



Mr. N. TALIONO,  
whose experiences appeared in our  
December issue, but whose portrait was  
then unfortunately omitted.

### A Challenge.

To the Editor of "Health & Strength."

Dear Sir,—I hope you will kindly favour me by publishing this photo in your valuable magazine, if possible. I have taken in your book for the past twenty months, and you will be able to see for yourself the development I have derived from doing so. I am now able to meet any juvenile from seven to eight stone, for a few feats of strength, etc. My weight is 7st. 4lbs.; age 16 (November 22, 1905). I thank you in anticipation. If you cannot do so, please return photo to your faithfully, "H. & S." Reader,

N. TALIONO.

Poplar.