

The modern male, he's softer than a slug with a beer belly

By [LIZ JONES FOR THE MAIL ON SUNDAY](#)

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It's official. Modern man is a wimp. A new book by an Australian anthropologist called Peter McAllister entitled *Manthropology: The Science Of The Inadequate Modern Male* has come to the conclusion that men are the worst they have ever been – the 'sorriest cohort of masculine Homo sapiens to ever walk the planet'.

According to a set of fossilised footprints, prehistoric Australian aboriginals would have left 100m and 200m Olympic champion Usain Bolt standing.

Some Tutsi men in Rwanda were able to jump higher than the current world record of 2.45m, Roman legions completed one-and-a-half marathons a day (bear in mind this was before Lycra and bottles of water with teats had been invented) and Neanderthal women would have had ten per cent more muscle bulk than modern man.



Progress? Modern man has evolved into a blob, says Liz Jones (file picture)

Of course, we don't need a hefty scientific tome to tell us something that any woman who has ever asked her mate to pass the remote control and been confronted with a pathetic mew that says, 'I can't, it's far too heavy,' has long suspected.

Modern man has evolved, due to his love of cars and fast food, into a blob with all the muscle tone and definition of a slug.

Isn't it interesting that while we women look up to Amazonians with amazing biceps such as Michelle Obama, men have the presenters of Top Gear as their heroes – armchair Lotharios who don't even have the upper body strength to comb their own hair.

Look at Jamie Oliver, a body as soft as butter. Gordon Brown has a body mass index that probably far exceeds his own Government guidelines. Peter Mandelson? Man boobs. Simon Cowell? Peacock chest and underdeveloped thighs. I could go on. And on.

These men might all wear trainers and tracksuits and workwear such as denim jeans and combat trousers, but it is all just dressing up, an illusion, a hark back to the days when men actually knew how to do physical things like, ooh, I don't know, put in a light bulb or change a duvet cover or make love to a woman.

Honestly, the number of times I have wanted to exclaim, while prone: 'For God's sake, put your back into it, man!'

Actually, these men aren't like slugs at all. They are like snails – soft, spongy, grey bodies inside the crisp shells of their automobiles. In fact, unless the man in question is an Olympic athlete or a footballer, to 'sport' anything other than old-lady buttocks is to render him a possible homosexual, that sweet sub-species of maledom, the only ones on the planet who feel the need to stay in shape for a mate.

I wonder why it is that gay men like to stay in shape, and be all smooth and oiled. I hope I am not straying into Dannii Minogue territory here when I wonder if that is merely their feminine side emerging, a genetic tendency to have the humility to take care of themselves, rather than being an arrogant straight bastard who believes, despite the beer gut and nasal hair, he is catnip.

Modern men, on the other hand, like us women to stay at least as fit (and I employ that word for its original definition, not the new slang meaning) as Kelly Holmes.

There was an interesting blog posted on the internet last week in response to a debate that has been raging in the ether over a Time magazine special issue investigating whether being fat is down to genetics or to sheer greed. (Men like the ether – it means they can sit at a desk with a nice mug of tea and a biscuit.)

This man was writing in response to a feminist who was championing the right for women to get off the dieting treadmill: 'My fear that a woman with the legal power to take half of my possessions might some day become so fat and sexually unappealing that I'd sooner cut my own penis off than have sex with the manatee that used to be

my wife is unfortunately all too common,' he types with one finger (men have not yet evolved sufficiently to be able to touch-type).

'And [articles] like this one that dangerously suggest to naive future fatties that it's OK are only leading your victims down the primrose path to a battle they can't win.'

You see? Women are now the strong ones in our society. Men no longer chase wildebeest across the pampas, and therefore have become hopelessly soft.

This deterioration has happened merely since two great leaps forward: the industrial revolution and the advent of free internet porn, which has created the unrealistic expectation that the ugliest slob in the world can bag a babe.

What poor, sad creatures modern men are. What wimps. What wastes of space.

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[Andy P](#), London, 1 decade ago

Why do men die first? This is why. If you put a woman on a pedestal and try to protect her from the rat race, you're a male chauvinist. If you stay home and do the housework, you're a pansy. If you work too

hard, there's never any time for her. If you don't work enough, you're a good-for-nothing bum. If she has a boring repetitive job with low pay, this is exploitation. If you have a boring repetitive job with low pay, you should get off your lazy behind and find something better. If you get a promotion ahead of her, that is favouritism. If she gets a job ahead of you, its equal opportunity. If you mention how nice she looks, its sexual harassment. If you keep quiet, its male indifference. If you cry, you're a wimp. If you don't, you're an insensitive. If you make a decision without consulting her, you're a chauvinist. If she makes a decision without consulting you, she's a liberated woman. If you ask her to do something she doesn't enjoy, that's domination.

14

256

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[Arthur Gruntfuttock](#), Moscow, 1 decade ago

Liz Jones, If any man had written this hateful diatribe as a critique of women, he would be pilloried, what on earth is the matter with you woman??

4

211

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[Tony Vickers \(ex-pat\)](#), Winfield BC Canada, 1 decade ago

Oh dear. Which man annoyed you before you wrote this article Liz? I have seen this more times than I care to remember. A man upsets a woman and instead of a proportionate response, she flies off the handle and damns the entire gender in a rage. That's fine in private or in a gathering of your close female friends who will cluck and coo in sympathy over a glass or two of Chardonnay but with this kind of public rant you are just embarrassing yourself. As for gratuitously pointing out the physical deficiencies of various middle aged, male public figures, think carefully. How would you feel if some misanthrope singled you out for an offensive public examination of your physical shortcomings and demanded to know why as a journalist you don't look like a cat-walk model half your age? This article would be

questionable if a 15 year old schoolgirl dashed it off after her boyfriend dumped her. It is not worthy of a grown and experienced columnist even as a joke.

9

191

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[Phil](#), London, 1 decade ago

Oh Liz, I've never read more than a paragraph of one of your articles without thinking what a silly, shallow, and pointless person you are.....for gods sake grow up. Also I think if you look around, you'll find the modern woman has very similar problems to the modern man on that front.

16

182

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[Steven Brown](#), Rhondda, 1 decade ago

As one of the psychiatrists says in an episode of Fawlty Towers: "There's enough material here for an entire conference." Poor Liz. To be pitied really... Laughed at first of course, THEN pitied. ;-)

28

181

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[Doug](#), Gloucester, 1 decade ago

Of course, if I'd written a book complaining that most women have lost the ability to be good mothers, cook the dinner or clean the house properly, I'd be called a sexist. Aren't gender stereotypes fun? Tell you what, I'll get back out hunting the wildebeest when you stay at home picking the veg to go with it and raising the kids. And I'll have your right to vote back while I'm at it too, please.

11

159

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[minnie](#), midlands, 1 decade ago

What this woman knows about men could be written on a pinhead and that be too large.

20

129

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[James P](#), Liverpool, 1 decade ago

More male bashing. This feminisation of men started with 'new man' in the late 90's. Women wanted men to get in touch with their feminine side encouraged by the nasty feminists. Typically women have now changed their mind.

13

122

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[Adam](#), Argyll, 1 decade ago

I suspect this is partly due to the amount of oestrogen passing into the water cycle. The dangers of the contraceptive pill are being felt by all. Modern man IS becoming unfit and it's starting in childhood. The sooner these health and safety loons stop banning our little boys from climbing trees and running around the better.

13

104

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[Philip](#), Birmingham, 1 decade ago

Typical of this woman to take out of context the research. The original comment was that modern Man (as in Mankind) is not up to the standards of the past. This therefore meant that women were included in the comment. Ms Jones has a serious problem that therapy might help with.

8

98