An Admirer of Strong Men.

Dear Sir,—It was the right of Regan Sandow, about six-and-a-half years ago, that awakened in me an admiration of strong men. About two years after I saw W. L. Murray. After that I decided to commence at once. I was a weakling, but, thanks to Physical Culture, that state is now a thing of the past. My chief aim in life is to become strong, not only physically, but in character also.

Nothing ever delights me more than to see the performances of strong men. In fact, I have never missed an opportunity of seeing any strong man who happened to turn up. Have seen, in addition to Sandow and Murray, Rennauch, Fotion, P. V. Vassilart, Max Bickford, and others too numerous to mention.

I have read Health & Strength regularly since November, 1901, and think the German of 1901 is far better than the last.

I am another believer in the theory that music has an inspiring effect on one whilst lifting weights, etc. Physical Culture is a grand thing in every respect, and teaches one to think and reason. To me, first of all, it is the best means of obtaining complete control of oneself.

R. J. Goss. 20, Clarence Street, Leicester.

Hand-Balancing Keeps Him Fit.

Largely through the influence of Mr. R. J. Goss, a wealthy young man of Leicester, I have been able to make progress with my career as a hand-balancer. Our company was once engaged in the London hand-balancing contest, and I was placed third. I have had my hand balancing lessoned by Mr. Smirch, and have constantly kept my hand-balancing in good order.

Yours faithfully,

Bert Johnson.

Hand-Balancing Keeps Him Fit.

Hand-balancing has been popular with many for many years, and has earned money for those who have practiced it successfully. It is a form of exercise that is both healthy and educational. The writer of this letter, Bert Johnson, is a hand-balancer who has been able to make progress with his career thanks to the influence of Mr. R. J. Goss, a wealthy young man of Leicester. The company was once engaged in the London hand-balancing contest, and Bert was placed third. He has had his hand balancing lessoned by Mr. Smirch, and has constantly kept his hand-balancing in good order.

S. R. Jogi, student of Jummadanada Gymnastic Institute, Baroda, India, an amateur wrestler who won five medals in successive Decan Gymnasia Toursment, Bombay Presidency.

Physical Culture in India

To the Editor:

The two photographs accompanying this letter are of two young students of the Jummadanada Gymnastic Institution. Poonam Dutt is the center of attention. He is the student of the Deena Gyanik, for the holding of tournaments of the student world of India in wrestling, swimming, and other athletic and gymastic feats. Students from arts and science colleges and High Schools can compete here on fair terms for prizes and honors every year.

We have our Indian system of exercise; but it is not incompatible with Western scientific notions of that art. We much appreciate the work your Physical Culture is doing in America and other directions in which it is checked.

G. V. M. N. J., Jannam-Den Gymnastics Institution, Baroda City, India.

He is 5 ft. high, and scales, stripped, under 8 st.

The following are a few of his feats:

Right and left hand shifts, presses from the shoulder of 80 lbs, body erect all the time.

156 lbs. barbell lifted from ground to shoulder and throw overhead with two hands.

Right and left hand jerks of 122 lbs.

He was also successful in pressing from the shoulder with the right hand the 150 lbs. solid dumbbell which formerly belonged to Mr. Sandow, and is now in the possession of Mr. F. A. Lumby, of Edinburgh.

He has made a successful attempt at holding the 36 lbs. ring weight out in horizontal line with the shoulder.

In the "Tomb of Hercules" he has supported over half a ton.

As a wrestler Mr. Jogi is considered willing to meet anyone at weight, either in catch-as-catch-can or Greco-Roman.

He is very skillful on the rings, performing many difficult feats, including the "Crucifix" and pulling up with one hand, all with the greatest of ease.

I may say that the feats which I mention here, besides many others, are not imaginary, but have been witnessed by a few Edinburgh weight-lifters and athletes, also by myself.

Yours faithfully,

S. D. McKechnie.

(Edinburgh)

Dear Sir,

I enclose herewith photos of Mr. Duncan MacKenzie of Edinburgh, which I should like to see reproduced in your magazine.

Yours faithfully,

Sydney Beveridge.

(Edinburgh)