

**T**HE photograph of Mr. A. Castle exhibits to no small degree what Physical Culture can do for man.

Irrespective of the pleasing fact that Physical Culture has now a great hold upon the masses, yet there are many persons who aver that it is a waste of time and money. A glance at the splendid specimen of manhood as shown by the photograph of Mr. Castle, ought to dispel the erroneous and foolish illusion that Physical Culture is a waste of time. A few minutes daily exercise is surely no waste of time when such glorious specimens of manhood as here shown can be produced.

If the sluggard who keeps late hours and rises from his bed about the middle of the day would but retire earlier, thus allowing his body and brain to procure the requisite amount of sleep, he would be able to rise with the lark in the early morning and devote himself to a little exercise, both physical and mental, and take advantage of the beautiful influence of Nature.

Such a procedure has been the practice of Mr. Castle for five years now, and he honestly affirms that he never made a better stroke of business than when he first decided to adopt a course of physical training. His results have been more than remunerative for the little trouble and expense involved upon him.

however, he felt the exercises after a time to be somewhat irksome, but like all true and solid Scotchmen, he possesses an unflinching determination and a stubborn will never to give way, and after a time he found the exercises to assume a more pleasurable aspect; therefore, with determination and persistence, he worked with an energetic will, until he became the happy recipient of his now splendid physique.

On more than one occasion he has had the honour of being highly complimented by the father of Physical Culture, Mr. Eugene Sandow, who has informed him that, taking into consideration his age, etc., his measurements could not possibly be better.

This young Hercules is a wrestler of no mean repute, he being the 10-st. Champion of Cumberland at Catch-as-catch-can style. His feats of strength are marvellous for his age, and he can break a horse shoe with comparative ease. He possesses a neat and graceful style in weight lifting, which will, in



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time, it is to be hoped, bring him out to pose as a second Arthur Saxon. Mr. Castle is the Instructor of the Border City School of Physical Culture, Carlisle.

His life and daily habits are ruled and governed by the hand of temperance and moderation, and he is a non-smoker and a life-long abstainer.