



Here is the imposing physique of Joseph Steinbach the great Austrian lifter. Standing 5' 10" tall he weighed over 250 pounds, with 50" chest and 18" upper arms. 47 years ago, he pressed 328 pounds. No wonder his fame will never die.



Direct from the Pages of Weightlifting History comes this remarkable story of the Old Time Strong men. Written by an eye witness to the deeds of Power performed by the Greats of the Strength World, this enthralling tale appears for the first time in any publication. Steinbach . . . Swoboda . . . Witzelberger . . . Tofalos . . . Saxon . . . Maxick . . . Gorner are brought before you in Mighty Parade.

PART I

■ Last year John Grimek wrote me:—"If I ever come out to South Africa one of my chief reasons would be to hear some of those wonderful stories which you can tell." Of course, the one and only John Grimek was referring not only to my stories of the very many wonderful "Men of Might" I have known, but to the hair-breadth escapes I have had while elephant hunting, and a few close calls with wounded lion and buffalo. Yes, after John had won the "Mr. Universe" title in 1948 (I was one of the judges) we got to know each other pretty well and he, George Hackenschmidt and I told each other many a good yarn. To listen to Hackenschmidt talk about his amazing career is something out of this world, for he has defeated all the great wrestlers I knew in my early days, and the way he tells of his victories over such giants of strength as Madrali, etc. is really entrancing. There is a complete absence of conceit; his accounts are just plain statements of fact and never was there a less conceited man than the REALLY great "Russian Lion." Despite my great experience of Strongmen over the past fifty years he will always remain, in my opinion, not only the greatest wrestler of all time but also the greatest heavyweight "athlete." He was not as strong as Görner, but his whole appearance and his all-round athletic ability and "quality" struck me as beyond belief when I first met him (when I was only a lad of 16) and this impression has never been altered by anything I have seen in the fifty years I have been so intensely interested in "Men of Muscle." My three protégés Josef Steinbach, Max Sick and Hermann Görner were all world-beaters; Görner and Steinbach were both stronger than Hackenschmidt, and Max Sick was more "wonderful", but nevertheless none of the three had that really terrific "class" that made such an unforgettable impression on my mind.

These reminiscences are coming to you, dear Ironmen of the World, because Joe Weider in a recent letter happened to say:—"I know you have much information about the old timers and I am sure our readers will like to read about your experiences, etc." Well, friends, if I bore you don't blame old man Tromp. Just write and tell Joe that you want to throw a brick at me, I'm thousands of miles away from the U.S.A. so the brick will have to be a "flying saucer."

Perhaps it will be a good plan to *(Continued on page 54)*

Another personal friend of the author's was the great Karl Swoboda, shown here with a group of friends having just jerked a heavy weight overhead.

Of George Hackenschmidt, the Russian Lion, the author gives the title of the "Greatest Heavyweight Athlete" during the past 50 years. Shown here, at far left with Karl Swoboda, Karl Deniger and F. X. Markones shortly after his retirement from competitive athletics.