

## A Notable Example

[The following communication from a subscriber should prove of interest to many of our readers, for the feat described and illustrated is certainly a most uncommon one, and we must agree with the writer, that we do not believe it has been duplicated (of course, we speak under correction). In reading the table of measurements, our readers will notice that the muscular development, while remarkably good, has not been at the expense of the vital, as the breathing capacity is exceedingly well developed. This is an important point in physical training too often neglected.—Ed.]

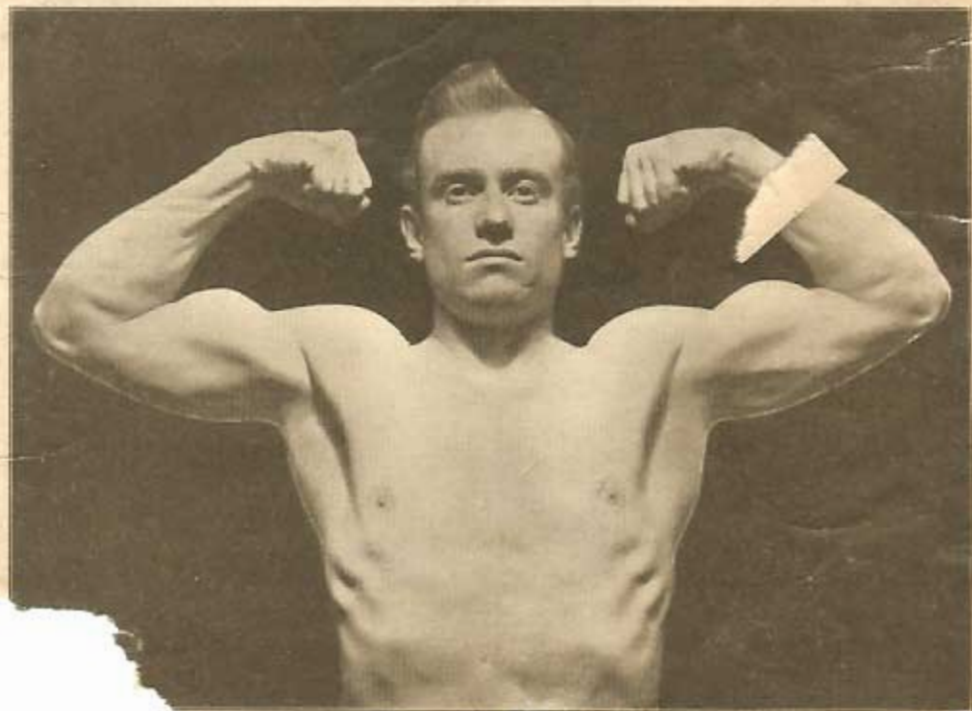
I take the liberty of mailing you under separate cover two photographs of myself, one a front view showing muscular development, which I am sure you will agree is good; the other one represents me chinning myself with my *little finger*. I not only draw my own weight up, but an additional twenty pound pail of water,

which I hold at arm's length on the other little finger, after drawing myself up.

I claim to be the only man in the world that can do this feat of strength, and I think I am pretty well posted on records of this sort. If there is another man on earth that can do this feat without the additional twenty pound weight, I should like very much to hear from him.

I have a great many new feats that I never heard of, either by illustration or on the stage. My early training was under Prof. Larimore, of the Denver Y. M. C. A. Later with Prof. Danna M. Evans, of the Denver Athletic Club. At the present time I am training myself and my younger brother, who acts as my assistant in my work.

I am not a crank on diet; I eat good, wholesome food in moderate quantities,



O. C. WATSON