

should have done about 230 pounds. Certainly he was pre-eminently adapted for this lift. In the squat, in view of his having done 188 pounds on one leg, he should have been able to do about 590 pounds using both legs. And it should be remembered that all these estimations apply to the period in which Apollon was in his prime. If estimated for today, the poundages would be substantially higher.

"Allo-Diavolo" (Eugen Jullien de Nozieres), an old-time French professional athlete who knew Apollon personally and worked with him for three consecutive seasons in the same circuses, informed me that Apollon had a 380 pound shot-loading barbell which he kept in the gymnasium of Paul Pons in Paris, and that he (Apollon) could clean and jerk-press this enormous weight. On one occasion, according to "Diavolo", Apollon performed the same lift with a 10-pound plate fastened to each end of the bell—making a total weight of 400 pounds! From his known abilities in one and two hand snatching, and bearing in mind the statement by Professor Desbonnet that he raised overhead at every performance the axle and car wheels weighing 367 pounds, it is just within the bounds of possibility that Apollon—to show some of his friends what he could really do—performed the 400-pound lift claimed by "Diavolo".

The following facts concerning Apollon's family life and personality I have borrowed from the writings of my friend and fellow-enthusiast, Leo Gaudreau:

"Apollon was married twice, had three daughters and nine grandchildren. For many