

The Strong Neck.

E. HARRIS, P.C. Expert, Oxfordshire,
writes: Seeing an account of the strong man
from the Argentine bearing a man of 125 lb.
on his chest and neck, I would like to say
that this is an old trick of my own. I take a
125 lb. man on my chest in the bridge position,
and I do not contract the muscles of my neck
when a man stands on it. Also when I have
a man standing on my chest in the bridge
position, I pull overhead and then lower and
press from the chest a few pounds over 100 lb.
twelve times. 11-8-1913