A Young Pathfinder of Scotland.

Bill Murs, Marshal Wilton, professionally known as "Young Pathfinder," is a well-known figure in Glasgow. He is a bodybuilder, and in no exaggeration, the finest

twelve youth I have ever met. On.

Marshall Wilson, "Young Pathfinder."

Physical Culture as a Cure for Ill Health.

To the Editor of "Health for Strength."

Dear Sir,—I beg to submit to you two of my photos for inspection. These were taken after six months' exercise. Before writing I was a physical wreck, and suffered from rheumatism, tedium, and a heart full of functional troubles. Having done great benefit from physical culture, and am now in perfect health. This I attribute to my

The experiences appear in our December issue, but whose portrait was

unfortunately omitted.

The tobacco and alcohol severely alone, and sticking to my exercises. Persons in a great physical culture home, nearly everybody does a little, and there are a lot of thorough good sportsmen here. Attached here are a few of my records, made in Durham. I also break total records, beam cards, bend steel nails. I must conclude, wishing you fine health and every success, and with all good

John Welbarn.