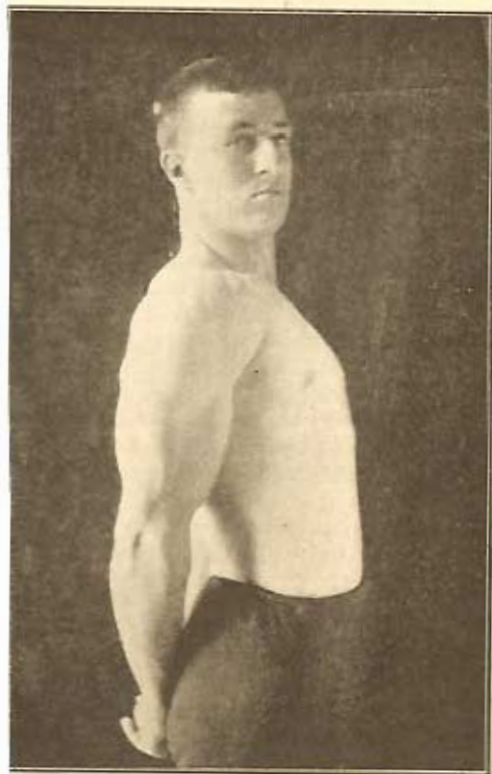


to read some books that will give you many valuable details on this important subject. I will simply give the reader one valuable hint, and that is, that the expansion of the lungs should

be in increasing consumption the reader will no doubt have noticed depend upon increasing the vitality of the cure, and a proper degree of vitality renders the existence of almost any disease difficult.



Horace Bull, Plainville, Conn.

## A Phenomenal Development

TO THE EDITOR:

I consider your magazine an invaluable guide to the growing youth, as it will distract attention from less profitable literature. I am a professional gymnast as well as physical director in a local gymnasium, and hold the weight-lifting record in this locality, for the 150- to 160-pound class. I hold records equal to Mr. Reg. G. Shorthose and others for a one hand snatch lift from the ground. I have raised overhead and retained 126 pounds, and can make a one-hand press from the shoulder of 180 pounds. I herewith enclose my photograph and principal measurements.

Chest, expanded, 45 inches; waist, 32 inches; forearm, 14 inches; biceps, 17 inches; neck, 18 inches; thigh, 20 inches; calf, 14 inches; height, 5 feet, 9 inches; weight, 160 pounds.

HORACE BULL,

Plainville, Conn.