

# Harvard's Hercules Advises Would-Be Strong Men

If you want to be a Samson, a Hercules or a Sandow, you should get up at 5 o'clock in the morning and saw a cord of wood before breakfast.

This is the advice of George D. Percy, Harvard's strong man.

With one exception, Percy is the strongest "strong man" Dr. Dudley A. Sargent's Hemenway gymnasium ever turned out, and to a Sunday Post reporter the former Arlington High hockey star declared that sawing wood did it.

"When I was a freshman in the high school," said the young giant, "I found that sawing wood developed my muscles better than anything else, and as soon as I could stand that much exercise I tackled a cord every morning before I went to school."

When Percy entered high school he was what might be called a small boy, and as he unfolded the story of his physical development to the Sunday Post reporter it became apparent that it was persistency that has developed him and crowned him the Hercules of Harvard.

As a matter of fact it has taken eight years of the hardest kind of work to bring him to his goal.

Percy is not a big fellow, but his arms and shoulders are wonderfully developed. He is 21 years old and weighs only 156 pounds, whereas most Harvard strong men of the past have weighed at least 200 pounds more.

When Percy took the strength test before Dr. Sargent it was not with the idea of competing in the "strong men" contest, but rather because he was anxious to qualify for the Harvard hockey team. Last year he ran his score up to about 1200, but several have gone better than that in the past few years. This year, however, he surprised even himself by scoring 1424 points, which is

"He is a fine type of the all-round athlete. His test was not only of strength, but of endurance also. His repeated efforts at dipping and exercise which brought the back, arms and chest into play, indicated that he has wonderful endurance. It was his dipping which brought his score up."

When he was a small boy, Percy says he got the idea that he wanted to be physically perfect and as strong as the next fellow. His father is a doctor, and from him he learned his first lessons of physical exercise.

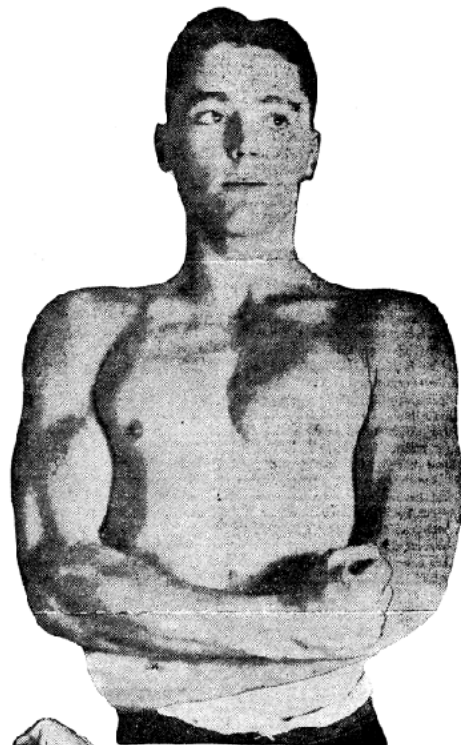
While the other boys of the neighborhood were playing marbles or otherwise "wasting" their time, Percy was out in the back yard sawing wood. At first a small pile fired him out, but he had that stick-to-it-iveness which eventually won out, and within a year he could handle a cord without becoming exhausted.

## Best All-Round Man

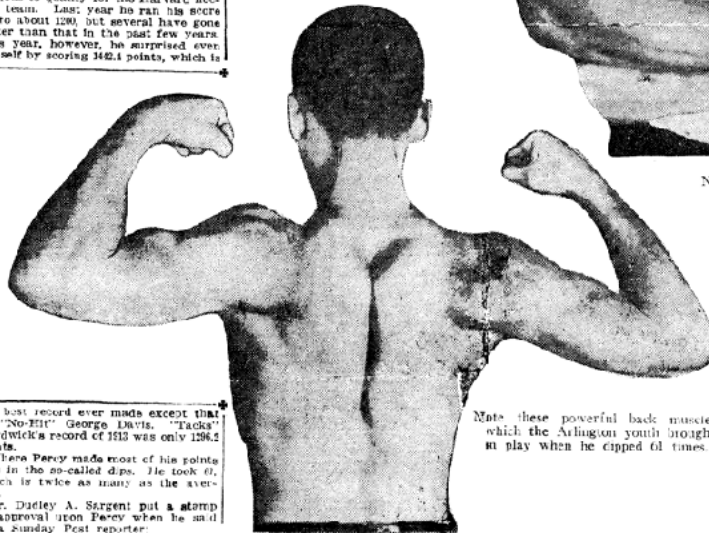
Those who have studied the records which he made the other day say that he is the best all-around strong man ever at Harvard.

Here are some of his measurements as taken at the Hemenway gymnasium:

- Weight, 156 pounds.
- Height, 5 feet 7.60 inches.
- Girth of his head, 23.05 inches.
- Girth, neck, 14.4 inches.
- Girth, chest, 37.50 inches.
- Girth of chest, full, 30.06 inches.
- Girth of waist, 28.2 inches.
- Girth of hips, 37 inches.
- Girth of thigh, 21.3 inches.
- Girth of calf, right, 14.12 inches.
- Girth of upper right arm, 13.05 inches.
- Strength of lungs, 77.2 pounds.
- Strength of right forearm, 110.2 pounds.
- Total number of points, 1424.4.



Not merely strength in this superb body of George D. Percy, Harvard's newly crowned strong man for his record was made on endurance also.

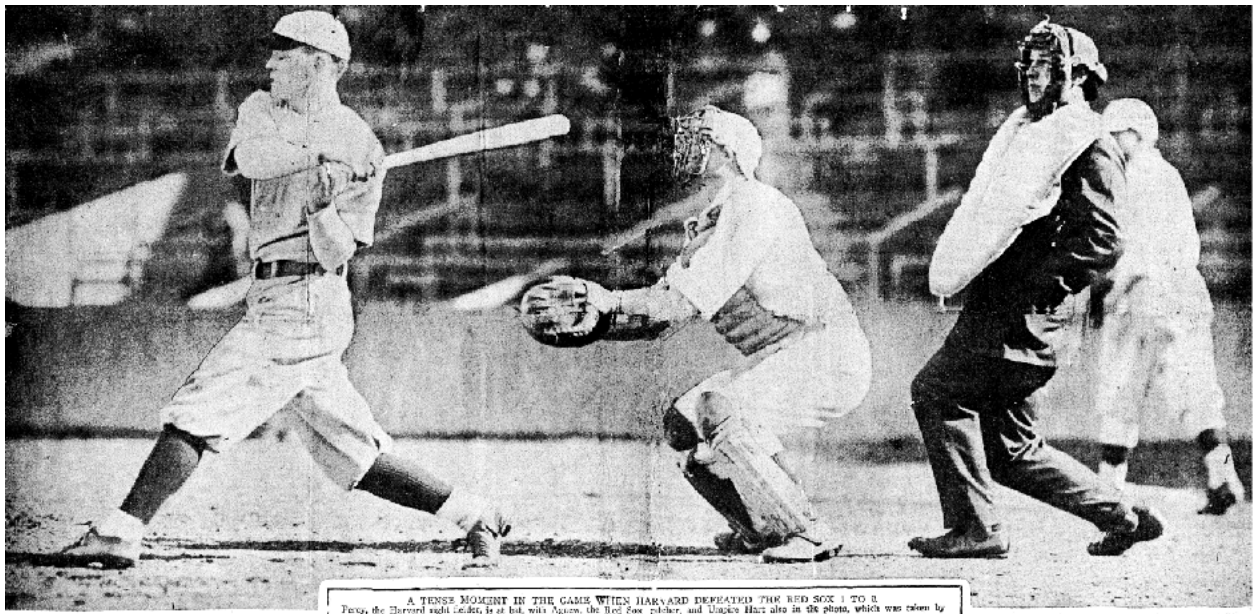


Note these powerful back muscles which the Arlington youth brought in play when he dipped 61 times.

the best record ever made except that of "No. 111" George Davis, "Tacks" Hardwick's record of 1513 was only 1586.2 points.

When Percy made most of his points was in the so-called dips. He took 61, which is twice as many as the average.

Dr. Dudley A. Sargent put a stamp of approval upon Percy when he said to a Sunday Post reporter:



A TENSE MOMENT IN THE GAME WHEN HARVARD DEFEATED 700 RED SOX 1 TO 0. Percy, the Harvard right catcher, is at bat, with Moore, the first base pitcher, and Uecker, Harv also in the photo, which was taken by John A. McKay for the Post Staff.

