ASTON'S ATTEMPT on the WORLD'S MIDDLE-WEIGHT LIFTING CHAMPIONSHIP

On May 23rd, Edward Aston, at the Sports Exhibition, Agricultural Hall, London, attempted to beat my lift and to gain the World's Middle-weight title at £100.

Aston failed to do this, but lifted 204 lbs., clean with one hand at 11 stone 7 lbs., and performed a marvellous dumb-bell swing with one hand of 181 lbs., a World's record. Interviewed after the event, Aston admitted that in training he had used the Lewis Inch Advanced System. I considered this a compliment to my system and immediately undertook to give Aston further training, and back him against any 11 stone 7 lbs. man for the Middle-weight Championship of Britain.

In future Aston will be known as an Inch pupil. His measurements are:

<table>
<thead>
<tr>
<th>Width</th>
<th>Height</th>
<th>Chest (ex.)</th>
<th>44&quot;</th>
<th>Frame</th>
<th>13&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 ft 7 in.</td>
<td>5 ft 6 in.</td>
<td>3 ft 6 in.</td>
<td>110 lbs.</td>
<td>28 lbs.</td>
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</tbody>
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T. INCH

Physical Culture Expert
BADMEN'S, FRUESS, LONDON, W.2.

USED INCH'S ADVANCED SYSTEM and made a WORLD'S RECORD !!!

ASTON TO PAUGLER

To the Editor of "Health & Strength,”
Sir,—To Louis Paugler's letter of last week, commenting on my world's heaviest lift of 204 lbs., I would refer them. There is always someone ready to try and discredit a person's performances, and I can only say to you that, apart from the difficulties, I challenged anyone to lift the weight of 21 stone, and the weight of 204 lbs. I will suggest to you that it does not involve a world's record. If you believe in weight-lifting, you will not subscribe to the idea that after I have been frequently lifted at 21 stone, 11 stone 7 lbs. will not lift 204 lbs. I shall not in any public performances, but I shall never do it, because I have never seen anyone do it, and I have no intention of ever doing it.

T. INCH

"Health & Strength,"

LEONARD A. TILSON, ESQ., Author of "Health & Strength."

In the first run on Thursday, June 28th, Aston & Hartman's Famous Yankee Men's Club will perform at the Astor Theatre, London. The entertainment will be one of the most attractive ever given, and I am sure that everyone will enjoy the programme, which includes a number of well-known American and British acts. The exhibition will start at 8 p.m., and tickets can be purchased at the theatre or by mail. I am sure that everyone will enjoy the programme, which includes a number of well-known American and British acts. The exhibition will start at 8 p.m., and tickets can be purchased at the theatre or by mail.

LEAGUE Thomas Owen, Manager, 
HARRISON CARRIE, 
League of American Women's Club,

"The Blue Yonder" state that Biggles by Mr. W. E. D. is the greatest book ever, and I am sure that everyone will enjoy the programme, which includes a number of well-known American and British acts. The exhibition will start at 8 p.m., and tickets can be purchased at the theatre or by mail.