

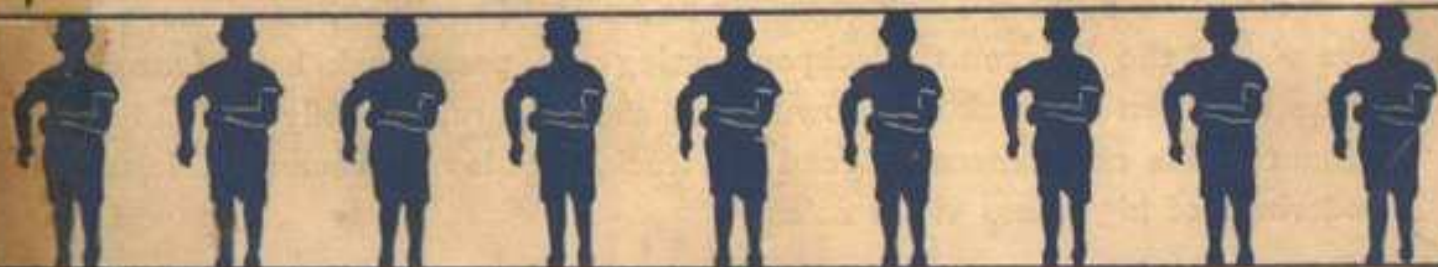


# TOM PAYNE

THE  
World-Famous Musician-Athlete



The Kubelik of the Stroh Violin and World's Amateur-Champion Long-Distance Pedestrian. Holder of the World's Non-Stop Record. The only man to accomplish the wonderful feat of walking the incredible distance of 127 Miles and 543 yards in 24 hours, without stopping for a single moment.



Tom Payne has appeared on the principal Moss, Stoll and Thornton Halls in London and throughout the country.

His Act is Unique, Refined and Novel.

As a performer on the Stroh Violin he is unequalled, as an Athlete he is world-renowned.



TOM PAYNE and SOME OF HIS PRIZES.

HIS WEIGHT is 8 stone (stripped), HEIGHT 5 ft. 4 ins.

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*Extract form Northern Daily Telegraph.*

"He is as much a lover of music as he is of walking, as those who have visited the Palace at Blackpool during the past week have learned, for he has been entertaining crowded audiences there, not only with a brief account of his experiences on road and track, but also with some musicianly renderings of high-class violin solos."

# PREFACE

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I HAVE so frequently been asked about my Method of training, my records, my many races, distances, times etc., that I have decided to give the information, through the courtesy of Messrs. Ashton and Parsons, in this little Booklet.

The extracts from newspaper reports published in various newspapers furnish accurate particulars of the large amount of continuous training I did for many years—training which fitted my body to stand the strain of such an ordeal as walking for 24 hours without a stop, and other feats of endurance through which I came successfully.

Readers of this booklet will note that Nature did not bless me with either undue length of body or length of limb (rather the contrary), nor strength out of the ordinary; yet, by hard, continuous training and Phosferine, whereby I retained my fitness, I was able to overcome and defeat opponents who were much better gifted than me as regards build and strength.

I hope that the reading of this booklet will convince all who are anxious to succeed that much can be attained by constant perseverance, Phosferine and hard work.

TOM PAYNE.



*Some cheery "wounded" leaving the dressing station.*

## **What Royal Army Medical Men say.**

*(Typical Extracts from Letters.)*

**Private G. E. HARRIS, South African Medical Corps,  
South African Expeditionary Force.**

(1)

"I have found Phosferine invaluable in South Africa, and also in England. Thanks to Phosferine many an impending nervous breakdown has been warded off, and I have at all times fulfilled my engagements."

**Private A. M. McDONNELL, M.M., R.A.M.C., B.E.F.**

(2)

"It was after the Battle of Arras that my nerves began to get bad. I tried a course of Phosferine and went into the Battle of Ypres feeling pretty well again. I am still taking Phosferine and testify to its high qualities as a nerve tonic."

**Private F. J. HAMILTON, R.A.M.C.**

(3)

"A bout of Gastritis laid me by the heels for a time, but thanks to Phosferine I soon pulled myself together and am doing my bit with the best of them. I found Phosferine the finest thing in existence for bracing up the system and staying off fatigue."

**Corporal W. BALDWIN, R.A.M.C., B.E.F.**

(4)

"Phosferine has been of immense service to me. I was on board the 'Royal Edward' when she was torpedoed in the Aegean Sea, being several hours in the water, and the experience left my nerves completely shattered. Soon after landing in England I obtained a supply of Phosferine, and after taking three 3/- bottles of medicine my nerves were fully restored."

**Lance-Corporal S. J. BIRCHALL, R.A.M.C., B.E.F.**

(5)

"During the retreat from Mons everyone was completely run-down, and it seemed impossible to 'keep going.' I have since been invalided home suffering from varix, and I found Phosferine put new life and vigour into me, and my nerves and digestive system are absolutely sound, thanks to Phosferine."

These men of the Royal Army Medical Corps declare their stern experiences fully prove Phosferine is an unfailing preventative of that nervous collapse, exhaustion or breakdown which results from the prolonged war strain—Phosferine always enables the nerve system to increase the vital force sufficiently to outlast the most exceptional rigours or privations.

**When you require the best tonic medicine, see that you get**

# **P H O S F E R I N E**

# A FAMOUS WALKER.

## A few brief Records of Tom Payne's Successes.

DISTANCE	TIME	PLACE	DATE	REMARKS
127 miles 543 yards	24 hours	Stadium, London	Sept. 17 & 18 1909	World's Non-Stop Record
72 miles 32 yards	12 hours	Stamford Bridge, London	June 4, 1910	World's Record
52½ miles	8 h. 20 m. 19 s.	Manchester to Blackpool	Feb. 29, 1908	Winner
48½ miles	7 h. 43 m. 53½ s.	Manchester to Blackpool	July 25, 1909	Northern Counties Record
53 miles	8 h. 37 m. 51 s.	Manchester to Blackpool	July 23, 1910	Won Blackpool Cup outright
—	—	Manchester to Blackpool	1911	Won Fourth Year in succession
24 miles	3 h. 37 m. 37 s.	South Shields Circular Course	1907, 1909, 1910	Record for Course Won Spencer Cup
14 miles	1 h. 56 m.	Lancashire Walking Club	1911	Record for Course
20 miles	2 h. 50 m. 30 s.	Southern Counties Road Walking Championship	April 1, 1911	World's Record for Road Walking
52½ miles	8 h. 20 m. 19 s.	London to Brighton	Sept. 30, 1911	Won Cyril Michael 100-guinea Trophy and Dithy Cup
18 miles	2 h. 46 m.	Lancashire Walking Club Shaw Shield Race	—	Winner
41½ miles	6 h. 56 m. 27 s.	Bradford Annual Whitsuntide Walk	June 5, 1911	Winner
15 miles	2 h. 5 m.	S. Shields v. Lancs. First man home	1917 - 1918	Winner
10 miles	1 h. 21 m. 25 s.	Leeds ... ..	Easter 1919	

Winner of North Shields Walking Club and Polytechnic Championship, four years 1907 (novice), 1907, 1908, 1910.

Winner of over 40 Scratch Races, Championships and Handicaps and holder of over 45 Road and Track Records.

Winner of South Shields Walking Club Championship, 1911.

Records for every mile from 51 to 72 miles, created in Great 12 Hours' Race. Record for 86, 87, 91, 92, 93 miles, created when winning the Great 24 Hours' walk.

Tom Payne won the 1919 Bradford Whitsuntide Walk for the fourth year in succession, 32½ miles in 5 hrs., 9 m., 45 s., which created a new record.

Won Halifax Infirmary Gala 12-miles Race, June 21st, 1919, in 1 hr., 35 m., 55 s.



*(Typical Extracts from Letters.)*

(1)

**PRIVATE P. BABB,**  
London Regiment, Egyptian Expeditionary Force.

"Phosferine Tablets came at a most opportune time, as for some days I had suffered intense pain from Neuralgia, which was greatly relieved after a dose of these wonderful tablets. It only needed a few doses to dispel the pain entirely, and I have not been troubled with Neuralgia since. The intense heat out here (Palestine) is apt to make one suffer from lassitude and weariness, and at such times I found these convenient little Phosferine Tablets most beneficial."

(2)

**SERGEANT H. C. SARGENT,**  
Army Service Corps Mediterranean Expeditionary Force.

"I served in Alexandria and Salonica, and after being wounded at Suvla Bay had two attacks of Fever and Dysentery which left me very weak. One day a comrade advised me to take Phosferine. I obtained a bottle, and after about two weeks I began to feel better and able to eat my food, and felt much happier. Now, thanks to Phosferine, I am my normal self again. I can confidently and strongly recommend Phosferine to all men on active service."

(3)

**PRIVATE A. J. WALKER,**  
3rd Batt. A.I.F., M.E.F.

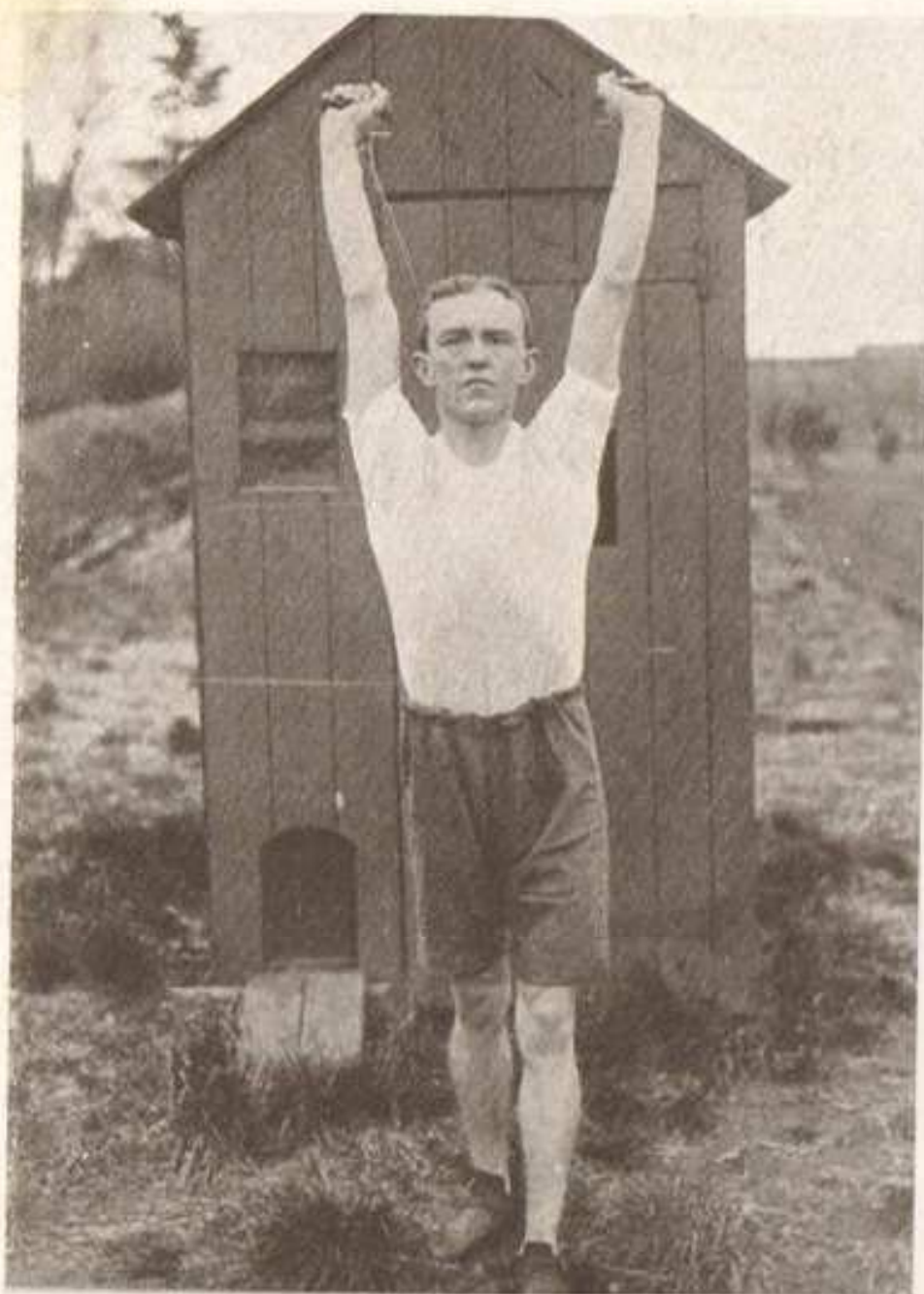
"I have noticed numerous cases of men on active service who have derived benefit from your Phosferine. In my own case the trouble started in Gallipoli, where we were all more or less run down. When we went on to Egypt after the evacuation, I could not pick up. Acting on advice I tried Phosferine, and that proved the turning point. After a couple of weeks I was well on the mend, and finally regained my normal health."

These splendid soldiers enable us to realise the great help they unfailingly derive from the vitalising properties of Phosferine through all those unequalled rigours, hardships, and perils they have so magnificently overcome. Phosferine ensured the extra force to carry on under the most adverse conditions.

**When you require the Best Tonic Medicine, see that you get**

# **P H O S F E R I N E**

# TOM PAYNE TRAINING



## THOMAS PAYNE

**The World's Non-Stop Record Holder**

*writes*

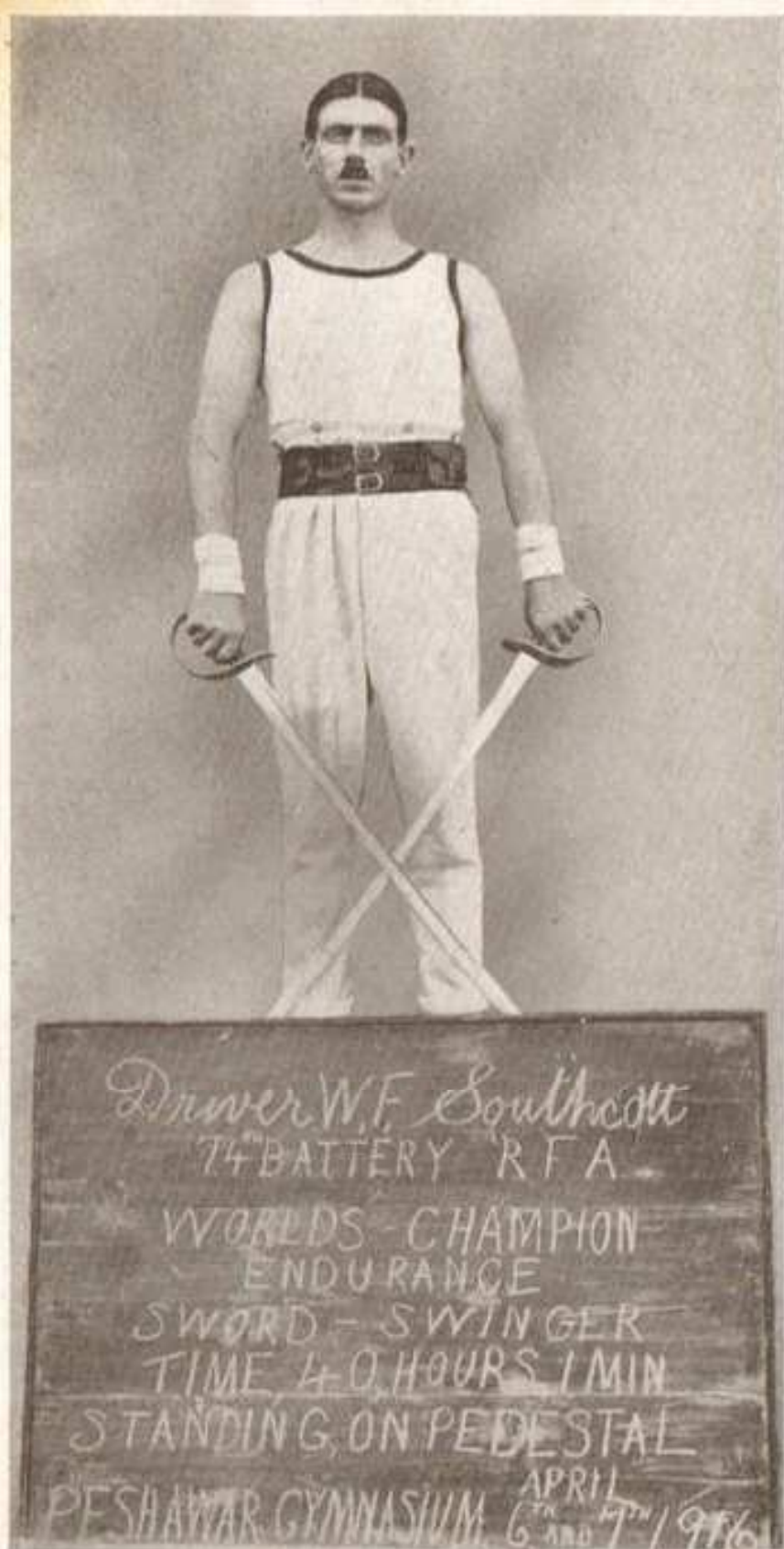
"I wish to testify to the excellent benefits I have received from the use of Phosferine. To keep up to first class standard as a Violinist, I must practise many hours every day, which draws greatly on the nerve reserves (to say nothing of the physical), and to keep up to form as a Long Distance Champion Pedestrian I am obliged to lead the life strenuous and train hard, which entails great physical effort. Thanks to Phosferine I am able to retain my fitness for my Music and my Athletics."



Tom Payne breaking tape and winning Manchester to Blackpool Race third year in succession and winning the Blackpool Cup outright.

After winning Manchester to Blackpool Race fourth year in succession. Receiving congratulations from Charles Noden, Esq., late Advertising Manager of Blackpool.





At the Garrison Gymnasium Peshawar, I swung regulation swords for forty hours all of which I swung standing on a two foot six inch pedestal. During my severe training which lasted only two months before I swung I took four of your second size bottles of Phosferine Tablets and half a bottle during the forty hours I was swinging, which secured for me the title of "World's Champion Sword Swinger." This is the second time in my life I have had cause to thank Phosferine for although I did not send you a testimonial I had acute Rheumatism at the age of 16. I took your Phosferine and it drove this clean out of my system. I am now 34 years of age and I speak the truth when I say I have not had the least sign of it since.

# PHOSFERINE

The Greatest Tonic and Digestive  
(The 3/- size contains nearly four times the 1/3 size).



(68) Private J. H. FRANKLAND, E. Yorks Rest.—  
"I was a nervous and bodily wreck through typhoid and dysentery, but Phosferine enabled me to regain my health."

(28) Private A. J. COLLINS, Middlesex Regiment (late Prisoner of War in Germany)—  
"I was a mental and physical wreck, but Phosferine restored my health."

(22) Private W. TOOP, Royal Fusiliers—  
"Phosferine pulled me together until the danger of collapse passed away."

## WHAT MEN OF ACTION SAY.

(Some typical extracts from letters.)

(30) Lance-Corpl. W. O'CONNOR, Dublin Fusiliers—  
"I was blown up and buried, and when rescued was speechless, nervous, and sleepless, but I am rapidly recovering—thanks to Phosferine."

(43) Signaller J. W. QUANTRELL, H.M.S.T.B.—  
"After the Channel Raid I was in an open boat for 8½ hours, and the cold and exposure upset me greatly until Phosferine steadied me up."

(50) Serjt. CORRIE, late A.S.C.—  
"Owing to shell shock I had nervous breakdown and sleeplessness, but Phosferine is doing wonders for me."

(20) Private BOVINGTON, Inniskilling Fusiliers—  
"My nerves were completely shattered, and I was sleepless but Phosferine has made me well again."

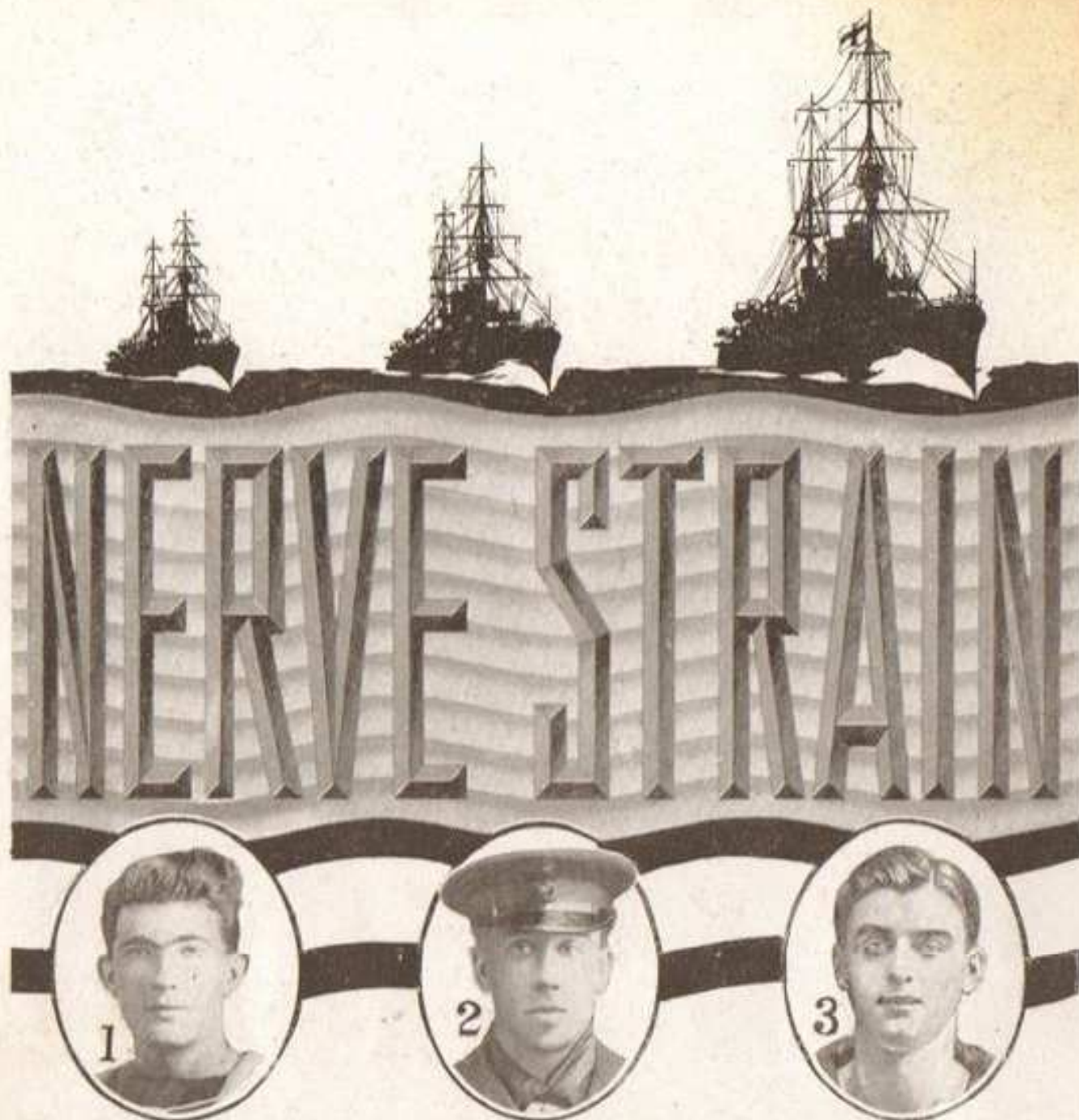
(40) Rifleman J. AMOS, K.R.R.—  
"I was suffering from shell shock, but picked up at once after taking Phosferine."

(53) Col.-Sergt. T. DEVEREUX, late 1st Scots Guards—  
"I am 74 just undergone an operation, and still on the job—thanks to the good health I owe to Phosferine."

# PHOSFERINE

When you require the Best Tonic Medicine, see you get

The 3/- size contains nearly four times the 1/3 size.



SEAMAN S. R. TARRANT,

(Naval Post Office,) H.M.S. "—" With the Grand Fleet (Despatching the Mails)

"On entering the Destroyer Service I found the arduous life and nerve-racking patrol was rapidly undermining my nerves. I had tried all kinds of preparations for nervous disorders without effect. Phosferine proved its marvellous efficacy rapidly, and saved me from a serious nervous breakdown and has effected a lasting cure."

A. BILLINGS,

2nd Engineman, H.M.S. Minesweeper "—" "

"Having been minesweeping since the beginning of 1915, my nerves had completely gone to pieces with the constant strain, so thought I would try Phosferine, and now I can honestly say that I never felt better in my life, and I am 46 years of age."

STOKER H. FREEMAN,

H.M.S. "—" With the Grand Fleet.

"During the battle of . . . . . I suffered with my nerves, but, one day, the Captain of my ship told me to try your Phosferine, and I did with astonishing results. I am a new man now, thanks to Phosferine. I look to your Tablets as my Saviour."

**When you require the best tonic medicine, see you get**

**P H O S F E R I N E**

**The Greatest Tonic and Digestive.**

(The 3/- size contains nearly four times the 1/3 size).

## The Great 24 Hours' Race at the Stadium.



A merry group of famous pedestrians in the early stages of the great 24 hours' race won by Tom Payne. Names (from left) Jack Butler, 50 miles track record holder, G. H. Pateman, H. W. Horeton, who finished 6th, and E. Parslow who finished 7th.



The struggle for first place between W. Brown and T. Payne in the 16th hour of the race when both men had walked 84 miles. Payne took the lead shortly afterwards and eventually won by over 3 miles.

## The Great 24 Hours' Race at the Stadium.



Tom Payne in the last hour of 24, taken when he had walked 125 and had broken the World's Non-stop record. He was leading by nearly 4 miles from the second man.

## The Starters for the Great 12 Hours' Race.



No. 7, Tom Payne, the winner, who walked 72 miles 33 yards in the 12 hours, created a record for every mile from 51 to 72 miles. This picture shows how Payne is dwarfed by some of his greatest opponents.

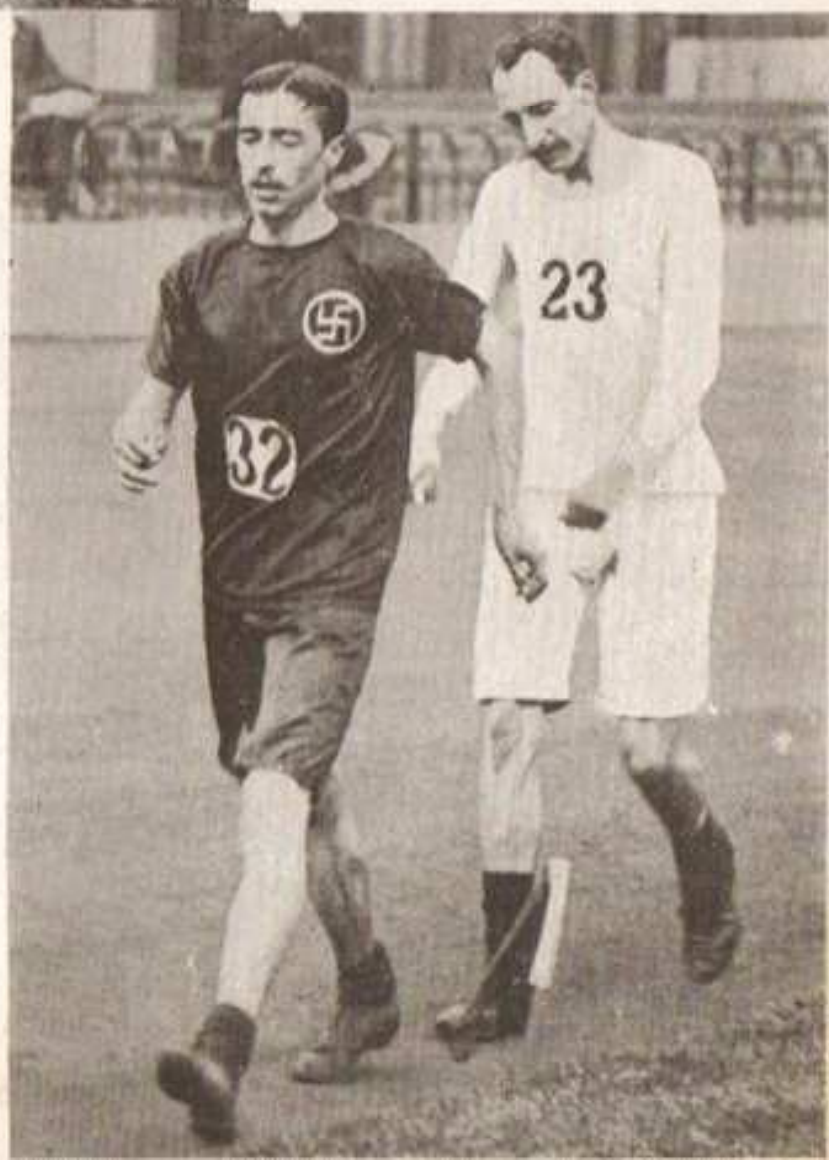


Tom Payne after walking for 10 hours at a speed of 6 miles per hour. This was taken when he had walked 61 miles, creating a new record for the distance.



Tom Payne in the last few minutes of the 12 hours race which he won by covering 72 miles 33 yards, beating the previous best record for the distance by nearly 8 miles.

T. P. Fox, who finished third in the 12 hours race, leading F. E. Roberts, who finished second.





**SGT. ARTHUR E. HILL,**  
14th Battalion Canadians.

## ARTHUR E. HILL

British Olympic Water-Polo Team,  
1912.

English International,  
1908-10-11-12-13.

Winner of over 200 swimming prizes.  
200 yards Champion of the Canadian  
Forces, 1918.

"As an athlete and trainer I have used Phosferine for several years, and have always advocated its use to all athletes with whom I have come in contact. Personally I found its use most advantageous when in hard training, and I used it when preparing for, and while at Stockholm for the Olympic Games in 1912. Whenever I felt nerve-racked, while in France, a dose or two of Phosferine never failed to pick me up."



The starters for the Road Walking Championship over a distance of 20 miles, won by Tom Payne in record time 2 hrs., 50 m., 30 s.

# Tom Payne as a Musician

Apart from his successes as an athlete, Tom Payne has gained fame as a solo violinist. He plays upon a Stroh Violin (a picture of which is given on the front page of this booklet.) Stroh Violins are rarely seen either on the concert or music hall stages. The tone produced is louder than the ordinary violin, the quality of the tone does not depreciate. Some of the very finest and best violinists in the world have played on the same indential instrument as used by Mr. Payne for the production of gramophone records. Mr Payne is the fortunate possessor of a complete quartette of these Stroh instruments:—Two violins, Viola and Violoncello. The Violoncello is a unique instrument being the only instrument of its kind in existence. The owner is hopeful of presenting the whole of the quartette to the public in the near future. Amongst the solos played by T. Payne on his Stroh Violin are:—

Concerto	...	...	...	...	...	...	Mendelssohn
7th Concerto	...	...	...	...	...	...	De Beriot
Zigeunerweisen (Gipsy Dance)	...	...	...	...	...	...	Sarasate
Hejre Kati	...	...	...	...	...	...	Jeno Hubay

and by kind permission of the The Lawrence Wright Music Co., the songs:—

“ The Heart of a Rose ”

“ Back from the Land of Yesterday ”

“ For You a Rose—For Me a Memory ” etc.



Tom Payne in the last mile of the 20 miles Road Walking Championship, Chislehurst, London.

# 32091



## "32,091 ex-soldiers are suffering from NERVE SHOCK"

—Official Estimate.

(1) PRIVATE J. LING, A.S.C., M.T.

"I had an attack of Neurasthenia, caused through Shock, and, hearing about Phosferine, I thought I would try it, and did, with the result that I have not had any attack for two years now."

(2) MR. T. CLIFFORD DAWSON,  
of "Mowbray," Maryvale Road, Bournville, writes:

"Allow me to thank you for the wonderful cure of Neurasthenia and Nervous Break-down of two years standing, with only three bottles of your Phosferine. I have been on war work at the 'Austin Motor Works.' Age 49.

(3) R. L. KEARNS (Late Private)  
King's Liverpool Regiment, British Expeditionary Force.

"I was a physical wreck, and it looked as if I would never gain any of my old vitality back again, but very soon the use of Phosferine had the effect of bringing about a complete revolution in my condition."

The fortunate experience of these soldier victims of nerve shock is typical of the thousands of similar cases of nerve breakdown which Phosferine has permanently remedied. Phosferine so speedily restored the activity of the exhausted nerve organisms that each of these men has once again acquired the vitality to take up his work with even more energy than formerly.

When you require the Best Tonic, Medicine see you get

# PHOSFERINE

A Proven Remedy for

Influenza	Exhaustion	Mental Exhaustion	Faintness	Backache
Nervous Debility	Neuralgia	Loss of Appetite	Brain-Fag	Rheumatism
Indigestion	Maternity Weakness	Lassitude	Anemia	Headache
Sleeplessness	Premature Decay	Neuritis	Nerve Shock	Sciatica

Phosferine has a world-wide repute for curing disorders of the nervous system more completely and speedily, and at less cost, than any other preparation.

**SPECIAL SERVICE NOTE.** Phosferine is made in Liquid and Tablets. The Tablet form being particularly convenient for men on ACTIVE SERVICE, travellers, etc. It can be used any time, anywhere in accurate doses, as no water is required.

The 3/- tube is small enough to carry in the pocket, and contains 90 doses. Your sailor or soldier will be the better for Phosferine—send him a tube of tablets. Sold by all Chemists, Stores, etc. Prices 1/3, 3/6, and 5/6. The 3/6 size contains nearly four times the 1/3 size.



**R. GLADWISH,**  
Red Cross Worker with the  
Belgian Army.

"I suffered considerably from nervous breakdown and **Influenza**. Many times Phosferine was the only thing that saved me from a complete collapse and kept me going."



**Privt. J. H. STRINGER,**  
A. & S. Highlanders.

"I had the 'Flu., and could not manage my duties while on the patrol, and was sent to my billet. The same night I was very bad, but having read the good Phosferine has done in 'Flu. cases, I took some tablets, and the pains went from my head, and my stomach began to get in order again."

These experienced soldiers are convinced it is a public duty to testify to the unfailing efficacy of Phosferine as a preventative of, and remedy for, the disastrous scourge of Influenza now raging through the world. Phosferine stimulates the nerve centres to produce the Extra Vital Force needed to prevent the perilous nervous collapse and exhaustion so peculiar to Influenza epidemics.

When you require the Best Tonic Medicine, see you get  
**PHOSFERINE**  
The 3/- size contains 4 times the 1/3 size.

**Staff-Sgt. W. COOK,**  
Royal Engineers.

"On Sunday, Feb. 2nd, I was taken with the 'Flu., shivering fits, pains in legs, hips and shoulders, also a rising temperature. To try to keep warm I went to bed in my billet with boots, putties and overcoat on. The following day I was the same, but kept about on duty, at 4.30 p.m. my temperature was 103'5. I then remembered that somewhere in my kit I had some Phosferine so I found it and took four tablets. I went to bed about 8 p.m. and took two more tablets. On the Tuesday morning at 7 a.m., I took my temperature, and to my great surprise found I was down to 98'9, or only half a degree above normal; this soon disappeared and I 'carried on' as the pains and shivers had by then left me. I took the remainder of the tablets, about eight, and since then I have felt 'top hole.' It was Phosferine tablets that effected the rapid cure. I am 56 years of age."

B.E.F.



**Lt. CAMERON-WALLER,**  
Indian Military Depot.

"I am acting the family physician to my brother officers recovering from **Influenza**, etc., and no doubt the wonderful curative powers of Phosferine will come out as usual, 'on top.'"



**Gnr. HUBERT O'SULLIVAN, R.F.A.**

"We were rushed to Italy amongst the snow, and what with the damp and the cold, I soon found myself with a touch of the 'Flu., but quickly got rid of it: I am thankful to say. I ward off colds and neuralgia, and kept myself fit, because I did not forget Phosferine."