a tree by its roots and break it. He par-tially effected it, but his strength being gra-dually exhausted, the tree, where the olef was, reunited and left his hand pinched in the body of it. He was then alone, and unable to disengage himself, died in that position.

Haller mentions that he saw a man whose finger caught in a chain at the bottom of a mine ; by keeping it forcibly bent, he sup-ported by that means the whole weight of borted by that hieads are may any up to his body, 150lba, until he was drawn up to the surface, a distance of 600 feet. Augustus II, King of Poland, could roll up a silver plate like a sheet of paper, and

twist the strongest horse shoe asunder.

A Turkish porter will trot at a rapid pace, and carry a weight of 600lbs,

Captain Barclay, the famous Scotch pedes-trian, could lift with his hands a weight of 1,050lbs.

Eckeberg, 'The German Samson,' could

Topham on May 28, 1741, lifted three hogeheads of water, said to weigh with the connections 1, 336bs. in London, Eng. McGregor on Oct. 9, 1762, felled a bullock by a second blow of his unprotected fist in Kellen Soutland

Kelso, Scotland.

R. A. Pennell put up a dumb bell weigh-

ing 2014lbs., Jan. 31, 1874. John M. Cannon on Jan. 16, 1875, lifted 1,250lbs. with his hands, health-lift machine.

W. B. Curtis, with harness, is accredited with lifting 3,300lbs., New York.

Ambrose A. Butts is said to have lifted at Auburn, O., 2,7373lbs. with harness. John J. Lucas has the credit of having lifted 2,700lbs. at Belleville, III., on Oct. 26, 1875, with harness.

Dr. G. B. Winship is reported lifting with W. B. Curtis, hand lift, 1,2301bs. Dr. G. B. Winshir, hand lift, 1,2001bs. John Vail could lift a blacksmith's anvil

with his hair or teeth.

Fred. Canfield could break an inch rope by pulling on it.

Mons. Gregoire used to break large paving stones by blows of his fist.

Mons. Faul won a wager of \$500 by successfully resisting the draught of two powerful horses. ""

D'Omer can cut in two a silk handkerchief thrown up in the air by one blow of his sword. He can also cut in two a suspended leg of mutton by one sweep of the sabre. The same wan in addition to the above feats. which he is constantly performing before the public, outs an orange in two placed on another persons neck by one cut of his sword, and in the same manaer severs an 14 inch bar of lead.

Tom Hyer has knocked down a bullock with one blow of his fist.

Mons. Buisley would hold up a cannon weighing over 700 be, while it was being fired off.

Mons. La Thorne in his day used to throw a cannon ball weighing 60lbs. thirty feet in the air, and allow it to fall on the back of his neck.

Dr. G. B. Winship lifted twelve gentlemen weighing collectively, with the appara-tus lifted with them, a little more than 2,001bs. He could also lift a barrel of flour with his little finger, or raise his body in the same manner so as to bring his chin several

Prof. Harrison of London, could lift 70lbs, with his little finger, and swing a pair of 47lb. clubs with ease.

Mile. Cora suspends by her knees from a trapeze, and by means of a rope, one end of which is held in her mouth, and the other attached to a belt around the waist of the gymnast M. Auston, holds the latter up in the sir, and at the same time fires off two pistols, one in each hand. Similar feats of strength and daring are now performed all over the world.

Fred. Cavill, on the 20th of August, 1877, started from Cape Griznez, France, at 4 o'clock, p.m.; and swam across the English Channel to Dover, Eng., less about fifty yards," which place he reached at 3.45 a. m. the following day.

Capt: Matthew Webb swam across the English Channel, from Dover, Eng., to Calais, France- 35 miles-in 21 hours, 45 minutes, August 24th and 25th, 1875.

Mr. Pennock put up a 10lb. dumb-beli 8,431 times in 4 hours and 34 minutes, Dec. 13, 1870. R. A. Pennell lifted with his hands on a

health-lift machine, 1,250lbs. Jan. 16, 1875.

R. A. Pennell is said to have put up a 210lb. dumb-bell, N. Y. Police Gymnasium Exhibition, July 23, 1877. eda 18 hantin the

David Dorian used to elevate a 1501b, bell above his head.

William Miller has put up two 1151b, bells, one in each hand. The same gentleman also raised two 100lb. bells, one in each hand, ten consecutive times. These feats were performed at the Olympic Club, San Franeisco, Cal., while practising dumb-bell lifting there.

Patrick Kelly raised a dumb-bell weighing 165lbs., with one hand from the floor. up above his head, full length of arm.

MUSCLE

The m sisting of in a thin are susce and in a are subje tary must urinary 1 are of mu contractio the will, muscles. owing to tain. Th to the bo they act in called ant

> Ede + 15 1928 I HIS ON

Could y good new. But in a v mentwe a and unusi giènic exp that supp surroundi muscle-tra degree to nerves, th bring into our muscle which re dash, are j and compl muscle. muscle. kegs of na shoulders : will contri longevity i Speaking i in which t at a vigoro the most of the sold utes to his ordinary di of the nerv purpose of cise our mu and abdon turn, suppo directly up example, 1 runningstamina of

the popular

28.