

18, Sun Street, Lancaster,

3rd November, 1904.

DEAR SIR,—I send you my "Experience," which you are at liberty to publish if you consider it to be sufficiently interesting to your many readers.

As is usually the case, I will not attempt to start my experience with saying I was a weak, puny and unhealthy lad, or subject to some organic disease, as I had just ordinary health, and my strength and my development were moderate. It was my first ambition to become strong some three years ago, when I obtained Sandow's book on strength, and in conjunction with a friend started the exercises as set down in the book, using 3½ lb. dumbbells. A month or so afterwards we purchased a Sandow's Developer, and after three months' assiduous exercise, and there being no increase to speak of, we decided to abandon the developer and have recourse again to the dumbbells. The latter we stuck to, and in 12 months a vast difference was noticeable in our respective developments. The parts which were originally flat and flabby now showed numerous little bunches of muscle. My present development, which is shown in the photos, though not abnormal, is satisfactory to me. As measurements are not indicative of a man's health and strength, I forbear stating same.

I have read many books on Physical Culture, including Sandow's, Dowd's, Macfadden's, Apollo's, Milo's, Stelling's, and others, but do not now follow any particular course, but select and pick out

the exercises and suggestions from each book which I think will be most beneficial. I am much indebted to your excellent magazine *VIM* for the numerous hints and suggestions contained therein.

Dumbbells, used together with a good chest expander, are, in my opinion, the finest muscle-developing machines in the market, the expander bringing out the muscles of the back and chest, which the dumbbells are unable to develop.

I should be glad to see a development competition in your Magazine shortly, which would, I think, greatly increase the circulation of your rapidly rising little book.

With many wishes for your success,

I am, dear Sir, yours faithfully,

THOS. HAYTON.



THOS. HAYTON AND FRIEND (LANCASTER).