

WHAT DID SANDOW REALLY MEASURE?

Presumably no athlete has ever been measured and argued about as much as Eugen Sandow. Chiefly because he created such sensations just over fifty years ago when the world knew really very little about the subject of human measurements and because his book "Strength and How to Obtain it" made such fantastic claims. Knowing Sandow so well I never believed that he had *personally* laid claims to such measurements, they must have been put into the book by some irresponsible "business" manager. I still can't imagine why I failed to discuss Sandow's measurements with him but I suppose it was because I was still young and did not want to appear too "nosey" altho' you can imagine that I could NOT believe that a man whose coat was slightly tight for me (I had a normal chest of 45½" then) possessed a waist of 30" and an inflated chest of 62"!!! In the days when I was appearing on the stage as "The South African Apollo" I had a waist measurement (retracted) of 29" and a fully expanded chest of 50", that's a difference of 21" what would a difference of THIRTY inches look like??? In any case Sandow always had what one may call a "sturdy" waist, most wonderfully muscled and a great deal of his strength was due to this. In 1931 quite a controversy raged in the columns of the English Physical Culture magazines regarding the real facts about Sandow's measurements, his book gave his biceps measurement as being 19½"!!! That's quite a lot of biceps for a man who never weighed as much as 200 lbs. The plaster cast of his body (made by the brothers Brucciani) showed a biceps of 18" and I'm sure this must have been boosted up in some way. Dr. Sargent, (Physical Director of Harvard University) who had taped Sandow with great care in his prime, said the measurement was 16.9". Mark Berry gave it as being 17¼". Desbonnet gave it 17", I gave it only 16½" (having obtained my measurements from a noted French surgeon who had been most careful with the tape). It is true that I had once measured this famous arm at 17" but Sandow was then in the early