

## The Most Well-Developed Man in England

By BERNARR MACFADDEN

Result of Competition, held during my Lecture  
Tour of Great Britain, for Selecting the Most  
Superbly Developed Man

VERY few competitions in the field of physical culture have aroused the interest that was apparently taken in the contest held during my lecture tour throughout Great Britain. In nearly every city I visited there were from ten to twenty competitors. In a few cities, the number fell below this, though even where the number of competitors was small, quality usually compensated for lack of quantity. The final competition at Birmingham brought together the finest lot of well-developed men, I think, I have ever seen together at one time. There were about thirty competitors there, representing the various cities in which they won first or second prizes. The original rules under which the contest was to be held, had to be changed in some details, in order to be just to all concerned. We found that it would be hard to follow the method of judging originally proposed, and secure a fair decision in every instance. It is an extraordinarily difficult matter to please everyone when acting as judge. In fact, not infrequently one has to meet with considerable unpleasantness when filling such a position. I was, therefore, naturally desirous of avoiding such responsibilities if it were possible. I contrived a plan which seemed satisfactory to all concerned, and personal responsibility was eliminated. In one or two instances, the local contestants objected to this plan, and I had to assume the duties of referee, though I must admit that I only agreed to assume these responsibilities after considerable insistence on the part of the competitors. The plan that I proposed, and followed with great success in all the competitions which were held, was to

make the audience the referee. The various contestants were each allowed a few moments to pose in whatever



Mr. J. Briggs, of London, Winner First Prize  
All-England Perfect Man Competition





Mr. J. Mackie, of Edinburgh. Winner of Second Prize

positions that showed their development to the best advantage. I would request the audience to carefully look over the physique of the various competitors, and select the one he or she considered to be the most perfectly developed. Following these exhibitions, each contestant would in his turn come forward, and those in the audience would have an opportunity to vote for their favorite by holding up their hands. I would always select one or two persons from the audience to assist in the refereeing, by counting the votes for each contestant. In some cities the contests were rather close, though as a rule, it was quite easy to determine the selection of the audience.

A great number asked me if this method of selection was to be considered a fair decision. The decision, in nearly every instance, was just about the same as it would have been if I had been

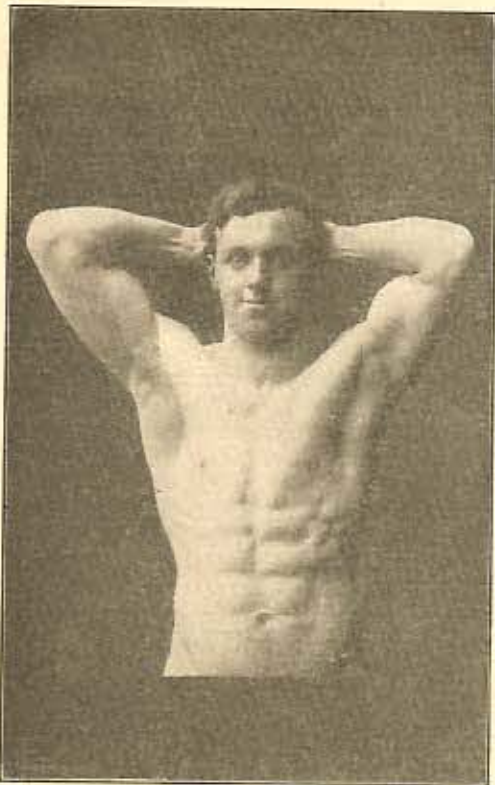
doing the judging myself. An audience of physical culture enthusiasts have a very clear idea as to what constitutes physical perfection, and they rarely make a mistake. Of course, in following a method of this kind, there is always a possibility of favoritism being shown to a well-known local athlete, but from my experience in competitions held in these various cities, I would say that such favoritism rarely occurs. In nearly every instance, the decision was fair to every competitor. The final competition at Birmingham was well attended, and the competition between the various contestants was so close that the selection of the winners had to be determined after the audience was dismissed. The stage was not large enough to hold the large number of competitors, and enable the judges to fairly compare the development of each. I had not expected so many contestants, and was hardly prepared for the large number that appeared. The magnificent types of manhood that represented the various sections clearly indicate that there is plenty of material for the regeneration of England, if it will simply

awaken to the value of physical culture in the development of rugged physiques. The young men appeared on the stage, and were required to pose in groups of four, to display their development to advantage. In the event of our inability to render a decision, each young man had an opportunity to display his development for half a minute, in the posing cabinet. Specially arranged



Design of Medals Awarded in the Competition





Mr. Wilfred Harwood, Winner of Third Prize

lights emphasized the development of the wonderful physiques of these young men, and won for them rousing applause from the audience, in many instances. After dismissing the audience, the competitors were then lined up in the main hall, and with the assistance of the two judges, we were finally able to make our selection. Six prizes were offered in this final competition. First prize, a very large handsome gold medal, of which the medal illustrated in this article formed the centerpiece. Around this medal were two large gold wreaths and it hung from two gold bars. Second prize was a similar medal, with one wreath, the medal hanging from a single gold bar. The third prize was the gold medal shown herewith. The fourth prize was a similar medal. The fifth prize, a silver medal, and the sixth prize, a bronze medal.

From the large number of competitors, we were finally able to select ten that we considered the most perfectly

developed and from these ten, we were finally able to select the six winners. The first prize was won by Mr. J. Briggs, of London, whose measurements are as follows:

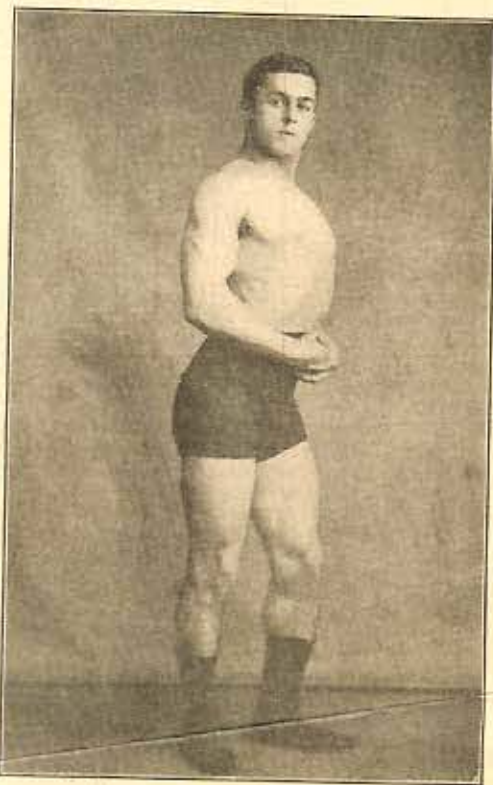
Height, 5 ft. 8 in.; weight, 168 lbs.; neck, 17 in.; chest relaxed, 40 in.; chest expanded, 45 in.; waist, 30 in.; biceps, 13 in.; biceps flexed, 15½ in.; forearm, 12 in.; thigh, 23 in.; calf, 16 in.; wrist, 7¾ in.; ankle, 9½ in.

The winner of the second prize, was Mr. J. Mackie, whose measurements are given below:

Height, 5 ft. 9 in.; weight, 168 lbs.; neck, 16 in.; chest relaxed, 40 in.; chest expanded, 46½ in.; waist 30 in.; biceps flexed, 15¾ in.; forearm 15 in.; thigh, 24 in.; calf, 16 in.; wrist, 7½ in.; ankle, 8¾ in.

The winner of the third prize was Mr. W. Harwood, of Haworth, near Keighley. Measurements:

Neck, 15¾ in.; chest relaxed, 39½ in.; chest expanded, 45 in.; waist, 30 in.; biceps relaxed, 12 in.; biceps flexed,



Mr. T. Downs, Winner of Fifth Prize





Mr. J. R. Hannam, Winner of Fourth Prize

14½ in., forearm, 11½ in.; thigh, 22½ in.; calf, 15½ in.; wrist 7½ in.; ankle, 8½ in.

The winner of the fourth prize was Mr. J. R. Hannam, of Hyde Park. Measurements:

Height, 5 ft. 5 in.; weight, 150 lbs.; neck, 16 in.; chest relaxed, 41½ in.;

chest expanded, 42½ in.; waist, 30 in.; biceps relaxed, 13 in.; biceps flexed, 14½ in.; forearm, 14½ in.; thigh 22½ in.; calf, 14½ in.; wrist, 7½ in.; ankle, 8½ in.

The winner of the fifth prize was Mr. T. Downs, of Wombwell. Measurements:

Height, 5 ft. 4½ in.; weight, 146 lbs.; neck, 15½ in.; chest relaxed, 38½ in.; chest expanded, 41 in.; waist, 29½ in.; biceps relaxed, 11½ in.; biceps flexed, 13½ in.; forearm, 10½ in.; thigh, 21½ in.; calf, 14½ in.; wrist, 6½ in.; ankle, 8½ in.

The winner of the sixth prize was Mr. James Osborne, of Burnley. Measurements:

Neck, 15½ in.; chest relaxed, 37 in.; chest expanded, 40½ in.; waist, 28 in.; biceps relaxed, 12 in.; biceps flexed, 13 in.; forearm, 11½ in.; thigh, 21 in.; calf, 15½ in.; wrist, 7½ in.; ankle, 6½ in.

### BEER-DRINKING IN GERMANY AND ELSEWHERE

#### TO THE EDITOR:

Permit me to voice my opinion on an article entitled "Beer Drinking Cause of Continental Athletic Degeneracy" by Frederick Carrington, which appeared in a recent issue of your magazine. Mr. Carrington attributes the cause of the Continental athletes' inferiority to the fact that they indulge in alcoholic stimulants. To some extent this may be true, but I think it is mostly due to their lack of interest in our style of athletics. As you will no doubt know, they take considerable pride in their "Turn Vereins" and the American and English athlete is in consequence left in the shade at this game. Mr. Carrington claims that beer tends to grossly fatten and thus decrease the wind, speed, etc., of the athlete, which is too true. But do not tobacco, coffee and tea produce a similar evil effect upon the athlete? These three poisons are an obstacle in the path of physical perfection in the American and English athlete. The following statistics will show that we exceed in per capita consumption of these things any one of the liquor-drinking nations.

In 1900 the per capita consumption of tobacco was as follows:

	United States	Germany	France	Spain	Great Britain	Italy
	4.40	3.00	2.05	1.70	1.41	1.34
	lbs.	"	"	"	"	"
	per	"	"	"	"	"
	capita	"	"	"	"	"

#### Consumption of Coffee:

	United States	Germany	Italy	United Kingdom
	10.79	4.62	0.98	0.72
	"	"	"	"
	"	"	"	"
	"	"	"	"

#### Consumption of Tea:

	United Kingdom	United States	Russia
	5.8	0.90	0.75
	lbs. per capita	"	"
	"	"	"
	"	"	"

and would not it surprise Mr. Carrington to learn that the consumption of beer in Great Britain exceeded that of Germany by four gallons per capita, Switzerland by fifteen gallons per capita, United States by eighteen gallons per capita, and is not the following report of the Commissioner of Internal Revenue of the United States alarming?

"Figures just made public here show that Americans are fast becoming a beer-drinking people.

"The Commissioner of Internal Revenue reports, for the fiscal year just ended, that 160,000,000 more gallons of beer were consumed in the United States than during any other year in the history of the nation. About 7,250,000 gallons more spirits were consumed. No explanation is offered by the officials of the Internal Revenue Bureau regarding this increase."

I do not wish to attack or criticize Mr. Carrington's splendid article, but simply point out some of our own flaws and errors; this for the betterment of the neglected human race.

"People who live in glass houses should not throw stones." We are not perfect, therefore let us strive with might and main to become so.

Hoping you will find space for this little supplement to Mr. Carrington's article, in your reform-spreading, nature-restoring magazine, and wishing you and your staff the best of luck and success.

CHARLES A. MAUS,

New York City.