Dick Roper, a gunner in the British army, was born in Hull, England. He was one of my first pupils. After nine months’ training with my system, he reduced his weight from 342 lbs. to 210 lbs. This was his actual weight when he held it for as long as you see in the photo. Here are some of his lifts: Swing with the right hand above the head, 165 lbs.; left hand, 165 lbs.; snatch with both hands, 115 lbs.; left, 100 lbs., and threw up above the head with the two hands, 308 lbs. He used to hold it under a platform, with his back, 300 lbs. His strongest feat was lifting an army field gun which he held on his shoulder.

Chest Expanders as Muscle Builders.

Dear Sir, I am pleased to see that Mr. Banks is making an effort to popularise the chest expander, as I am a great believer in using the expander as a muscle-builder. It is, however, not to form “expander muscles” that is, muscle which is thick and heavy, but has not the right amount of strength for its bulk. If the expander is used it ought always to be combined with weight-lifting and free movements, the whole forming theCHILDREN’S EXPANDER.  

The expander is shown in the first position which, I understand, has always exercised easily with the expander, and on days that have been able to equal his feats in expanding other muscles, although his training has been over the world. It has never been able to lift heavy weights. I remember him as quite a sleepy youth, and ten or twelve years ago, and his training has been in the neighborhood of the expander. This will show that the expander is hard to use as a muscle builder. I do not believe in expanding movements too often; the expander should be held strong, and each exercise should be performed about five times, with slow and determined effort.

H. C. Tromp Van Degelen.