



FRED TENNEY, Goole (Yorks).

I think one of the distinguishing features of your Magazine, which makes it superior to others of a like nature, is the great number of photographs and illustrations which it contains.

A few of my feats of strength are :—175lbs. pressed from shoulder with right hand above head; 150lbs. ditto with left; 180lbs. slowly with two hands from chest to arms' length above head (barbells); 56lbs. in each hand pressed 15 times from shoulder above head; 70lbs. dumbbell muscled up by right hand (body in an erect position and using hip as a fulcrum) 18 times. (This is a capital record.—Ed.) I am not yet 25 years of age.—Wishing long life and every success to your estimable Magazine, I am, yours most respectfully,

Goole (Yorks).

FRED TENNEY.

able. It is only since becoming a subscriber to your Magazine that I have regarded exercise from a rational point of view, having previously been led to go to excess.