

## A Highly-Promising Athlete.

A young athlete with a more promising future than Thos. Rawden, Newport, Mon., would not be easy to find.

As a lad he was exceptionally weak, and on more than one occasion was given up by medical men. He managed, however, to exist in this state until he reached the age of thirteen, when he started physical culture, and since then he has enjoyed the best of health, and so well has he advanced that it is doubtful whether there is a man in Wales of anything like his poundage who can equal his remarkable feats.

About eighteen months ago Mr. Rawden took an interest in weight-lifting, and although he has never trained seriously, owing to the danger of straining one's self when too young, he has performed the following feats, which go to show that when he trains for championship honours, as he intends doing this winter, he should make things warm.

Right hand, all the way .....	155½lbs.
Left hand, all the way .....	145lbs.
Two hand, barbell .....	193½lbs.
Two dumb-bells .....	165lbs.
Bent press .....	170½lbs.

Pull over and press on back 210lbs., and support two 10st. men, one each end of bar; tear two packs of cards; while on the Tomb of Hercules he has supported 11½wt.; he can support on shoulders and walk off the stage with 700lbs.; swing round 114lbs. with his teeth; rise from prone to erect position with sack of flour weighing 280lbs., and support a man on same.

He has been complimented by Hackenschmidt, Sandow, Apollo, and a host of others.

As a wrestler he also shows great promise, and with a little more practice is likely to become a master hand. For the matter of that he is by no means a bad hand at any outdoor sport or pastime.

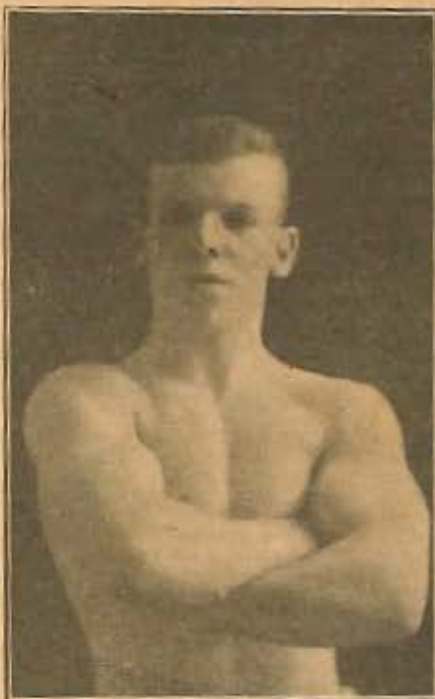
Six months ago Mr. Rawden brought forward his original system, which he has been studying for the last few years, and he has met with great success, pupils numbering hundreds having been enrolled from all parts of the country.

Possessed of a fine muscular development, he passes the tape to this tune:

Height .....	5ft. 8ins.
Weight .....	9st. 10lbs.
Chest (normal) .....	39ins.
Chest (expanded) .....	42½ins.
Waist .....	28ins.
Thigh .....	24ins.
Neck .....	17ins.
Biceps (right) .....	14½ins.
Biceps (left) .....	15½ins.
Forearm .....	12½ins.
Calf .....	14½ins.

As he is but 18½ years of age he has some time yet in which to develop, and if heredity is anything to count for he should become a heavy-weight, as he comes from a powerfully-

built family; but whether he reaches the "heavies" or not more will undoubtedly be heard of this fine young specimen of British



Thomas Rawden.

manhood in the near future. It will need a good athlete to lower his colours when he throws down the gauntlet.