

His best weight-lifting

feats are as follows:—One-handed dumb bell swing, 148lb.; snatch, 146lb.; two-handed press, 218lb.; two dumb-bells all the way, 220lb. (right 112lb, left 108lb.); one-handed bent press, 246lb.

It is noteworthy that this last feat he is able to accomplish with either hand—a not very usual performance. In the Continental style he has raised—both hands—256lb. His special feat is jerking a barbell while forming a bridge, and thus he has raised 278lb. At the five following feats Caractacus is willing to meet any middle-weight strong man or weight-lifter:—Right and left hand barbell press, bridge and harness lifts, and chest expander pulling.