



Percy Seymour Hulse, an English entrant in the Physique Beautiful Contest. Age, 20 years; height, 5 feet, 6 inches; weight, 141 pounds; neck, 14 1-2 inches; chest, 38 inches; biceps, 14 inches; waist, 30 inches; calf, 14 inches.

How a Miner Keeps Healthy

TO THE EDITOR:

I have derived great benefit from your spinal exercises, which have appeared in **PHYSICAL CULTURE**, which combined with a little weight-lifting and plenty of open-air sports, have been important factors in making me what I am to-day.

PERCY SEYMOUR HULSE,
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shire, England.