

184.—Joseph Abrahams, 62, Myrtle Street, Commercial Road, E., Instructor Jews' Free School, Old Boys' Gymnasium, admits that the first inspiration he had for Physical Culture was given to him through the columns of "H. & S." "Diligent attention," he says, "and concentration of thought to the ideals of culture and exercise shown, together with practical tuition, has launched me high up the ladder of health and strength. I am now acting as gymnastic instructor to a squad of forty lads, to whom I am, without egotism, setting myself as an example. I am 24 years of age, and I naturally recommend your paper to the lads under my care."