



K. Venkatesa Iyer, a Physical Culture boy in far away India, has high mental, moral and physical aspirations. We will wager that he can go many of the sahibs in his country one better when it comes to physical prowess.

A Hindoo Boy with High Aspirations

TO THE EDITOR:

If you should find this postcard picture of myself worthy of reproducing in your monthly magazine, I think I would be ever grateful for your kind benevolence and favor. It is from a great distance I am writing to you and it takes months to receive or forward any kind of correspondence. I am going through every magazine of yours and find them real blessings.

It is those magazines of yours that inspired me to study and practice physical culture and here I am at the end of three months' vigorous exercises. Once again I loudly proclaim it is

you that have helped me with my physique, and I owe my strength and health to you. May all your readers be of the same opinion and wish every success and long life to your magazine.

I am strictly a vegetarian and hate intoxicating drinks. I do not smoke nor chew tobacco. I do not go to bad ways, as I want to retain my health and honor always. I am a sound sleeper and even tempered man. I take only two meals and two lunches a day. I take exercise both morning and evening, though it never exceeds more than half an hour a day, and often go to cinema especially to see strong men featured on the screen. I am following the "Sandow's System of Physical Culture" closely, and I vow to keep the same daily habits throughout my life.

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EDITOR'S NOTE—The letter above reminds us of the gratifying fact that PHYSICAL CULTURE'S influence is indeed widespread. No week passes without our receiving tremendously interesting letters from a dozen different parts of the world.