

ket, which would make
interesting."

Some Lifting Figures.

ADAM WHITE, Cairnhill, writes: "In the tournament held in Waverley Market, Edinburgh, on December 10th, 1903, Teviotdale certainly did win the championship, but the heaviest bar-bell lifted at the tourney was lifted by me, and is, as far as I know, the official Scottish record yet. Teviotdale's two-handed lift with two movements, clean, was 209lb.; mine was 219lb. If I had devoted my time to weight-lifting alone I would certainly have done better, but I have always had to work hard as a colliery contractor, and have conducted physical culture classes in my spare time. I have at present a big class in connection with the largest Good Templar Lodge in the world; also one in connection with one of our churches here. I have been a physical cul-