

Trinidad, B. W. I.

Dear Sir,—I have taken the liberty of forwarding you a photograph of myself, which if you think worthy of publication you may publish. The photograph does not show much, but I will forward you some very good ones at an early date. I practice weight-lifting (Professor Atulla's system); I also do a great deal of wrestling.



Chas. Ramsey, Trinidad.

Wishing your magazine every success in the good work which it has begun, viz, the ennobling and elevating of mankind. My measurements are as follows — Age, 18; Height, 5ft 4in.; Neck, 16 $\frac{1}{2}$ in.; Chest (Nor.) 42in.; Biceps, 15 $\frac{1}{4}$ in., left and right the same; Forearm, 13 $\frac{3}{4}$ in.; Waist, 24in.; Thigh, 22 $\frac{1}{2}$ in.; Calf, 14 $\frac{1}{2}$ in.; Weight, 140lbs. Weight lifting: —Left hand to arms' length above head 150lb., right above head 145lb., both hands 210lbs.

I remain, yours truly,

CHAS. RAMSEY.