



ENGLAND'S LITTLE STRONG MAN

REMARKABLE STRENGTH DEVELOPED IN A CHILD
BY PHYSICAL CULTURE TRAINING

Louis Chisnall, of Hulme, Manchester, whose photograph is reproduced herewith, is a wonderful demonstration of a child that was at one time weak and who, under the guidance of parents, by exercise, diet and cold water baths, has developed remarkable strength of the body. The course in physical culture was systematic and extended only for a period of about six months. In this short time the boy has become so strong that he can accomplish the following remarkable feats: He holds out, in each hand, an extended weight of seven and one-quarter pounds. He lifts, with ease, a thirty-pound bar-bell above his head and back to the floor. He is able to lift nineteen pounds above his head with his right hand and sixteen pounds when using his left.