

Increasing Biceps Measurements.

ALBERT J. ELLIS, Gladsmuir House, 11, Carnarvon Road, Barnet: I was much struck when I read Leaguer A. Hallawell's letter in "H. & S." of this week re increasing biceps. I note his increase of $\frac{1}{2}$ in. after trying a 30s. course. I am willing to take up Hallawell's challenge, and to make him the following offer. I will give him instruction for three months, and supply apparatus, including one of my "Ellis arm developers," together with an entirely new idea and method of training. I must ask Mr. Hallawell to practise no other exercises during the period of this course except those prescribed by me. I suggest that this experiment takes place under the auspices of "H. & S.," and that Mr. Hallawell's measurements before and after the course should be published in that magazine ("H. & S.")

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