

"ABEX," the Miniature Hercules.



ONE of the most popular figures in Lancashire is the subject of this article. And from of old has it been said, that what Lancashire thinks to-day, England will think to-morrow. He is only 19 years of age, tips the beam at 7 stone 4lbs. only, and measures only 4 feet

112lbs. barbell, and supporting two full-grown men who are standing on his chest. Then on the tomb of Hercules, viz., on a bridge, he is shown supporting a piano and four men, a weight exceeding in all the sum of 1,000lbs. But his most marvellous feat of all, and certainly the one which has attracted the most attention is that in which he lifts, with his teeth alone, a motor-car with four passengers, the motor engine revolving at full speed the while. A total weight of ~~11~~ 1,232 lbs., and raised and supported by teeth and jaw alone. Prodigious!

11 inches. These dimensions are not calculated to impress the ordinary observer and

Since so many physical culturists attach

Some little Wonder



yet Abex has performed, and daily executes feats which might severely tax our most prominent exponents of muscle. To see him perform a few of his feats would stagger anyone who had weighed him up on seeing him in mufti.

the greatest importance to matters of diet it may be of interest to them to learn that this very "great little man" follows no special regimen, but, like the Japanese, makes rice his staple article of "provant," as Sir Dugald Dalgetty has it. Abex pre