

**From all over the world... : they keep writing in to say: Dear Mr. Atlas ...  
"look what you have done for ME" / Charles Atlas.**

**Contributors**

Atlas, Charles, 1893-1972.

**Publication/Creation**

London : Charles Atlas, [1939]

**Persistent URL**

<https://wellcomecollection.org/works/cwpg9due>

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

# "..and for ME"

# From all over the World...

they keep writing in to say:



**"Glad I Did Not Sit Back and Wait"**  
—Writes Paul Buricka

It was indeed a pleasure to take your Dynamic Tension way of developing a perfect body. Your course did more for me than you said it would. I am a different man. I am glad I did not sit back and wait, but that I got my pencil and wrote you.

PAUL BURICKA, Pennsylvania

**From Canada**

I am surely getting good results from your course, and am sorry for one thing, and that is that I didn't get it sooner. You will find a photo enclosed.

C. RICHART, Canada



**No "Apparatus" for HIM!**

You have given me strength and power such as I've always longed for and dreamed about. I'm really surprised. I had a letter with a friend who has been taking a well-known course using apparatus. In thirty and other tests of strength, I made him "look like a monkey."

GEORGE S. RICHART, Massachusetts

Note of the left the marvelous physical development of student the Dynamic



DON DEAKINS

**"I Have So Much Pep, Energy and Will Power, I Don't Know What to Do With It!"**

I am writing to let you know how wonderful I think your course is. I think it is a life saver. It really was to me. I have so much pep, energy and will power I don't know what to do with it. I can really work now.

ARNOLD TATE, Utah

**Constipation Vanishes**

The lessons which you sent have given me a new and finer outlook. There are twelve more pounds of me, and lots more pep, and that constipation is gone after years' cure.

LOUIS D. COOK, Texas



ARNOLD TATE

**(From Philippine Islands)**  
**"So Interesting and Easy to Follow—Yet I am Improving Every Day"**

Enclosed you will find some pictures of mine. These were taken recently. My chest indicates the greatest development, but it is not shown in these pictures. The lesson you sent me was so interesting and easy to follow that I am improving every day, and my friends wonder when they see me.

S. WILLIE, Philippine Islands



S. WILLIE

P.S. The picture below shows me lifting my uncle, a 160-lb. man, above my head. Now feels like this is easy!



S. WILLIE, PHILIPPINE ISLANDS

## Dear Mr. Atlas:-

... and just LOOK inside

**Was Once a Weakling**

My friends don't know what to make of me, now. Once the weakling, now the strong. I have been lifting 100 lbs. and more. I am now a strong man. I am now a strong man. I am now a strong man.

**From Finland**

Now I have completed your course, and I am very much improved. I can lift a picture for you. I can lift a picture for you. I can lift a picture for you.

**These Photos Tell the Story!**

to Take Up the Battles of Life

Only 16 Years Old—But Prepared



PAUL KOZLOV, JR.



NORMAN MORRISON



FRANK T. QUINN

**And from Wales**

Robert T. Morris, Bristol

**A Letter from Brazil**

Robert T. Morris, Bristol

**Only 6 Weeks Training, and He is 64 Years Old!**

Robert T. Morris, Bristol



ROBERT T. MORRIS

**Photograph Taken After Only Four Lessons!**

A Letter from Dutch East Indies

Received my Diploma last month. I want to thank you for your kindness, and your marvelous Dynamic Tension System. I am enclosing photographs of my friends.



PAT CHEN, CHINA

*Charles Atlas*

I gives me real pleasure to reproduce here just a few of the hundreds of remarkable letters and actual untouched photographs that keep pouring into my office from all over the world. There is no better proof that, no matter where you live or what you are, I can quickly turn you into the alert, confident, strong, handsome-bodied man all women admire and all men respect!

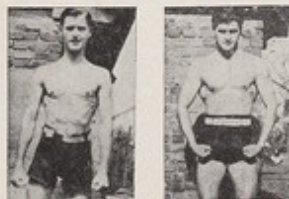
# "ME"

# "Look What You Have Done For"



# And Every Day More Proof Comes Pouring In!

"Take a Look at These 'Before and After' Pictures — They'll Show You What Atlas Did for Me!"



JOHN JACOBS BEFORE — AND — AFTER

Enclosed you will find a couple of snapshots. One I sent you before. The other I just took recently. You know you are welcome to do so. Note the difference in arms, legs, etc.

JOHN JACOBS,  
New Jersey

From Hawaii —  
"I Have a Great Many Friends Now!"

I am very well pleased with your wonderful course of body building, and I have a few snapshots of myself to show what results I have gained through following the exercises.

I have a great number of friends now. They always have a good word to say when I meet them. I feel like a real man, as compared to a few years ago, and am taking this opportunity to thank you.

JACOB MAN, Hawaii



JACOB MAN

"Enclosed You Will Find Picture Showing My Wonderful Results!"



Enclosed find picture showing my wonderful results — not only in appearance, but strength, endurance and stamina. I remain an admirer and an enthusiast.

RAY BRADLEY, Arizona

Left Photo of Ray Bradley

His Personality Developed ALSO

Your course is one of the best things ever started. Besides making me feel and look better, it helps develop the powerful personality necessary for a good music teacher. Many musicians, well equipped technically, are unable to hold their pupils because of poor personalities. Your course is helping me to gain more respect and better work from my students.

EDWARD LINHART, Missouri

"When I Started Your Course I Was a Sick Man" (but now look at me)

I am writing you a letter of thanks. I just completed your last exercise, and to tell you the truth, I feel like a new man, for when I started your course I was a sick man, am sending a picture of myself that my friends have taken.

STANLEY DEANE, New Jersey



STANLEY DEANE

From Canada

I always wanted to be well-developed and had tried exercising a lot, but I got no results until I took your course. I can truthfully say it has done wonders for me. It seems to give me more confidence in myself, and I recommend it to anyone.

A. E. SHELBOURNE, Ontario



Photograph Sent in by a 75-Year-Old Canadian Student!

On the back of the photograph at the left Mr. J. F. Wray of Toronto, Canada, said that this was taken on his 75th birthday; height 5 feet 10 inches, weight 175 pounds.

From the Philippines

Some time ago I received one of your students. I was very strong, with small bones. Enclosed you will find a picture, taken after building following your instructions. Today I feel that no man can rule in appearance.

YONGE BRAWLEY, Philippine Islands



YONGE BRAWLEY

ONLY a few months ago people were calling many of these men weaklings! But NOW LOOK AT THEM! READ what they say! SEE how easily they proved they can be the men they wanted to be, through simply following my amazing Dynamic Tension method for only a few minutes each day.

LET ME PROVE I CAN DO AS MUCH FOR YOU! IF YOU WANT TO BECOME A NEW MAN — WITH THE KIND OF BODY YOU HAVE ALWAYS DREAMED OF HAVING — DON'T KEEP ON WISHING, HOPING, DELAYING. ACT NOW — AND I'LL SHOW YOU HOW QUICKLY YOU CAN GET IT!

Charles Atlas

"My Physique Compelled Her Admiration!"

From South Africa

Since my last letter I have developed further. My chest is really one big rock, my lungs are strong and my back is wide. All over my body building muscles are appearing. Whenever I go people recognize me. They all speak about my broad shoulders and powerful back. One girl, who had a tender interest in my development then, did actually tell me that my shoulders are well as my physique compelled her admiration.

I always thought I would never become physically well and fit, but after following your instructions, I had the challenging opportunity. All this I owe to YOU.

H. STEVENS, South Africa



H. STEVENS

Is Now Able to Sleep

Perhaps the biggest help to me, realized this first week under your system, is my ability to get to sleep. Very often the days came before I could sleep, but the very first night after I started your course, I had nine wonderful hours of sound slumber.

I could write page upon page in detail about the change that has come over me. Just let me say that I am indebted to you for giving me a new outlook on life.

CLIFF STRENGTH, Connecticut

"I Have Made Rapid Strides At the Office Due to the Alert and Wide-Awake Way I Feel"



JIMMY BACON

"My Parents Could Not Believe Their Eyes!"

Royal Military College, Kingston, Ontario

A little over three months ago I decided to take you up on your proposition to give me big muscles. YOU WIN! I was considered by all my friends and even by the physical instructors here to be a strong boy and quite a gymnast. I myself thought I was strong and fit. But within a very short time after starting your course I realized just how fat I could put on really big muscles. It certainly is a wonderful feeling to see and feel these muscles ripple and surge whenever I have to exert myself. The other day I got measured for a new uni-



H. STEVENS

"Wonderful Results!" writes William Goldstein and Sends his Picture to Prove It!

I found it very pleasing to know you, a man with such beautiful development and the highest type of character. I am sending you a snapshot, the latest taken, I have followed your course, and got wonderful results. I recommend it for quick results.

W. GOLDSTEIN, New Jersey

From South Africa

I've only lately discovered what health really is, thanks to your wonderful course. The old dreaded complaint, "Constipation" has mysteriously disappeared after the first application of the wonder course, "Dynamic Tension". Thank you sincerely for the wonderful help and the powerful muscles your course has given me.

FRANCIS J. LELAND, South Africa

What wonderful benefits I obtained from your course! It is hard to believe for this valuable advice. I never would have gone ahead. It was really amazing the way my body filled out in strong flesh and muscles. I have been complimented by people time and time again while at beaches, etc., on the splendid body I now have.

I have made rapid strides where I am employed, which I credit to the alertness and wide-awake way I feel since training with you. Just recently I was advised I was to be allowed to go out, which is what I have been standing at for quite a long while. I will now be able to earn about twice as much as I have been earning, and it will be much more pleasant work. I never can thank you enough for the way your course has got me ahead.

H. STEVENS

Photo at the left of Johnny Bacon, an Atlas student who is delighted with his development.

From Malta —  
"Results Which I Never Thought Were Possible!"

Inside this envelope you will find 2 of my photos. I have certainly increased in health and power. In 5 weeks time I have gained 2 inches on my chest, 1 inch on my arms, and 1 inch on my neck. My strength has increased 100%. I also see a large improvement in my back muscles.

Your course is certainly going to get me the results which I never thought were possible.

ANTHONY AIDOPARIS, Malta



ANTHONY AIDOPARIS

"Girls Want to Go With Me Now!"

Before I started taking your course, I felt tired and run down. I was losing weight, could never get in a good night's sleep. My arms were thin and my chest flat. I wanted to go with girls but I knew they would not go. I was just because I wasn't as strong as they.

Well, I started with you, and now I'm happy that I did. I gained 20 pounds. I now sleep like a dead man, and am ready to tackle the day. The girls all want to go out with me now. Everyone is looking at me with awe.

CHARLES HOUT, New York

From the British West Indies . . .

I had some snaps taken recently, and have enclosed a few. When you take into consideration how very small and puny I was before enrolling I think I have a lot to be thankful for.

WINNOR PROTAIN, Grenada, B.W.I.



WINNOR PROTAIN

"... and I Had Taken Only Seven of Your Lessons!" writes this Navy Man



TONY KELCEWSKY

I had only taken seven lessons of your course when I enlisted in the Navy.

I've seen men with bony muscles, but the muscle your course gives is the long, smooth, rounded muscle. I am now 5 feet 11 inches tall and weight 170 pounds. When I started taking your course I weighed only 141 pounds. You don't know how thankful I am to you.

TONY KELCEWSKY, New York

From South Africa —  
"Here's My Back After Only Three Weeks!"



MOUN KITZ, South Africa



MOUN KITZ

I have now been taking your course for five weeks and I am convinced that it is wonderful. My chest measurement has increased 11 inches. My chest and stomach muscles are beginning to stand out. My health has improved 100%. I used to be troubled with pimples, but these have now vanished and a healthy complexion has taken their place. Since taking your course, I have also put on ten pounds in weight, increasing from 120 to 130 pounds.

I am sending you a photograph of my back which was taken after three weeks of your course.



A Cartoon Sent to Me By an Atlas Student

Jack Budge, of North Carolina, recently submitted the drawing reproduced at the left to show how he feels about my Dynamic Tension System.

From New Zealand

I checked my measurements yesterday, and thought you would be interested in the results at the end of ONE WEEK! My arms dried 1 inch more; waist 1 inch more; neck 1 inch, forearm 1 inch; chest normal, 21 inches; weight increased eight pounds!

J. P. MACDON, New Zealand