Physical Culture in Australia

To the Editor:

The people of Australia are very much interested in the matters of health and physical development, as I have noticed the great interest they display in any exhibitions of muscular power, lectures, photos, etc, in connection with my classes, which are conducted at a very high standard of ladies and gentlemen. I may state that I have only recently taken an interest in ladies classes, for I noticed the strong influence there was to organize such.

I emphasize the value of your interesting magazine to my pupils as I think it helps me with great deal in promoting physical culture ideas amongst them, in the true sense of the word. I send you the only suitable photo of myself I have at present. If you could find space for it in your magazine, it would be welcome cut here, for I have been often asked why the photo of Australian athletes do not appear in it. Wishing you every success in your good work, I am,

C. W. Healy.

Melbourne, Australia.

F. Harrington

Generally 15 times, which is very good considering he is under 18! He also does a double-handed press of 160, and a flip of 180. His other feats are as follows: Rear hand press 170lb, left hand press 165lb, double-handed baseball 216lb, two dumbbells 120lb, hold at arm's length 125lb. In each hand, press two very half-eights. In right hand, bend down and pick up another in the left, total 160lb, a very weighty lift. Measurements, etc: Biceps 14ijm, calves 14ijm, forearm 1ijm, 17in: 15in: 18in, Age 19.

The other photograph is cut out and put together, weight 1lb. The men's classes in the middle numbered about 50, and I shall be pleased to see any reader of your magazine at any time.