

WS

Question

LOWELL'S STRONG MAN EATS LIQUID FOOD

Louis Cyr Says That He Has Lived On Milk For Four Years—Sleeps Only Six Hours.



LOUIS CYR.

Louis Cyr, the strong man, has not eaten a particle of solid food for the last four years.

He drinks only milk, of which he consumes two and a half gallons a day.

For the past 19 years he hasn't touched a drop of liquor.

He never sleeps more than six hours a night. At 4.30 o'clock at the latest he is up and stirring.

He now smokes an occasional cigar, but it is only within the last 10 years that he knew what a smoke was. Till the age of 34—he is now 44—he has never touched even a cigar.

There are some of the details of Louis Cyr's life, which read like an entertaining story out of a book. This extraordinary man, who has beaten all known records of strength, is as good natured as he is mighty, and will talk entertainingly about himself whenever requested to, at the Merrimack house, where he is now staying for a while.

If you should feel so inclined you may go and try to live as this Canadian Samson does, and see what it will do to develop strength in you. He says his habits have done much towards making him what he is.

His enormous strength, however, he holds from his mother, who was six feet tall and weighed 275 pounds. His father was a man of ordinary weight and strength.

His mother thought nothing of carrying a 300-pound barrel of salt pork to a second story. She had four sons, all of whom were of extraordinary strength, though none equalled Louis. Pierre became the champion middle-weight lifter of the world. A sister of Louis Cyr is also a phenomenon in strength, like the mother. Her husband keeps a grocery store in Canada, and sometimes, when none of the men are around, she will load and unload barrels of flour, salt pork or molasses into a wagon all alone, as if it were play to her.

A niece of Louis Cyr, the daughter of Pierre Cyr, and who is now with him in Lowell, has inherited the Cyr strength. She is only 12, a slight, modest-looking little brown-eyed Canadian maiden, and yet has a terrible muscle, which can lift 500 pounds from the ground. Rosanna Cyr has now travelled three summer seasons with her uncle, giving exhibitions, but during the school term she attends the convent, and despite her public life and muscular feats has remained the typical convent-bred maiden, shy, reserved, low-voiced and gentle. She has a pretty little face, and the contrast between her muscular and mannish occupation and her own charming girlish personality is too amusing for anything.

The contrast between Cyr's own colossal strength and his lamb-like good nature is also a source of amusement to his friends. He would not hurt a fly, though the grip of his mighty fist would send an able-bodied man into kingdom come in a jiffy. As is invariably the case with giants he has a little wife who weighs 95 pounds, and everybody who knows the couple knows that she runs the house.

there. His manager was then Richard K. Fox of the Police Gazette, who issued a \$10,000 challenge to any one who could beat Cyr. In this tour, which lasted three years, Cyr met Sandow, Samson, Apollon of Paris, McKane Brothers, Donald Denny, Dan Sullivan, Ireland's champion, Romulus, the Italian champion, and defeated them all.

His passage through England, Scotland, Ireland and Wales on that tour was everywhere triumphal. When it was mentioned that he was a Canadian and therefore a British subject, he received ovations everywhere from the British public. Apollon, the champion of France, and Romulus, the champion of Italy, both came to England to meet him, and when he defeated them both, English enthusiasm knew no bounds, and Cyr had to keep awake nights to dodge the bouquets coming his way.

Cyr has come four times to Lowell during his career, and the feats he has performed here are marvelous. One has been to lift 25 men on a platform upon his back. Another is to keep his arms folded while a team of horses on each side pulls at them to wrench them apart. Another is to take a 314-pound barrel of Portland cement with one hand and place it on his shoulder without the aid of his knee.

His whole record, registered in the New York Clipper Annual is as follows:

Putting with one hand above his head 273½ pounds; back lift without harness 4500 pounds; holding out with one hand at right angles from the body, 133 pounds; pushing at full arm's length above the head a barbell of 347 pounds; hands alone, by the grip of the hand, no aid of the knees, 1898½ pounds; one hand lift without the aid of knees, 885 pounds; one finger lift off the floor, finger unprotected, 335 pounds; sweeping dumbbell either hand straight above the head, 188 pounds; holding out separately one dumbbell at each hand, right hand, 98 pounds, left hand, 85 pounds.

This record has never been beaten, and Cyr, on the strength of them, is world champion since 1885.

The trophies he has received are innumerable. Among those is a gold belt, worth \$1500, which has been given him by Fox. In 1894, upon his return from England, the city of Montreal presented him with a \$500 gold medal, Toronto, not to be outdone, presented him with a gold cane. He also has a gold medal which was presented him by the Montreal police for his services.

Cyr was ever a picturesque figure. Till a few years ago he always wore very long hair, hanging in curls on his shoulders. He is nearly six feet tall, weighs 308 pounds, and is always immaculately dressed, with a tall hat and fashionable clothes.

He takes two Turkish baths weekly, never omitting them. With these and constant dumbbell exercise, which he considers the best possible exercise, he keeps in trim.

Cyr used to be upon a time an enormous eater, till put upon the milk regime by his physicians four years ago. He ate six or seven pounds of meat a day. At one meal, he could dispose of one dozen eggs and three pounds of

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The contrast between Cyr's own colossal strength and his lamb-like good nature is also a source of amusement to his friends. He would not hurt a fly, though the grip of his mighty fist would send an able-bodied man into kingdom come in a jiffy. As is invariably the case with giants he has a little wife who weighs 95 pounds, and everybody who knows the couple knows that she runs the house.

This little wife of Cyr's has been on exhibition here with him, in one of his most showy feats. She climbed into a ladder, which he afterward supported on the tip of his chin.

He courted her here in Little Canada, for he was a Lowell boy and she a Lowell girl. He says that the other day he strolled by the place where she used to live for old time's sake.

He says he still looks upon Lowell as home, somehow, though he has been gone so long. He lived here from the age of 11 to 18 years, and it was here that his strength was first tested.

He worked in the Merrimack mill yard, when one day a truck carrying a 3200-pound load of mortar became stuck. Cyr, then 17 years old, placed his shoulders under the truck and lifted the wheels out. His overseers, who saw the thing done, then told him that if they had his strength they would not waste time working in the mill.

A year after, when he was 18, Cyr's girl went to Canada to live and Cyr then followed her there to get married, which he did at 18. He secured then a position on Montreal's police force, on double pay, to work in Griffintown, Montreal's Tenderloin.

He remained on the Montreal police eight months, during which he had enough experiences. Once he was attacked by seven ruffians armed with axes and sticks. He had already disposed of two of those by catching them by the nape of the neck and knocking their heads together into insensibility, when the chief arrived and captured the rest. His forehead bears the marks of the cuts received in this melee.

Cyr soon became famous through various feats during his stay on the Montreal street, and he shortly after that started to give public exhibitions.

A few years afterward he was world champion, having beaten all records and defeated all other Samsons in both Europe and America.

In 1891 was a period of greatest glory for Cyr, when he went to Europe and met and defeated every champion

He takes two Turkish baths weekly, never omitting them. With these and constant dumbbell exercise, which he considers the best possible exercise, he keeps in trim.

Cyr used to be upon a time an enormous eater, till put upon the milk regime by his physicians four years ago. He ate six or seven pounds of meat a day. At one meal, he could dispose of one dozen eggs and three pounds of steak. Upon the milk diet, he does not feel his strength diminish, for he beat all his own records upon his famous match with Decarie on Feb. 26 last.

He has grown rich of course upon his travels, for he never drew less than \$600 a week salary when under contract. But he still loves the life, and keeps up sport now for pleasure's sake. He gets ovations wherever he goes in Canada, also anywhere in the French centers of New England.

Cyr has a daughter, whom Lowellites have known as Emilliana Cyr, who was also of extraordinary strength and performed here with her father. She was married in January last to a Montreal physician, Dr. Zenon Aumont, and has now forever retired from the stage.

Cyr is now 44, and had it not been for Decarie, would probably be in retirement today. He had retired for a few years past, but was induced by the younger athlete to re-enter the arena, for the famous match which resulted in a draw at Sohier Park in Montreal, and which was witnessed by 17,000 people. Though not defeated, Cyr wished to bestow the title of champion upon Decarie, who, however, has not gained it yet. He is very enthusiastic upon the subject of Decarie, who he says is the coming strong man of the world.

Decarie is soon coming here, and both men are afterwards going abroad together, with J. O. Champagne of this city as their manager.

THE RINK

UQAM

*The Montreal Daily Star
9th of March 1907*

STRONGEST MAN DYING

Louis Cyr Near Death at St. Jean de Wethn

From Our Own Correspondent.
Montreal, Feb. 26.—Louis Cyr, the strongest man in the world, is dying of dropsy at St. Jean de Matha, a little village in this Province. Cyr is only forty-three years old.

**STRONG MEN
LIFT BELLS**

Cyr and Decarie Gave Private Exhibition, Miss Rosanna Cyr Assisting.

Louis Cyr, the world's great strong man and heavy weight lifter, and Hector Decarie, a strong man from Montreal, who can almost equal the feats of the great Cyr, gave a private exhibition yesterday afternoon at the Merrimac house. Miss Rosanna Cyr, the niece of the champion, who has marvelous strength for such a winsome young woman, contributed largely to the entertainment, and was really the feature of the afternoon.

The girl made her greatest strength test when she lifted from the floor 647 pounds in the form of heavy dumb bells, doing it as gracefully and a good deal more easily than the average man. This weight was raised with both hands and is said to be the record of the world for a woman. When it is considered that Miss Rosanna is still but a girl, some people wonder what her achievement will be when she reaches her full stature.

Decarie and Cyr performed with cleverness with the great bells, the younger man showing up especially well. He has just arrived from Montreal and came to Lowell to meet Cyr in a strength contest. They will come together Monday night at C. M. A. C. hall in Pawtucket street. Cyr will do his world breaking record of lifting bells and men upon a platform, and will also hold together two draught horses that will be driven in either direction. He is said to be the only man living who can hold the animals in their struggles to break away and pull. The horses will be in the hall for the exhibition.

Miss Rosanna gave an illustration of her gymnastic work, using two 28 pound bells and juggling them with comparative ease. The muscles of her back and shoulder and of her arm are as strong and as well developed as a man's. Miss Cyr will also appear at the exhibition Monday night.

Les pages 179 à 183 ne contiennent pas de coupures de presse.