Dear Sir,

I enclose a photo of myself, which I want you to put in your Magazine. I started Physical Culture in September. It was weak and feeble, but now, owing to your wonderful Magazine, I am getting strong, as you can see by the photo I send. Before I started I could just put up 50 lbs. with one hand, above my head. Now I can do 136 lbs. (bell) with one hand, above my head. Also 110 lbs. bell with two hands, above my head. I hang on my back and holding the bell, bell is in my hands and a 170 lb. man sitting on it, and several other feats of strength, which I owe to your Magazine. My measurements are: 6 ft., 192 lb., height; 26 in.; weight; 38 in.; biceps, right; 13 in.; left, 13 in.; waist, right, 34 in.; left, 34 in.; hips, right, 34 in.; left, 34 in.; shoulder, right, 15 in.; left, 15 in.; forearm, right, 15 in.; left, 15 in.; biceps, right, 15 in.; left, 15 in.; triceps, right, 13 in.; left, 13 in.

Harry Spear

Physical Culture

P.S. I enclose a photo of my foot, which I owe to your Magazine. It was weak and feeble, but now, owing to your wonderful Magazine, I am getting strong, as you can see by the photo I send. Before I started I could just put up 50 lbs. with one hand, above my head. Now I can do 136 lbs. (bell) with one hand, above my head. Also 110 lbs. bell with two hands, above my head. I hang on my back and holding the bell, bell is in my hands and a 170 lb. man sitting on it, and several other feats of strength, which I owe to your Magazine. My measurements are: 6 ft., 192 lb., height; 26 in.; weight; 38 in.; biceps, right; 13 in.; left, 13 in.; waist, right, 34 in.; left, 34 in.; hips, right, 34 in.; left, 34 in.; shoulder, right, 15 in.; left, 15 in.; forearm, right, 15 in.; left, 15 in.; biceps, right, 15 in.; left, 15 in.; triceps, right, 13 in.; left, 13 in.

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