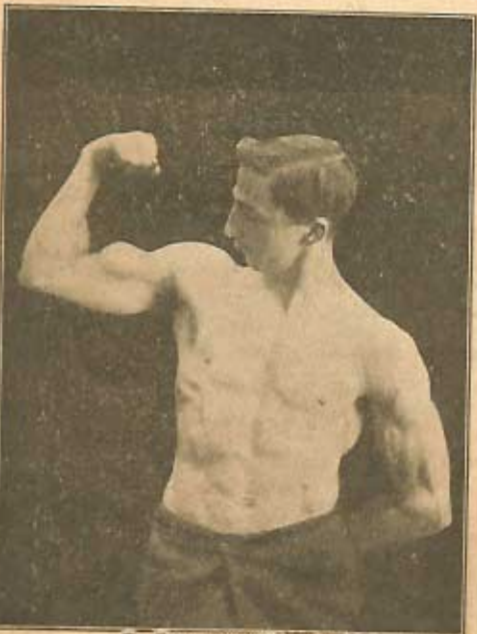


No Quackery.

DEAR SIR,—I am enclosing photos of myself, showing the result of two years of the Sandow System of Physical Culture. I have obtained infinite help, too, from time to time through the pages of **HEALTH & STRENGTH**. Constantly seeing the pictures of athletes, with their splendidly developed figures, has always kept my enthusiasm warm. By the by, what a number of systems of Physical Culture have recently sprung up. Try



C. COWLING (Lincoln.)

of them, if not more, will have a strength trial. This only seems natural, every man likes to test his strength, and if he has laboured at Physical Culture for a year or two, and then must not use his muscles to perform such feats of strength, there is something radically wrong somewhere.

Now I should like to see photographs of all the inventors of these new systems. Well, I must not occupy any more of your valuable space. With all good wishes for **HEALTH & STRENGTH**.—I remain, yours truly,

C. COWLING.

P.S.—My measurements, two years ago, and now:—

| | Two Years Ago. | Present Time. |
|---------------------|----------------|---------------|
| Age | 17 years | 19 years |
| Height | 5 ft. 5½ ins. | 5 ft. 6 ins. |
| Weight | 9 st. 18 lbs. | 10 st. 2 lbs. |
| Neck | 13½ ins. | 15 ins. |
| Chest (expanded)... | 37½ ins. | 42 ins. |
| Waist | 29½ " | 30 " |
| Hips | ... | 35 " |
| Thigh | 18½ ins. | 21½ " |
| Calf | 12½ " | 13½ " |
| Right arm | 13 " | 15 " |
| Left arm | 12½ " | 14½ " |
| Forearm | 11½ " | 12½ " |

I have only done four months' weight-lifting. The following are my lifts at present:—

| | |
|----------------------------|----------|
| Right Hand | 122 lbs. |
| Left " | 118 " |
| Two-handed Bar-bell | 154 " |

and guard against its becoming a quackery. Some don't believe in dumbbells, others eschew the cold bath, weight-lifting, and so on. For my part I don't think much of a system of Physical Culture which does not equip a man for a certain amount of weight-lifting. Put ten men into a room where there is a set of weights, and I will wager that seven