



C. H. Croft.

THE SOUTH LONDON SCHOOL OF PHYSICAL CULTURE.

HATCHAM PARK ROAD, NEW CROSS, S.E.

Mr. Croft is the principal of the above well-known school, and has had upwards of eight years' experience of physical culture, etc., and is a winner of many prizes at weight-lifting and cycling, etc. A few of his feats are: Lifting of two-ring $\frac{1}{4}$ cwt. on little fingers and two 28lb. on thumbs (a very hard feat), and two square $\frac{1}{4}$ cwts. one hand.

Body-pressing a 12-stone man and 206lb. bell pull over and press on back. 150lb. clean double lift, 150lb. right and left clean.

He was trained in weight-lifting by that well-known 10-stone champion, W. P. Caswell.

Mr. Croft's weight is only 8st. 7lb. There are some well-known champions training at his school, and the fees are very moderate.