

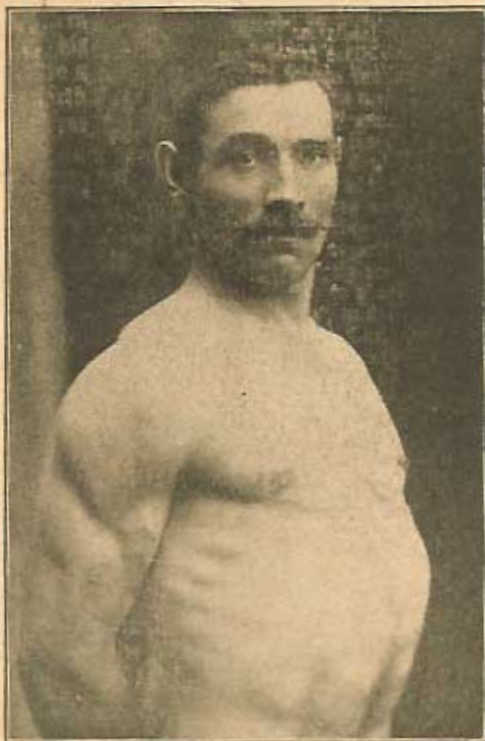
1, Kingarth Street, Eas Moors, Cardiff.

Dec. 11th, 1905.

Dear Sir,—I am sending you a photograph showing the development I have obtained by being a Physical Culturist. I am a pupil of Hercules School of Physical Culture, and now having been taught how to control my muscles and utilize my strength, I do feats out of the ordinary. I am told I would have been a masterpiece if I had taken up training a few years ago. I have recently taken up weight-lifting, wrestling, and boxing. I intend going in for one of the Hercules gold medals, which the instructor is offering to the most successful pupils. I have a chest measurement of 47in., and my arms are close on 16ins. My health and appetite are first rate. I read "Vitality" regularly, and I think it does a grand work.

Wishing you the success you richly deserve.—
I am, yours faithfully,

P. TOBIN.



P. TOBIN, Cardiff.