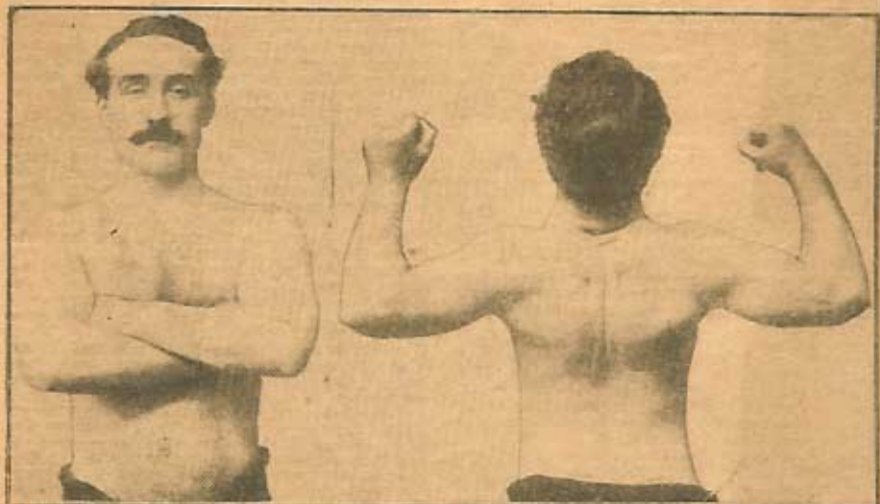


# Our Runner-up Veteran.

9-13-B  
H+S

He Makes an Offer to our P.C. Experts.



**M**R. W. J. HERRIOT (Leigh-on-Sea) the runner-up in our Veterans' Competition, sends his photo and an interesting account of his method of training. He says:

Several people think there is mysterious food or drink to be taken that causes physical development (anyhow, this is the conclusion I have come to from letters received). Over and over again I am asked, "What patent food or drink did you use?" I used no patent foods; just the ordinary, every-day food, and three meals a day, at that.

I think people are really too faddy in regard to food. If they had a jolly good exercise out in the open they would not pick and choose as they do.

My exercises were what is called free, and were culled from many sources. At the commencement it was very hard to concentrate,

until I discovered that by placing an elastic band (adjustable) around the muscle to be exercised, one could very soon fix the mind on that muscle, and discard the rubber band entirely. I shall be pleased to give an illustration some day of this adjustable band for the benefit of readers.

I noticed in a recent copy of the mag. a remark passed in regard to the veterans' having trained themselves, and it was wondered what would have been the development gained if they had been trained by the modern Physical Culture expert.

I wonder what the modern expert could do in the way of developing some of us veterans, and feel personally that an improvement could be made, so if there is an expert who would care to take on a veteran for a three months' course, just mention it, although I should not like to roam too far from the city.