

The Saxon Trio were undoubtedly the strongest group of strength performers of all time. Many of their feats have never been duplicated. Read about the heavy plank they used to stump other strength stars.

## IN THE World of Strength

travelling family. For these two people he had the fondest regard. Always shabbily dressed himself, he insisted that the niece wear neat and respectable raiment. When the finances were low he absented himself from the family board—on pretense that he was not well.

One would imagine that such a man would die unhonored and unsung; not so in Raulin's case! He died in a Paris hospital, 1899, from varicose ulcers. He had certain qualities that had endeared him to his professional contemporaries and earned their respect. His casket was hidden beneath the floral offerings of his friends and a host of wrestlers, strong men and other athletes attended his funeral.

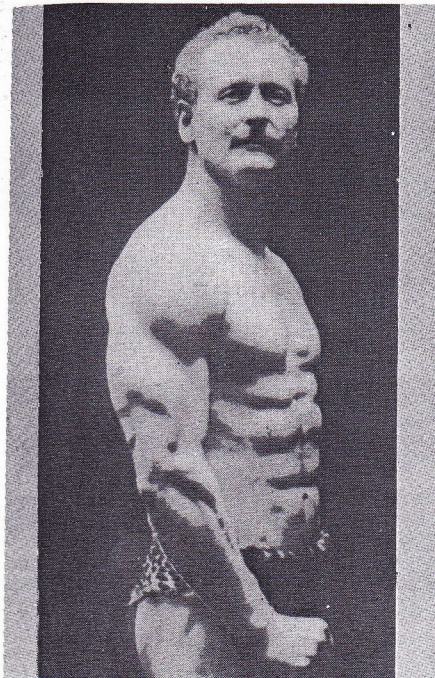
Eugen Sandow was certainly the opposite of Raulin Jeune in every way, shape and manner. Sandow was the personification of dignity. Probably it is on account of this that I am prompted (in a spirit of harmless perversity) to relate the following story. The incident happened during his American tour, 1893, in Chicago, where he was scheduled to appear at the Trocadero in connection with the exposition being held there at that time.

The morning after his arrival, Flo Ziegfeld, who later became famous as the glorifier of the American showgirl, accompanied Sandow to the exposition grounds. Ziegfeld insisted that the Prussian strong man take a tour of the grounds in one of the wheeled affairs used for that purpose. Sandow made some strong objections and only agreed because Ziegfeld's insistence was stronger. Ironically enough, a hunchback was appointed to push him around.

What happened to Sandow as a result of this shouldn't have happened to a dog. His dignity took a ker-flop. The following day the newspapers came out with a story of the incident with a headline in bold type:

**"THE STRONG MAN TOO STRONG TO WALK."**

Only a few years later, 1895, a very famous strong man appeared in my home town, Salem, Massachusetts. Just to keep things straight, I wasn't born yet. He appeared in Salem May 14-20 and the local newspaper came out with a headline, A STRONG GIANT, and the following story: *(Continued on page 13)*



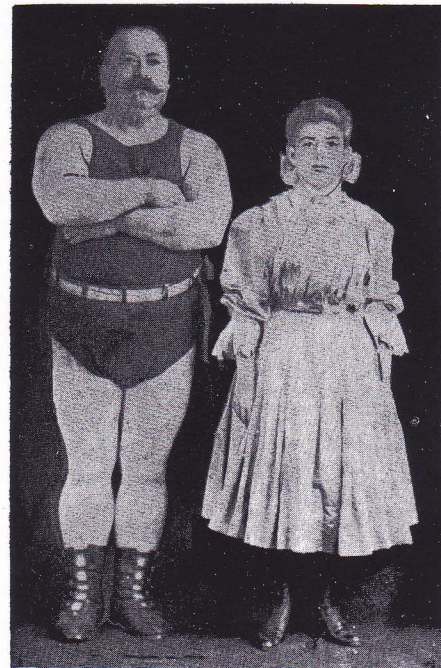
The author says "What happened to Eugene Sandow at the Chicago Exposition in 1893, should not have happened to a dog!" What was this humiliating incident?

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"Louis Cyr at Lyceum Hall. He weighs 300 pounds and more, and looks like Atlas. He tosses 50 pound dumbbells like boys toss baseballs. He picked up a barrel of wet sand, weighing 314 pounds, and held it on his shoulders until four men lifted it off. With harnesses he lifted weights that a dozen men couldn't budge. Even two horses couldn't pull him off his feet. His brother Peter, 21 years old, also performed. He will be a strong man, maybe as strong as me when he grows up.' So gigantic Louis said as he watched his little brother perform."

Somebody, some reliable person, or persons, should come out of their ivory tower and tell some of us guys who have never seen certain much publicized feats of strength performed, just how they were done. What was the modus operandi? Right now I am referring to the shouldering of barrels (loaded with sand or what not), not only with two hands but also with one. Up to now I didn't want to take a chance exposing my stupidity any more than I have to, but, by golly, if it perplexes no less a guy than the CHAMP himself, Johnny Davis, than who am I to play coy?

A barrel is a very bulky affair, as all must admit, and how it can be manipulated (weighing three and four hundred pounds) to get it on the shoulder, is something that I want to learn about. Twenty-five years ago, give and take a few years either way, Arthur Dandurand, the Canadian strong man, met and defeated a much younger opponent, Al Manger, former heavyweight champion of the United States. One feat I always remember in connection with Dandurand was his ability to lift a Ford engine weighing 406 pounds, from the ground to his shoulder. Many strong men met in competition. *(Continued on page 15)*



A rare photo of Louis Cyr and his daughter, taken after Cyr had passed his peak in power, but was still active as a strength performer. Today, many years after his death, Cyr is still referred to by many, as "The Strongest Man Who Ever Lived!"

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with Dandurand and failed to duplicate this feat. I had a picture of him with the engine on his shoulder (not nearly as big as a barrel) and judging from the picture (which has been lost) it seemed to be a feat in itself to find room to hold the engine on one shoulder. It seemed to be in bulk about equal to a beer-keg. Will someone please enlighten me about lifting barrels? We'll use it in this department.

That's how some of the old-timers took their place in the world of strength—by such prodigious feats of strength. Most of us are not endowed with the constitution of a bull so we have to build up to certain strength capabilities. In order to do that, one of the things we have to watch out for is what goes in to our stomach. I wrote previously about the poisonous adulterations being used in bread for various reasons. I am glad to report that the Food and Drug Administration of the Federal Security Agency, after hearings stretched out over more than ten years (that's YEARS, not months), and involving 17,000 pages of testimony, has issued standards for five leading varieties of bread used in the nation.

The standards have the force of law and became effective August 13, 1952. They cover raisin bread, whole wheat bread, white bread, enriched bread and-milk bread. All bread of these varieties which is shipped across state lines must be produced in conformity with the standards. Chemical "softeners" were excluded from the list of permitted ingredients. All other varieties of bread are required to have a complete list of ingredients on their labels. More than 30 materials are excluded by the standards.

Steve Massios who is at present in the U. S. Navy just dropped in to see me as I was in the midst of writing this. He was looking fit and strong and in good *(Continued on page 48)*