Fred W. Borden, Alpena, Michigan, who regained his health and developed a powerful physique by conscientious practice of physical culture, used the heavy barbell exercises, also using kettle bells. These exercises with the weights have developed great strength in my hands and arms as I perform them using the weights in one hand at a time. My exercises take forty minutes. I also see a gymnastic which I recommend for strengthening the forearms and grip. Grip the broomstick with each hand, placing them together and turn the style so that one hand will be forced backward, then twist for forward. Keep this up till muscles are slightly tired.

In taking the exercises I have described, never overdo them. Begin gently at first, learning to use the weights. Never overtax yourself in any way. Never attempt or continue exercises that strain you. Wait till you have developed strength to the degree that will enable you to attempt the desired feat. While I became very strong by weight-lifting in a short time, there are few men that can take the heavy exercises I perform.

These are the weights I use: Two fifty-pound, one thirty-five-pound, one hundred-and-eight-pound, and one one-hundred-and-ten-pound barbell.

I am not a large man by any means. My height is five feet, seven inches; weight, 135 pounds. I enclose my latest photograph.

C. R. Knorr.

Box 897, Weenmburg, Arizona.

Encouragement to the Hook-in-Seeker

To the Reader:

I have been a reader of Patrons. Comments for many years and have waited a long time to have comments of different readers, but more particularly the question of some who seemed to be physically on the telegan" or thought perhaps the methods I used might be of interest to them. My remarks are not for those who are unacquainted, but for those who are just starting feeling too discouraged to exercise and with strength and vitality below the average.

I go to this class I belonged. I was working indoors and grew pale and thin. My weight was sixty-five pounds. It was renewed I had consumption and my nose was short.

Going to a circus one day, I noticed how well the performers were. That was enough. I had learned the secret. I made a tramp, but to no avail. I started to the bar, I kept it up believing this if I could do this ten times I would have broken the record. Some one told me that splitting wood was good exercise, so I sawed it in. I took my sixty days to bring myself to the point where I thought it would be easy to make a test. I did not cut the bar sixty-three times, and it was on my sixteenth birthday.

Shortly after this I found a copy of The Nation, and the game was on its cover. A few from the tramp, I used no apparatus, believing it good policy to build up endurance and get the muscles in time first. I took my exercise at night, and soon early took a ten-mile walk. Then I got a tent and slept outdoors for two years. I kept on with light exercise and a tramp till three years ago, when I bought a barbell and started weight-lifting.

Physical culture means not alone exercise, but all that endorses right living. Follow the three M's—Muscle, Mind and Means.

Look at apparatus used be no ban, as some of the best, such as books, clubs and barbells, can be found in every house. I should be more than pleased to correspond with any who wish to write.

Fred W. Borden.

Alpena, Mich.

An Acrobat's Method of Training

To the Reader:

I enclose a photograph of myself, to show the development which I have gained through physical culture practices. Since my seven-teenth year, I have been in vaudeville in various cities of strength and romance acts. After my return home, about one year or so ago, I started

Fred W. Borden, lifting a heavy bar-bell by his teeth.