

forties and was definitely beginning to put on weight; this was in 1908 when I went to tell him about the proposed visit of Max Sick to London. I had the "nerve" to ask him to let me measure that beautifully developed arm, he made no objection except for saying:—"Aber nicht in Deinen Sportszeitung veröffentlichen" (But don't publish it in your Sports paper). He rolled up his shirt-sleeve and I measured the biceps as he sat at his desk. I mention this incident because during my athletic career my biceps had always been 16½" yet when I had some photos taken at the age of 44 the tape showed 17⅞" and I put this down to the fact that I carried slightly more fat than I had in younger years. Herewith you see a snap-shot which I took in London when I was over there to act as one of the judges in the 1948 "Mr. Universe" Contest. This photo of the plaster cast was taken a few days after John Grimek had won and I feel that I could kick myself for not having asked John to pose next to the cast; that WOULD have made a sensational picture! Strange how one thinks of these clever ideas when it is too late. The cast had to be dragged out from a dusty corner in an underground storeroom at the Natural History Museum at South Kensington before I could snap it with my trusty Contax. I had only one small 25 candle power electric light to snap it by. The picture is quite a good one but gives you an exaggerated idea of the size of the arm because of the angle at which I took it by. Anyway I can swear that this most talked of arm had never looked as big as it did in the plaster cast and I HAVE been told that a "stand-in" posed when the arm was cast! Could this be true? When one thinks of the exaggerated statements in Sandow's book it certainly COULD be. I still wonder. I also wonder why this fine man allowed such misleading statements about his measurements to appear in his own book. Perhaps it was because he knew that most strongmen of his time amplified everything they did. Here are his own words in regard to his opponents tall stories:—"When I lifted my heaviest bell, 280 lbs., the other strongmen put out a placard stating that they were lifting 300 lbs. By the time I had practiced sufficiently to raise the weight I was lifting to 300 lbs., they came out with a statement that they were lift-

ing 320 lbs. and so their little game went on." The controversy regarding Sandow's measurements went on from the time I first gave my opinion in "Health & Strength" in 1910 until Irving Clark wrote an authoritative article on the subject in that paper on Aug. 1st, 1931. He paid me the compliment of publishing Sandow's figures, those taken of the plaster cast and my figures in his summing up of the whole matter. I made the figures as big as I could from the knowledge I had acquired from reliable sources and from what I had personally seen of this most amazing man; this is how they appeared in print:—

CONFLICTING FIGURES!

Authority

"STRENGTH & HOW TO OBTAIN IT"

(By Sandow)

H.	N.	C.	E.C.	W.	T.	C.	B.	F.
5'9"	18"	48"	62"	30"	26"	18"	19"	16"

Authority

BRUCCIANI'S CAST

H.	N.	C.	E.C.	W.	T.	C.	B.	F.
5'9"	17"	—	49"	36"	25"	17"	18"	15"

Authority

MR. TROMP van DIGGELEN

H.	N.	C.	E.C.	W.	T.	C.	B.	F.
5'8"	17"	42"	48"	33"	25"	16"	17"	13"

After a long, detailed discussion Irving Clark closed his very clearly argued article with these words:—"And now I leave you to arrive at your verdict, having every confidence that the same will be strongly in favour of those sensible measurements which Messrs. Tromp Van Diggelen, Berry and Desbonnet have always persisted in."

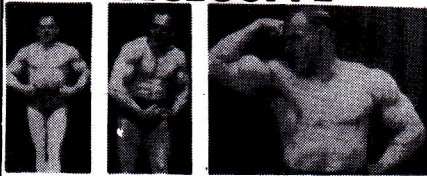
In this article the story that there *may* have been a "stand-in" for the plaster cast of Sandow's arm is mentioned for the first time in print and when you realize that the cast shows a forearm measurement of 15½" you will realize that there is some possibility of the rumour being true especially if you study the fine photographs which are so often reproduced to this day. In my opinion an athlete of the type that Sandow belonged to could not possibly have a forearm measurement bigger than 14". I think we all agree that David P. Willoughby is the most scientific writer the world has known when it comes to the question of bodily measurements and he has stated in print that the biggest forearm measurement for Sandow could not have been more than 13¾". In the "Superman" of November 1938 Willoughby wrote a very fine article regarding Sandow's proportions and he finds many faults in this great man's "make-up" BUT he concludes with these words:—"It may seem to some that my criticism of Sandow's physique in this article indicates a poor impression of this strongman. To the contrary, however, I doubt if any of my readers appreciates Sandow more than I do! Despite the anatomical *flaws* in his makeup, his muscular development was actually *beautiful* to a connoisseur of the male physique. The wonderful fullness and clean-cut development of his muscles made his body exceedingly impressive regardless of any disproportion in measurements between the various parts—it is doubtful if any man ever had finer development of the abdominal muscles, or of the deltoids, biceps and triceps. To top off his appearance Sandow had a fine, fair complexion, a head of classical shape covered with golden curls and features that were singularly handsome. These assets, coupled with a pleasing personality and a rare degree of showmanship and stage presence, have made Sandow easily the superior of all, contemporary and afterward, who have sought to emulate him as a strongman and physical specimen extraordinary." After that statement I feel fully justified in having classified Eugen

Sandow as an "immortal" and I feel certain that no strongman will ever "hold" the world as he did. I thank God that I knew him and that he was my friend over many years.

Unfortunately, through no fault of mine, my friendship with Sandow nearly came to an end when the English Physical Culture Journal "Health and Strength" published its issue of March 19th 1910 for there, to my utter astonishment, appeared a challenge from Max Sick to good-natured, sportsmanlike Sandow. It seemed so unjust to me after Sandow's kind reception of Max Sick and especially after he had expressed such great admiration of Max's extraordinary qualities. Sandow was then 44 years old and even if he were not a friend of ours such a challenge seemed very unsportsmanlike. I contacted Max immediately and he was as upset as I was for it appeared that he had never even discussed the matter with anyone and the challenge had been issued by his partner purely as an advertising stunt. The headline:—"MAX SICK CHALLENGES SANDOW" made me so mad that I swore aloud and after I had found that Max was innocent of the whole matter I rushed off to Ebury Street and explained the whole thing to Sandow. As usual the great man behaved as a gentleman should. "I couldn't believe the statement when I was told about it" said he "and now that you have explained the whole matter I am not even annoyed for, after all I have had challenges thrown at me for the past twenty years but I must say that I never expected THIS one!" So with a laugh at my being so upset about the matter we parted. Now that I am writing about those wonderful days of old I feel sorry that I was not more inquisitive for I only realize NOW that I'm not at all sure whether the superman Eugen Sandow was a Jew or not and I also find that I never troubled to ask him how he had decided to adopt the name of "Sandow." When I first knew the great athlete I imagined that "Sandow" was just one of those "made up" names for I knew at a very early stage that his real name was "Müller" and that he was born in Königsberg in Prussia. After I returned to South Africa I found that "Sandow" was a recognized name in Northern Germany and that there were two families in Johannesburg (both Jewish) who had the name. I had, more than once, heard that Eugen Sandow was Jewish but owing to my lack of inquisitiveness I'm STILL not sure. That the Jewish people have produced phenomenal athletes we all know and we need not go further than the immensely strong Breitbart and the 1948 "Mr. America, George Eifferman, and the World's Strongest Youth Marvin Eder, to realize this.

GEORGE LURICH (the brilliant Russian weight-lifter and wrestler) was the first strongman I saw give a stage performance after Sandow had aroused my interest as a boy and, strange to say, it was through seeing him at a Music Hall in Dresden early in 1900 that I first made known to my friends that I had the ability to make my muscles "dance." I was only a school-boy after all and I had a sort of idea that practically ANYBODY could do with their muscles what I could do, UNTIL I heard the applause which Lurich got when he posed and made just his triceps "dance." I was sitting at dinner with some friends while we watched the show. There were not rows and rows of stalls in that Music Hall but just round tables and lots of good beer! And very special, good food!! In my childish way I said:—"I can make MY muscles dance much better than *that!*" Naturally the people at nearby tables heard my remark and everybody seemed really interested, this made me realize that muscle control WAS something and HOW! Somebody gripped my arm and seemed quite amazed that I made the biceps or triceps dance to

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