Monroe: Summer Camp Job II (#371)

Best Aragones MAD Look At: The Boss (#373)

Best Super Special: Super Sized MAD (#129)

Best Celebrity Cause-of-Death Betting Odds: Jerry Springer (#372)

Best Overall Issue: (#373)



William M. Gaines founder

Jenette Kahn president & editor-in-chief

Paul Levitz executive vice president & publisher

Nick Meglin & John Ficarra editors

Editorial:

Charlie Kadau & Joe Raiola senior editors

David Shavne associate editor Amy Mavrikis assistant editor

> Dick DeBartolo creative consultant

Annie Gaines managing editor Dorothy Crouch vp-licensed

publishing and associate publisher

Art Department: Sam Viviano art director

Nadina Simon associate art director

Leonard Brenner graphics consultant

Thomas Nozkowski production

Marla Weisenborn production artist

Circulation:

Daniel Brown director-business development & mass market sales Tracy Bowen manager-newsstand sales

Administration:

Patrick Caldon vp-finance & operations Alison Gill exec. director - manufacturing Lillian Laserson vp-legal affairs

Contributing Artists And Writers the usual gang of idiots

INC USUAI SANS OF CIOUSS

MAD (ISSN 0094 9319) is published importably by E.C.
Publications, Inc., 1790 Broadwey, New York, N.Y. 10019,
Periodicals postage paid at New York, N.Y. and etiadditionat meiling affices. Subscription in U.S.A. 19 issues \$49.00 or
94 issues \$45.00 or 36 issues \$40.00 o. Outside U.S.A.
functuding Canada). 12 issues \$30.00 or 94 issues \$57.00. Canadian price has GST tax included U.S.A.
functuding Canada). 12 issues \$30.00 or 94 issues \$57.00. Canadian price has GST tax included U.S.A.
Entire contents © copyright 1999 by E.C. Publications, inc.
Allow 10 weeks for charge of address to become effective,
and include mailing label when making change of address or inquiring about your subscription. PoSTMASTER send
address change to MAD, P.O. Box \$2345, Boulder, CO
80399-2345. The Publisher, and Editions will not be responsible for unsolivited manifections, and request all manuscripts be accompanied by a stamped self-diddressed
return envelope. The pames of characters used in all MAD
fection and semi-fiction are fictitious. A similarity without
satiric purpose to a "Jiving person is a coincidence.
Nivided in U.S.A.

I may look like President

Grant, but I'm actually

Artymess Garden, master of

disguise and creative in-

ventor! I invented the combi-

nation corkscrew/hay baler/

violin! Now if I could invent

a USE for this three-in-one

masterpiece, I'd REALLY have

something! I'm dressed as

President Grant, so a crack-

pot will shoot me instead of

the real President! Clever ...?

Maybe! Brilliant ... ? Possibly!

Stupid...? Definitely!

What happens when you mix the old west of the 1860s with modern technology, weird characters, wild special effects and top name talent? Actually, not all that much, as you'll find out in...

I'm Dr. Artless Lovelice! I'm half-man, half-wheelchair and complete lunatic! I have a diabolical plan to force President Grant to turn the United States over to me! To compel him to do it, I've captured the world's top scientific brains! Although. if they were REALLY the top scientific brains, they probably should have escaped the prison I've trapped them in by now! It's just a room with an unlocked door!

I'm the real President Grant! If Dr. Lovelice thinks I'll turn the United States over to him so he can exploit the citizens and run the country into the ground, he's nuts! Exploiting the citizens and running the country into the ground is the job of the President of the United States, and no one else!

I'm Special Agent Waste! I'm a tall, handsome, SBM ISO SBF - oops, sorry! I just almost invented the country's first "personals ad"! This role is important to my career because it gives me the chance to stretch! In Men in Black ! played a law officer who deals with weird aliens! But in this totally different picture, I play a law officer who



MAILD MESS

I'm professor Tedious
Mortician, one of M.I.T.'s
head professors! When
Artymess Garden said he
wanted to pick my brain for
information, I had no idea
he was going to throw the
rest of me away! He needed
to know where Dr. Lovelice
was having this elaborate
costume party, and I was
able to tell him about this
secret mansion! I only wish
had worn something unique,
so people would notice me!

I'm Munitions!
I'm in charge
of explosives
for Doctor
Lovelice!
I've got a
pair of
thirty-eights
in my blouse
that'll
leave a man
begging! I
also have
a pair
of handguns!

I'm OverHearer! I overhear conversations at 30 paces because I can read lips! Then I relay what I've heard directly onto Dr. Lovelice's lips! But I don't think he listens well! Sometimes he makes me hold my lips against his and repeat stuff over and over again!

I'm General McRath! I've got a horn for an ear, a wooden pole for a leg, and a pain in the ass for a wife, but that's a whole other story! No general has ever been better at leading his men into battle than !! Problem is, I never seem to be able to lead any one of them OUT alive! Yet my men admire my military skills so much, they've given me an affectionate nickname: "Suicide Mission" McRath!

I'm Needa Candybar!
I was hired as one
of the entertainers,
but I'm really here
to find my father,
one of the abducted
scientists! He's a
brilliant man, doing
quite a few experiments in aerodynamics! Thanks to his
research, I was the
first girl to wear
these cute little
spinning propellers!



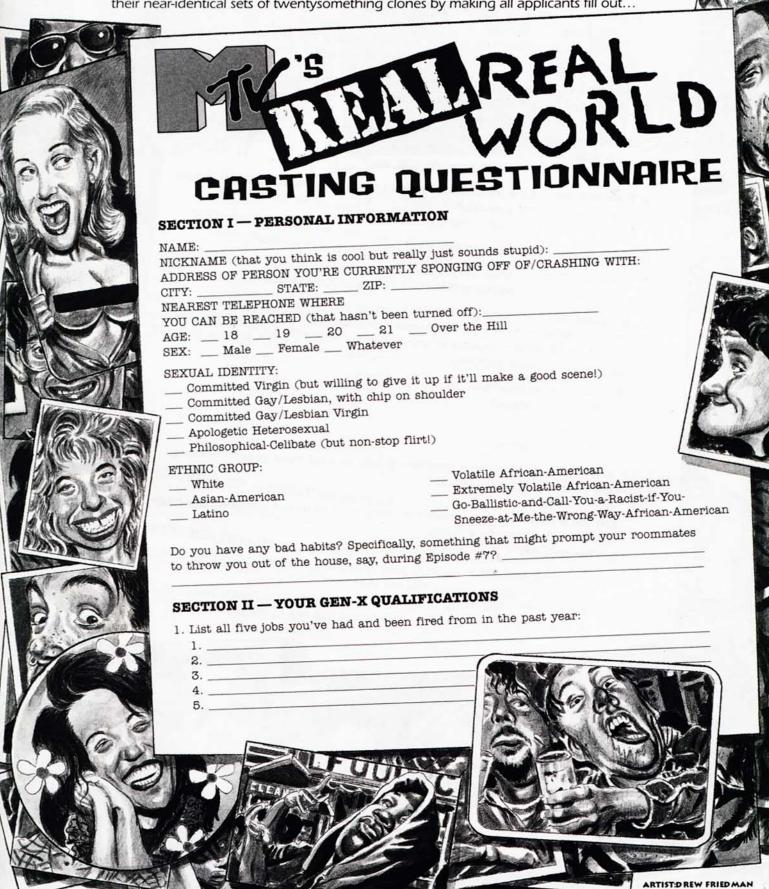








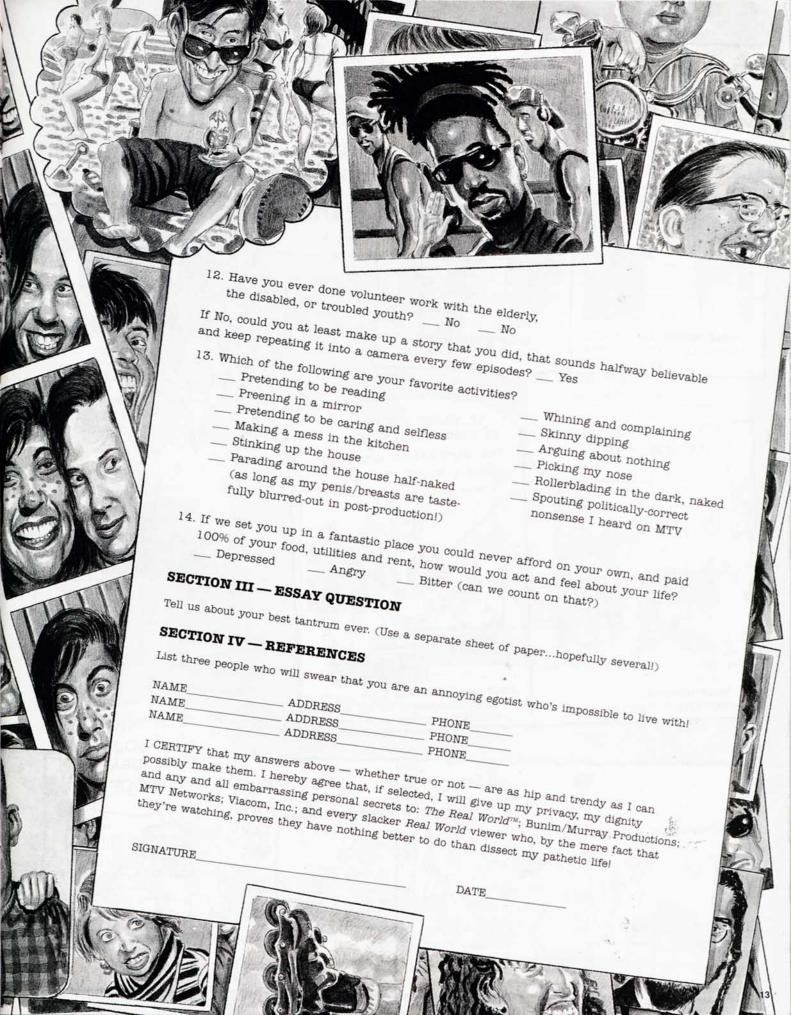
Each year, MTV brings a different group of seven strangers together and gives them a place to live in exchange for allowing their lives to be broadcast on national TV. Odd thing is, the group from one year pretty much looks like the group from any other year! Is it a coincidence? Divine intervention? Tainted Zima? Actually, they find their near-identical sets of twentysomething clones by making all applicants fill out...

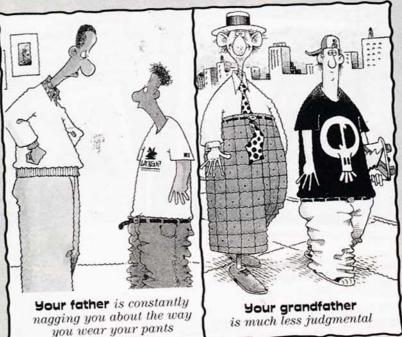


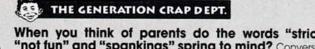
WRITER: MIKE SNIDER 11

CASTING QUESTIONNAIRE

CASTI	NG QUESTIONNAIRE	
		5
	2. What is your long-term career goal (i.e. by this time next year): Hip-Hop Superstar	000
	2. What is your long-term career good (150 5)	De
	Indebellden Finning	-
(V)	Computer Billionali C	
N C	Website Designer Full-Time blacker dea of a quiet evening at home?	1
	Website Designer 3. Which of the following are essential elements to your idea of a quiet evening at home?	
6	Six other roommates wandering in and out	1/2
(C)	andttp of stage lighting	1 3
Real C	and cameras and boom microphones everywhere	
chill E	A degree horsed crewmen milling around	
Sur	acilians of MTV viewers watching in laver	do
THE STATE OF	4. Have you ever had a one-night stand with a roommate, then gone completely	A
The same	4. Have you ever had a one-night stand with a re-	
	If no would you like to? Yes No	
772	5. Which music group/artist do you love?	13
Esser.	5. Which music group.	
SEA.	6. Which music group/artist do you hate? (so we can pair you up with a roommate who loves them!)	1
25		1
the state of	title doing to menical school of the	
9	7. If you're currently doing something important like going to include or are involved in a very serious romantic relationship, would you be willing to jeopardize or are involved in a very serious romantic relationship, would you be willing to jeopardize or are involved in a very serious romantic relationship, would you be willing to jeopardize	1
Access -	or are involved in a very serious romantic relationship, we may be a few months of fame? all that by abruptly relocating to another city — just for a few months of fame?	A
1		
1		V
= 1	8. Who is the Most Important Person in your life?	0
4 8	Me Myself I	V
		1
	9. In the World? Me Myself I	1
- 100	Me Mysen '	1
	10. Are you a vegetarian who considers people who eat meat to be murderers	
- 10	(and doesn't mind telling them!)	1
	OR self-righteous tree-huggers	
	OR Are you a meat-eater who considers vegetarians to be self-righteous tree-huggers	
AX	(and doesn't mind telling them)	
13	The first one The second one	
The same	11. Do you drink alcohol? If so, what kind of drunk are you?	
25	11. Do you drink alcohol? It so, what	
	The runny kind	
TO Y	The kind who gets really nasty and starts stapping around so badly you'd have to stop taping and call in the MTV lawyers!	
The state of the s	around so badly you d have to stop top to	
		-
19 00	6 3 Company Williams	
Town I		de
		A Sec
41		A
AVI		。
		K.
5		A
3		100
		N. Com
		1
		12
		1
		THE REAL PROPERTY.







When you think of parents do the words "strict," "not fun" and "spankings" spring to mind? Conversely, when you think of grandparents do "no rules," "toys whenever you want them" and "lots of laughs" ring a bell? Yes, you know how deadly hanging out with mom and dad can be, and how much fun hanging out with the over-70 crowd is! But because we like to belabor the obvious and we needed to fill two pages, here's...

THE BASIC **DIFFERENCES BETWEEN**



IF YOU'RE NOT IN LINE BY 5:00, YOU CAN KISS THE RUTABAGAS GOODBYE. AM I RIGHT, PEARL?



Your grandparents teach you that the early bird gets to eat the mashed potatoes before they get all crusty







your grandfather in the car



GRANDPARENT



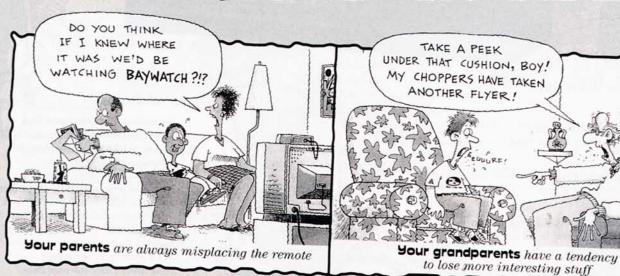
...AND ANOTHER THING, YOUNG MAN ... Your mother bores you with a

twenty-minute lecture about your piercings

OKINAWA, 1951 ... I'M GASSED TO THE RAFTERS ... THE M.P.'S GOT THE JOINT SURROUNDED, AND THIS LITTLE GEISHA IS GIVIN' ME THE HAIRY ORBS NEXT THING I KNOW



Your grandfather entertains you with a twenty-minute history of his tattoos

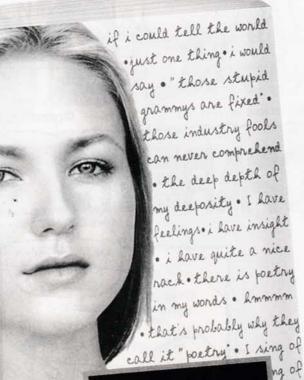


A NOT READY FOR RHYME TIME PLAYER DEPT.

Recently, bookstores across America have seen a huge jump in poetry sales as literary lovers rush to the cash registers. Who is the wordsmith whose strength of meter and metaphor has jump-started this new age of poetic enlightenment? We'll give you a small hint...She's the same genius who penned the immortal couplet, "Got my eggs, and my

pancakes too/Got my maple syrup, everything but you."

So if you think those were bad, wait till you see which poems didn't even make her book! Here's...



The

Lost

Poetry

JEWEI

People Say My Words Are

People say my words are cliché
But I'll have the last laugh
People say my words are cliché
But what doesn't kill me
makes me stronger
People say my words are cliché
But only time will tell
People say my words are cliché
But it takes one to know one
People say my words are cliché
But honesty is the best policy
People say my words are cliché
But two wrongs don't make a right
People say my words are cliché
But you ain't seen nothing yet



There's No Stopping (The Cretins From Hopping)

ScreamingYellingShoutingSobbing WhyWhyHowHowHowWhen WhenWhenWhenWillMyPersonalA ssistantGetTheStupidSpaceKeyOn MyPCFixedThatBitchIsSoFired

Quatrain Minus One

I Once in a poetry book I saw a poem that was divided into sections

11

It made the poem look structured and official And very very important

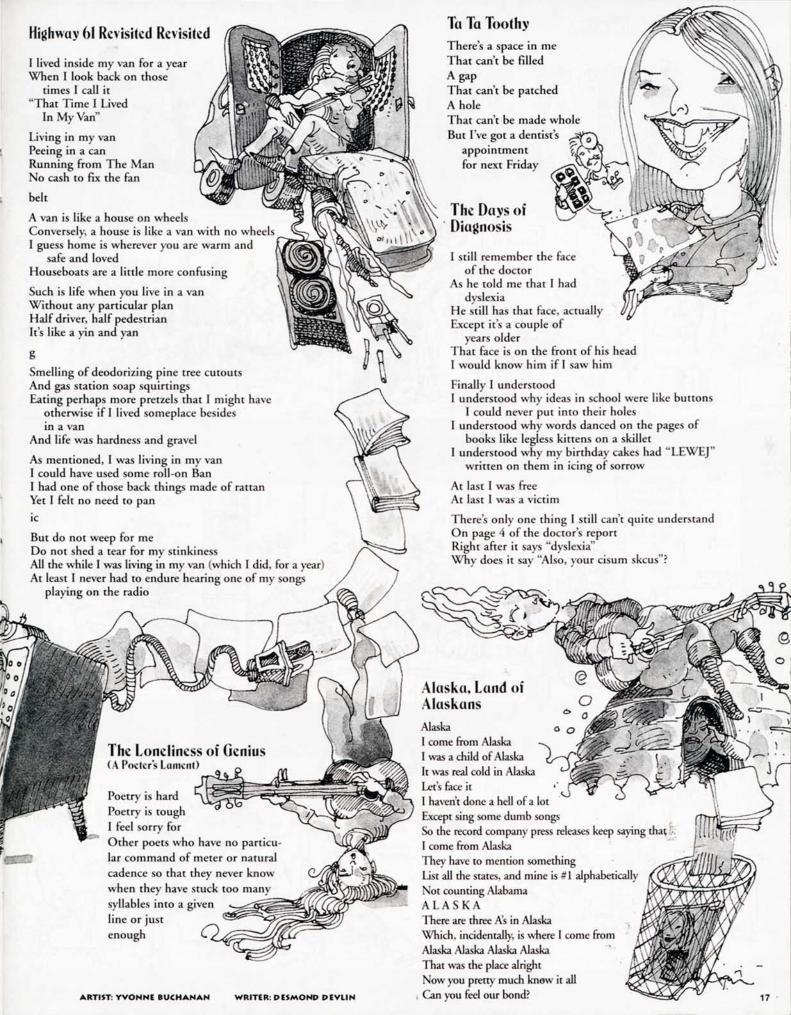
Ш

I didn't really understand what the poem was about But I liked that it was in sections

Pink Prison

sing

Sometimes I hate my own flesh
I want to claw at the skin that binds me
I want to blot my milky shoulders
I want to swaddle my belly
I want to spackle my cleavage
I want to wrap myself in velvet sheets
I want to hide myself away in thick
enveloping folds of purple
Then I realize
Unless I flash a little skin
MTV won't play my videos
Sometimes I love my own flesh





ANTEND LOGS VETE





























DINARIONES SERGIO ARAGONES



















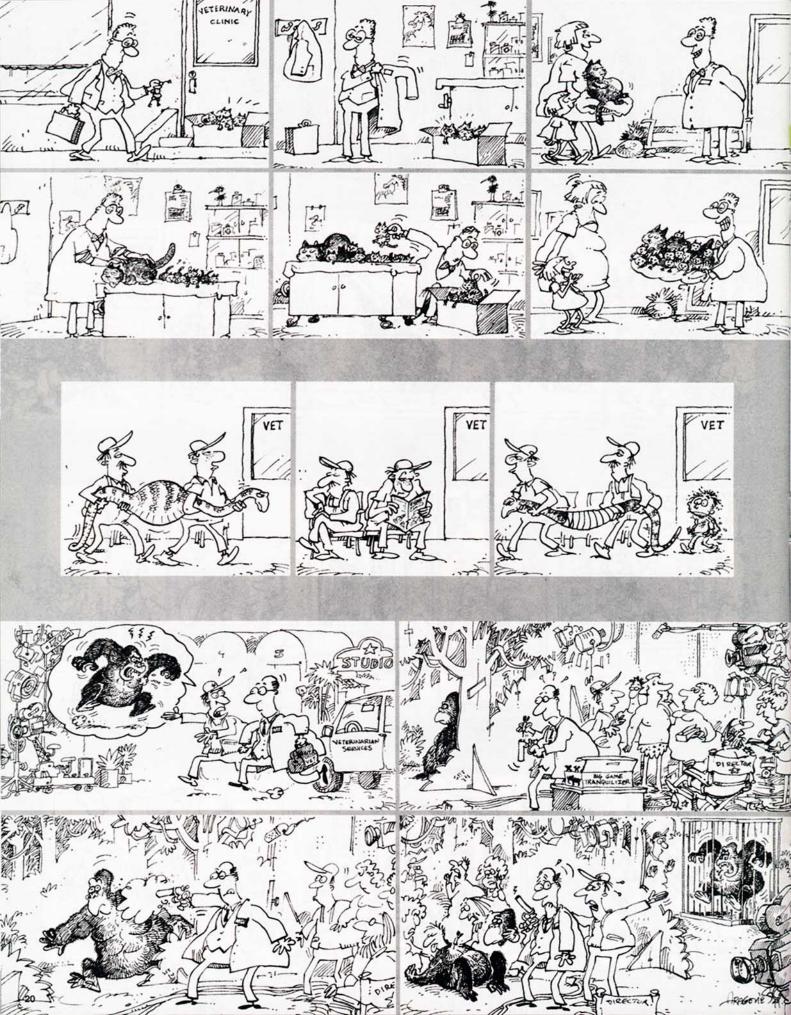


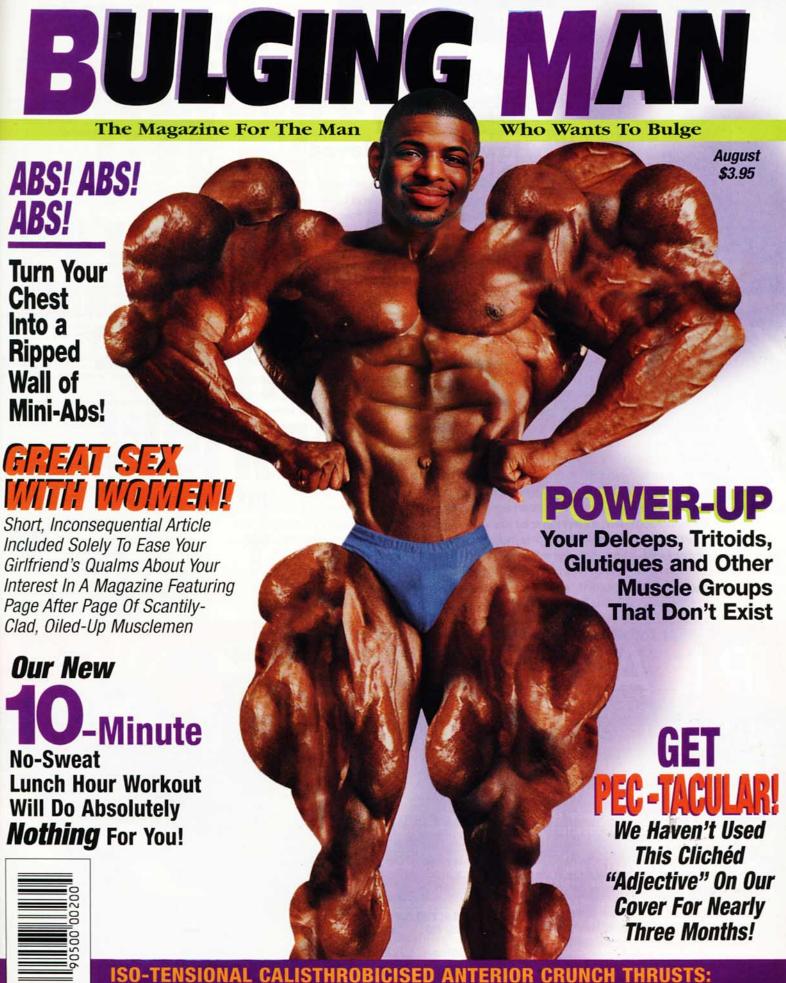












ISO-TENSIONAL CALISTHROBICISED ANTERIOR CRUNCH THRUSTS: INCLINED RESISTANCE OR MEDIAL-LATERAL? WEIGHING THE OPTIONS



Positive Self-Image Is Important, Regardless of **How It Is Achieved**

WHEN I STARTED WEIGHT-TRAINING when I was 16, I never dreamed that I'd ultimately end up winning dozens of bodybuilding and powerlifting titles, finally to "retire" at 30 and begin a lucrative career as the editor of a respected fitness magazine. And it's good I never

dreamed any of that, because none of it happened. Sure, I went to the gym with my buddles when I was in high school. But in college I learned that getting wasted every night on booze and illicit drugs gave me just as much of an inflated self-image and a chance to score with chicks as working out every day and living a healthy lifestyle.

As I got older, I realized that while all the world loves a fat, rowdy slob of a party guy in college, there's not much of a market for him in the working world. That's when I turned my life around! Backed by my dad's money and business contacts, I ventured into the already-bloated world of publishing fitness magazines. Using the right combination of enthusiastic words and phrases; dubious, repetitive (and offen dangerous) workout routines; and photos of good-looking men who do take care of their bodies, I've hit upon a formula that works. For fellow slobs of Farley-esque proportions, a few issues of my magazine spread out on the coffee table at home gives the impression that you're at least trying to take care of your body. For girlfriends of these guys, we've got lots of pictures of attractive men to peruse and think about later when your beau's making a feeble attempt to implement this issue's "Great Sex" tips on you.

I'll probably never fit into the clothes I was wearing back in high school, or even last month, for that matter. But so what! The inflated ego I experienced in my drug-induced college days has been replaced with something a lot less self-destructive, though possibly even uglier: Selfimportance fueled not by pushing my muscles to the limit at the gym, but by the obscene amount of money I'm making on this magazine.

STEVE GLUTTON

-Editor-in-Chief

BULGING MAN

Steve Glutton

Editor In Charge Of Alliterative Adjectives To Include In Each Month's Abs Workout "Awesome" Albert Abercrombie

Photo Editor In Charge Of Shooting This Month's Workout From Different Angles So Readers Won't Realize It's Identical To Last Month's Workout **Robin Schutter**

Editor In Charge Of Writing Poorly-Researched Articles On "Low-Impact Exercises" Which You'll Need To Do Soon After Following Our Even More Poorly-Researched Articles On "Ultimate Hardcore" Workouts Bill Hemorrhage

Editor In Charge Of Finding Recipes In Low-Fat Cookbooks, Slightly Changing Ingredients And Then Renaming The Dishes So We Can Print Them As Our Own **Barry Crocker**

Sales Director In Charge Of Making Sure We Have One Or Two Reputable Products Advertised In Each Issue To Make Our Magazine Appear Slightly Credible, Even Though The Barely-Legal Supplement Ads In The Back Are What Really Bring In The Money Ralph Hippocritt

Unqualified Individuals Who Claim A Medical Background Simply By Adding A Few Initials After Their Name Who We List As "Editorial Advisors" To Impress Our Gullible Readers:

Nutrition

Mildred Pyook, VM.I.T., Lunchlady, Parkway Elementary School

Dermatology Edward Pock-Mark, P.M.PL., Former Deep Fry Chef at Arthur Treacher's Seafood Shoppe, Paramus, NJ

Podiatry

Doug Eyelet, T.O.E., Assistant Manager, Payless Shoes Factory Outlet, Barstow, CA

Sexuality
Peter Puller, L.E.C.H., Night Manager, Hollywood
24-Hour Adult Book & Video Outlet, Hollywood, CA

Sports Dentistry
Jimmy Teef, F.L.O.S., Ten-Year-Old Son of Our UPS Man Who Once Caught a Flying Molar at a Rangers Game

Sports Urology

Roger Tinkle, P.P., Janitor, Men's Restrooms, Candlestick Park, South San Francisco, CA

Weight Control

Luis Obese, F.A.T., Bacon Wrangler, All-You-Can-Eat Breakfast Bar at Bob's Big Boy, Santa Fe, NM

DON'T EVEN THINK ABOUT TRAINING UNTIL YOU HAVE...

PLACEBO

PLACEBO IS A CLINICALLY-TESTED NEUTRAL ANTI-RESULTATIVE AGENT THAT HAS DEMONSTRATED SOME REMARKABLE EFFECTS ON OUR YEAR-END PROFITS.

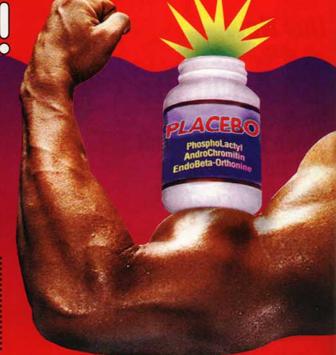
Results of studies on PLACEBO speak for themselves:

- When taken with a large glass of water, PLACEBO helps to rehydrate the body.
- While other formulas claiming similar results are merely sugar pills of negligible worth, they lack the string of important-sounding vitamin names that give PLACEBO its acronymical strength.
- Those who have taken PLACEBO prior to their regular rigorous workout routine have later experienced a rigorous workout routine.
- When taken on a regular basis, PLACEBO cubelets have been shown to increase the use of muscles used primarily for swallowing, while simultaneously decreasing the non-use of these same muscles.
- A double dose of PLACEBO taken after a healthy, well-balanced meal helps promote increased dosage.

PLACEBO 250 Capsules 850 MG Only \$27.95

500 caps.....\$110.95

1000 caps.....\$443.95



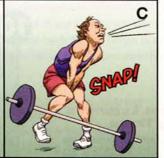
Get That Smorgasbord of a Body BULGING MAN **You've Always Wanted With** Our Buffet Workout **By Jim Ratt**



here's nothing more eye-catching than a rack of huge shoulders, a slab of muscular glutes or a set of ripped abs. They prove that you've got the strength, determination and stick-to-it-iveness to make your body the best it can be. They also prove that you've got no social life and a trust fund or rich parents or something because the only

way you'll get a body like that is to quit your job and spend 16 hours in a gym every day. The exercises illustrated below include a variety of movements to work your armal, chestal and shoulderal muscles from all angles, and were developed exclusively to look slightly different from the otherwise identical routine we published last issue.





Decline Reverse Lateral Pec Pull

Grasp barbell firmly with both hands (A), lift it off the floor with much difficulty (B), and continue lifting despite any pain (C). Perform 17 repetitions or until you hear a snap in your groin rendering your testicles useless.



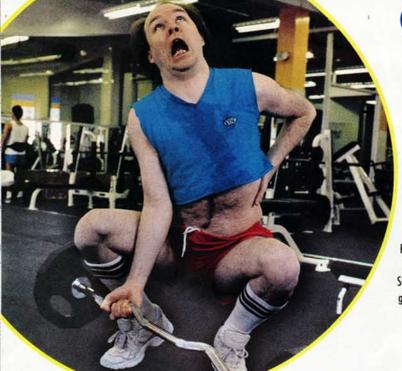
Side-Lateral Pec Cramp

With each hand firmly grasping a dumbbell, just stand there and lift them over your head, again and again. You needed a magazine to tell you this? Which one is the real dumbbell?



Wide-Grip Inclined Pec Burn

Holding the end of a barbell, proceed to pull it up towards your body while fending off smart-ass remarks from people who think you're using it incorrectly. Perform 6 repetitions.



4

Kneeling Shoulder Popover

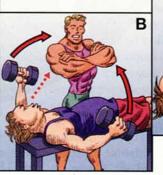
With a weight on your back and your feet on a bench, lower your chest to the ground in push-up form. If a standard weight is not available, you may use a cement block or a Stephen King novel. Perform 12 repetitions.

Escalated Pec Elevation Squat

Raise barbell to chin, then lower again, keeping head and neck straight and mind fixed on that Super-Sized Quarter-Pounder with Cheese you're going to ruin all your hard work with as soon as you're done here. Perform 10 repetitions.



5 A



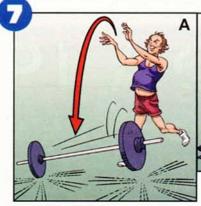
Straddled Lower Pec Snaps

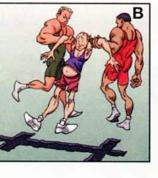
Lay down on weight bench and raise dumbbells over head (A). Pause. Perform 8 repetitions. See gym rat with body you'll never have wait patiently for the bench you're on (B). Perform another 10 reps really slowly just to irritate him (C).



Double Arm Dip with Sprinkles

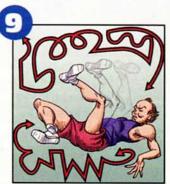
Grasp dumbbells in hands and extend arms over head. Pause to realize these dumbbells are a lot heavier than they look. Debate whether or not to go to the rack and replace them with a lighter set and risk looking like a wuss in front of all the jocks. Ultimately exhaust yourself with 3 lousy reps with the heavy dumbbells. Yeah, like they were even looking at you, you paranoid freak.





Concentrated Arm Isolation Curl with Pulp

Lift barbell over head and across shoulders. Without injury to your own body, suddenly drop barbell and see how much damage you can do to the floor (A). Perform 15 repetitions or as many as you can before your gym membership is revoked (B).



Front Extended Leg Throe

Lie on your back. Decide on one set of crazy leg movements and do them over and over for 12 repetitions. If you just lie there flailing without any definite pattern, people may think you're having a seizure or something.



Bent-Over Ab Convulsion

With barbell squarely across back of shoulders, make constipated grunting sounds while keeping the bowels stationary. Perform 8 repetitions.



Contorted Ab Wince

Place one hand on hip, raise other hand over head in exaggerated "G'night Everybody" sign-off wave reminiscent of celebrity variety shows of the mid-1970s. Perform 12 repetitions.



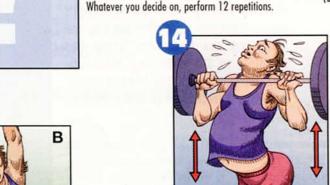
Squatting Ab Stand

Lie down with your back against the weight bench. Now grasp two dumbbells- Ew! Did you remember to wipe it off before you laid down? Oh, gross, now you've got some other guy's sweat all over your back (A). Head off to showers, scrub back vigorously (B). Perform 6 repetitions.



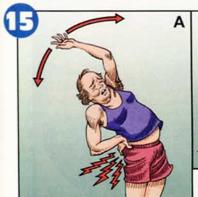
Racking Shoulder Heave

Pick up a barbell and hold it up against the back of your shoulders (A). There was more to this particular exercise but we lost the other illustration in this sequence, so you might want to improvise (B). Whatever you decide on, perform 12 repetitions.



Disinterested Shoulder Shrug

Grasping barbell firmly with both hands, lift it up to your chin. God, it's heavy! You're going to wake up screaming in pain tomorrow morning. Perform 10 repetitions anyway.



Hyper-Extended Arm Cringe

Raise one arm over head while other hand rests on hip (A). Lean over to side until you hear vertebrae (knocked out of place from previous ill-performed exercises) snap back into place (B). Perform as many repetitions as necessary to stand upright again.



Splitting Pec Pulldown

While holding one hand firmly on hip, raise other hand over head to distract flies from your salve handy if exercising outdoors.



Fast-Forward Shoulder Grab

With one hand on your hip, raise your other arm over your head and lean to the side. Perform 10 reps or until you've hailed a cab, whichever comes first.



Over/Under Kneeling

Grasping the floor or ground with open palms, and grasping your sneakers with your toes, and grasping a bench with your sneakers, and grasping a weight with your back, proceed to slowly lower your chest so that it may grasp the ground. Pause, then reverse the procedure and push upwards, releasing your chestal grasp. Perform 8 repetitions.



Saluting your Efforts Towards a Better Mind and Body

Keeping Our Finger on the Irregular and Unhealthy Pulse of America's Fitness-Obsessed Man, While Ignoring the Fact That the Following Article Has Nothing to Do With Any Meaningful Developments in the Field of Health. By Mike Owdashaip, C.S.F.P.T.S.C.

t Bulging Man, we're proud to bring you articles each month that promote a robust, healthy life: a healthy life for you by introducing new variations to your workout routine, and, by shamelessly re-packaging the exact same workout that we've run for the last 18 issues, a robust, healthy life for us.

But let's face it: if our workout advice were actually effective, why do we fill our magazine with page after page of ads for shady workout drugs and "Get-Huge-Fast-Without-Exercise" devices?

If each issue's requisite "healthy sex" article actually applied to you and could improve your love life, why do we always run an ad on the opposite page for a series of videos that promises to do the same thing?

"Remember: It's the

quality of the bulge

that counts"

If our monthly nutrition columns which tell you how to cut down on fat and lose weight had any basis in reality,

why are most of our advertisers hawking fat-burning pills and liposuction?

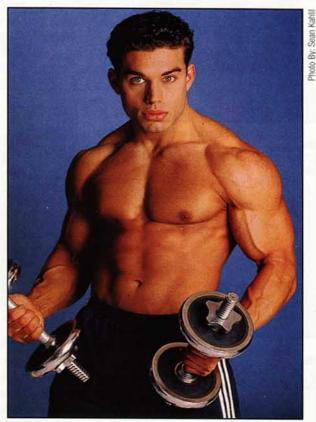
Why? Why do all our articles, features and columns say one thing and all of the advertising we run contradict them? The answer is that a true fitness buff like you doesn't care enough to ask the question. In fact, a true fitness buff like you isn't even a true fitness buff. You're just some poor schmuck who picked this magazine up at the newsstand because this time - and, damn, you mean it! - you're going to get in shape for real (unlike the last two dozen times over the last five years). Once again, you've realized that there are a million other guys who are better looking than you and who get more girls than you, and you're cling-

ing to the hope that a badly-researched fitness magazine can give

you the direction you need to turn you from a geek into a Greek god. And if not, hell, there's all those 900 numbers

in the back that you can call after you've realized it's still not happening for you and you just want to get off.

But we salute you, fitness buff. It's your confused yet vain, never-saydie-until-the-tiniest-setback attitude



Large homoerotic photos like this one serve to frighten and/or distract you from noticing what a load of crap these articles are while taking up about a quarter of the page and providing valuable filler.

that allows us to get away with so much. How else could a magazine seemingly obsessed with staying healthy sell full-page ads to cigar-of-the-month clubs? So while you're flipping through page after page of advertisements for some product or service to help you in your battle against hair loss, we take our hat off to you, and encourage you to go out, spend twenty minutes on a half-assed workout at the gym, come home sore and defeated, and try it again next month. We'll be here!

PHARMACEUTICALS ELIXIRS PRODUCT MAP

STEROIDS

are illegal, so instead we sell these vaguely-labeled pills and potions which are just as dangerous, yet somehow are able to just

et somehow are able to just squeak by under current FDA regulations!

IPECAC TABLETS

100% Natural Purgative and Emetic

The secret of poison control centers can now be yours! Strip away body fat from the inside after eating anything you like by getting rid of food before you digest it, thus actually *preventing* the body's production of fat! Just pop a vomit-inducing capsule or three down your throat

following a seven-course meal, a half-gallon of ice cream, an entire pizza, pea soup — anything — and tell your friends to stand back!

Immediate results! \$26.95



BRONCHODILATORS

Developed so fat kids with asthma could participate in gym class without hyperventilating, bronchodilators—sold in convenient-to-abuse pill-form— are now available to people like you who have no business using them, to "enhance" your workout. Pop 'em by the handful!

Chlorysleachmanisphyllis Extract 45-day cycle\$34	50
Jamesatphiphtine 250 caps\$14.	95
Cineplexodeon 180 caps\$21.	00
Antoniobanderas Compound 3-month cycle\$34.	95
Mynameisluca Complex 350 pillsCA	

TRY CREOSOTE!

Why waste money on "99% Pure Creatine" when you can get our almost identical-sounding products in 100% pure strengths?!

Perfect for the bodybuilder with a walnut-sized brain who wants small, shrunken, hardened walnut-like testicles to match! Creosote is the choice of burly deck-builders, longshoremen and telephone linemen everywhere! Obtained from wood tar, this heavy, oily, yellowish liquid makes an excellent preservative as well as antiseptic, despite the fact that it was proven to be carcinogenic over two decades ago. And that pungent odor means it's really working!

\$16/gallon

L.M.M. BRAND KURDSIN WHEY

Highest grade protein, builds hard, round tuffets fast!

\$24.50

Note: Has been known to cause severe arachnophobia in a small percentage of women athletes.

Wholesale Prices to the Stupid Public!

.......

ABSOLUTELY NO HARMFUL SIDE EFFECTS

if not taken.

HAIRY BACK?

Are you tired of spending hundred of dollars per year for shampoo and conditioner for your back alone?

Then Call Us! 1-800-FUZZ-GO

Replace all that filthy, matted, repulsive body hair with raw, red sensitive skin by applying our industrial strength Hair Remover for Men.

\$12.95/8oz.

HYDROXOREO COMPOUND



For extra energy and quick weight gain. Unlock each 250 gram multi-tab for a rich, creamy middle. High in nabiscoids and proteins created from direct sunshine. Best results if ingested with a cold frosty glass of lactose-rich bovinal fluid.

\$14.50/100 count box

Our Customers Ask Us

"How Can You Sell This Stuff?"

Simple! We keep the mg dosage of illegal substances to just below FDA restrictions. Then it's merely up to you to abuse these products and take more than the recommended amount to bring the potencies up to frighteningly dangerous levels! It's that easy!

HAIRPIECIA

Finally! A Solution to Thinning Hair! HAIRPIECIA is a medical breakthrough!

In an independent study, 83% of men using HAIRPIECIA maintained their hair by sweeping it into a paper bag off of the bathroom sink and scooping it out of the drain in the shower.

While HAIRPIECIA is primarily for men, old Italian grandmothers going for a traditional mustachioed look have enjoyed its success as well.

Call 1-800-GO-HAIR today to receive detailed product information, including professionally touched-up "before and after" photographs, which will hopefully convince you that HAIRPIECIA will work for you.

Warning: Women who are or may potentially be pregnant must not use HAIRPIECIA and should not handle crushed or broken tablets because of the risk of giving birth to live hairballs.

PERUVIAN GUANO RUSH"

WARNING! Don't be fooled by other

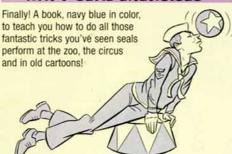
companies claiming to have the same or better products!

We're all selling the same crap, so why not just be fooled by us?

A gentle, tonic-like energy boost harvested from protein deposits found along the floors of caves in the Andes. The supplement most used by lost and starving spelunkers worldwide! Ideal for the bodybuilder who doesn't know or care what "quano" means! 60 tablets.

\$18.95

NAVY SEAL EXERCISES



- Achieve the condition of a sleek, aquatic seal!
- Full size! 100 sixth-generation xeroxed pages and photos!
- This is the best training method based on the bone structure, musculature and metabolism of marine carnivorous pinnipeds — period!

Exercises include:

- Balancing a large colorful ball on your nose!
- Honking a rack of bulbed horns in succession!
- Congratulating yourself by clapping your flippers and barking!

New expanded edition features section on nutrition information and our patented high-protein "Bucket of Raw Fish" diet!

Stop being mistaken for an endangered sea cow. Order today!

SEAL EXERCISES 1-800-GO-SEAL

INSTANT ENERGY!

Product	Amount/	Dosage	Code	Price
Pink Hearts	100	CT/200	mg	LCH \$6.00
Yellow Mod	ns100	CT/200	mg	LCM \$7.00
Green Clov	ers100	CT/200	mg	LCC \$7.00
Orange Sta	rs100	CT/200	mg	LCS \$6.00
Blue Diamo	nds100	CT/200	mg	LCD \$6.75

Save! Buy all five and receive a 4-week supply of frosted oat cereal!

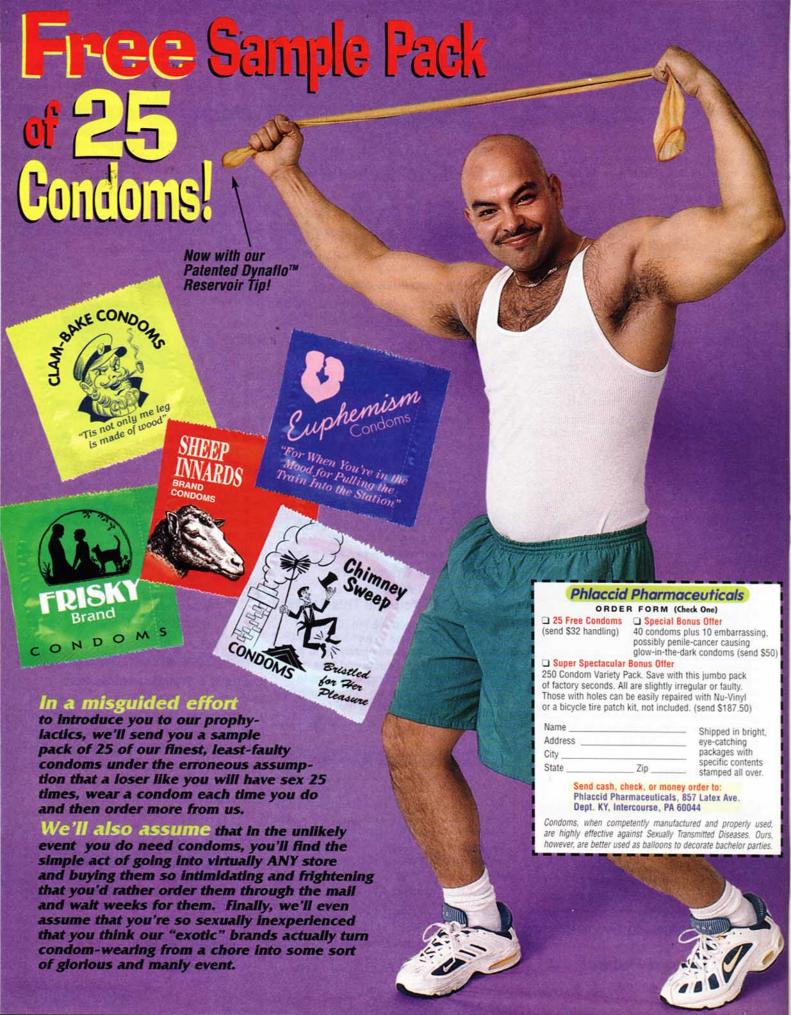
ORDER NOW!

Include detailed order on separate sheet, plus check or money order, plus signed statement absolving us from all blame and responsibility due to the misuse and/or simple ingestion of our products, and send to:



375 Medicine Show Rd. #240 Tonic Bitters Florida, 34952







ORDER IN THE COURTSHIP DEPT.

If two's company and three's a crowd, then four's a big fat stinkin' mess — at least when it comes to dating! Official records indicate that not once in the annals of courtship has a double date ever gone well. Why, you ask? Well,

we can't prove it, but we think it has something to do with these...

buble





RULE #4

One guy's manners must always be way better than the other guy's.

RULE #21

n anticipation of dividing the check 50/50, each couple must order only the most expensive items on the menu.







RULE #36-B

While standing in front of the multiplex, all four daters should debate which movie to see long enough to ensure that they end up in four single seats scattered around the sold-out theater.

RULE #44

Whenever any sex scene occurs during the movie, all four parties must stiffen their legs, grip the armrests, put on robotic-like blank expressions or adopt any other necessary ruses to camouflage their sexual arousal.



RULE #57

At least one, and possibly four, of the daters must wish they were with someone else in the group.



RULE #63-C

Neither couple may concentrate completely on making out, because they're constantly checking to see how far along the other couple has gotten.

RULE #69

considered poor form for the two guys' private "who gets his date's bra off first" bet to be settled the instant there is a winner.





RULE #74

Even though in all human history, only one double date ever ended up in a four-way orgy (in Malmo, Sweden on January 27, 1974). the false possibility must never, ever leave the minds of the daters.

RULE #81

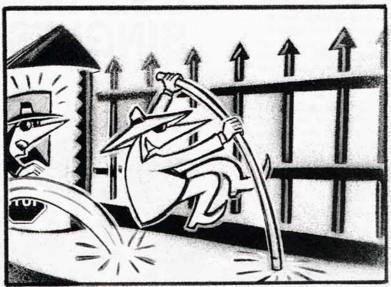
t is imperative the other three daters agree on their alibi before depositing an incoherent fourth dater with unexplained bruises and brand new tattoos face down in her parents' driveway.

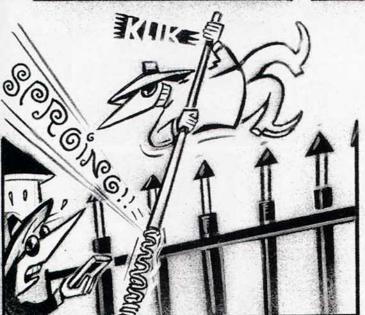


















As if the dating scene weren't hard enough, the hot new trend for people looking for a little action is singles cruises. Great. Now you can get turned down and feel depressed while simultaneously feeling deathly seasick! But just what is the deal with these cruises? Are they all Kathie Lee promises in her commercials as she dances around the ship's deck? Judge for yourself as we present the ...

U.S.S. DESPERATION SINGLES CRUISE



10:25

7:00-7:15 Vomiting Up Continental Breakfast Starboard Rail 7:16 Meet and Greet Fellow Singles Assembly Room 8:15 Vomiting Up The Rest Of Your 8:30 Continental Breakfast After . . Assembly Room Entrance Seeing Fellow Singles Laundry Room (Near the Steam Bath Opens 9:00 **Pants Pressing Machine)** Ornithological Club: Feed the Adorable Seagulls by Throwing Ship's Garbage Overboard Port Side Rail Organization of Rescue Party For 10:00 Volleyball Players Washed Over C Deck B Deck Commencement of Endless Bugging 10:15 to Pose for a Group Photo by Our Staff Photographer So We Can Sell **Everywhere**

MORNING

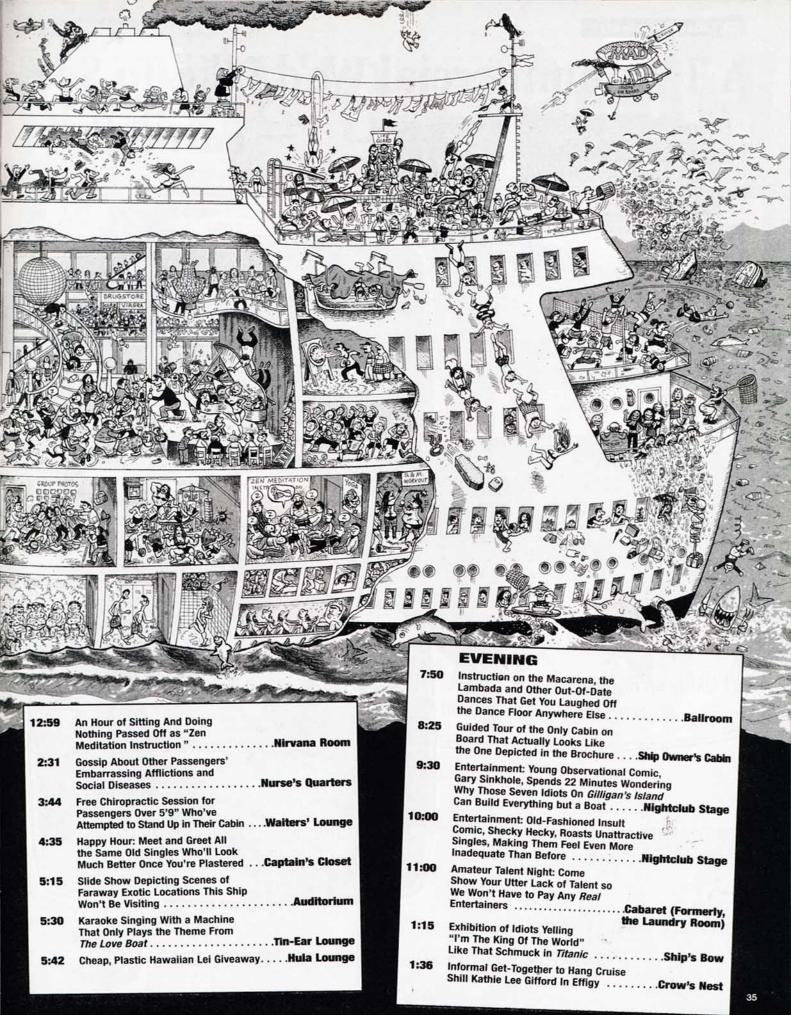
	Fake Knowing More Than You Do
10:30	Funeral for Elderly Passengers Who Haven't Exercised in Years
11:30	Meet and Greet All the Singles You've Met and Greeted Before
11:35	Projectile Vomiting
	AFTERNOON
12:00	Table Scraps and Leftovers from the Continental Breakfast Served up as a Continental Brunch
12:16	Instruction on How to Tip the Staff Properly to Avoid Having Your Luggage Float Out to Sea
12:30	Poolside Get Together: Meet and Greet All The Singles You Previously Found Repulsive

— Now with Their Clothes Off! Swimming Pool

Gymnastics with Highly Trained

Physical Fitness Instructor and/or

Them to You for \$20 per Person





A TV Commercial We'd Like To See

Airfare for your wife to visit her mother in California: \$600 Part One

Sending your son to a big-league

fantasy baseball camp: \$1,850

Picking up the tab for your daughter to ski Aspen: \$3,100



There are some things money can't buy. For everything else there's MasterFraud. MasterFraud







REBECCA AND THAT'S TOAD, THE JESTER! AMUSE US, TOAD!

THAT TOAD --HE'S STILL GOT IT!

OUR BELIEF THAT LIFE
IS AN ENDLESS PIT OF
DISAPPOINMENT AND PAIN!



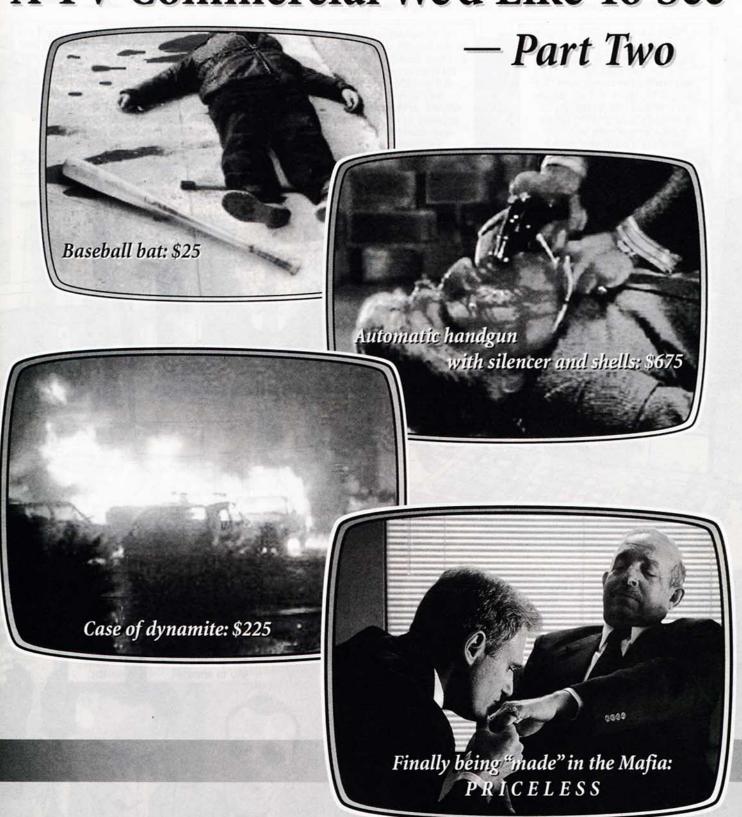








A TV Commercial We'd Like To See

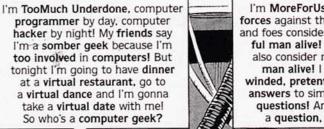


There are some things money can't buy. For everything else there's MasterFraud. MasterFraud





People go to the movies for all sorts of reasons - to enjoy the skill of the actors, to see the beautiful costumes and scenery or to get involved in the intricate plotline! Some exceptional movies have all these things! Then there's the new Keanu Reeves movie, where the only thing it has going for it are...

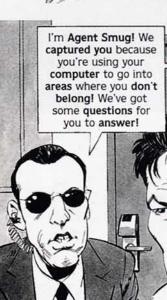


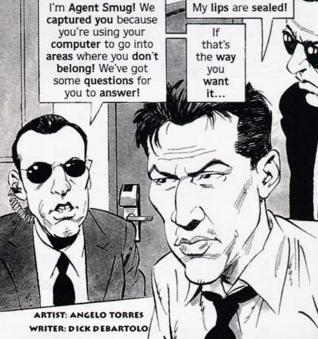
I'm MoreForUs, leader of the rebel forces against the FakeTrix! My friends and foes consider me the most powerful man alive! My friends and foes also consider me the most boring man alive! I specialize in longwinded, pretentious, confusing nonanswers to simple, straightforward questions! And if you don't have a question, I can supply one!

For example, are you really reading this nonsense, or are you DREAMING you're reading this nonsense or are you dreaming you're dreaming you're reading this nonsense? Or is someone pretending to be YOU reading this nonsense? Or is this nonsense reading you? And while reading this, who's reading your electric meter? Deep, huh?









Those men in black are out to kidnap you! Follow my instructions! Take the third elevator on the left!

The elevators are. on the right!

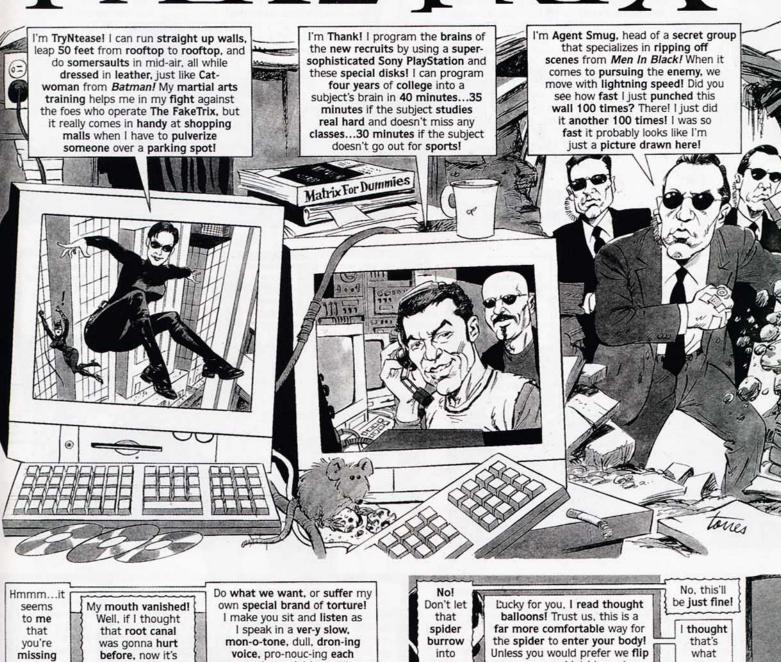
thought the stairs were on the right!

The stairs are on the left! Are you sure you're looking at a map of the right building?

building? I'm not sure I have the right city!

The right

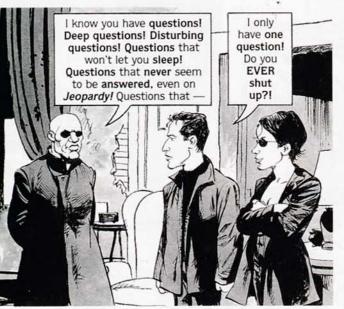
FAKETRIX

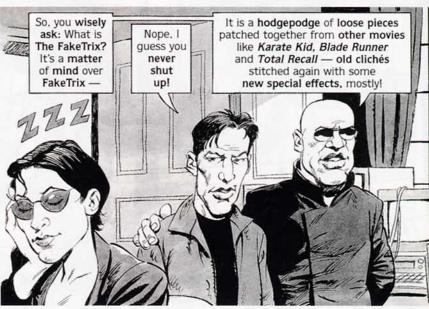


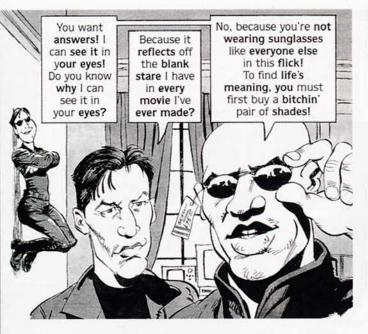




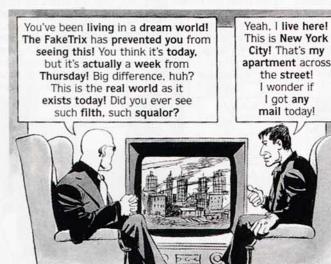


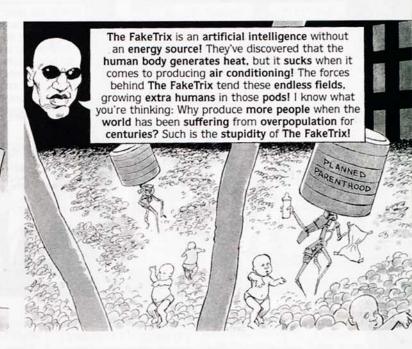


















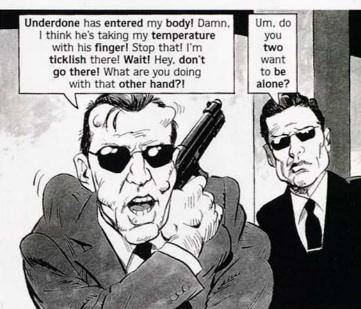




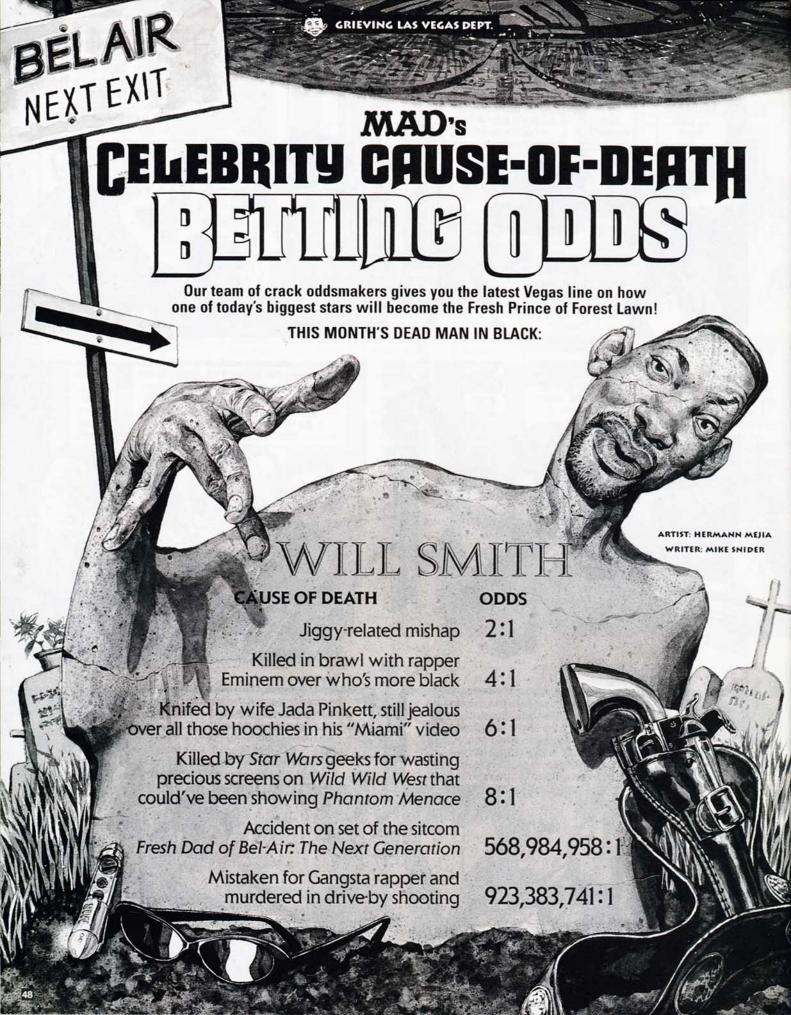












WHAT DIRE SITUATION IS LAW ENFORCEMENT FAILING TO CONTROL?

HERE WE GO WITH ANOTHER RIDICULOUS

Between murders, assaults, drugs, prostitution and robbery, fighting street crime has always been difficult for policemen all around the country. However, there is one type of crime that is proving to be tougher to stop than any other. To find out what this particular crime is, fold page in as shown.



A

FOLD PAGE OVER LEFT

FOLD BACK SO THAT "A" MEETS "B"



POLITICIANS ARE ALWAYS SAYING THAT CRIME AND VICE ARE DOWN. BUT CITIZENS WHO'VE BORNE THE BRUNT OF VIOLENCE SEE A FUTURE OF INJURY AND FATALITY





WHAT DIRE SITUATION IS LAW ENFORCEMENT FAILING TO CONTROL?



FOLD PAGE OVER LIKE THIS!



POLICE

BRUTALITY





forgot milk?