

19, Roberts Road, Leicester  
December 2nd, 1903.

DEAR SIR.—I have enclosed to you four of my photos for your valuable magazine. Years ago I was a trapeze artiste and gymnast, but for the last seven years up to last November twelvemonth I had not done anything in the Physical Culture line, and of course got run down and out of sorts, so I bought some magazines, and seeing how well other young men were getting on in health and strength I thought I would go in for my old hobby again. Knowing a good many ways of gaining strength, I soon made an improvement in myself. I had been at it

about four months when I got one of Mr. Inch's postcards on health and strength, and seeing it looked a good thing, and wishing to increase my strength, I put myself as a pupil under Mr. Inch. In doubling my strength and weightlifting—and I soon made marvellous progress—it was one of the best day's work I have ever done to go in for a quick route to strength, and I wish to tell readers if they want to gain health and strength in the shortest possible time the way is to put themselves in for a course of Physical Development. I can, for certain, say that they will never regret the day they did so. I am pleased to say I was presented with the gold medal for strength and development. Weight, 9s. 4lb.; height, 5ft. 6in.; neck, 15in.; chest (normal), 39½in.; chest (expanded), 42in.; biceps, 15½in.; forearm, 12½in.; thigh, 22in.; calf, 15in. Lift: Right hand, all the way, 139lb.; left hand, all the way, 132lb.; double-handed bar-bell, 200lb.; snatch, 120lb.

Yours very sincerely,  
G. HUTCHINSON.



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Leicester.