

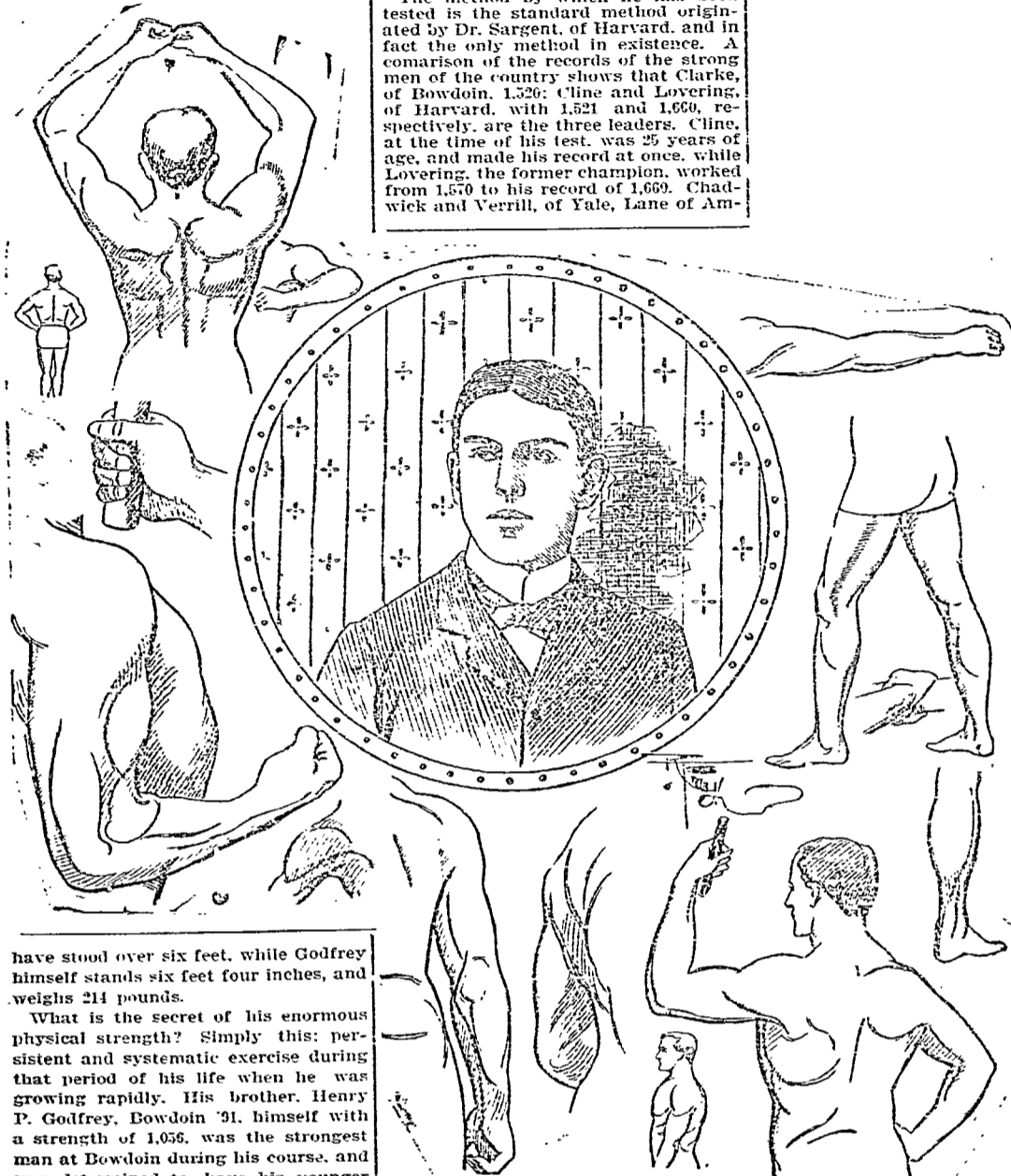
Strongest American Amateur

TO be the strongest man in the United States, according to actual and accurate strength tests, is something of which a man may well be proud. Such a position Edward R. Godfrey, a Junior at Bowdoin College, Brunswick, Me., holds, he having defeated a former holder of this championship by a full 56.1 points. Born at Bangor, Me., December 27, 1877, of a family of giants, he is a giant himself. For generations his ancestors have weighed above the 200-pound limit, and

chester and Maine meets he will capture first places with ease. His career is an ever rising one, he never takes a backward step. His great number of trophies, medals, badges, cups and plates is most interesting, and his rooms are completely covered with them.

His strength tests, however, are of the greatest importance because he here has broken all previous records by a large margin. When he first entered college he made a record of 1,121 which broke the college record held by his brother of 1,056. These figures denote the total lifts and pulls of different muscles of the body in kilograms. From that time until his last test he has steadily improved, climbing from 1,121, to 1,317, 1,340, 1,566, and finally to 1,716.1, his present, and the world's record.

The method by which he has been tested is the standard method originated by Dr. Sargent, of Harvard, and in fact the only method in existence. A comparison of the records of the strong men of the country shows that Clarke, of Bowdoin, 1,526; Cline and Lovering, of Harvard, with 1,521 and 1,660, respectively, are the three leaders. Cline, at the time of his test, was 25 years of age, and made his record at once, while Lovering, the former champion, worked from 1,570 to his record of 1,669. Chadwick and Verrill, of Yale, Lane of Am-



BOWDOIN'S STRONG MAN, EDWARD R. GODFREY.

have stood over six feet, while Godfrey himself stands six feet four inches, and weighs 214 pounds.

What is the secret of his enormous physical strength? Simply this: persistent and systematic exercise during that period of his life when he was growing rapidly. His brother, Henry P. Godfrey, Bowdoin '91, himself with a strength of 1,056, was the strongest man at Bowdoin during his course, and was determined to have his younger brother an athlete also. Beginning at the age of 8, young Godfrey began his systematic exercise for 20 minutes, morning and evening, with a pair of three-pound dumb-bells. For seven years he continued this, missing it less than a dozen times. Moreover, he took long walks of from 20 to 30 miles each week, and when the seasons were suited swam regularly over a course two miles in length. In this way he laid the foundation for his remarkable physique, and at the age of 15 weighed 200 pounds and stood a full six feet four inches in his stocking feet.

Persistence is the chief characteristic of this young man, and it is well shown in his seven years of training. He never was allowed to overwork, and, therefore, always preserved his health perfectly. At the age of 15 he joined the Y. M. C. A. of his native city and commenced regular work in its gymnasium, which he continued until his college course began. Here he became proficient in tumbling and horizontal bar work, performing the "giant swing" with the greatest ease, a remarkable feat for a man so large.

His athletic career has been one of note and bids fair to become more so inasmuch as he takes a perfect care of himself and never overdoes anything. At the Bangor High School, in the spring of '94, he broke the record in the shot-put, at the Maine Interscholastic games; in '95 he broke his own record of the previous year, putting the 16-pound shot 55 feet 7 inches, this being the present record. He also broke the hammer-throwing record with 101 feet 8 inches, and the standing-high jump with 4 feet 7½ inches. He played right guard upon the Bangor High School team and was a player of great promise, but owing to family interference his career as a footballist was terminated suddenly.

His athletic career at college is of especial interest. At the college indoor meet as a Freshman he took first place in the shot-put, also at the spring college meet, with 38 feet 6 inches. The same spring, at the meet of the Maine Intercollegiate association, he won first place in this event, and established a record of 37 feet 3 inches, yet unbroken, and he also won a place in the hammer-throw. The surprise of the season, however, was at Worcester, at the meeting of the New England association, where he easily defeated Smith, of Brown, who held the record for the three years previous. Godfrey here won first place and broke the record with 38 feet 6½ inches in the shot-put.

Last spring he again won first place at Worcester with 36 feet 9 inches. At the Maine meet he broke his former record with 37 feet 5 inches. As to his shot-putting and hammer-throwing abilities of the future it can safely be said that he will outdo himself. At the Mott Haven games to be held next spring, where he probably will enter, he will be heard from, and at the Wor-

chester, and Nash, of Tufts, have all taken the tests and made high scores, but Dr. Sargent refuses to allow their tests because they were not properly conducted, the time limit being disregarded, a most important item. Thus Godfrey, at the age of 19, has been able to distance all competitors.

His strength record has not been finished. The same determination that carried him through seven long years of training at a period of life when most boys are flying from one amusement to another, at an age when steadfastness of purpose and pure grit are unexpected, this determination will again break his own record and place it at a point where it will remain unharmed for many years.

Godfrey is a perfect type of man. His large size is so evenly balanced by his well-developed muscles that he appears but little larger than a good-sized man. His physical development as a Freshman, though not his strength, was greater than at present. To show how he has gained in strength a few figures will be given.

	155.	1897.
Capacity of lungs	360.	409.
Strength of back	230.	342.
Strength of legs	310.	717.
Strength upper arm	465.	476.
Strength fore-arm	110.	183.

When a youth of 19 wears number 13 shoes, and number 10 gloves, his hands stretching two octaves lacking but two notes, for Mr. Godfrey is an accomplished musician, one would expect an ungainly, awkward man. With him, however, this is anything but the case, for he is much more graceful than one-half the men of the college who are of normal size. As a dancer he is a success, the only difficulty being that partners are apt to be a bit short to make dancing comfortable for him. Nevertheless, he is prominent in college and Bangor society.

It is unnecessary to say that when a Freshman he was undisturbed by the puny Sophomores, and many a time were his less gigantic classmates protected by him from harm. Godfrey is a member of the Delta Kappa Epsilon Fraternity. He is abstemious, neither smoking nor drinking, tea and coffee even being debarred. After graduation from Bowdoin he expects to study law at Harvard, for as a student he is very successful.

ians. How could a Mussulman murder Armenians merely on account of their religion, when the Koran prohibits cruelty, and requires that all men who believe in God shall be protected, except during war?

"One of my ancestors—Selim I., the grandson of the conqueror of Constantinople—once thought that his empire would be stronger if all the subjects professed the same religion. Some disturbances raised by the Christian races caused him to ask the Sheik-ul-Islam if it would be lawful for him to kill all Christians who refused to be converted to Islam. The Sheik issued a fatwa, in which he answered that it would not be lawful, and that Christians who were peaceful must be protected. So Selim respected the fatwa. Fire-worshippers and idolators alone have no right protection, and Mussulman are prohibited from eating meat cooked by such people."

The Sultan then decided many evidences of the favor and partiality extended to, and of the confidence reposed in, the Armenians by himself and by former sultans, to show that their religion was not the cause of the recent misfortunes.

The Sultan more than once repeated his declaration that no Christians had ever been persecuted by his government or people for their religious faith, and that their churches and monasteries, which have stood from the early ages of Christianity, had been respected, preserved, and worshipped in; that they had always selected their own Patriarchs and Bishops, and were always protected in the full enjoyment of their religious freedom.

Referring to the massacres, he said: "The truth, unfortunately, is never published in Christian newspapers about conflicts between my Moslem and the Christian subjects. Though no true Mussulman will ever punish any man on account of his religion, if he worships God, yet, when people bind themselves together by their religion, and then use it to destroy the Ottoman Empire, a different question is presented. While Christian Europe was excited against the Ottoman Empire about excesses committed by its soldiers during the Greek revolution of 1827, it had no sympathy to bestow upon the butchery of 27,000 defenseless Turkish men, women and children, who were massacred in one city after its surrender."