

TRAINING FOR BRITISH HEAVY-WEIGHT WEIGHT- LIFTING RECORDS.

By EDWARD ASTON.

[In view of the announcement that Mr. Aston will, on September 5, attempt to break one or two records, the following article is of quite special interest.—Ed.]

I AM in fine form—I have lately made some important discoveries with regard to developing strength and scientific positions in weight-lifting, and am going to put them to the test by attempting a set of heavy-weight records which, if I succeed in performing, will probably be the greatest lifts of all time by a world's middle-weight or British heavy-weight.

I have satisfied myself that my discoveries are of great importance and assistance, and I hope for favourable conditions when performing them in public. The lifts will be the bent-press, long hand anyhow, and two hands anyhow. On the three lifts I shall probably register a total of 850lb. I may or may not attempt all three lifts in one night, it all depends on prevailing conditions. The first attempt will be made at the Camberwell Club, Camberwell Green, S.E.

There are several difficulties to overcome, such as low ceiling, which is liable to destroy balance if the weights bump it, but I hope to succeed in spite of same.

I intend explaining through "H. & S.," with the kind permission of the Editor, exactly how I perform the lifts for the benefit of the readers interested in weight-lifting, and I have no doubt this will be the means of improving many lifters, and as a result create a better class of lifters.

I am at present devoting three practices, of half an hour each week, to the above lifts, and I find this sufficient. It is wrong to lift heavy weights every day, as it tends to use up reserve energy. I have some rather novel and original exercises for the bent-press, and the constant use of these has lately improved my pressing powers.

My diet consists of plain foods, chiefly meat, vegetables, light puddings, soups, fish, eggs, cocoa, milk (mainly Horfield's), Force and fruit, and brown bread. I am rather partial to pastries, but, of course, restrict the consumption of them, as I find they are inclined to make me heavy, and I do not wish to be called a fat man at present. I never eat bacon or pork, as this makes me feel dull and languid.

I eat only those foods that agree with me, and I take dinner in the evening, having only a light lunch at midday to preserve an active brain for business hours. I make a practice of securing at least eight hours' sleep, which I find suits me excellently.

The time of actual practice of lifting is from 8.30 to 9 p.m. This is followed by a cold bath in salt water, with an addition of Colman's mustard, the former being sea salt procurable at a chemist's. A rub down with flesh gloves then follows, leaving the skin in fine condition, and assisted in its duties.

My weights are all of the disc pattern, which I have used for years. The old style globe pattern for scientific lifting has almost gone out of fashion, although I believe several lifters still use them. The distance between the discs is generally 36in., although in some cases I use the minimum allowed, viz., 33in. I find the 33in. better for getting to the shoulder in the anyhow lift one hand, and the 36in. better for pressing. The thickness of the single-handed bar is 1½in., being a

steel bar over an ordinary 1in. mild steel bar offt. 6in. long. I have, apart from weight-lifting, practised daily my famous natural exercises, which always keep me fit.

I believe in continued practice of a light nature, as, during our advanced stage of civilisation, with so many mechanical modes of transit, scientific exercise is absolutely necessary, at least to the person who values health and strength. I know my readers will wish me luck in my attempts at the records, and I shall try not to disappoint them. I shall probably weigh 11st. 7½lb. on the day, and I hope to trouble our secretary for a few more diplomas. Later, when I have gained all the records I want, I may devote my leisure to further developing my figure on classical lines.

By the way, should no one accept any of my recent challenges issued, and time permits, I shall go to France after Maurice Derlis, who, no doubt, would prove a most formidable opponent, by being in the neighbourhood

of 14st., and a champion lifter of the first class.

An international lifting contest should prove exciting, and whether the match was held in France or England, I should try my hardest to uphold British prestige, which is supposed to have lost so much at the recent Olympic Games.

There are no prospects of a match for the championship of the British Empire with Clarence Weber, as news recorded already will show. However, when matches are unobtainable records must serve.

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