GOLIATH, NOT OF GATH, BUT FLINT.

He has not met his equal at either weight-lifting or wrestling. The following are the measurements: Height, 6 ft. 2 in.; weight, 165 lb. (in conditioned state). Length, 20 in.; weight, 165 lb. Feet: He can balance two pounds on the foot whilst they play the game of chess, can do one-hand lift from the shoulder to arm's length, 106 lb.; and has lifted with one hand a barbell weighing 126 lb. In his exhibition at Aberdeen Fair he performed three feats 31 times, in addition to wrestling and boxing at every performance. His special feats are doing a hoppstep with 60 lb. weight on either foot, throwing a cone to hook someone with a 30 lb. chain held in either hand, pulling against two horses. Goliath intends touring Wales next season with his exhibitions, where he made a big name for himself some eight years ago.

WITH THE WEIGHT-LIFTERS

Conducted by

"JOHN Of GREEKS"

"GIVING ONE'S MIND TO IT."

Occasionally I have come across lifters who looked a little "blue" and who have complained that the results "don't seem to come." In one or two instances I have asked them to let me see them engaged with their weights, and where I have done so the reason of their non-success has become very quickly apparent. They have not been giving the mind to it.

It was interesting to see how they severally proved it. One of them, in the middle of an attempt to raise quite a moderate weight, remarked, "Now this is where I fail," and about them afterwards. Others shared the same tendency to mind-wandering in various ways. But that was the reason clearly enough. They have not their minds actively engaged in what they were doing. There was no constant and purposeful concentration.

Of all the factors that make for the success of weight-lifting, perhaps concentration is one of the most vital. To let the mind go off at a tangent on some foreign subject is disastrous to any hope of success. To allow the mind to stray from the assurance of certainty, for a moment to doubt one's capabilities, is a lamentable weakness that the lifter suffers for by lack of progress.

Our experts know the enormous significance of concentration full well, and in one way or another all urge that it is absolutely essential that the attention should be fixed upon what is being done. And rightly so.

You weight-lifters who wonder why your lifting is so slow in improving, give it a straight way of thinking. Another insist on discussion perfectly extraneous subjects, denote my suggestion that it would be better to talk give it several thoughts and when you are at work with the weight give it all your thoughts. Why find a difference!