

PLAISTOW, E.—F. Tyler says the Plaistow School of P.C., 116, Western Rd., Plaistow, held a display on Oct. 21. Messrs. Wilfrid Diamond, W. A. Pullum, and Frederick Rabenan exchanged views on matters relating to P.C., and compared various styles of lifting. The latter demonstrated a feat with a pair of ring  $\frac{1}{2}$  cwt. W. A. Pullum then gave an exhibition 2 hands anyhow with about 25lb, which he accomplished with ease in faultless style. F. W. Rabenan then did a military press with 175lb, changed into right hand, and picked up a 50lb weight—total 225lb. Wilfrid Diamond expressed a desire to see the light-wt. champion demonstrate his style of swing, snatch, and the much-discussed lift, the two hands Continental push. F. Rabenan exemplified the lifts in his own inimitable style.

11-1-13 H+S