

GAINSBHEAD ON TYPE.—W. Campbell, 13, Raglan Terrace, states: "On the 27th of last month, in the presence of between forty and fifty spectators, on the Quayside of Newcastle, a wonderful feat of strength was accomplished by the well-known F.C. expert, George Proctor—viz, a two-hands dead lift of 400lb., at 115c. 4lb.—a British (unofficial) record. This enormous lift was accomplished with ease, and the spectators present considered that Mr. Proctor could have lifted more had he tried. Many bigger men tried the above lift but failed." I would suggest that Mr. Proctor should repeat this feat before the B.W.L.A. 400lb. takes a lot of swallowing, but if George Proctor did it, he will reap at the opportunity of repeating it casually.