

MIGHTY MEN

OF OLD



BEING A GALLERY OF PICTURES AND
BIOGRAPHIES OF OUTSTANDING
OLD TIME STRONG MEN

VOL. NO. 1

EVERY great strong man owes some credit, at least, to the man who discovered him or instructed him in the iron game. If Arno Saxon hadn't wandered into a gym in Leipzig one day and saw Otto Hennig, we wouldn't have had any Arthur Saxon. If Professor Louis Attila hadn't given employment to young Frederick Mueller we might never have had our Sandow. If the wealthy Dr. von Krajewski hadn't invited young Hackenschmidt to train in his private gym we might not have had our "Russian Lion." If the Cairo merchant, Abd. Bassoumi, hadn't interested El Said Nossier in weight training we might never have had any Egyptian team. Likewise Herman Gerner, "Monarch of Strength," owes his success and popularity to his mentor, Tromp Von Diggelen.

Von Diggelen, a South African, also discovered the great Max Sick, changed his name to Maxick and brought him to England and into world-wide prominence.

Himself a renowned strong man, Von Diggelen still is active in the sport and often writes health articles.

Diggelen is by profession an engineer. On his arm is tattooed the engineers' insignia of a hammer and calipers which somewhat resembles the Soviet hammer and sickle and his pet aversion is explaining that he is not a Russian Communist.

PROFESSOR ATTILA passed on many of his strength secrets to Siegmund Klein who, along with Sandow, was a pupil of the Professor, though at a much later date. Many of the weights that Attila, Sandow and Rolandow used rest in Klein's gym and when one tests their left they cannot help but appreciate the power of the old timers.

Most of the stalwart old timers were keen advocates of dumbbell training, using them more frequently than the barbells, which for a long time were called "Two Handed Dumbbells." Klein always favored the dumbbell and he is one of the few men in the world today who can press 10 times in succession two 100 lb. dumbbells!



GEORGE ROLANDOW



**TROMP VON
DIGGELEN
AND
HERMAN
GORNER**



PROFESSOR ATTILA

ONE of the most remarkable things about any of the old timers still living today is their amazingly well preserved condition. Most of them physically can still be looked on as young men. Otto Arco, John Y. Smith and Oscar Matthes are but three that have given themselves everlasting youth by weight training.

One of the most striking examples, however, of a 60 year old youngster is George Rolandow living in New York City. Rolandow was another pupil of Attila and many strength fans considered him to have a physique equally as good as Sandow. One of Rolandow's best known feats is a back somersault, while holding two 56 pound dumbbells in his hands.

He presented Klein with a dumbbell that is quite famous today and is known as the "Rolandow Dumbbell" which weighs 209 pounds.

Iron Men always speak reverently of such old time weights such as the Rolandow and Cyr 'bells that now rest in many of America's gyms. If they could only speak what tales they could tell.

Lovers of strength should honor these sometimes crude masses of iron as mute evidence and mighty monuments to the power and glory of the men who went before us, the Mighty Men of Old who laid the foundations for weightlifting, finest sport in the world.



KURT SAXON



IN London's best Music Hall a young German circus performer sat watching the great Sandow. "How much does he get for that?" he asked the occupant of the next seat. "He gets at least 200 quid every night." That started the bees buzzing in the bonnet of Arno Saxon, a minor circus tumbler touring England. When his contract expired he went back to Germany. At a weightlifting club in Leipzig he met two young huskies, both lifters and wrestlers who seemingly had no plans for the future. He asked the boys—Oscard Hilgenfeldt, age 20, and Otto Hennig, only 19—to have a beer with him. Over a stein of Pilsner in a little beer-garden around the corner he told them of the fabulous earnings of Sandow.

Arno had in mind a strong man trio, as up to this time the leading performers had solo acts. He had never met Otto or Oscard and it was just pure coincidence that he selected them, of all athletes in Germany, to be his partners. Such are the whims of fate, for Otto, later to be known as Arthur Saxon, set a world's record in weightlifting that has never, and perhaps will never, be beaten.

They practiced for several months, working up an act, then set forth for merrie England. The British public were clamoring for strong men; Arno knew some theatrical agent, and it wasn't long before they appeared across the footlights. They billed themselves as: "The Saxons, A Trio of Muscular Marvels."

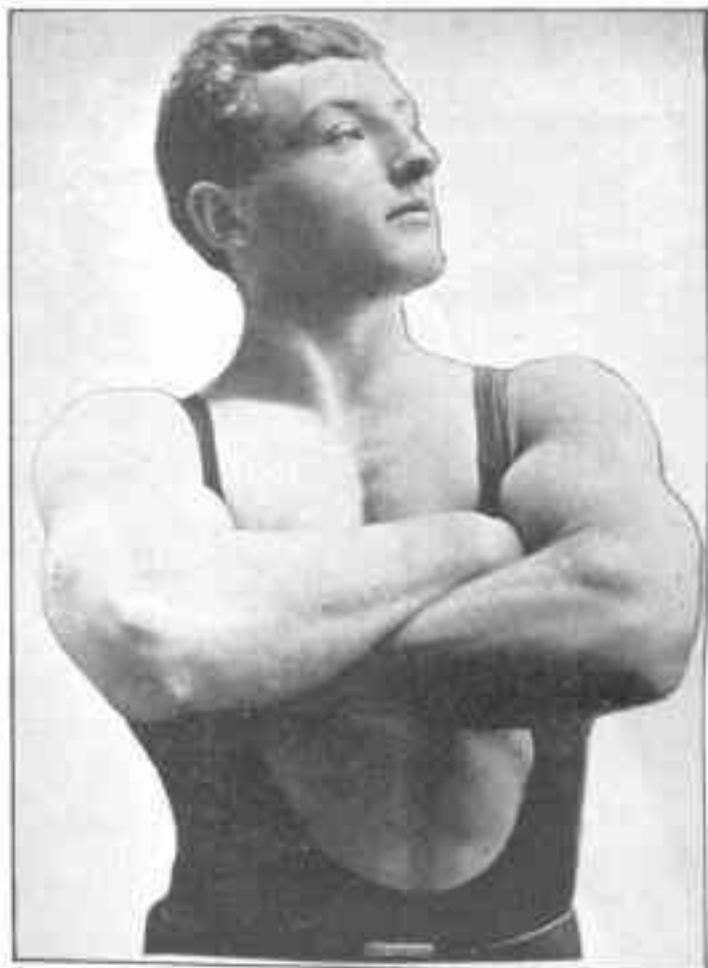
Although the strong men appearing on the stage at that time had a large assortment of dumbbells and barbells which they lifted during their performance, by far the greatest part of their act was taken up with supporting feats, harness lifting, breaking chains, breaking coins and other various "stunts of showmanship."

The Saxons however did not profess to be able to break chains or coins or anything of the sort. All they modestly claimed was to lift overhead weights which scaled exactly as they asserted. For you see, strong men had the mendacious habit of marking and announcing their weights considerably in excess of what they actually scaled. It was not uncommon to find barbells and dum-

bells marked fully one hundred pounds more than they weighed.

The Saxons not only lifted prodigious weights overhead but juggled them about as if they were toys. Part of their performance consisted of tossing kettle bells to each other. They threw them about like one would a rubber ball, but those kettle bells were real weights and the favorite one that Arthur would juggle weighed 119 pounds. In later years as the mighty Arthur's strength increased he was able to bent press 300 pounds to overhead and toss it from one hand to the other.

While in Britain, Oscar left the trio to form an act of his own and he was replaced by an Englishman, named Somerton. Little is known of Somerton but he must have been able to perform some very worth while feats of strength or he wouldn't have rated the Saxons. Later Adolph Berk took Somerton's place. Then Arno, the founder, struck out for himself and left the management to Arthur, who immediately wired home to Leipzig for his brother Herman. Herman was by far the handsomest of the trio and had one of the finest physiques of the day. At the age of 17, weighing 168 pounds, he cleaned and jerked 297 pounds. In practice he bent pressed



HERMAN SAXON

300 pounds but never showed this lift in public as the bent press was reserved solely for Arthur.

Some time later Adolph Berg left to appear in a circus and the third brother was taken into the trio. Kurt Saxon was the best balancer and most of his act consisted in supporting weights in difficult positions.

Early in Arthur's career he used a barbell with a hollow handle. The handle contained about 10 pounds of mercury, which would run to one end should the bar be slanted. Arthur always held the bar perfectly level while pressing whereas most of the bent pressers held the bar slanting. Few could press this trick bell because it always threw the lifter off balance, yet Arthur could manage it with ease.

Arthur's bent pressing ability advanced to a point where he was so far ahead of his contemporaries that they refused to believe any reports about him. In England, Arthur performed the feat that gave him undying fame—a world's record two hands anyhow of 448 pounds. To do this Arthur bent pressed with one hand 336 pounds and while in the bent over position picked up a 112 pound kettle bell, which he curled to his shoulder as he stood erect and then military pressed it alongside the big bell. In Stuttgart, Arthur officially pressed 371 pounds. On at least two occasions it is known that he attempted a bent press of 400 pounds.

Arthur was a real strong man's pal; no matter what city or town he performed in he was always willing to visit the local gym at the request of his admirers. He was ever ready to perform impromptu feats of strength when his friends asked him. Most other strong men kept away from this sort of thing, but not Arthur; he had strength to spare. He was considered to be (unofficially, of course) the world's champion beer drinker, having on several occasions consumed 100 glasses of beer in an evening. Once for the benefit of some local fans he set a stein of beer on the floor between his feet, hauled a 250 pound barbell to his shoulders, without moving his feet, then bent pressed the bar and with the other hand reached down for the stein of beer which he picked up and guzzled while still holding the bell overhead. Such was Arthur Saxon, the King of Strength.

He could one hand military press 121 pounds; he snatched a solid barbell weighing 231 pounds at every performance, while his trio was with a circus. He would also jerk to arm's length his two brothers whose combined weight exceeded 325 pounds. He supported 18 men on a plank balanced across one foot.

Arthur's measurements when at his best were: weight 210 pounds; height 5 feet 10 inches; chest 45½ normal, 47½ expanded; biceps 17¾; forearm 14½; thighs 24.

To many of the giants of the past Saxon's incredible power and strength were a mystery. How could this man, slightly over 200 pounds in body-



HERMAN, ADOLPH BERG AND ARTHUR

weight, lift seemingly beyond the capabilities of the human body? Was he like a thoroughbred race horse whose muscles are of a finer quality? Did he have some secret, something not known to his fellow men? Hardly; what made Saxon was his training method and it was no secret.

Saxon spent a lot of time strengthening his tendons. He knew his public performances required a lot of energy and his theory was that light exercises were only tiring and made him no stronger. Consequently he practiced stunts which threw heavy work on the full length of the muscles and the tendons. He would do each stunt only a few times and alternate with brief periods of rest so as to prevent himself from tiring. As a result, Saxon was never what you would call a beautifully developed man, but his rugged and sinewy physique reflected his terrific strength, strength the like of which the world has never seen since. His great confidence in his strength and his utter disregard for the other rules of maintaining a sound body were his downfall.

Arthur married an English girl before the Great War. He was in the Fatherland when the call to arms caught him; his wife was in England. After the Armistice the British aversion to anything German made it impossible for him to live with his wife again. One cold winter night, in December, 1923, he went on a spree. Next morning police found him lying in the street, dead from pneumonia.



OTTO ARCO

To be acclaimed the world's best physique, to hold several International wrestling titles and to be one of the first men in the history of weightlifting to jerk double bodyweight overhead . . . such are the distinctions to the credit of Otto Arco.

Born 62 years ago in Poland, with the tongue twisting name of Otto Nowosielski he and another lad, named Stanislaus Cyganiewicz, became interested in physical culture. Both boys were the same age and took to wrestling, weightlifting and handbalancing. Fate decreed, however, that both should not be the same size for Cyganiewicz, later changing his name to Zbyszko (Russian for the Bear), grew to become the World's Champion Heavyweight wrestler. Nowosielski, changing his name to Arco, seldom weighing over 135 pounds, became one of the best balancers in the vaudeville world.

Arco competed in many professional lifting meets during his long career and in Adelaide, Australia, weighing 138 pounds, he continental cleaned and jerked 278½ pounds. In Paris, France, he jerked 305 pounds after the weight was placed on his shoulders.

His wonderful physique gained him world wide recognition with artists and he posed for Auguste Rodin, foremost sculptor of France. In 1913 in Paris, he won the contest for the World's Most Perfectly Developed Man.

Arco was a superb muscle control artist and it was he who originated the Abdominal Isolation. His measurements were: Arm 17; Chest 45½; and Thigh 22 inches. Height 5.2; Weight 135 pounds.

When on the vaudeville stage with his younger brother, Peter, two of the stunts they performed are still spoken of with reverence among acrobats. Otto holding Peter in a high hand-to-hand would bend back into a wrestler's bridge and come up again to the erect position. Peter would do a one hand stand on Otto's hand held at shoulder height and he would then bent press him to arm's length overhead while Peter maintained the one hand balance. This feat has never been successfully duplicated.

When they returned from their Australian tour in 1907 they were in a bad state of finances. Imagine Emile's surprise when Otto sold part of his collection for \$15,000. He specializes on United States Commemorative stamps and he gladly advises his admirers on stamp values.

Today Otto Arco is still active, often drops around to weightlifting contests. He lives near Hudson Parkway in New York City and always enjoys talking strength or stamps with his many younger admirers.

Like all real strong men, Arco is quiet spoken though a brilliant conversationalist. Like Hackenschmidt, he is a keen student of philosophy. He can discuss Kant and Leibnitz equally as well as wrestling and weightlifting records. He is a lover of the opera and attends nearly every performance of the "Met." In this respect he is not alone, for the opera has a fascination for many modern iron men. Grimek, Van Ciec, Venables, Horvath and Davis are all avid operagoers, all have fine musical libraries and are as anxious to hear a symphony as to see a lifting match.



CAN a totally disabled man ever be a weightlifting champion? At first thought the answer must obviously be "No"! But there was a man, a man of the most resolute determination, a man so fired with the desire to achieve a niche in the Hall of Strength that total disability proved no handicap! That man was Joseph Nordquest. You need only one look at the set of his jaw to realize that here was a man who could do anything he set out to do.

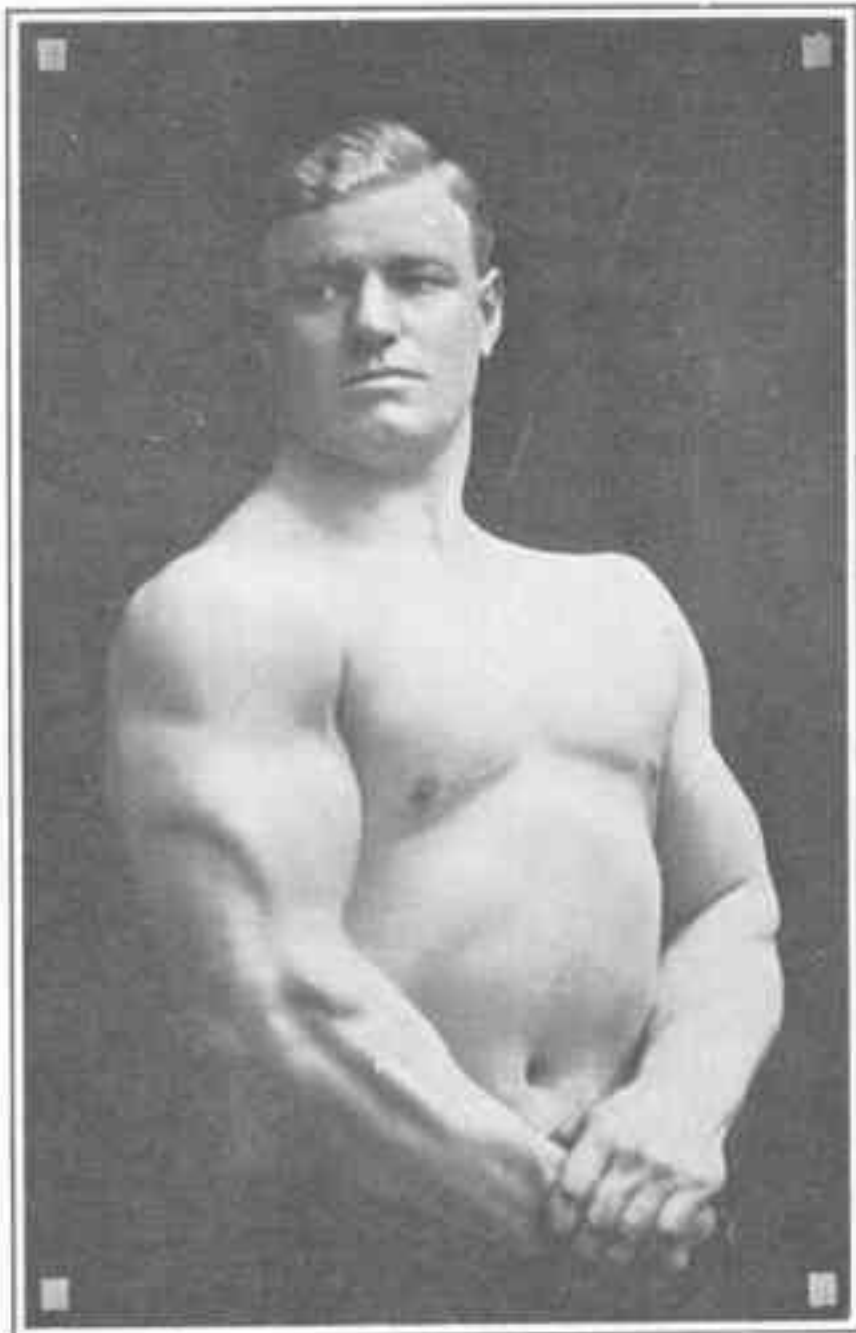
When a child he lost his left leg in an accident. (An insurance company accepts a lost eye, leg or arm as total disability.) With that tremendous handicap Joe Nordquest started on his career as one of the strongest men America ever saw. He was fortunate in that his brother, Adolph, had already established himself as one of the nation's best iron men, so barbell and dumbbells were right at hand. (Adolph so closely resembled Sandow facially, that humorous incidents arose, such as people seeing Sandow on Broadway when the same day he was lifting in London.)

Joe started his lifting career as a middleweight but soon developed into a heavyweight. Strength fans like to debate on Joe's possibilities had he not lost a leg. Many believe he could have shattered Saxon's bent press record.

Joe was a good hand-balancer and tumbler. One of his best feats was performing a handstand on a table about 30 inches high, then jumping to the floor and still retaining the handstand position. Perhaps there are some lighter tumblers who can duplicate that stunt or even better it, but who at 200 pounds?

Joe Nordquest curled 180 pounds two repetitions on several occasions and it was this exercise that built his beautiful upper arm.

Joe set and still holds the official United States record in the bent press with the mark of 277½ pounds. He had performed 300 in training but never duplicated the feat in a contest. Imagine how difficult it must have been for him to complete this lift which requires such perfect timing and balance when he had but one leg! Joe military pressed 124¼ with the right hand which also stands as the official American record.



JOE NORDQUEST

Few men ever took a record away from Arthur Saxon, but Joe prone pressed 385 pounds to erase the former's mark of 380.

Of Swedish stock, Joe was 5 ft. 7½ in. tall, weighed 200 pounds, had a 47¾ inch normal chest, 35 inch waist, 18¾ upper arm, 15¼ inch forearms and 29½ inch thighs. Truly the most Herculean of American iron men.

Several years ago, long after he had retired from the Strength world, Joe required a new artificial leg. It was during the depression and Joe's financial condition did not permit him to make an immediate purchase, however, when this fact was mentioned in Strength and Health Magazine, the weightlifters of America instantly responded and donated Joe the expensive artificial limb.

Today Champion Joe Nordquest is recuperating in a sanitarium in Ashtabula, Ohio, from an ailment brought about by blood poison and it is the hope and wish of every true strength lover in America that he will soon be better and, in spite of his age, again try his hand at lifting.

AS a rule twins are not destined to become physical giants or great strong men. Of the Matthes twins, born in Lawrence, Mass., in 1863, Oscar lived up to the rule and did not become a giant but he did make himself one of the best known figures in the World of Iron Men.

Oscar was only four feet, eleven inches tall. He was very fragile and weak but in him there burned a desire to excel at athletics and become strong as his larger playmates. Few people knew that the tiny lad was training with weights until he was 19 years of age. There was a strength show at the Lawrence City Hall. Oscar entered it. The furor he created, the applause he received for his incredible physique, small though it was, and splendid poundages he lifted, right then and there decided his life's profession. Matthes went on the stage as "The Pocket Hercules," and well deserved that name.

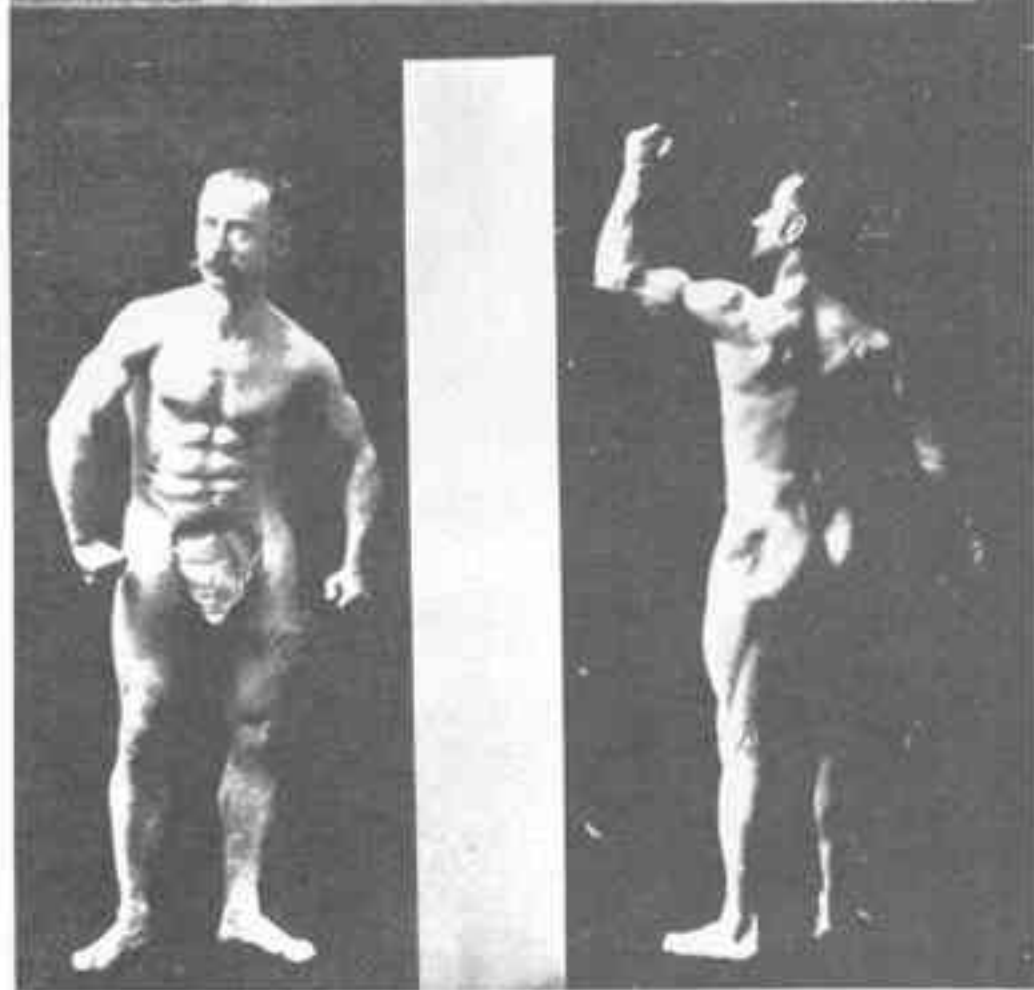
One of his feature acts was known as the "Living Roman Column." In this he seated himself on his partner's shoulders who held Matthes' legs against his chest and he would then bend over backwards till his hands touched the floor. Here he picked up a 125 pound barbell and came again to the upright position, holding the barbell overhead. Oscar weighed only 105 pounds.

Oscar side-pressed 117 lbs. He could tear a deck of playing cards in halves, then each half again in half. One time he came across some workmen struggling to up-end a 700-pound cask. To their utter amazement this tiny prodigy of power stepped in and up-ended the cask with one hand.

As his fame spread throughout the strong man's world, admirers called him the "Miniature Sandow." When the great Sandow was in America, one of the first persons he wanted to see was Matthes, as he seemed peeved that some one should be credited with a physique comparable to his own. When they met Sandow was greatly amazed at his small rival. They became staunch friends and the great Sandow often told reporters that he felt highly complimented that people should call Matthes the "Miniature Sandow."

Matthes' measurements, always an inspiration to the small man, were: Chest 40; waist 28; biceps 14½; forearm 12; and thigh 21. Oscar long ago retired from the stage, moved back to Lawrence and opened a gymnasium.

Today, at the age of 77 years, he is as hale and



OSCAR MATTHES

hearty as any man thirty years younger. He still lifts weights and his greatest pleasure is instructing young boys in the iron sport.

Matthes' picture was as well known in the Gay Nineties as Grimek's is today. No physical culture or strength magazine would be considered complete if an issue passed without a cut of the "Pocket Hercules."

Matthes always took any remarks about his small stature in the best of humor and Siegmund Klein (who is about 5 ft. 4 in.) was quick to take advantage of his affability when at the National Weightlifting Championships in Woonsocket, R. I., in 1938 he asked a photographer to take their picture standing side by side. "Lord knows," said Sieg. "this may be the only chance I'll ever get to tower over another weightlifter."



ARVID ANDERSON

AUGUST JOHNSON, "The Lion of Scandinavia," was considered the most honest and modest of all professional strongmen. Active at a time when his contemporaries were prone to exaggerate their lifts, Johnson made his reputation by having all his lifts properly weighed and certified by expert judges. He held the world's record in the clean and jerk with 328 pounds. In 1892 in St. Petersburg, Russia, August made a bent press of 255 pounds which was accepted as the record until Sandow pressed his 271.

In 1896 lovers of the iron game accepted Louis Cyr as the strongest man in the world. Johnson challenged that statement. He came to America to compete against Cyr at Chicago. Cyr had successfully defeated enough internationally known strong men that no one except Johnson challenged his claims. This match was to decide the title of the strongest man in the world with a \$1,000 side bet. The result was very sad for Johnson for Louis beat him at everything, though the doughty Swede did make a one hand dead lift of 475 pounds using a 1½ inch bar. Cyr, however, was warm in his praises for Johnson, whom he claimed to be the strongest competitor he had yet met.

Since most of the Continental lifters were of the beer-barrel type, ponderous chest and ponderous waists to match, Johnson was actually called "skinny" by his big rivals. Those iron men who scoffed at the bent press often cited Johnson as proof that it was nothing more than a balancing trick. Oddly enough there has never been a massively built good bent presser. Saxon wasn't really big in the light that Swaboda, Cyr or Apollon was big. A big waist is a hindrance to the bent presser while a long trunk and long legs are a decided advantage.

In that contest one of Cyr's feats that surely took the wind out of Johnson's sails was the shouldering of a 314 pound barrel of cement with one hand! Cyr pulled the barrel to his shoulder without using his legs.

August Johnson was slightly over 6 feet tall and weighed 207 pounds.

"**S**TRONGEST of the Swedes." Such was the title imposed on mighty Arvid Anderson, born 1873 in Stockholm, Sweden. Arvid was 6 feet tall and weighed 250 pounds. His biceps were 18¼ inches and his chest measured 52 normal. Held the world's amateur record in 1906 in the two hands clean and jerk with 329 pounds. He continentaled and jerked 377.

He was one of the first advocates, along with Vasceur and Bonnes, of the split style of snatching and cleaning. Anderson was the Swedish Greco-Roman wrestling champion and did not take up lifting until thirty years of age and in his first year of training continental and jerked 332 pounds.

Up to this time the professional records were always higher than the amateur, but between the years 1905 and 1910 the amateur far surpassed anything the professional's ever did. For instance, in 1906 the world's record clean and jerk was 329. At the 1908 World's Championships, Graff of Austria cleaned and jerked 352.

To give you an idea of the calibre of lifting in 1908, here are the results of the championships. There were no weight classes then, only heavyweights lifted. Contest on right and left hand snatch, two hands press, snatch and jerk:

	RHS	LHS	THP	THS	THJ	Tot.
Graff, Austria	176	150	264	222	352	1164
Danzer, Austria	176	149	231	209	330	1095
Eickeldraht, Germany	150	121	267	222	330	1090
Fredericksen, Germany	139	...	231	175	275	820
Rondi, Germany	186	175	218	222	...	801

Rondi was expected to win but Graff wiped out his lead with a fine press and Rondi retired after the snatch knowing he could not clean and jerk what Graff could.



AUGUST JOHNSON



ADRIAN DERIAZ

of years tried hard to shatter the record in the right hand snatch of 196 pounds set in 1898 by George Hackenschmidt, however he was never able to surpass the mark he made in the one hand swing which is a far more difficult lift and most experts thought him capable of at least 200. The swing is made with a dumbbell and the snatch with the barbell and the Deriaz boys were staunch advocates of dumbbell training and seldom handled the long bar; perhaps this is the reason it took so long to break the record of the Russian Lion.

We should briefly mention some of the records set back in the early 1900's for many of them still stand today. For instance: Josef Steinbach's two dumbbells clean and jerk of 167½ pounds in each hand, total of 335 pounds, may never be broken or even equalled although John Grimek, early in his career, clean and jerked 142 pounds in each hand, total of 284. Lurich of Russia's one hand jerk from the shoulder of 266 ranks as one of the immortal feats of the strength world. The highest recorded one hand clean and jerk with barbell is 250½ by Hunnenberger of Switzerland. Michael Maier of Vienna set the one arm military press record of 143 pounds which was erased by Witzelberger of Germany's mark of 147, the present record. Wilhelm Turck of Vienna made a two hand press with dumbbells of 279½ pounds, 140 in the right and 139½ left. Gustave Wain of Esthonia performed four deep knee bends with 189 held at arm's length overhead! Hans Hensan of Copenhagen in 1899 performed 65 deep knee bends with 277 pounds!

Some of the feats of the "not-so-old-timers" also deserve mention, such as: Hans Haas of Vienna's world record one hand clean and jerk of 248 pounds while weighing only 160; Rigoulot's one hand snatch of 253 pounds, the only case where a snatch lift exceeds the jerk; Ronald Walker of England's one hand clean of 300 pounds; Stanglemeir's world record two hands curl with 225 pounds!

It is not unusual in weightlifting, and for that matter in other sports, that when an older brother of a family becomes proficient in a sport his younger brother or brothers follow his footsteps. Such is the case of the Di Maggio—Joe, Vince and Dominic; the Baers—Max and Buddy; the Dashing Duseks—Emil, Ernie, Rody and Wally; the Arcos—Otto and Peter, and the Zybarskos—Stan and Wally.

Likewise among the old time strong men, one of five brothers, Emile Deriaz, attained world wide recognition as wrestler and weightlifter, only to find his younger brothers close at his heels as competitors. Emile, Maurice, Adrian, Ulysse and Florian were the members of the Deriaz clan of Switzerland that invaded France to garner a crop of wrestling and weightlifting titles.

Emile was the best all-around athlete; he could perform a standing broad jump in excess of 10 feet. He set a record in the one hand swing of 193¼ pounds which later fell to Vasseur, then to Rigoulot. One of his best feats was the pressing overhead with one hand a 169 pound dumbbell, then shifting from the erect to the prone position on the floor, then to the upright again while still holding the dumbbell aloft. Emile was at his best as a lifter in 1903 and as wrestler in 1907.

Adrian won the Wrestling Championship of France in 1906 in Paris, weighing only 176 pounds. He was exceptionally good at the one hand lifts and made a one hand clean and jerk of 223½ pounds, a right hand snatch of 177 pounds (he was one of the few men in the world at that time who could snatch more than his bodyweight). In the two hands snatch he made 210 pounds, but could clean and jerk 243 pounds with two dumbbells.

Adrian was 5 feet 7 inches in height, had a 48 inch chest and it was claimed he had an 18 inch upper arm. Emile was 5 feet 9½ inches tall and weighed 220 pounds; his chest was 53 inches and his biceps 17½. The Deriaz brothers have always been called "Switzerland's answer to mass production of strong men."

Emile for a number



EMILE DERIAZ

PERHAPS the best known physique to American strength fans of a generation ago was that of Anton Matysek of Baltimore. The old "Strength" magazine never tired of showing his superb figure. Matysek won many prizes for his photographed poses.

He held the American record in the bent press with 241 pounds. He also could clean and bent press 200 (without the opposite hand coming in contact with the barbell at any time). In cleaning a weight to the shoulders, Matysek used the reverse grip, in other words his palm face out instead of in, thus when the bar was at his shoulder his palm still faced out and it was necessary for him to duck his head under the bar in order to be in the proper position to either jerk or bent press.

Another favorite stunt of Anton's was the shoulder stand which he set a record in. He would lie flat on his back, pull a barbell across his face until over the chest, bring his feet under the bar, let go with his hands, press the bell upwards by straightening the legs—then raise his body until he was balanced on his shoulders and the back of his head. He succeeded with 275 pounds in this manner.

Matysek performed a reverse two hands curl with a barbell having a three inch handle weighing 88 pounds.

When a professional on the stage his favorite feat was the holding at arm's length, one hand, 500 pounds. He would walk across the stage supporting three men on a tandem bicycle. He was a muscle-control expert and had few, if any, peers.

Matysek had just an average build when he started weight training but after several years with barbells his physique was so outstanding that he became the leading model and poser for the old Milo Barbell Catalogue. In those days Milo was the largest manufacturer of weights in the world and many a young bodybuilder was first inspired by those wonderful Matysek photos.

Matysek is at present a member of the Baltimore Police force.

The Police Force must hold a fascination for retiring strong-men for there are quite a few muscled minions of the law throughout the world. Louis Cyr was an officer for a while before he took to the professional stage. Hipfinger of Vienna, world's record holder, was another policeman. Giroux was Police Chief of Montreal, Joseph Moquin was chief of Drummondville, Quebec, While R. C. Weeks, who claimed incredible world's records, was chief of Myrtle Beach, South Carolina.



ANTON MATYSEK



JOHN Y. SMITH

ON a full-rigged sailing ship neath salt sprayed decks and creaking canvas, John Y. Smith first saw the light of day. Born in 1866, on a sailing ship out of Boston, John Y. became America's strongest man, the first man to smash one of mighty Cyr's records, with a right hand bent press of 275½ pounds. With the left arm he bent pressed 248, which was the American record and it stood off challengers for many years.

This mighty old timer, one of the "Fathers of American Weightlifting," remained in the sport longer than any one man, for in 1926, at the age of 60, he won the New England Strongest Man Championship against huskies less than half his age. Now at the age of 75, he can still press around the 175 pound mark.

It seems that many old timers can keep their pressing ability near the marks set in their younger days, while the snatch and clean suffer due to loss of speed and agility in the legs. Karl Schilberg of Austria was the oldest competitor at the Olympic Games in '36, being 52 years old, he pressed 286 pounds. At the age of 50 he pressed 290. Strassberger was 47 years old when he pressed 293. Swaboda pressed his 330 (Continental style) when he was 42 years old. Steinbach, at the age of 40, could press over 300.

CONSIDERED to be the most versatile athlete in France, Andre Rolet was born in Chalons in 1901.

Rolet lifted in the middleweight class on the 1920 and 1924 French teams at the Olympic Games. In 1921 he won the championship of France in the 400 meter running event in 51 seconds. He swam a distance of 3.7 miles in exactly 2 hours. On a bicycle he rode 310.8 miles in 24 hours! He walked 81.3 miles in 21 hours. What makes these records more incredible is the fact that Rolet maintained top position in the iron sport at the same time.

His best lifts are: Right hand snatch, 176½ pounds. Left hand snatch 165½ pounds. Two hands military press 220½ pounds. Two hands snatch 231½ pounds. Two hands clean and jerk, 303 pounds. Two hands clean and jerk with dumbbells 278½ pounds. Two hands military press with dumbbells 189½ pounds.

In 1935 Rolet won the annual "Around France" bicycle race, covering some 1,200 miles.

Rolet's measurements are: Height 5 feet 10½ inches, chest 44½ inches, biceps 15½ inches and thighs 23.

In 1936 he won the "Plus Belle Athlete de Europe" in Paris, which is the equivalent of the "Best Built Man in Europe." He was 35 years old.



ANDRE ROLET



PIERRE KRYLOFF

SAID to possess the finest pair of shoulders among the old timers, Pierre Kryloff, the Russian weightlifting champion of 30 years ago, still holds the world's record for muscling out weights (Crucifix position) with 90 pounds in each hand. Nearest to approach Kryloff's wonderful feat was Hackenschmidt with 89 and 90. Kryloff weighed 205 pounds, was 5 feet 9½ inches in height, had a 50 inch expanded chest, biceps 17 inches and thighs 24.

As a professional strong man, his favorite feats were the breaking of chains on his chest and biceps, although his admirers preferred to see him hold out weights as it showed up his shoulders to better advantage. It is said he exercised with 56 pound block weights, doing repetition holdouts a dozen times!

Kryloff originated a number of shoulder developing exercises such as swinging a pair of dumbbells in circles held at arm's length in front of the body. It was this movement Kryloff claimed to have built his shoulders.

To possess one of the world's finest and most muscular physiques and be practically unknown was the fate of Bobby Pandour. Two things kept him from having the recognition he deserved, first he was not as famous as a lifter as a gymnast and secondly he lived at the peak of Sandow's career and the public could see little farther than Sandow. Perhaps here we can give some honor to the young man who started life in Poland in 1882 with the name of Wladyslaw Kucharszyk. W. K. and his brother were champion gymnasts who went to England to garner some of the gold showered on men of might. They had a sensational act of horizontal bar work and hand-balancing but they were never able to attain top rating; that space was reserved for the strength act performers.

When Prof. Artita saw W. K. he changed his name to Pandour and managed to get him some publicity. Artists and sculptors who wanted Sandow as a model but found his prices too high, willingly took the beautiful Pandour as a substitute.

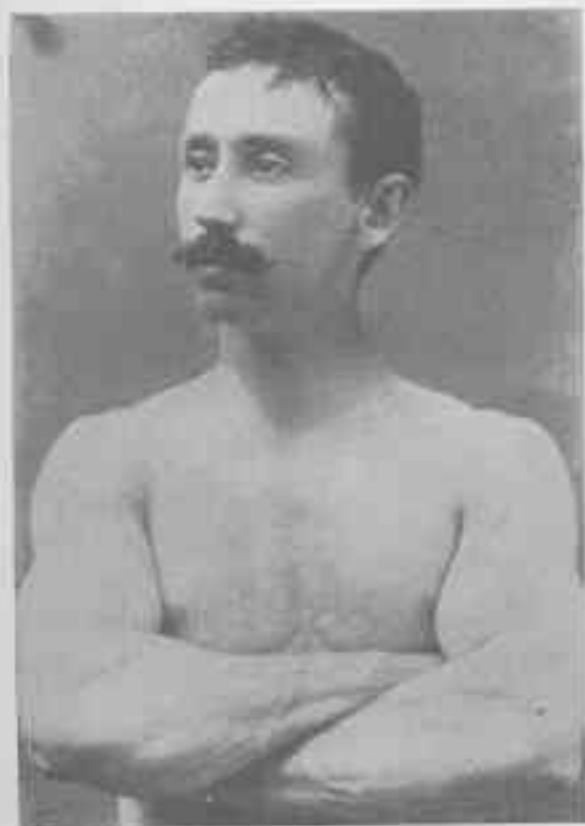
At his best Pandour weighed 160 pounds, was 5 feet 5½ inches tall, had a 16 inch arm, a 42 inch chest and 23 inch thighs.

When last heard of, he was living in Posen, Germany, earning his living as an artist's model.

Many strong men have served to inspire great artists and sculptors to give to the world their impressions of the masculine form. Too often the model is forgotten, for instance, what manner of man posed for Rodin's "Adam"? It is said that Rodin employed hard laboring workmen, but no workman ever had muscles as on "Adam." Perhaps some unknown giant of strength posed to inspire Rodin to create "Adam." Likewise there is the immense and powerful figure of "The Creation of Man" in the Sistine Chapel, by Michaelangelo. No ordinary man possessed such musculature, in fact all Michaelangelo's portrayals of the male human form look like the powerful figures one sees in the pages of Strength and Health. Of course the artist will use his imagination but he must have a model to inspire him otherwise the finished work is dull and lifeless. John Grimek has posed for many artists and sculptors.



BOBBY PANDOUR



PROF. PAULINETTI

THE greatest hand-balancer and gymnast in the world was the American, Prof. P. H. Paulinetti. No one has ever duplicated his one arm planche which he performed by first doing a one hand stand then slowly lowering himself into the "planche," keeping the supporting arm out perfectly straight!

Paulinetti started his career at the age of ten as a dancer but a broken knee forced him to quit. He took to hand-balancing as a recreation but advanced so rapidly he made it his career. He received top billing for over thirty years.

Like his "planche" no one ever duplicated his head stand performed with hands at the side and feet together. Later, he learned to balance like this on a rotatable pedestal and keep his body turning round and round by turning the neck.

Paulinetti's first professional appearance was on a stage in Germany. The audience laughed in derision when he was introduced as an extraordinary hand-balancer, for the Teutons had been accustomed to seeing their balancers muscular and husky and here was a man weighing about 125 pounds! However, after a few minutes of the Paulinetti balancing their tune changed and they loudly acclaimed him again and again the greatest in the world!

Today, living in Philadelphia, he still does some balancing, although 77 years old, and operates one of the finest gymnastic schools in America and one of his star pupils is Robert L. Jones, considered by many to be the best today.

Jones has mastered many of the Paulinetti secrets and he was the first man to perform a "thumb-stand."



to use the shot loading globe bells while the rest of the competitors could use the German type disc loading outfit. It was quite some time before the French and Germans could agree on one set of rules.

Many lifters were unable to see why the French should insist on the shot loading bells but a little study of the mechanics will show that it is possible to lift more with a shot loading bell than with the disc type. Sounds incredible but remember that Rigoulot set his world's record clean and jerk of 402½, his two hands snatch of 313 and his one hand snatch of 253 with one. When a globe bell loaded with shot is pulled up fast, the loose shot for one split second remains suspended inside the globe, thus having the same effect as if the globes were empty for that brief interval! However the secret is to know how to control the bell when the shot strikes the inside bottom of the globe for it then has the effect of the weight of the shot doubled!

It seems odd that the Germans failed to take advantage of this mechanical phenomena. In America about the only users of globe bells are the few remaining professionals and not one of them knows this secret.

It might be interesting to mention here that only one man in weightlifting has ever caused the Federation to write rules to prevent him from getting too far ahead of his rivals. He may be almost forgotten now, but it was Helmut Schaeffer, who performed the squat snatch starting the lift with his hands at shoulder width then sliding them out to the collars as the weight went overhead. He used a full squat in the clean and rested his elbows on his knees as his world's record at that time was so far ahead of the next best that officials decided to make that method of cleaning illegal.

ERNST CADINE of Paris, France, was the last strong man to visit this continent to accept the individual challenge of the then reputed "strongest man in America." It was a decade and a half ago that Arthur Giroux, of the Montreal Police Department, was considered the best on this side of the water and a match was arranged between him and Cadine, 1920 Olympic Champion and former record holder. Montreal at that time boasted some iron men of world's championship calibre. For instance: Angers as a 123 pounder was on a par with anything Europe could offer. Barbeau held the world's amateur record military press in the lightweight class, and there was Fournier, the sensational middleweight, Dandurand and Couette, all the tops at that time. But the match between Cadine and Giroux was too one sided, Cadine easily winning due to his immense superiority on the quick lifts though the Montrealer did beat him at the dead lift.

When Cadine won his Olympic title the rules were somewhat different than they are today. It was permissible as late as 1924 to clean from the "hang" position if desired, also a lifter could attempt a second jerk from the shoulders if the first failed to stay up! The French lifters were permitted



ERNST CADINE



JOHN LEMM

MANY of the old time wrestlers took to weight lifting to build up their strength while some of the lifters took to wrestling to demonstrate their strength against another man. John Lemm of Switzerland was one of the latter but he took his wrestling seriously enough to become European Greco-Roman heavyweight champion.

He was one of the first men to deep-knee bend with over 500 pounds. His record of 517 stood for nearly 20 years until Strassberger of Germany eclipsed it with a mark of 550.

Lemm was posted as the "Swiss Mountaineer" or the "Swiss Mountain Climber," as a publicity stunt to draw larger crowds to his wrestling matches.

Switzerland, though a small country, has produced some remarkable men of might, notably: Lemm, Hunnenberger (World's record one hand clean and jerk), Aeschamm, Graf (former Olympic featherweight champion 1920), Rosinek and the Deriaz brothers.

No one country has ever held a monopoly on weightlifting records for long except perhaps Germany, where the sport originated. The Italians began to take records and titles away from the Germans which they in turn lost to the Swiss. Some time later practically all records were held by the French then back to Germany again until at the '36 Olympics when suddenly Egyptian names filled the iron roster. Today, while the Sons of the Prophet still hold most of the records, America is slipping in and in a few years we should hold them all.



GEORGE KRONAS

GEORGE KRONAS of Germany is little known in this country but he possesses one of the world's finest physiques. Before the Great War, Kronas was one of the foremost Mail Order instructors in Germany. He was born in Greece.

KKNOWN to iron men as the "Monarch of Strength" was Herman Gorner, giant South African Dutchman. He stood 6 feet 1 inch tall, weight 245 pounds; his expanded chest was 52 inches, biceps 18 $\frac{1}{4}$, forearm 16 and thighs 27. He holds the world's record in the one hand dead lift with 602 pounds. Has jerked 397 pounds to arm's length from behind the neck, continentalled 440 to his chest and jerked 264 pounds overhead with one hand.

He once performed a stunt that lifters never cease to wonder at, a snatch of 231 pounds with the hands crossed.

On the stage one of his famous feats was the supporting of a trestle bridge over which an automobile with five passengers was driven. The total weight was 5,500 pounds.



HERMAN GORNER



PROFESSOR ATTLA

THE man who originated globe bar bells, the bent press, the Roman chair, the Roman column, the art of tearing playing cards and dis-

coverer of Sandow was Louis Attila, known as "The Professor." He was born in Karlsruhe, Germany, in 1844.

He was the first man to bent press over 200 pounds. He was much ridiculed for performing this peculiar lift and his contemporaries call it the "Screw Press" (by which name it is still known in Germany). They said a man could never lift much in that manner which they called nothing but a balancing trick but along came Sandow with a lift of 271, then the Canadian Cyr with 273, then the Master, Saxon, with 371.

Attila came to America and founded his famous Studio in New York City in 1894. He was very active and lived to the ripe old strong man's age of 80. Siegmund Klein married his charming daughter and carried on the Attila tradition in his renowned gymnasium at Times Square. The Professor's wife, 40 years his junior, is still living.

Should anyone ever doubt that Louis Attila deserved the title of "Professor," look then at this roster of strong men he trained: Warren Lincoln Travis, Lionel Strongfort, George Rolandow, Titus, Barker, Pandour, Cyr, Barres, Dandurand, Adolph Nordquest and "Gentleman Jim" Corbett, world's heavyweight boxing champion! To his famous health studio came J. Pierpont Morgan, Alfred Vanderbilt, Lord Lonsdale, Baron Rothschild. By Royal Appointment he was physical instructor to His Majesty King Edward of England, King Christian of Denmark, King Haakon of Norway, King George of Greece, Queen Mother Alexandra of England and the ill fated Czarina of Russia.

The modest Attila deigned to remain in the background, never seeking publicity for he had "built a better mousetrap and the world beat a path to his door," but modern strength athletes owe more to this man than to any other.

PIERRE BONNES of Paris, France. He was one of the first men, along with Louis Vasseur, to fully exploit the possibilities of the fast split snatch with a wide grip. It is hard to prove whether or not he was the first man to ever snatch over 250 pounds but he was certainly the first to snatch that much in the split style. Once when he demonstrated his style before some prominent German strong men, using 220 pounds, they ridiculed his movements, laughed at the wide split and wide grip, said no one would ever lift much in that style and that he was foolish to continue to use it. In March of 1940, Steve Stanko set a world's record with the same split snatch of 301½ pounds.

Bonnes' measurements were: Height 5.8½, weight 200 pounds, chest 48¾, waist 36, thigh 25, biceps 16¾. Considered a small man in comparison with the strong men of that time, he nevertheless became Heavyweight Champion of the World.

The two styles of snatching, the squat and the split, were always a bone of contention between the German and the French lifters before France gained complete control of the Weightlifting Federation. For instance in one contest between the two nations the Germans disqualified all the split snatchers so the French retaliated in the next contest by disqualifying all the squat snatchers. It wasn't until 1932 that the Germans finally considered the split snatch legal, though even today 80 per cent of them still use the squat, for in the World's Championships in 1931 in Luxembourg Moktar Hussein lost his chance at the world's title when he was disqualified for bringing his front foot back in too many movements in the split snatch. Though the rules had been rewritten many times in order to give the splitter an even break, here was a technicality the German officials used hoping to discourage split snatchers. When the French Federation rewrote the rules in 1935, they inserted a clause hoping to discourage squatters by making the lift illegal if the lifter failed to arise instantly, something that is very hard to do for a full squat snatcher.



PIERRE BONNES

FEW people know Karl Frederick Mueller but he made a million dollars standing still! No man ever did more to advance physical culture than Mueller. He was born in Koenigsburg, Germany, in 1867, but at an early age fled the country, as compulsory military training (then as now) did not fit in with his scheme of things.

While seated at a cafe in Brussels, Belgium, he noticed a sign on the building across the street. It read: Professor Attila, Physical Culture Studio. Curious, Mueller investigated. The Professor gave him a job cleaning up the gym. It would be impossible for a young man to work around a gymnasium and not become interested in strength. Attila encouraged him and soon Mueller had a pleasing physique and obtained part time work posing for artists.

One day Mueller lifted a very heavy dumbbell in beautiful style. Attila said: "Work hard, young man, and you will make a great fortune in the strength world, but we must give you a professional name. Henceforth, we will call you Sandow, Eugene Sandow, and that name will make you famous." Such was the start of the great Sandow.

Sandow, believing his future lay in posing for artists, went to Italy, but it would seem that an artist's life does not always mean a full purse and Sandow took to wrestling. One day he received a telegram from Attila, now in London, asking him to come at once and perform in a strength show. Sandow had no money for the fare but Attila provided it.

Sampson and Cyclops were the favorites and it must have been a bitter pill to swallow when a handsome young unknown lad, named Sandow, won the contest. Sandow was lionized, for here he was a strong man who was quite different from the truck-horse champions that formerly won all the strength shows. People were not so much interested in his lifting as in his physique, for here was a physique the like of which the world has never seen before or since.

The fame of Sandow spread to the four corners of the earth; he performed in every country in the world except Germany. (Had he set foot in his native land he would have been arrested for skipping military duty.) In England he set a new bent press record of 271 lbs. It was his tutor, Attila, who discovered this lift and Sandow was the first to exhibit it.

He came to America and met up with a young Jewish press-agent named Florenz Ziegfeld. This Ziegfeld had some good ideas and he took Sandow on a tour that ended with the Chicago World's Fair. Only one attraction drew larger crowds and that was "Little Egypt." But which will be remembered



EUGENE SANDOW

the longest? It was at once apparent to Ziegfeld that Sandow's muscle control exhibition was far more popular than his lifting. He appeared on every major vaudeville stage in America with an act consisting of a few spectacular lifts and a finale of posing his powdered white body against a black background.

His tour made him one million dollars. He retired and went to England to live. He remained active for a while, opened a physical culture studio and sold his name to various exercising appliances that he never used.

He died in 1925 after an automobile accident but he still lives in the minds of all strength fans and lovers of body perfection, for no man was ever nearer the perfect than Sandow.



ANDREW PASSANANT

NOT so many years ago, Andrew Passanant of New York City, an insurance salesman by vocation, was acclaimed the star pupil of the Liederman Cable Training Course. Passanant was not a very large man but specializing in feats of strength with the cables he built himself the splendid upper body you see here. Notice his unusually fine pectorals and biceps. Today he still possesses most of his amazing strength built through the use of his cables and still retains his splendid development.

While most athletes, particularly boxers, deteriorate when they stop training, strength athletes retain their youth to an advanced age. We have cited a few of the better known cases in this book but there are thousands who have achieved greater health and strength through cable work and weight training that one never hears of. Look around you, surely among your acquaintances there is some man who seems some ten or fifteen years younger than he actually is. Ask that man if he ever did any weightlifting and the chances are he will say yes. For weight training does not only build beautiful bodies, it tones up the entire system, makes healthier lungs, purer blood and a stronger heart. There is nothing like it in the world.

With weight training any man can literally make himself into what he wants. If he is underweight, he can gain shapeliness and muscle. If he is overweight, with a slightly varied program, he can pare himself down into a beautiful symmetrical body. If one part of the body is less developed than it should be, then that part can be emphasized and built up to its proper proportions. Even the tone of the skin will change and give off a more healthful glow.

MANY old timers built powerful bodies with cables, and of them, Fred Rollon was the greatest. While many strong men frowned on cables as a means of testing strength, preferring weights instead, Rollon was never beaten at cable pulling. He gained prominence as an artist's model and many European pieces of sculpture are patterned after Rollon.

For sheer muscular separation in the upper body, no one has yet surpassed Rollon; in fact he became better known throughout the strength world as the "Human Anatomy Chart." True, his skin is unusually thin, nevertheless, his muscular dimensions are extraordinary. As a human anatomy chart, there is no better study. Every muscle is clearly defined and perfectly moulded and just as powerful as it looks.

A look at this photo has started many body-builders into more vigorous training with cables.



FRED ROLLON



APOLLON

"**U**N Demi-Dieu de la Force" was the imposing title they gave Louis Uni, mightiest of all Frenchmen, better known to strength lovers as Apollon. Gifted by nature with incredible strength this giant was considered by many experts to be the strongest man in all the world in spite of Louis Cyr. Apollon could muscle-out 129 pounds with one hand.

In Lille he performed the impromptu feat of strength that has since earned him the highest niche in the Hall of Iron Men. Batta, another celebrated French strong man, had a globe barbell with a three inch handle: empty it weighed but 143 pounds but loaded with sand weighed 298. In Batta's audience, on this memorable night, were four of Europe's strongest men, the Rasso Trio—Nordmann, Hertzog and Von Paar, all Germans—and Apollon. All these men had tested the thick handled barbell when empty and each had measured the hollow discs and had estimated the amount of sand, the usual medium for filling the globes, it would hold. Loaded the barbell could not possibly weigh more than 300. (Remember the 3 inch handle though.) Batta, however, had two solid iron spheres exactly the size of the hollow globes that made the bell 341 pounds; at the suggestion of Von Paar, he substituted the solid ones for the hollow. Von Paar informed his friends of the change and they decided to trick Apollon.

From the stage Batta announced that no man living could ever lift overhead his bell. To make the trick seem more realistic, each of the Three Rasses hefted the bar, shook his head and went back to his seat. Apollon, anxious to prove his mettle to the

Germans, thinking it weighed less than 300, jumped to the stage, grasped the bar without even hefting it, cleaned it to his shoulders, jerked it overhead, shifted the bar to one hand, held it there for about five seconds and, as if that wasn't enough, raised his right leg and held it out straight from the body! Such was the strength of Apollon, the 300 pound giant of France.

He always used thick handled barbells and the famous "Apollon Bar" which weighed 365 pounds had a handle nearly three inches thick. He lifted this weight overhead at each performance and when he retired it was thought that no man on this earth would ever lift such a bar again. But some thirty years later, a young man named Charles Rigoulot, weighing 60 pounds less than Apollon, cleaned and jerked the weight overhead using a thumb-free grip!

Apollon in his prime was 6 feet 3 inches tall, weighed around the 300 mark, had a 50 $\frac{1}{4}$ in. normal chest, 40 in. waist, 20 $\frac{1}{2}$ in. biceps, 19 $\frac{1}{4}$ in. forearms (the largest on record!) and 30 in. thighs.

Many are the stories told about mighty Apollon: for example DesBonnet had in his school at Lille a barbell weighing 225 pounds with a handle so thick that few men could lift it from the floor with one hand. This bell was famous throughout France. Visiting strong men tried it. Cyclops (who could break coins with his fingers) could not lift it half an inch from the floor. Leon See and Vandernocke were the only athletes who had lifted it at the first attempt.

Apollon turned up at the gym, and DesBonnet showed him the barbell and told him that to lift it from the floor was equivalent to obtaining the title, "strongman." Apollon, who thought he was being kidded, smiled incredulously; but finally, being convinced that the professor was serious, he bent over, grasped the bell with the right hand, lifted it three feet from the floor, and while DesBonnet and his friends were still gasping with astonishment the giant roared out in his tremendous bass voice, "Watch me snatch it."

He tore off his coat, rolled up his sleeve and displayed his mighty forearm. Then grasping the bell again, he gave it such a mighty heave that it fairly shot to arm's length above his head, slipped from his grasp and flew ten feet behind him.



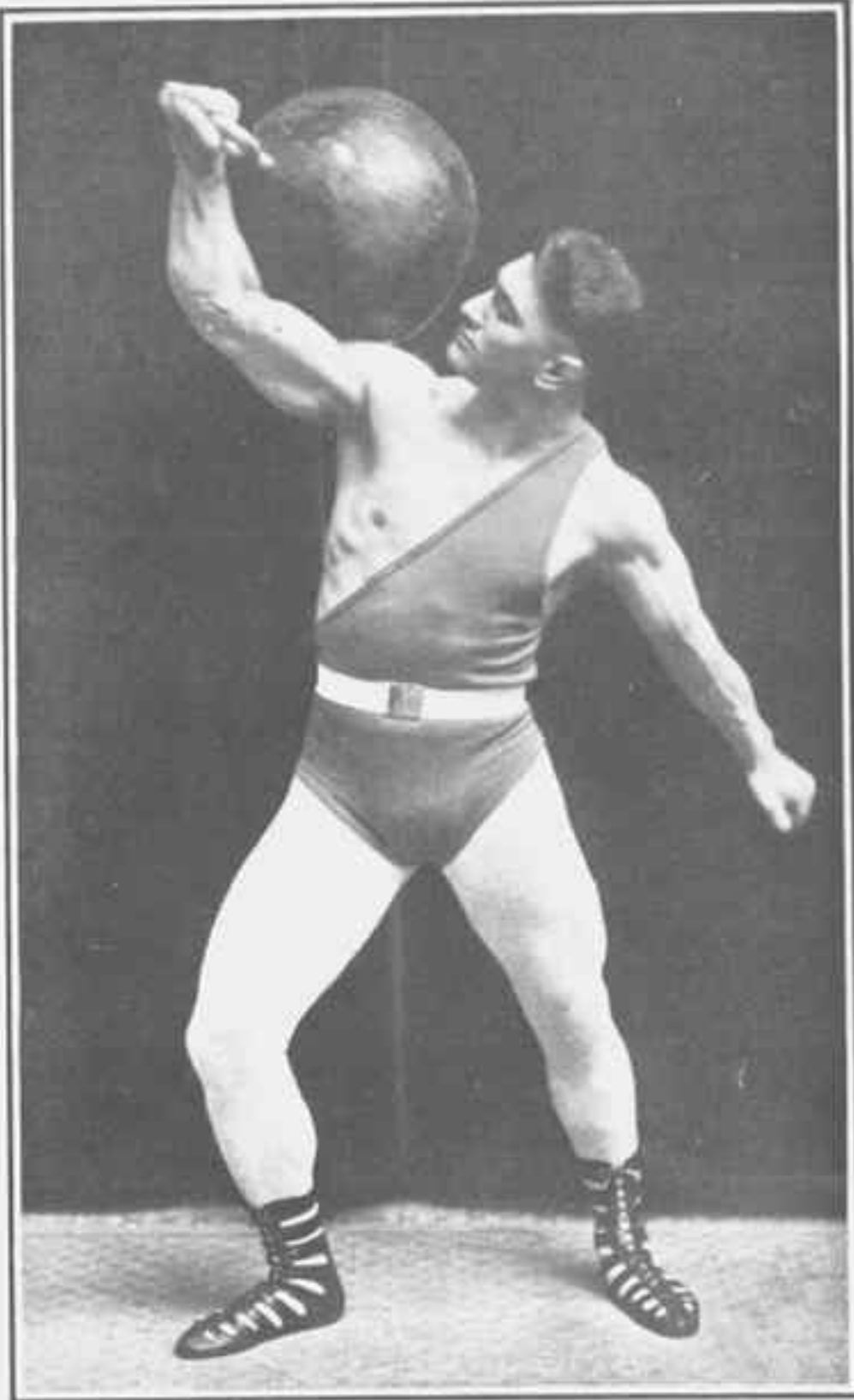
SIGNORA SABATINO felt justly proud of her new baby boy. The Sabatino family were known throughout the village and countryside of Opi Labruza as a strong and powerful people. Signor Sabatino and his two brothers were renowned for their strength; the Italian farmers admired physical strength and nicknamed the brothers the "Three Giants." And on this warm May day in 1891 the newest arrival to the Sabatino clan, christened Clevio Massimo Sabatino, looked a fine, husky infant soon to carry on the tradition of the Sabatinos as a strong and virile clan.

When Clevio was a small boy the family forsook the home soil to try for a better fortune, a better life, in America. They landed in Buffalo, New York. Clevio, nicknamed "Tony," found that playing rough and tumble games with his American cousins was more fun than practicing the violin for which his parent cherished the hope that some day he would be on the concert stage, perhaps a second Paganini. The stage did claim Clevio, not as a violinist but as a professional weightlifter. He dropped his last name, the better to suit the billboards, and became known to strength fans simply as Clevio Massimo, Most Muscular Man in America!

Clevio teamed up with Joe Lambert of the famous Lambert family all of whom were prominent strength performers on the stage. Their act consisted of lifting, juggling and balancing. During the Great War, Massimo was stationed at Camp Gordon, where, for the benefit of doubtful officers, he went through the Manual of Arms using instead of a rifle a 133 pound soldier! After the war he went in for wrestling but the sport hadn't reached the revival stage yet and he soon gave it up. He attained his greatest popularity with his act of straight hand-balancing where his terrific strength permitted him to execute balances hitherto considered impossible. On one occasion he supported his partner, Foley, in a perfect head-to-head balance for 11 minutes! In head-to-head balancing, Massimo was considered a close rival of Professor Paulinetti.

His measurements are: Height, 5 ft. 8½ in., weight 194 pounds, neck 18 ins., upper arm 16½ ins., forearm 15¼ ins., chest normal 46 ins., waist 34 ins. and thighs 25 ins.

Massimo's greatest strength lay in his shapely legs. He holds what is accepted as the world's record in the leg curl, with 227½ pounds! When an adagio dancer on the stage his partner, Clovis Long, would perform a toe balance on his chin in the "Ballet



CLEVIO MASSIMO

Swan" position! Massimo's early training with the violin stood him in good stead for he often opened his show by playing the difficult Mendelssohn's Concerto in E Minor. When finished he removed his clothes and went into his act. His audiences always found it difficult to believe a man so muscular could be such an artist.

It is interesting to note that many famous artists were gifted with great strength—Leonardo da Vinci was an incredibly strong man and the Russian basso, Feodor Chaliapin was a good lifter and wrestler. Tofolas, winner of 1906 Olympic Lifting title, now sings in opera!

"THE Strongest Man that Ever Lived" can be applied to only one man. That one man was Louis Cyr, born the 11th of October, 1863, in the village of St. Cyprien, Quebec, whose prodigious strength was never exceeded by any human being!

Born to a rugged country where might of muscle is worshipped, mighty Louis' name became a byword for strength throughout the world. No man ever beat Louis Cyr at lifting weights. There was only one Louis Cyr and the world will never again see his like.

A giant of a boy even at the age of thirteen he could do more than a man's work at logging and hauling. Hard, back-breaking labor turned his youthful muscles into strands of the strongest steel. At 16 years, the entire countryside knew of young Louis, the "fort l'homme." At 18 years he challenged David Michaud, strongest man in Canada, to a match.

From the woods of Maine to the gold fields of Noranda men came to witness this battle of muscle—all lovers of strength, men who prided themselves in the heftiness of the ax-stroke and their ability to wield a cant-hook on a huge log. No barbells were used—just huge stones. Michaud had terrific strength but Louis lifted stones that Michaud or two ordinary men failed to budge. Almost as fast as radio the word spread from one end of Quebec to the other that a new champion had been found—Louis Cyr.

Five years later Cyr conquered with absurd ease the strength champion of the United States, Richard Pennell, first man to press over 200 pounds one hand. In that match, Cyr pressed with one hand 253 pounds! On this side of the water the newspapers exalted "Our Louis" as the strongest man in the world. From the Continent came a tide of giant strong men to challenge that statement.

Came Sebastian Miller, the ponderous German, whom Louis took in a stride. Came August Johnson, Champion of the Swedes, Cyclops Bienkowski, the Polish coin breaker, Montgomery Irving, the False Sandow, and others all fell short of the incredible power of the Canadian.

With no words to conquer in America, Cyr sailed for Europe to meet Sampson, Dinnie, the McCann Brothers, Hans Beck and anyone who would dare step on the lifting platform with him. Eugene Sandow made himself tactfully scarce after Cyr smashed his bent press record with a side press. All the strength heroes of the Continent failed to measure up to anything Louis performed and the world was satisfied to call him "The Strongest Man in the World."

Back in America on May 27th, 1885, at Austin and Stones Museum in Boston, Louis Cyr set a back lift record, never to be broken—a weight of 4,300 pounds! In Chicago he raised from the floor with one hand 987 pounds. He lifted with one finger 535 pounds. In the hand-and-thigh lift he raised 1,897½ pounds! He clean and jerked a lift that was new and Louis hardly knew how to perform it, 347 pounds. He shouldered a barrel of iron and gravel weighing 445 pounds by grasping only the chimes in his hands. He muscled out one hand 131¼ pounds. He made a perfect military press with 300 pounds.

He carried a standing offer while performing on the stage that to any man who could duplicate just one of his stunts he would give \$100.00. Strangely enough one man did collect, an unsung hero of the strength world who has passed and is forgotten. All that is known is that one night in Michigan a man named Therrien, probably a French-Canadian,

jumped on the stage and duplicated one of Louis' feats. Louis immediately shook hands with the man, handed him the \$100.00 and the incident seems to have been forgotten.

Cyr's last match was with Hector De Carrie, another French-Canadian whom he beat decisively.

Cyr was a giant. He weighed in his prime 315 pounds, all solid muscle. His upper arm measured 22¼ inches in circumference. His forearm was 19½! Each thigh was 33 inches around and the calves 28! His normal chest measured 59½ inches while his waist was 47. Louis was 5 feet 10½ inches tall.

Louis Cyr died on November 10th, 1912. Throughout the Province of Quebec flags flew at half-mast. Every Cathedral bell tolled in reverence for her distinguished son. The world of iron will never forget "Our Louis," honest, fearless, ever ready to prove himself, and, unbeaten, he was "the Strongest Man that Ever Lived."

Today, in the little town of St. Jean de Mathis, some fifty miles from Montreal, there is a museum of Cyr lore. Many of his dumbbells and kettle-bells are there. His posters announcing his appearance on the stages of theatres throughout the world, thousands of photographs, his lifting costumes, his sandals, in fact all the Cyr regalia. It is owned by Dr. Ammou, Louis' son-in-law, who is at present working on a true biography of the illustrious Louis. Mrs. Cyr is still alive, hale and hearty. There are many stories told of Mrs. Cyr, who was the exact opposite of the giant Louis, who weighed over 300 lbs., while the Madame weighed scarcely 100! For a while the Cyrs operated a tavern in Montreal and when Mme. Cyr desired to go shopping she would come along behind the bar where easy-going Louis would be talking with customers and say, "Louis, si'l vous plait." Louis, without stopping in his conversation, would hold out his huge hand, Mme. Cyr would sit on it and Louis gently lifted her over the bar, practically holding her at arm's length the entire while and set her down on the other side!

They say opposites attract, for Louis was not the only strong man of old with a tiny wife. Apollon, the French giant, well over 300 lbs., had a wife who weighed alightly over 100!



LOUIS CYR



FRANZ BIENKOWSKI

F RANZ "CYCLOPS" BIENKOWSKI, the giant Pole, was said to have the strongest grip of any man on earth! Certainly no one (actually there are only three others on record) could break coins as easily as he. For years this feat was considered impossible, or if it was accomplished, old coins worn thin were used, yet Vansittart demonstrated at a strength show he could snap a franc in two! (A franc is larger than an American 25c piece but smaller than the half dollar.) John Gruhn Marx and Noel were the other men said capable of breaking a coin, but Cyclops not only broke a few, he broke hundreds of coins, coins of all different countries, even the heavy English shilling broke under the pressure of his steel fingers. He could burst a tennis ball with one hand and at lifting thick plates with only the pinch grip no man was his superior.

The match between Cyclops and Cyr had all the marks of an old time melodrama, where Cyclops, performing in Montreal during Cyr's absence, boasted that he was the strongest man in the world and that Cyr had left town on learning that he, Cyclops, would arrive and Cyr, breaking up his show in Worcester, Mass., taking the first train to Montreal to walk down the aisle of the theatre just as Cyclops was underrating the strength of Cyr. But that is another story we will tell some time.

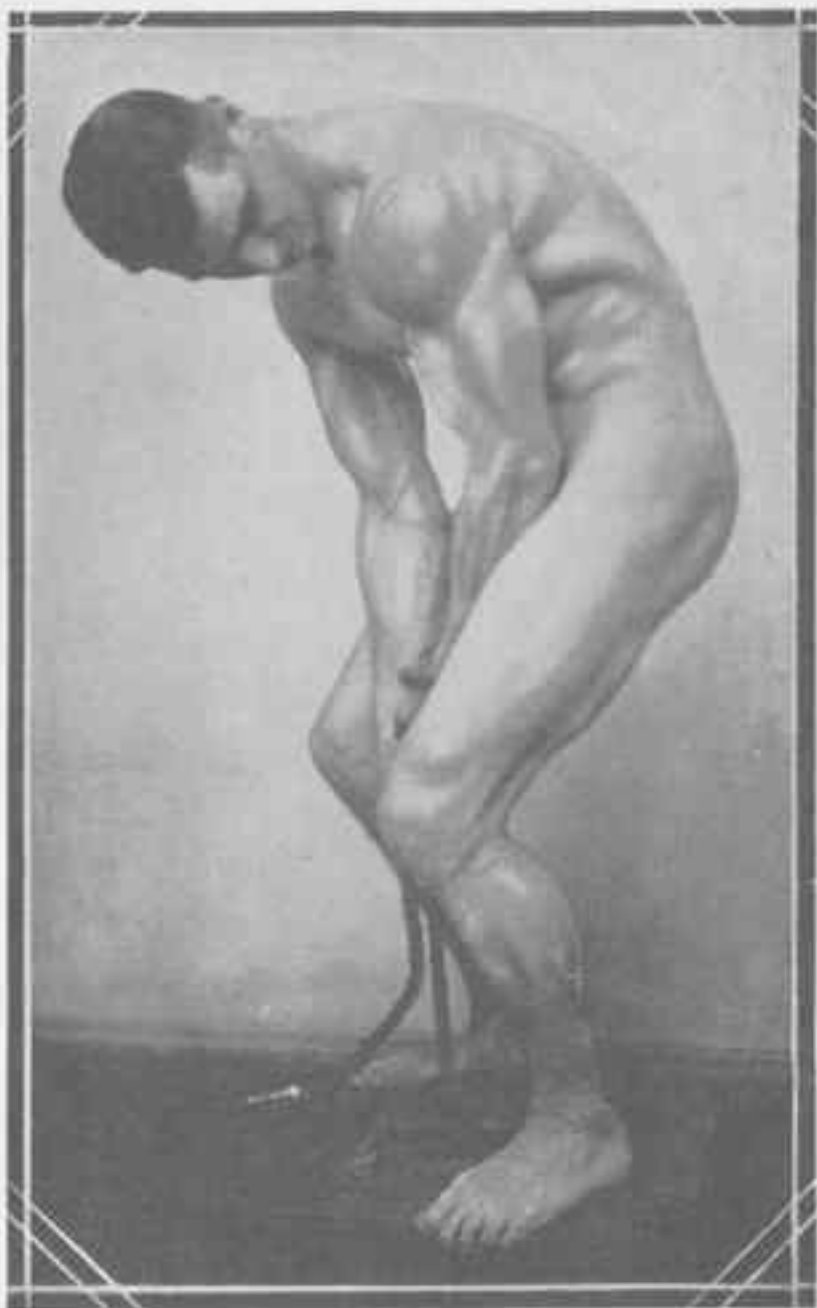
Several of the coins Cyclops broke now rest in the world-famous strength museum of Prof. DesBonnet in Lille, France.

A DOZEN or so years ago Charles MacMahon of Camden, N. J., was the best known writer on subjects of strength, development and iron men personalities. The public first came to know him when he, along with Matysek, illustrated exercises for the old Milo Company. MacMahon had a perfect build of the medium type and all his poses were pieces of artistry. For a while he posed at the Philadelphia Academy of Fine Arts.

MacMahon branched out in the strength business for himself, starting up a cable and mail order cable course company. For a while he was the closest competitor to Earle Liederman, who operated then what was the largest mail order health company in the world.

While he didn't practice the popular lifts of today he excelled at back and harness lifting. At a bodyweight of 175 pounds on several occasions he made a hand-and-thigh lift close to 1,500 pounds.

He was considered a master of the bent press in style. Photographs of his form have been used for years to instruct novices at this difficult lift. He usually performed with about 200 pounds, using odd-shaped and difficult to balance barbells. He is one of the few men in this country to press Pierre Gasnier's unwieldy dumbbell.



CHARLES MAC MAHON

GEORGE HACKENSCHMIDT, the Russian Lion, was born in Dorpat, Russia, on August 2nd, 1878, of parents of Swedish-Russian extraction. No man won more honors, held more records, than did the Russian Lion. When only fourteen years old he won a gymnastic competition. At the same time he did a running broad jump of 16 feet, a running high of 4 feet 7½ inches and pressed a 36 pound dumbbell 21 times. At college he studied to be an engineer but the Fates had different plans.

He was already a good weightlifter, he actually started when 12 years of age, and won many prizes for cycling in Reval. At 18 years of age he pressed 214 pounds with the right hand. He curled 125 pounds with the right and 119 pounds with the left! At this time he had his first wrestling bout and his first opponent was none other than George Lurich, holder of the world's one arm jerk record. Though Lurich had no trouble throwing Hackenschmidt, the young lad discovered he was the equal in strength to this famous weightlifter.

While working at his profession as an engineer he sustained an injury and went to the company's doctor. Visiting the doctor was the celebrated athlete and physician, Dr. von Krajewski, Physician to His Majesty the Czar. When Krajewski saw Hackenschmidt stripped for examination he at once realized that here was perhaps the strongest body in the world. Krajewski, a man of wealth, immediately invited the young engineer to live with him in St. Petersburg. For Krajewski had the finest private gymnasium and collection of weights in the world!

The doctor laid out a training program for Hackenschmidt based on his immense knowledge of anatomy and medicine. In a few months Hackenschmidt was breaking world's records! He military pressed 275 pounds, bent pressed 243 pounds and snatched 197 with the right hand. In 1898 Krajewski organized the first Russian weightlifting federation and all officers were members of Russian nobility. In the first Russian Championships Hackenschmidt took all honors. Krajewski decided to send him to Vienna to compete in the world's weightlifting championships.

At that contest were such notables as Turek, Bonnes and Meyer, yet Hackenschmidt won third place. He then decided to compete in the wrestling championships which were being held at the same time. Europe was amazed! The young Russian, completely unknown, won first place! Hackenschmidt decided to devote his entire life to wrestling using weightlifting to strengthen his muscles. The doctor agreed to this plan and how well it worked—the record books show that Hackenschmidt in over 2,000 matches lost only twice.

A clipping from the New York World Telegraph, dated May 5th, 1905, well describes Hackenschmidt's vigorous method of wrestling—"New York, May 5.—Gen. Hackenschmidt, the Russian Lion, defeated Tom Jenkins, the American champion wrestler, in two straight falls last night at Madison Square Gardens, in a match in which Jenkins was handled like a pigmy in the hands of a giant. Hackenschmidt broke holds as if they were the cluttings of a child.

"For half an hour the Russian Lion battered Jenkins without a moment's cessation. The older man's vitality began to ebb. Suddenly Hackenschmidt got a 'half-nelson' lock on him—both hands up under the chest and clasped around his neck. Inch by inch he twisted Jenkins over, still over, till both shoulders touched the mat. But Referee Hurst did



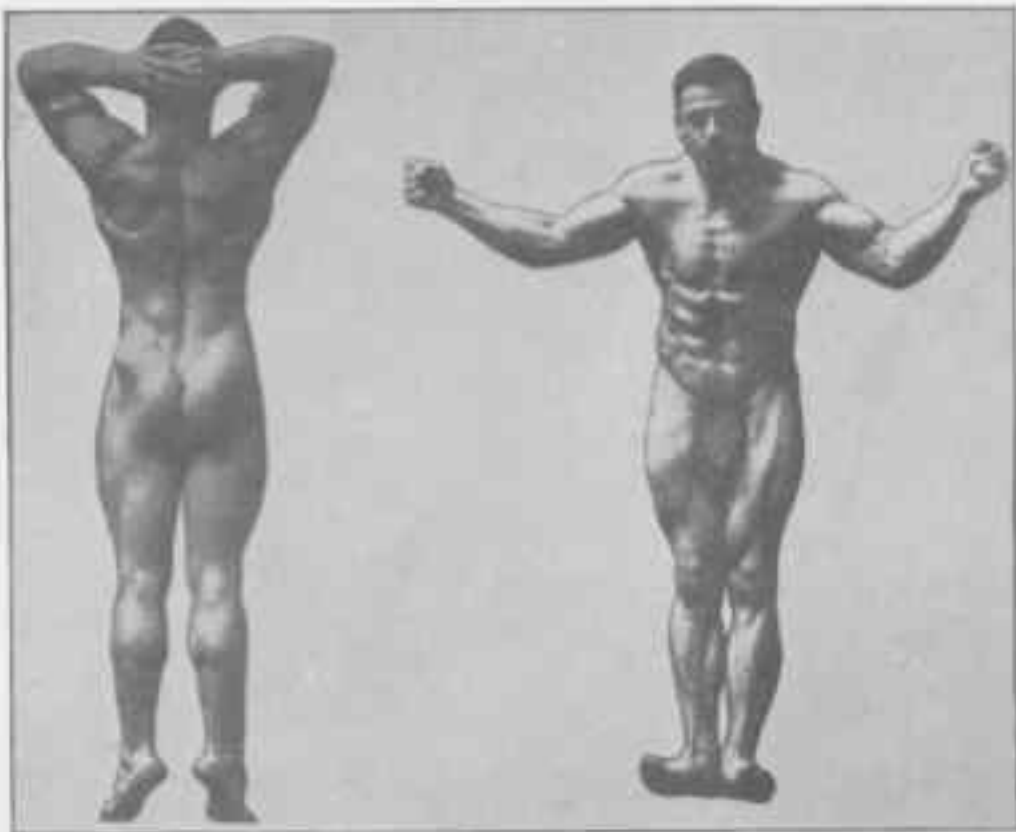
GEORGE HACKENSCHMIDT

not see the fall and signalled to go on. Within a minute Hackenschmidt repeated the feat, and this time he kept his man bored down until Hurst dragged him off. Time, 31 min. 15 sec.

"Tom was still tired when he came back fifteen minutes later for the second bout. Patiently, bravely, unflinchingly, almost hopefully, he put forth all his cunning and strength. Once, as they stood face to face, Hackenschmidt seized Jenkins under the arms and whirled him around in a furious waltz. The body of Jenkins stood out straight, his feet pointing at the horizontal. Twice thus around he went; then Hackenschmidt slammed him down on the floor. Tom wriggled around so that his shoulders did not touch the mat. It was a wonderful exhibition of quick thinking under adverse circumstances. But Tom's bolt was shot. No mere human giant could last under the awful strain of handling Hackenschmidt. After 22 min. and 4 sec. the Russian again put Jenkins down with a 'half-nelson.' Poor old Tom was hardly able to walk out of the ring. Hackenschmidt dashed away as briskly as ever.

"I would like to have thrown him quicker," he said, "but several times when I had good holds on him he turned very white and I was afraid of hurting him, so I let up."

Today "Hack" lectures at universities throughout the world on the subject of Philosophy. Recently he completed a series of lectures at Princeton then left for his farm on the French Riviera.



MAXICK

IN the month of July, 1882, there was born in a little Bavarian village a weak and sickly child, a victim of rickets, dropy and lung trouble, despaired of by his parents and doctor. He was too weak in resistance, they thought, to even survive the normal hardships of life. Incredibly enough, his name was Sick; Max Sick.

Yet this same Max Sick became the world's most muscular man, lived to a ripe old age and set some of the most astonishing lifting records and originated the art of muscle-control. Discovered and brought to England by Tromp Von Diggelen, who changed his name from unstrongman-like Sick to Maxick, he was the third man to elevate over double bodyweight. (Whur and Arco preceded him) when he did 322½ weighing only 145.

His best lifts, so far ahead of the rest of the strength world that few believed them, were: Press 231, snatch 220, one hand clean and jerk of 211. It took 25 years for his press record to be broken (Fein with 238), 12 years for the snatch to fall (Rheinmuth with 222) and 14 years to break the one hand lift (Aeschmann with 214½).

Maxick's measurements were: Weight 145, height 5 feet 4½ inches, chest 40½ inches (normal), 45 inches (expanded), biceps 15½, forearm 13 and thigh 23.

Maxick was one of the earliest, and best, exponents of the modern style of weightlifting, though when he entered the commercial field and tried to capitalize on his physique he claimed muscle-control was the secret of his strength and he only demonstrated with weights to prove his system! (What mail-order physical culturist does the same thing today?)

In Maxick's biography, he claims that seeing the strong man in a circus when he was just ten years old changed his entire life. The man, traveling under the name "Hercules" supported 25 adults on a plank balanced across his feet. After the show Young Max asked "Hercules" how he became so strong. The genial circus performer showed him his weights and Max went straightway home and fashioned for himself a set of barbells made of wooden handles and stone weights! When his father heard of this he smashed the weights with a hammer recounting to young Max the doctor's warning never to exert himself. Max stubbornly refused to accept his father and the doctor's admonishment and went away in the woods to train in secret. Such was the beginning of one of the greatest figures in the world of strength!

At present Maxick operates a gymnasium and health studio in Rio de Janeiro and has lost none of his amazing physique.

THEY called Carl Abs the "German Oak," and rightly so, for this early weightlifter and wrestler, a former carpenter, won both the lifting and grappling titles of Germany. He was born in Mecklenburg in 1851 and didn't start wrestling till 31 years of age and at 33 tried his hand at lifting. He should set an example for those who think one should start (and finish) their sports early.

Abs weighed 245 pounds, stood 5 ft. 11 in. tall, had a 49 in. chest and 17 in. biceps. In 1883, after only training a short while, he held two world's records: a continental and jerk of 331 and a one hand press of 242. He muscled out 88 pounds in each hand and performed three military presses one hand with 110 pounds. For a while he went on the stage and his best stunt was the lifting of an elephant weighing 1½ tons with the aid of a harness.

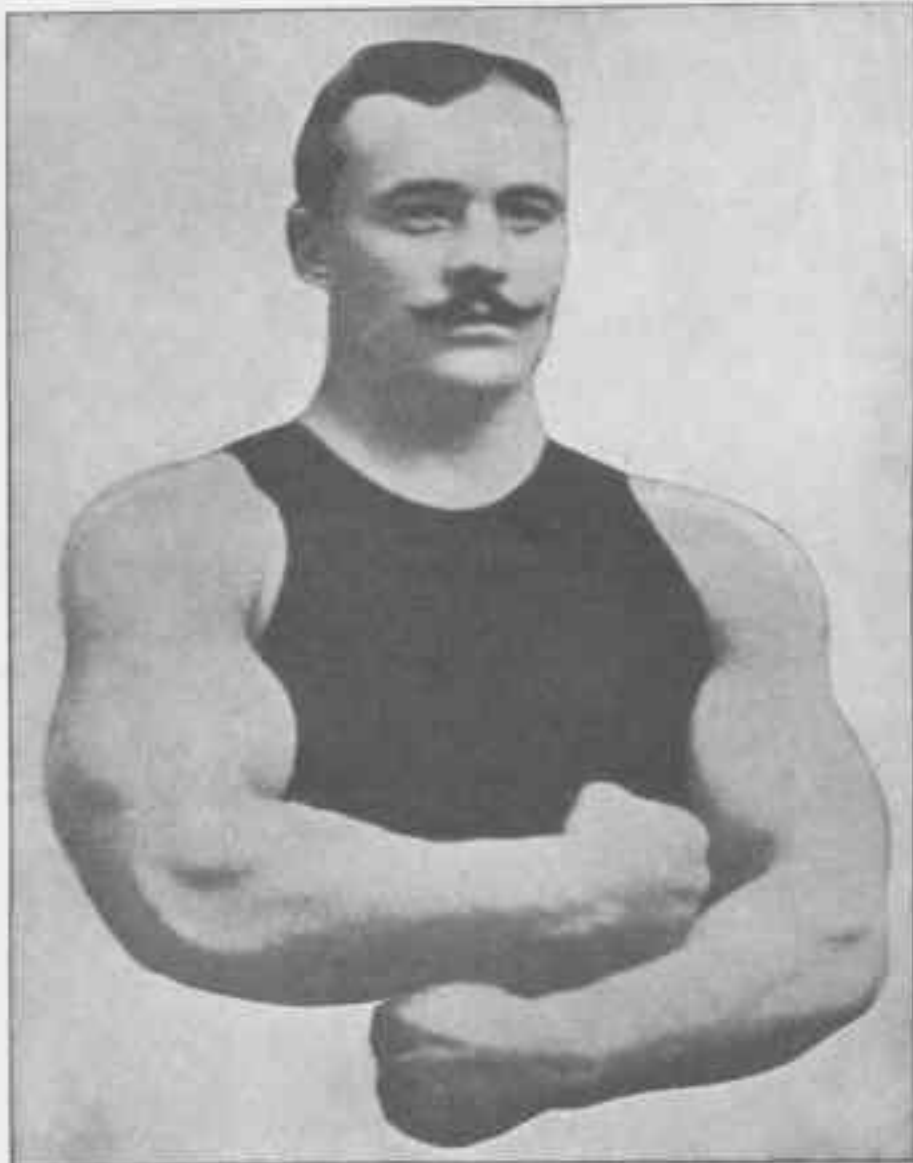
Carl Abs' daughter was considered the strongest woman in the world and with her father presented one of the most sensational acts on the stage.



CARL ABS

FEW men in this world ever possessed a larger upper arm than the Methuselah of Wrestlers, Stanislaus Zbyszko. The girth of his biceps was 22½ inches! Born in the same town as Otto Arco, for years his wrestling partner, Zbyszko, known as the Russian Bear, won, and lost, the Wrestling Championship of the World more times than any living man. Even Milo of Croton, never held his title as long as Zbyszko. He first won the world's championship in 1907 from Padoubny though he lost it a year later to Hackenschmidt. Since then he has regained and lost the title so many times few sports writers can remember the exact figures. He was the only prominent European wrestler brave enough to tackle Gama, Champion of India, though he lost the bout in ten seconds. It is said that Zbyszko never backed out of any bout. At past 60 years of age he wrestled for the championship of the world four times!

Wrestling and weightlifting are an excellent combination though together they do not always build a pleasing physique. Zbyszko had massiveness and perhaps the biggest muscles in the world but he failed to present a really beautiful physique except in his very younger days. On the other hand, Otto Arco, who trained at both, winning world's wrestling and weightlifting championships in his bodyweight class, had one of the most beautiful and symmetrical builds the world has ever seen. But the combination of wrestling keeps a man youthful well past 60. Both Arco and Zbyszko, each well past the three score mark, can hold their own with any of today's wrestlers half their age!



STANISLAUS ZBYSZKO

It is not a coincidence that Arco and Zbyszko both hailed from the same town in Russia; many pairs of prominent athletes have come from the same place. Perhaps the success of one inspires the other; for instance, Manger and Ismayr are both from Freising; Hussein, Nossier, Shams and Touni are all from Cairo; Grimek and Stanko both from Perth Amboy, N. J.

Strong men have always had a penchant for recounting just one feat or describing one set of muscles of their favorites. For instance Arco is best known for his abdominal isolation. When strength fans start talking about the "isolation" they almost automatically discuss Arco. When big arms are mentioned the name Zbyszko comes to the front, for Zbyszko had the largest muscular arm on record! With Apollon, it's the tremendous girth of his forearm. With Cyr it is his great back-lift (though all his lifts were so staggering any one would do). Yes, there are many athletes who are best known by their feats. There is Walter Podolak with his dead lift of over 650 pounds, then the world's record. Henry Steinborn with his deep-knee bend of 530 pounds lifted to his shoulders unassisted! Thomas Inch, the British strongman and his "unliftable" dumbbell; he offered as much as \$1,000 to anyone who could lift it from the floor, it weighed slightly over 200 pounds but the handle was so thick and unwieldy only Inch could do it. Charles Rigoulot for his clean and jerk of 402½ pounds, still 30 pounds ahead of the amateur record. Horace Barre for his shouldering and carrying of a barbell weighing nearly 1,300 lbs.! They best remember the huge Viennese Karl Swaboda for his incredible jerk to arm's length overhead of 440 pounds! (Four men lifted the barbell to his chest.)



OTTO ARCO

ROLAND MORGAN'S ancestors had been Americans for five generations back. He was born in Brooklyn February 21st in 1876. During infancy his parents died. Roland was placed in an orphanage. Not a very auspicious start for the man who was to become America's greatest back and harness lifter.

There was a childless couple in Brooklyn named Travis. Mr. Travis, a Civil War veteran, suggested they adopt a boy. Of excellent recommendations they had little trouble in making the arrangements and from the orphanage took home little four year old Roland Morgan. It was a joyous occasion; the Travises loved children and Roland was pleased with his new mother and father.

Mr. Travis had fought under General Kemple Warren, a man whom he much admired, and to his new son he gave that name. That he chose Lincoln as the boy's middle name reflected his staunch Americanism.

Warren Lincoln Travis first became interested in physical culture at the age of 12. At the age of 16 he was able to lift 2,000 pounds on a weight testing machine. When 18 years of age, at a bodyweight of 140, he lifted 21 men in the back lift! a total of slightly over 3,000 pounds! At this early stage he was lean and muscular yet he lifted 900 pounds in the Jefferson lift.

At the Brooklyn Athletic Club on April 10th in 1897 he started on his professional career. He weighed only 142 and lifted 3,450 pounds in the back lift, 3,260 pounds in the harness lift, a one finger lift of 545 pounds, and hand-and-thigh lift of 1,400 pounds and a teeth lift of 350 pounds! He performed the entire routine in less than ten minutes!

Weight training gave Travis a power that other athletes didn't have. He tried his hand at boxing and was a sparring-partner for Dan Credon, "Kid" Lavigne and "Kid" McCoy. Fight promoters tried hard to get Travis to enter the ring professionally but he preferred to become a strong man. It was a wise choice for the three above mentioned have passed and gone, finished at the age of 30, while Travis is still as hale and hearty as ever.

In 1918 the Police Gazette sponsored a weight-lifting contest open to all comers. Travis, at the age of 42, easily won, doing a back lift of 3,657 pounds, a harness lift of 3,583 pounds and a hand-and-thigh lift of 1,498 pounds!

It will now be opportune to consider what Travis was capable of lifting in his prime. That was in the period from 1906 to 1909 when he was from 30 to 33 years of age, and at which time he weighed from 180 to 190 pounds. An old copy of the Police Gazette shows that Travis, on November 1, 1907, at the Brooklyn Athletic Club, in front of numerous athletes and strength-authorities of the time, made the following lifts, his bodyweight being 185 pounds: Back lift, 4,140 pounds; harness lift, 3,985 pounds; hand-and-thigh lift, 1,778 pounds; two finger lift, 1,105 pounds. In all these lifts iron was used. The back lift is the highest authentic record known, of actual weighed iron. The two finger lift is likewise a heavyweight world record. Four days later, on November 5, at the same place, he did a one finger lift of 867 pounds. In this style of lifting he used a tight "finger-ring" padded, and rested the lifting hand about halfway up on the thigh.



WARREN LINCOLN TRAVIS

Although the foregoing back lift may be taken as Travis's official best, informally, on several occasions, he improved even on it. For instance, he once lifted 25 men in overcoats on his large back-lifting platform, which weighed 365 pounds. Even if one assumes that the men, thus dressed, averaged only 155 pounds each, the total lift would have come to 4,240 pounds. And on at least two other occasions he lifted a number of men whose weights, with the platform, he is convinced reached close to 4,200 pounds. This confirms his back-lifting ability, and shows that his 4,140 pound lift of iron was no fluke. On perhaps half a dozen occasions he back-lifted 4,000 pounds or more; the first time being on February 4, 1904, when he lifted on a machine (scales) exactly two tons. This was at the old physical culture studio operated by Anthony Barker.

Now, at the age of 65, Warren Lincoln Travis, Dean of American Strongmen, still performs daily at his show at Coney Island and he always enjoys talking "weights" with young strength fans.