FROM WEAKNESS TO STRENGTH
PRESENT SLENDER DEVELOPMENT OF G. F. CONNELLY, OF
PITTSBURG, PA, BORN A "WEAKLING"

To the Editor:
I was born on the 3rd day of September, 1892, a weekling and small for the battle of life before me.
I went to school until I reached the age of seven, and was very intelligent of sports, especially those requiring physical prowess, but not possessing a disposition that would permit me to enter into those sports you can imagine the misery I endured.
It is so you will know, to jok about me for a young chap put building into manhood to be a book on at a game of baseball or football with a "spirit that is willing, but flesh that is weak" with head thrashing and blood spurring, and a great yearning desire to get into the game.
After leaving school I went into the mill, although physically unfit for such work, especially night work, was forced by circumstances to endure it.
Having all through the few short years of my miserable existence suffered from very weak lungs, they, through exposure, rapidly became worse and I began to stoop and to suffer from pains in my shoulders and chest, and after about six months or a year of night work I became afflicted with acute dyspepsia, which was rapidly becoming chronic.
Having recourse with first one doctor and then another and having been ordered to a healthier climate I had about deserted.

About this time I became aware of the existence of McFarland's Physical Culture Magazine, having been the recipient of a copy from a friend.
I became interested in some of the magnificent specimens of physical manhood illustrated on its pages and began to think why could not I become like them, why could I not do what another had done.
Reading one of Mr. McFarland's treatises on deep breathing, I began to experiment with it and to try walking with my shoulders thrown back and erect.
Oh, my shoulder yet when I think of the suffering and misery during that beginning. My poor lungs were in such bad condition that each and every deep breath brought a groan, and the pains through my lungs were almost unbearable and were increased tenfold by my effort to keep my shoulders erect and it seemed as though I must give up in despair.
Well, it is said that "God helps them that help themselves," and by His help, my own standing and Mr. McFarland's good advice through the Physical Culture Magazine I have gained that happiest of all attainments—perfect health and strength and my aspirations are to become one of the strong men of the world.

G. L. CONNELLY
Pittsburgh, Pa.

Cured a Severe Cough and Cold by a Week's Past

To your Readers:
I think that fasting is the quickest and easiest way to cure a severe cough and cold. I tried it and was very successful.

Somewhere I contrived a severe cough and cold which, let me run for a few weeks thinking it would go away. I tried some simple remedies without the least result. I climbed the hills and mountains on Sundays, thinking I might shake it out. It helped some, but I didn't have time to go thinking the mountain every day. So after six weeks of coughing I concluded to fast.

I fasted seven days, the weight and cold disappeared and I feel great. I lost eleven pounds in weight. I walked from five to seven miles and worked every day.

Long life on the luck, with hands at work, is an excellent position for those who breathe. It seems one can inhale more air and expand twice with less effort.

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