

## STRONG MEN ON PARADE

(Continued from page 31)

in the showmanship appeal; when John took the horseshoe he did not apply his strength in the same manner as the tug-of-war volunteers. Grun twisted one end of the shoe towards himself and the other end away from himself; by twisting and wrenching he was able to break it in halves. The two pieces were passed around the audience for inspection until they fell in the hands of some souvenir hunter.

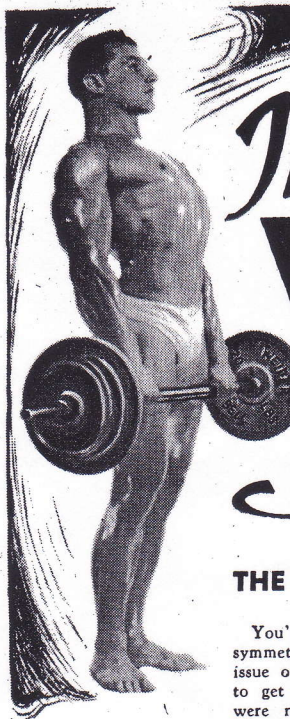
After their American contracts expired the Brothers Marx went to England where John's fists got him in some expensive trouble even before they had secured engagements. It was the result of a plan to get some free publicity.

Although Sampson had been defeated by Sandow he was still defying the world with his challenges. The Brothers Marx decided to use Sampson as a stepping stone to fame. As soon as Sampson's challenge had been delivered, up on the stage they jumped accepting the challenge. Sampson started putting on his act (not his regular strength act) to get rid of them; he strode up and down the stage delivering a speech of indignation and worked himself into a frenzy—a duplication of his actions in l'affair Sandow. It might have gone over, along with the excitement he was creating, but he made the fatal mistake of directing some of his insults personally to John Grun. Big, genial John took it up to a certain point, retaliated with a mouthful of his own choice adjectives and zingo!!!!—his big fist caught Sampson on the jaw and laid him flat, and out, on the stage.

John was led off by "the law", Sampson returned from slumberland and preferred charges with the result that Grun had to bow to English justice to the tune of Fifty Pounds.

They worked together as the Brothers Marx but in time the combination split up and John worked a single strong man act. Grun achieved great fame in Europe and in England. He was a genuine strong man and his fame spread where ever strong men gathered and we will read all about him in another "Parade" article in a story devoted to "John Marx, Champion Athlete of the World".

OCTOBER, 1947



# The Famous WEIDER BARBELL System

**THE ROYAL ROAD TO PHYSICAL PERFECTION**

You've admired the wonderful muscularity and symmetrical contours of the models you see in every issue of this magazine, and you wish you knew how to get a body like theirs. These muscular marvels were not born that way, as most people imagine. Most of them started with perfectly ordinary bodies, and they deliberately and gradually developed the powerful arms, mighty chests, classic torsoes, and shapely legs they now possess. And all of them followed the same method—progressive barbell and dumbbell exercise. For 40 years, barbell training has been producing muscular marvels throughout the world. It has become recognized by physical trainers as the safest, surest and most scientific method ever devised for developing the muscles of the human body. Leading medical authorities have recommended it highly in recent books. It has superseded all other methods.

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But in order to succeed in barbell training you need expert guidance. You need to know the best exercises, and the most result-producing methods of using them. Now at last we offer you just that, in the new Weider System, the latest and best of all barbell courses.

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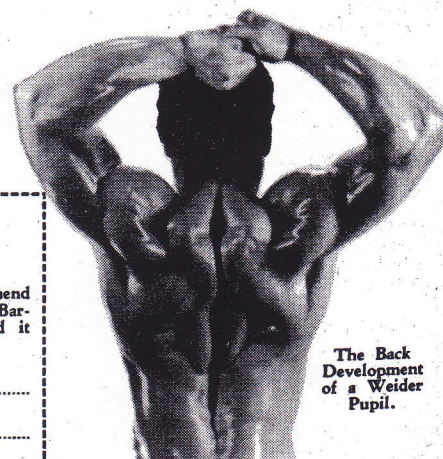
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