There was a curious exhibition not very long ago at the Albert Hall of men selected for strength, which, so far as I saw, attracted less attention from the newspapers than it deserved, if I may call attention, from memory along the faults will, I am sure, be in details of secondary importance. Sandow, the well-known athlete, has established schools of instruction in places variously scattered across England, and he arranged two or three years ago to give no less than £1,000 in prizes to the three best-made men among the numerous pupils in his many classes. During a tour of inspection he selected from each class the three whom he considered the best, and in due time the whole body of selected competitors were assembled in Albert Hall at a public meeting. They were dressed alike in tight trousers, which showed the shape, and each had a scarf thrown jauntily upon his otherwise nude shoulders. Ten solid pedestals stood in front of their organs; electricity light was in readiness, and a brass hand occupied a corner of the orchestra. I will not dwell on the many and very pretty gymnastic feats that were shown, but shall speak only of what is now to the point. The candidates, about eighty in number, marched in a phalanx, ten abreast, and without a single man casting a glance at the others, went nimbly to the ten pedestals, where each man threw off his scarf and mounted upon one of them. The electric light was flashed on the ten standing figures. Three judges (of whom Sir John Doyle was one) walked round them, notebooks in hand, criticising and appraising. Sandow was in readiness to act as referees if called upon. Then the best man of the ten was selected by the judges, and he stepped apart. The same was done to each row in succession until all were gone through then the two selected competitors (I think there were eight of them) mounted the pedestals side by side, They were scrutinised even more closely than before, just as prize cattle. At length the final selections were made, and the winner was handed down the Hall, to the tune of "See the conquering hero" from the brass band, and received his magnificent award of a gold trophy amidst the plaudits of all; the second similarly received a silver replica of it, and the third a bronze one. I regard the whole of the proceedings carefully through an opera glass, and had by my own judgment fixed upon two of the three during the preliminary stages. I should say that the first of all had not been one of these, but I fully recognised the justice of that award in the end. Now as to my conclusions. I did not think those best specimen of the British race to be ideally well made men. They did not bear comparison with Greeks and of other athletes, being somewhat ill-proportioned and too heavily built. I must say that I was disappointed with them from the aesthetic point of view, though in respect to muscular power they seemed profuse. Sandow afterwards exhorted himself in a pose that brought out his chest and in that statuette far superior to all the competitors.

I therefore doubt if a stock-broker could make very much out of this British race in respect to physical beauty of the trunk and limbs. Subject to this small reservation, the imaginary critic above mentioned could emphatically affirm with justice that the whole output of athlete supply that is produced in Great Britain of men who are sound in body, capable in mind, energetic and of high character, has the capacity (speaking as a rearer of stock) of being related to none other.

How to do this is a question of both Nature and Nurture. I shall not reiterate here what I have on more than one occasion urged in respect to the former of those two great influences, rather that the latter of which I have spoken, and that the small way in entire conformity with sentiment and law, and which are capable by development of producing great results. Individually their power is small, but in cooperation they would yield practically overruled. The second conclusion was that we have a great deal yet to learn on matters bearing upon race-improvement, which lies within the sphere of anthroscopy, before it would be justified to enter upon a crusade. Otherwise great miscalculations would arise, efforts would be wasted, the results would not agree with anticipations, and the movement would become discredited and collapse. By its action, it is the duty of anthropology, in my judgment, to urge serious inquiry into specific matters which still require investigation in the well-justified hope that a material improvement in our British breed is not so Utopian an object as it may seem, but is probably quite within the reach of the human mind and is an expensive animal to rear. It would be bad economy to spend more on him than can subsequently be got out of him. A true horseman, a good horseman, is of the popular recognition that a well-developed human being, capable in body and mind, is an expensive animal to rear. It would be bad economy to spend more on him than can subsequently be got out of him. A true horseman, a good horseman, is of

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The text is a continuation of discussing the results of an exhibition of strength and discussing the findings of the competition. It then moves on to discussing the potential for improvement in British athletes due to Nature and Nurture, and the importance of understanding these factors to avoid miscalculations. It concludes by emphasizing the need for serious inquiry into specific matters related to human development and the potential for improvement in race, despite the challenges. The text touches on the comparison of humans to horses and the importance of efficiency in breeding practices. It ends with a reflection on the importance of learning and improvement in the field of human development.