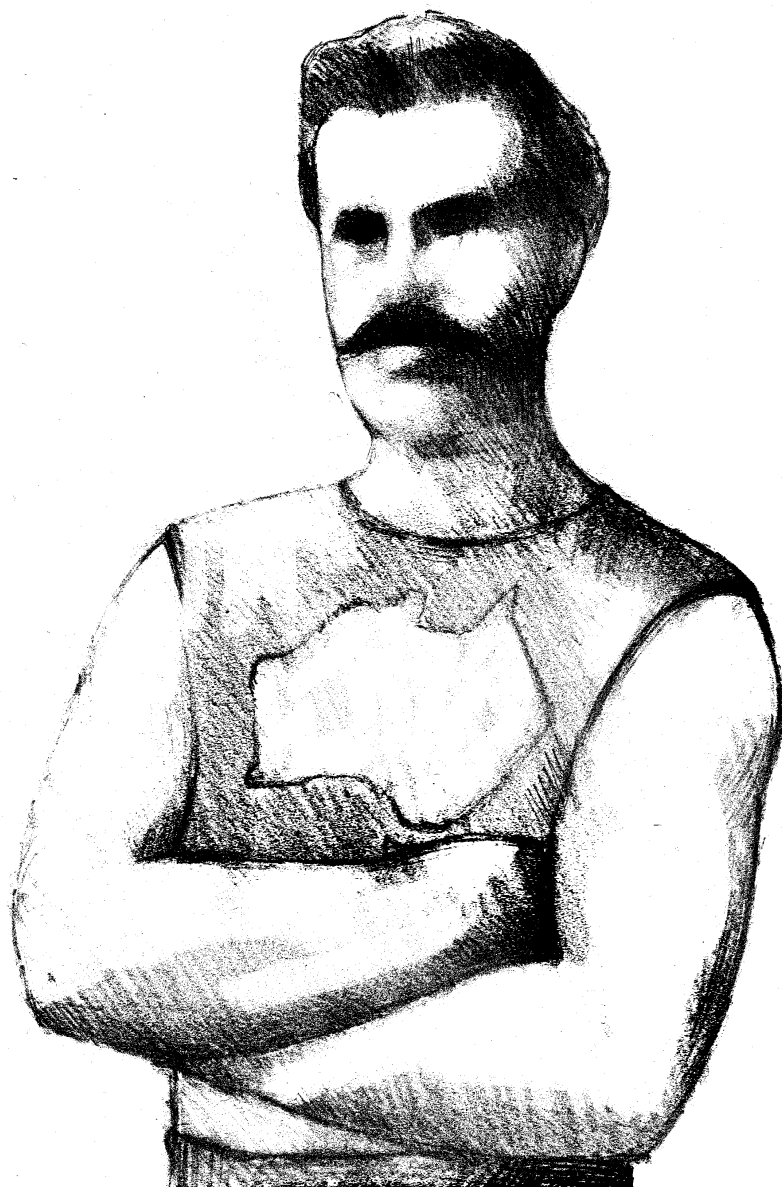


The Wizard of Oz

William Miller, Father of Australian physical culture



William Miller [¹1847-1939] was born on the 16th of December 1847 in Liscard, Cheshire, England. As an infant, William emigrated with his parents to Victoria,

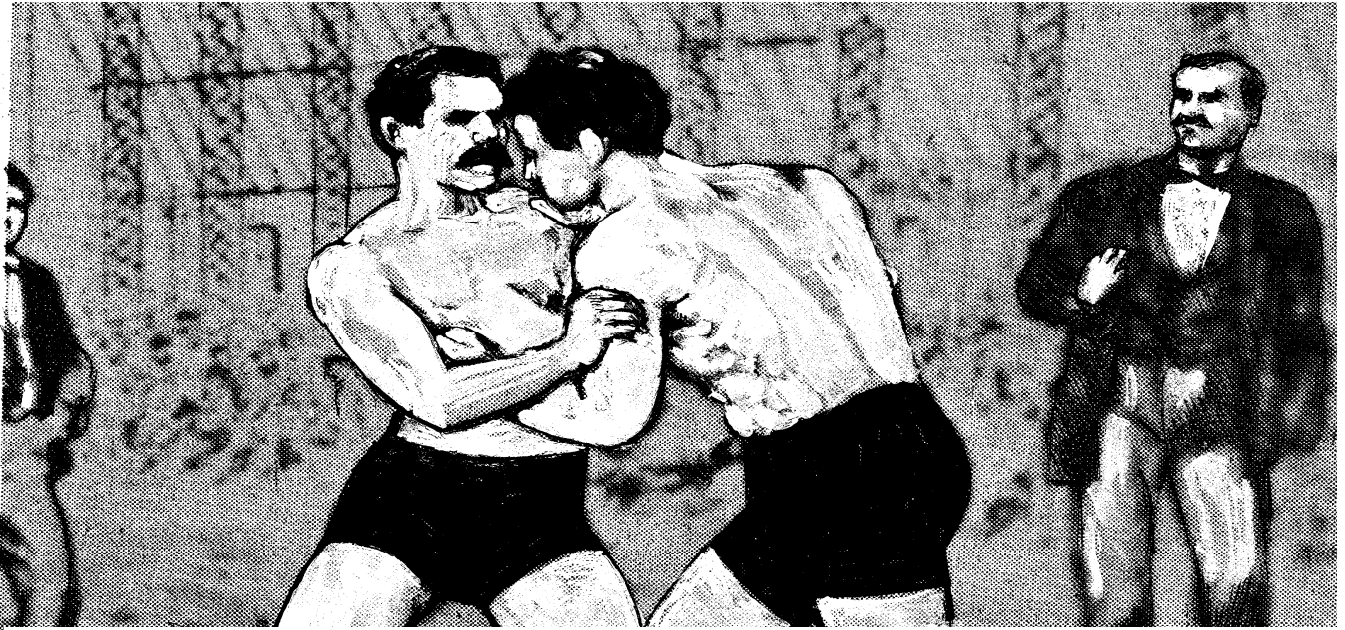
Australia. He commenced gymnastics aged 14, gradually becoming adept at boxing, fencing and single stick, and various other disciplines. In 1863 he was appointed as

clerk in the office of the Melbourne and Hobson Bay United Railway Company. He advanced to Relieving Stationmaster and telegraph instructor. He resigned in 1871. William, after a short period in the wholesale wine and spirit business on Market Street, Melbourne, opened a Gymnasium at No 38 Bourke Street, West Melbourne.

William was an exceptional athlete who yearned to turn professional. He won several swimming contests against Australian champions, and around the same period defeated a Captain Stewart and several others in a deep water wrestling match. He was highly skilled in fencing especially the foil, broad sword and small sword and fared well in foil and broadsword at the Melbourne Caledonian Games. On October 12th 1872, he defeated a noted Aldershot prize winner, Sergeant Stevens of the Light Dragoons, to become the broad sword and foil champion of Australia. He was equally adept at boxing and wrestling. In the latter part of 1873, he defeated Ned Bitton, boxing champion of New South Wales. After this contest he challenged all comers to contest in boxing, sword,

¹ Miller's year of birth is variously given as 1846 or 1847

² Professor was a sobriquet used by many Music Hall performers and strong men.



Prof. Miller v Prof Bauer: they fought many times, and usually drew.

single stick or dumbbells; he had no takers. Miller, as we will see later, loved to post challenges for money or the love of the contest. In his farewell benefit prior to travelling to the USA, he challenged a circus strongman and any other to a money contest [no takers!]

²Prof. Miller - as he became known - was well known as a great teacher: he was instructor to the sons of the Governor of Victoria and to officers and gentlemen. In search of further competition, William Miller set sail for America. He left Melbourne for San Francisco in July, 1874, arriving in September. He opened a Gymnasium at the YMCA.

He would travel between the USA and Australia, frequently staying for five-year periods in America. He found plenty of competition in wrestling and boxing. Miller issued challenges in the Police Gazette:

"I will beat any man in box-

ing, wrestling, putting up the dumbbells, broad sword and pedestrianism. I am William Miller: World's greatest athlete".

He won many matches, lost a number and drew a few. It



must also be remembered that a lot of matches on tours were exhibitions.

Miller held boxing, wrestling, fencing and lifting championships.

Here are some of Miller's victories. In wrestling matches

he defeated - Ernst Treher, Andre Christol, Theo Bauer, Wilhelm Heygester, William Muldoon, Colonel Mclaughlan, Alesandro, Le Patrie, Leopold Vandervecken, Andrew Dannel, Le Duc, young Le Boeuf, John McMahan, Charles Murphy, Louis Carteron and H Slade.

In the boxing ring he defeated Davis, Taylor, McCarthy, Denny, Dwyer, Le Bossiere, Paddy Ryan, Joe Goss and George Rooke.

On April 13th, 1875 Miller beat Homer Pennock in his debut as a pedestrian [walking race], and Duncan Ross in a 50 hour and 24 hour endurance walk.

As a lifter he raised a 100lb dumbbell for twenty repetitions. He muscled out a 201lb to arm's length and deadlifted 1550 lbs. Miller had his own *unliftable dumbbell* which only he could lift. For many years in Melbourne's Stock Exchange there lay a 180 lb dumbbell

that Miller could lift with one hand!

A skilled fencer, Miller defeated Martinez, Fredrick and Martin in fencing matches. Back in Australia in 1883, Miller boxed Larry Foley in a forty-round fight for a £500 stake that he won. In the foil he defeated Monsieur Victor, and beat Donald Dinnie at a heavy dumbbell competition. He wrestled Dinnie, winning in the Græco-Roman and drawing the other match [this with a broken leg]. He fought Dinnie a short time later, defeating him.

Prof. Miller was the teacher of William Muldoon - a world champion wrestler and famous as the P.C. conditioner of John L. Sullivan.

Miller was just under 5ft 10ins, around 14 stone, with 17ins biceps and calves and a 46in chest.

He continued wrestling until 1902/3 when he returned to America. He eventually became an instructor with the New York Police Department.

William married in America, living in Baltimore for 12 years. He died in 1939 and was buried in the Greenmount Cemetery. His grave stone reads:

"William Miller, champion of the world."

The Græco-Roman wrestling

This article was inspired by Laurie Smith from Australia: the illustrations information and anecdotes are Laurie's, verified by reports in The New York Times.

Information on Miller is confusing, His date of birth given as 1847 or 1846 by some; his family missed the 1851 census in Britain and his birth may not be registered.

As reported in *The New York Times*, June 16, 1877

GRÆCO-ROMAN WRESTLING.

A CHAMPIONSHIP MATCH BETWEEN WILLIAM MILLER AND ANDRE CHRISTOL - THE LATTER DEFEATED

match for \$150³, stakes entrance money, and championship of the world between William Miller and Andre Christol, took place at Terrace Garden last evening. There were 1,000 persons present, and conspicuous among the box-holders were Lieut-Gov. Dorsheiner, Assistant District Attorney Bell, Judge Gildensleeve, and Police Commissioners Nicholls and Wheeler, and Excise Commissioner Murphy.

At 8:30 the combatants appeared upon the well cushioned stage, both naked to the waist, and models of perfect muscular condition Miller weighing 195 pounds, and Christol, 163, The regulations were, best two out of three falls, each fall to consist of either two shoulders and one hip, or two hips and one shoulder upon the ground at one and the same time; and if but one fall were got up to 11 o'clock, the winner of that to have the match; if two falls were got, one by each, at that time, then the contest to go on until a second fall was won by either wrestler. These regulations compelled very severe exertions; so much so that it was plain that both contestants were completely exhausted at

the close of what has been by far the shortest of all the Græco-Roman struggles in the City, Christol began to work by rapid and sudden movements, intended to secure a back hold on Miller, and Miller had all he could do to avoid these dangerous maneuvers of the agile Frenchman. This went on until 9:02, when Christol, by a lightning effort, broke from Miller's wrist hold, and getting behind him, secured a perfect back hold, and lifting the bulky Miller clear up from his feet, threw him heavily upon the ground upon his back. Miller twisted himself as he fell, and struck upon but one shoulder and one hip, and the referee, amid intense excitement, decided it no fall. This decision was equally applauded and hissed, but it was correct. Without rest, they went at it again, and Christol who was furious with rage fought like a tiger, but Miller steadily followed him up, and, catching him at last, firmly in his arm by a powerful body hold, threw him with great force to the ground. Christol managed to alight on his hands and knees, and Miller getting down over him wrapped his arms around him, and, by a Herculean effort raised Christol just clear of the carpet, rolled him over flat on his back, with both

³. This figure as NYT original.

shoulders and hips to the ground, and held him there by rolling his heavy body slowly over his prostrate foe. The first fall was declared for Miller amid wild applause. It was now 9:07 and a 15 minutes' rest was allowed. After the rest the men appeared to great advantage, both flushed with excitement and their great muscles standing out in throbbing prominence all over their bulky bodies, Christol was nervous, catlike, and angry; Miller cool, self-conscious, and determined. Christol was after a back hold, and this put Miller on the defensive. Christol getting dangerous, Miller grasped him about the body, lifted him up, and threw him clear over his head. But Christol wriggled as he fell, and managed to alight on his head, and then threw himself over on his side. Then they came close together, breast rubbing against breast, and arm interlocking with arm, and both struggled for neck and head holds, which finally Miller got on Christol and wrenched him down to the floor, but as Miller was about turning him over on his back, the Frenchman managed to free himself and got upon his feet so quickly that no one could see how he did it. The struggle was repeated, and Miller got Christol down again on his hands and knees, got over him, passed his arms down under Christol's and up around the back of his neck, where he interlaced his fingers in a hold that seemed to give him all the advantage he wanted, but the Frenchman by a magnificent and peculiar effort

threw the giant off his back, and regained his feet amid a volley of hisses against Miller. Christol seemed encouraged, but his renewed exertions were all futile, and Miller picked him up again and threw him to the ground. Christol now got into a perfect rage. He grasped Miller's wrists and tried to draw over his shoulders; he tried body-holds, neck holds, head holds, every conceivable hold, but every time he got dangerous, Miller shook him off and threw him away off from him as easily as one would a child. It was now apparent that Christol was no match for Miller. He attempted to worry the latter by running about the stage, grasping his flesh with vice-like grips, and slapping with his open palm Miller's now wet and tender skin, and once on the pretense of striking for a neck hold, slapped him so very hard on the throat that the stroke echoed throughout the house and called forth a thunder of hisses, upon which Miller walked up to Christol, took a firm hold of him, despite all his twists and wriggings, turned him completely round, placed his big arms around his body, and by a tremendous effort threw him clear over his head, and guided his fall so that the Frenchman fell squarely upon his back, with such terrible force that he lay there completely exhausted and vanquished. The Referee then declared the second fall and the match for Miller amid the wildest excitement. The match was concluded at 10:20.

PROTEIN

by Doc

I know from experience that if you trawl through the endless research papers that are churned out every week, you will find something in writing to agree with your own theories; so when someone tells you about the new research on a particular product, before you try it, wait a while: a new theory may be around the corner! When you read a magazine advertising a wonder product, check out features in the publication, are there articles promoting the same items?

Protein and especially protein powders have been the subject of numerous books and magazine articles for many decades. Here are a few facts you can depend on.

- Protein is the largest constituent of the body after water.
- Protein is in your skin, hair, bones and tendons etc. but mainly your muscles.
- All protein is in a state of being broken down and replaced continually.

In practise, meat is not the richest of protein; hard cheeses and Soya flour [I know it makes you impotent/sterile - millions of Asians have not read that research!] are richer; the protein in eggs and milk are better utilised by the body than meat.

Vegetarians need to eat "complementary" protein foods at the same time; one example being beans on toast.

The most important fact to remember is that we do not need that much protein; excess is stored as fat - take that as a clue to your own needs. Simply stated: if the training is going well, do not increase protein-intake thinking things will go better. If you are losing weight, a slight increase might be justified.

Don't forget - if you do not like my advice, wait long enough and new research will agree with your ideas!