CONTENTS



INTRODUCTION 3

ONE: WHO IS THE PERFECT MAN?

Eugen Sandow and a New Standard for America 21

TWO: THE MANLY ART OF ESCAPE
The Metamorphoses of Ehrich Weiss 77

THREE: "STILL A WILD BEAST AT HEART" Edgar Rice Burroughs and the Dream of *Tarzan* 157

CONCLUSION 219

Notes 225

Index 245