Experiences in Physical Culture.

By J. PATER WATT (Physical Culture expert).

[As an inspiring article, that should be a source of encouragement to every P.O. who reads it, Mr. Watt's experiences are typical of those of others—Ed.]

WHEN the idea first came to write about the subject of Physical Culture, I thought of my own personal experiences and the results I had obtained. I was always interested in the subject and was always trying to improve my physical condition. I started my journey into the world of Physical Culture by reading and studying the works of the great authors in the field. I also started experimenting with different exercises and found that I was able to improve my strength and endurance.

How I Started Physical Culture.

It was during my studies that I realized the importance of physical fitness in our daily lives. I was always interested in health and fitness, and I wanted to improve my own physical condition. I started by reading and studying the works of the great authors in the field of Physical Culture. I also began experimenting with different exercises and found that I was able to improve my strength and endurance.

I started my journey into the world of Physical Culture by reading and studying the works of the great authors in the field. I also began experimenting with different exercises and found that I was able to improve my strength and endurance.

My Progress in Physical Culture.

As time went on, I purchased many books on Health and Physical Culture, always at the same time taking in Health & Strength Magazine, which I used to follow and to read. I used to read the "Practical" work, I always followed up the "theoretical," closely studying anatomy and physiology, for I was of opinion that it is essential to the best results. Finally, you should learn as much about your body and its functions as you can.

It is always interesting to look back at the growth of our ideas, or see how in the past we can remember how faint and full of enthusiasm, the vague hopes, desires and ideals, which are the clue of what must always exist. We should always have our aspirations that cloud of work hard, and as we progress, and through the fear of it we accomplish—nothing! Let those who wish to progress, move in what line, ever remember the words of Longfellow—

"Is the heart not to be the aim?"

But let us see that youth advances.

Final remarks.

After having tried dumb-bells, atlas expansors, grip machines, punching-balls, and all the rest of the paraphernalia, made to make you strong, I eventually came up with the idea of weight-lifting, and weight-lifting, the latter being one of the themes (I think) of the most interesting method of obtaining a good development, together with great strength.?