

of the citizens—especially the youthful citizens—has made him widely known throughout the city and its suburbs.

He has met, and is a friend of many of the better class of strong men in Australia and the United Kingdom.

His feats of bending one-quarter inch and three-eighth inch steel wire nails with the bare hands are perhaps unequalled in Australasia, and the extension of a 14 strand chest expander, which two strong men pulling against each other cannot draw out to an equal length, is astonishing.

In addition to this, the bursting asunder of links in a chain whose breaking strain is more than three hundred pounds, by the aid of a leathern sarcingle passed around his chest, will indicate the great strength of his respiratory apparatus.

Mr. Hardy wishes it to be understood that he was not born with this great muscular power, but that he has developed it in a gradual, easy and pleasant manner. We can truthfully say of him, as the lyric songster sings of the Village Blacksmith, "The muscles of his brawny arms are strong as iron bands."

Although he has assisted the cause of physical culture consistently for years, he has neither looked for nor received monetary reward, but has given his services gratuitously, because he believes in the work, and is, in this respect, an amateur in the true sense of the word.

PETERSHAM,  
NEW SOUTH WALES  
AUSTRALIA,

Dear Editor.

I now take the pleasure of writing to you and the readers of your magazine, to let you all know what Physical Culture has done for me. I was in a very bad state of health for years before taking it up. In fact at one time I was not expected to live. Thanks to you and your valuable magazine *Vitality*, I am one of the strongest men in Australia to-day.

I am enclosing a photo of myself which I would like to see in *Vitality* if you think it worthy of a place. Enclosed are a couple of press cuttings for your perusal.

My measurements are:—Before: height, 5ft. 7in.; weight, 140lbs.; chest expanded, 34½in.; bicep, 12in.; forearm, 10ins.; thigh, 18½ins.; calf, 13ins. After: height, 5ft. 7½ins.; weight, 168lbs.; chest expanded, 42ins.; bicep, 15ins.; forearm, 11½ins.; thigh, 22ins.; calf, 15ins.

Thanking you again for all your help and for what I am to-day and wishing your magazine every success in its good work.

I remain, yours faithfully,  
ROBERT HARDY.

[EXTRACT.]

Mr. Robert Hardy is an Englishman by birth, and an engineer by profession.

He has been an enthusiastic physical culturist for many years, and has advocated the higher principles of health and mental development among his acquaintances, friends, and fellow workers at all times.

His kindly assistance to any movement which tends to improve the health and physical standard



R. HARDY.