

the Aberdare Theatre, and an open competition at Carnarvon. Later he beat W. Benyon, the Welsh Donald Dinnie, in a right, left and double match at Tony Pandy's Hippodrome. A great crowd witnessed the match. Rather than the total poundage the men agreed to abide by his opponent's lifts. After an exciting contest Benyon won by one point only. "Ajax," owing to a feeling of nervousness, was not seen at his best, and issued a challenge for another trial of skill. Benyon declined, though he was the heavier man, and

silver cup and gold medal. His "Stick to it." He is 26 years of age, 5ft. and 8st. 6lb. Measurements:—Chest (normal) 36in., expanded 39½in.; waist 26in.

Thigh .....	20ins.
Neck .....	15ins.
Calf .....	13½ins.
Biceps .....	13½ins.
Forearm .....	11ins.

**PRINCIPAL LIFTS.**

Clean right .....	125lbs.
Clean left .....	125lbs.



**PUPILS AT EXERCISE.**

far more experienced. At the Britannia, in 1905, Ajax lifted 122lbs. with the right hand, and 145lbs. double. This promoted him to the position of 10-stone champion of the district. In the Temperance Hall, Merthyr, he defeated in a 10-stone competition B. Davis, instructor of the Britannia Club, who was regarded as one of the best weight-lifters in the country. He next won the "Goliath" competition, raising 130lbs. with a right hand press, and beating Morgan Evans, the "Welsh Lion." "Ajax" is also a good swimmer, cyclist, and runner. Last year he distinguished himself as a wrestler, winning a

Clean 2-Dumb-bells .....	140lbs.
2-Hand Barbell Press .....	135lbs.
2-Hand Dumb-bell Press ...	128lbs.
2-Hand Barbell Jerk .....	160lbs.
Right hand Press from shoulder .....	145lbs.

"Ajax" has written a most useful book, entitled "Strength for all through Physical Culture." The subjects embrace the author's experiences of Physical Culture; the necessity of Physical Culture; how to exercise; what to use; when to exercise; exercises; weight-lifting; and diet.