Athol was born in Hobert on 12th May 1895, the son of Ebenezer W Bower and Elizabeth Gertrude Bower, nee Mooney.

On 11th August 1914 he enlisted in G Company, AN&MEF stating that he was 21 years old, when in fact he was 19. He stated that he was a labourer and gave his mother t Bagdad, Tasmania, as his next of kin.

Athol returned from Rabaul and was discharged on 4th March 1915, term expired, having completed 206 days service.

On 25th Feb 1918 he married Corrie May Roberts in Tasmania and again enlisted on 13th September 1940, service number T39160, being appointed an Orderly at #11 AGH in Tasmania. On 4th May 1942 he was promoted Corporal and was discharged on 3rd September 1945.

Athol died in Hobart on 15th August 1956.