

# Letter to the Editor.

## A WEIGHT-LIFTER'S CHALLENGE.

OPEN TO EVERY 10st. MAN IN THE WORLD.

To the Editor of "THE APOLLO MAGAZINE."

Sir,—I have been asked numerous times by my friends to give an account of my career and experiences as a weight-lifter, and I now beg space in your magazine to do so. I started training when sixteen years of age with dumb-bells and a chest expander, but my ideas of strength were very limited until I happened to see the Saxon Trio of strong men perform at a local hall. Then my methods underwent a complete change, and I entered their competition, which consists of lifting a sack of flour weighing 220lb., and carrying it off the stage. I did not succeed in doing so, but made the best attempt, thereby winning the competition. When the trials were over Arthur Saxon asked to see me, and advised me to study the sport, as no doubt I was very strong, but I needed practice and knowledge. I followed his advice, and have never had any cause to regret it. Since then I have won their barrel of beer competition, sack of flour competition, and all-round weight-lifting tests quite eighty times. I have also captured about twenty awards from John Marx, and I have won Ben Hur's sack, Apollo's sack, the Miniature Hercules strand stretching competition, and the Attila Brothers all-round weight-lifting tests, as well as numerous other strong men's competitions of lesser repute.

My own lifts are as follows: Double-handed lift clean to shoulder and then jerked above head, 210lb.; same lift, Continental style, 224lb.; right hand turn to shoulder from erect position, 180lb., then press above head; left hand clean pull in, then press above head, 150lb.; double-handed dumb-bell clean lift, 94lb. and 84lb.; snatch, right hand, 140lb., left hand, 115lb.; laying on back, 250lb., Continental style, raised by abdomen then pressed by hands; supporting on shoulders and swing round, 650lb. These are only the best-known lifts, so therefore the only ones likely to be of any interest to your readers.

To substantiate these assertions I do not think I can do better than issue a challenge to any man in the world at my weight, viz., 10st.

My measurements are: Chest, normal 41in., expanded, 45in.; biceps, right, 14½, left, 14in.; forearm, right, 13½in., left, 13½; neck, 17in.; thigh, 22in.; calves, 15½in.; height, 5ft. 7½in.

As an appreciation of my development I was chosen by the Seldons to accompany them on a provincial tour, making, as the Press announced us, the finest developed quartet of athletes appearing at the halls. Wishing your valuable magazine every success.—Yours, etc.,

WILLIAM SLADE.