

Physical Culture in 1852.

An Interesting Letter to the Editor.

Sir,—Whilst looking through an old copy of the *Illustrated London News*, dated August 14th, 1852, I came across an account of a Scottish fête which took place at Holland Park, London. A few events transpired there which I think would be of some interest to readers of your excellent magazine. The writer rather quaintly says:—"There was a specimen of wrestling given in the Cornish style, in which the wrestlers do not grasp each other round the body, but by the hands or collar, and the first effort is to trip; after which victory turns upon a single effort. Throwing the hammer was the next event, the victor, D. Kennedy, casting the hammer (which was 17 lbs. weight) 107 ft. Mr. Harrison's Indian club exercise must not be omitted from the list of performances. The clubs he now wields are larger and heavier than those of last year, yet he whirls them round his head with the greatest ease. We learn that Mr. Harrison first began to use the clubs three years ago, at which time his muscular development was considered very great, his measurements being then: Round the chest, $37\frac{1}{2}$ in.; round the upper arm, $13\frac{3}{4}$ in.; round the forearm, $13\frac{1}{4}$ in. The clubs with which Mr. Harrison first commenced weighed 7 lbs. each. He has advanced progressively until he can now wield with perfect ease two clubs, each weighing 37 lbs., his heaviest clubs being 47 lbs. each. The effect of this exercise on the wielder's measurements were as follows: Round the chest, $42\frac{1}{2}$ in.; round the upper arm, 15 in.; round the forearm, 14 in. At the same time his shoulders have increased immensely, and the muscles of his loins, which were weak when he first used the clubs, are now largely developed and powerful; in short, all the muscles of

the trunk have been much improved by this exercise."

I, myself, think it is a good sign to see to what an extent Physical Culture has grown since the days of this pioneer club-



swinger. I am sending you a sketch of Mr. Harrison swinging his clubs, which I have copied from the aforementioned paper.

Yours truly,

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