

My Memoirs

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later he was so pleased with me that he invited me to attend an exhibition he was giving that very night to army officers. Never will I forget that posing show, it was something I had never seen and it was certainly better than anything I have seen since, not so amazingly spectacular as Max Sick's muscle control, not so "terrific" as the muscles of John Grimek but so full of real beauty that it staggered me. That handsome face (very much like that of my own father) set the wonderful body off and while he did not actually do muscle-control as we know it today the movement of his splendid muscles as he went from one pose into another was most spectacular. I have acted as judge in scores of posing contests but I still think that that show of Sandow's stood out sufficiently to make him a "classic" for all time and I have never seen anything to equal it for sheer "human beauty." Sandow never used oil on his body but he DID have the absolute correct lighting and the EXACT anatomical knowledge to show his physique to the very best advantage.

In 1901 I again visited Sandow and when I told him that I had demonstrated my muscle-control to Prof. Krafft-Ebbing in Vienna he showed real interest. I stripped and gave him an exhibition and when he expressed surprise I told him that I would one day give him a REAL surprise and so I DID (as I explained to you when I took Max Sick to him), however I had wanted to surprise him with my OWN show but I was enough in later years to realize that Max Sick was a real phenomenon and when Sandow said that he had never seen anything like Sick I reminded him that I had promised him a surprise eight years before. Of course, in those eight years I had often seen Sandow during my periodical visits to London from Germany and I often think back of the times I saw him sitting on a bench in St. James' Park chatting to George Hackenschmidt, this was round about 1906 when I was already a fully fledged expert in matters regarding Physical Culture. As I then knew all the big "Stars" in the wrestling and weight-lifting world the appearance of these two "ideals" of mine casually chatting on a park bench made a really romantic impression on my mind. By then Sandow was past his best but Hackenschmidt was in his prime and he certainly looked far more powerful than the great Sandow when one saw them together. Unfortunately I was too young to

take any interest in Sandow's strength feats when he was at his best and so I never saw his full stage act but from what I saw at the private posing act he invited me to attend I have no hesitation in agreeing with those who claim that he was the greatest showman that ever exhibited his powers on a stage. We must all recognize this wonderfully dynamic man as the father of modern Physical Culture, not because he showed any particularly scientific method to the world but because his stage work and his tremendous forcefulness proved what could be done by Physical Culture, (in his own case by the use of barbells). Sandow trained his own body very much in the same way that modern body-builders do and he did NOT use the light dumbbells or exercisers (rubber strands attached to the wall) that were sold under his name and are still sold many years after his death. He was a good acrobat and also a first rate wrestler and thus had any amount of the right sort of exercise to bring out every muscle to perfection but as I have said before it was not merely the sheer beauty of his physique that "put him across" but his colossal personality and his out of the world good looks. His real "drive" was shown by the way he travelled the world and by the convincing lectures he gave all over the British Empire, these talks and the dramatic exhibitions accompanying them were the things that REALLY made the world deeply interested in its physical welfare and I personally owe my own drive and the fact that I overcame my childhoods weaknesses, not to what Sandow taught me, but to the tremendous interest he aroused in me as a youngster. The very fact that he advised me to keep on training in my OWN way when I was still a boy showed me that he was a man who really had the interest of his fellow beings at heart and that he did not have an ounce of selfishness in his nature, and this was proved abundantly when I took Max Sick to demonstrate to him for he treated Max like a hero and made no attempt to tell us that his Course MIGHT make Max a better man; I gave him the opportunity by saying:— "Now Sandow you have examined Sick very thoroughly, would you like to try to improve him?" It was then that he said "I wouldn't like to try and you may tell the world and use my name when

you say that he could not be improved upon." —