publication of Mr. Scott's last hits will be likely to stand in the way of any acceptance of the challenge.

Some of my readers will call to mind the professional strong man and weight lifter, one of whose specialties was the hoisting of a heavy cannon during the process of its being discharged, the strength of the performer being displayed not to the ability to sustain the weight, but to retain it during the recoil without losing his own balance. I had thought this trick was forgotten, but at a recent athletic gathering at Nimes, a local strong man essayed to perform it, the cannon weighed 150 kilogrammes—about 332 lbs. —and the performer held it with the breech on his thigh. The gun should have been charged with 250 grammes of powder, but by some mistake this quantity was exceeded, and when a match was applied the charge exploded with a deafening sound, and the strong man landed to the ground with a broken thigh.

Particulars have just reached me of the competition decided the amateur championship of Paris, and will be interesting to those who have just read the results of our own amateur championships. The tests consisted of three lifts, viz: a double-handled straight press, double-bell snatch, and the double-bell jerk. Paul Perchaud, a bary Parian, being returned the winner with a total of 670 lbs. (Provençal). A. Lalande and M. Schroeder, a middle-weight, being bracketed second with 590 lbs. each. The winner's lifts were—

June 12, 1909

HEALTH

Indigestion

Dr. A. G. May of Shakespeare's
Dog, prepared to be a nostrum and
as an article of diet, has been
more successful as a nostrum than a
preparatory. The idea is that it
contains a certain amount of
microphages and is therefore
likely to assist in the digestion of
the food. The preparation is
sold at the drug stores and is
recommended for all cases of
indigestion.

Wrestling Finals


Great Finsbury: A display of skill and
entertainment, physical culture was
held under the auspices of the
Knights of the C.C. Club
by W. F. Fitt, Dr. A. G. Carne, and
the usual selection of strongmen
were present, including B. O. C., of
New York. A. G. Carne
invented the contest with an
unusual amount of
entertainment, as the
contestants were

Lest you forget, please note the following: A 4 ft. 6 in. young woman recently pressed a couple of rings weights, 56 lbs. and 42 lbs., suspended on little finger, from shoulder to arm's length above the head, six times running. It takes a Sergeant of the Blues to do this feat at all, and a woman to do it is quite a feat. The figures are wonderfully good. I am	

Try to keep your little finger round the ring, but do—and mind you do it.