

At his physical prime, Cadine stood 5'6" in height, weighed 200 lbs., and possessed 17" upper arms, 46" chest, 14" forearms and powerful 25½ thighs.

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# HOW STRONG WAS ERNEST CADINE?

BY DAVID P. WILLOUGHBY

An outstanding Olympic Lifter, he helped revive our beloved sport in the dark days after the First World War. Impressive of physique, powerful of muscle, Ernest Cadine is truly one of Weightlifting's GREATS.

■ Between present-day weight-lifters and those who can, or could, be fairly called "old-timers", there was an intermediate generation who were in their prime just after World War I. This latter group may be credited with having revived the "Iron Game" after its practical demise during the years 1914-1918. In this group were such famous performers as Hermann Görner, Karl Mörke, and Henry "Milo" Steinborn, all of whom became professionals in 1921. But the outstanding performer in the Olympic Games of 1920 (in which Germany and Austria did not participate) was the French lifter Ernest Cadine. The probability that any one of the three aforementioned heavyweights could have surpassed Cadine's lifts, had German lifters been permitted to participate in the Games, should not be used against Cadine, since his showing against those who *did* enter, at least, was so spectacular as to give the sport a much-needed "shot in the arm." For the benefit of younger readers who may not have heard about Cadine at all, let us go over his athletic career from its beginning.

Ernest Cadine was born on July 12, 1893, at St. Louis, a town located just a few miles north of Paris. His parentage was, I believe, French-Italian. The first mention of his athletic promise was in

← As an amateur lifter, before he reached his maximum bodyweight or power, Cadine weighed 170 and had a 16" upper arm. He was Olympic Champion in 1920.

