

Bow, E., July 10th, 1905.

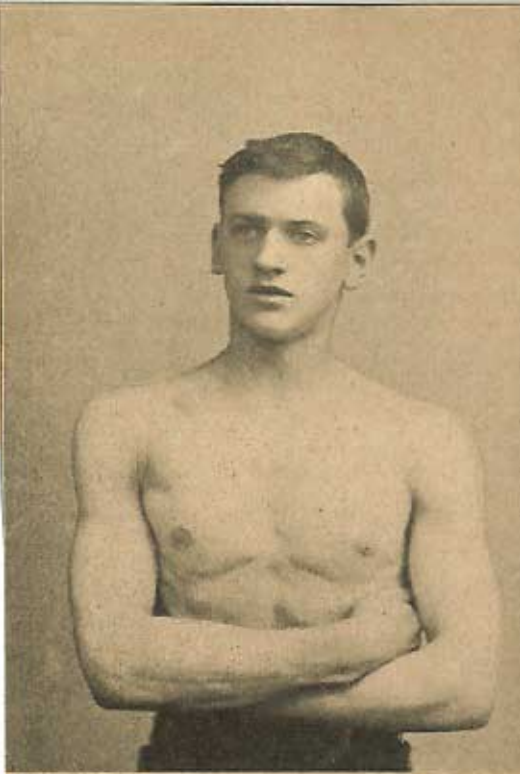
Dear Sir,—I have much pleasure in sending you a photo of myself if you think it is worthy of reproduction in your splendid magazine. I have now taken your magazine for about 12 months, and have derived great benefit from the hints it has contained.

My measurements are as follows:—Age, 17½ years; height, 5ft. 9ins.; weight, 108. 8lbs.; chest, expanded, 38ins.; waist, 30ins.; neck, expanded, 16ins.; upper arm, expanded, 12½ins.; forearm, expanded, 11½ins.; thigh, expanded, 22ins.; calf, 14½ins.; wrist, 8ins.

I can jerk from the shoulder 150lbs. with two hands, and jerk with one hand 90lbs. from the shoulder. Another of my feats is supporting 40lbs. across the shoulders.

I remain, yours truly,

ALFRED F. CADGE.



Alfred F. Cadge, Bow, E.