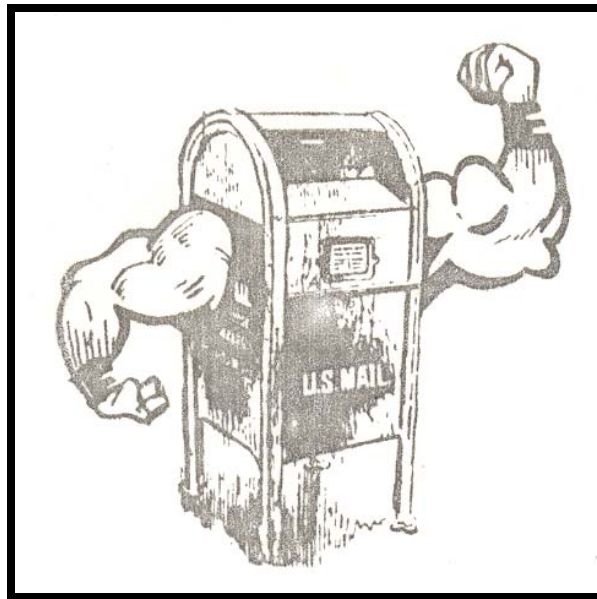


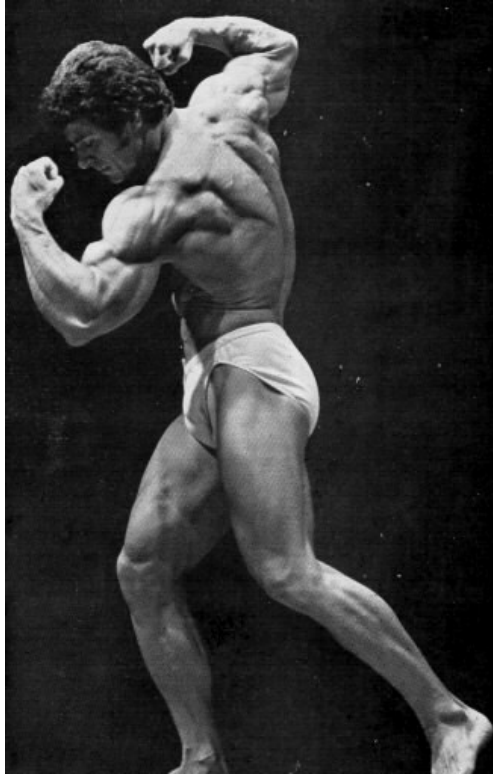
*Letters from the
Bodybuilding Champs
And Other
Iron Game Personalities*



*To
Dennis B. Weis*

Distributed By: www.dennisbweis.com

During the 1960's, 70's and 80's I actively engaged in letter correspondence with many of the top bodybuilding champions and other iron game personalities of those era's. The following are some of the letters I received. Enjoy!



Charles L. Amato
1970's AAU Mr. America contestant

Charles L. Amato
10117 S.E. Stanley
Milwaukie, Oregon 97222

January 11, 1975

Dennis B. Weis
Box 885
Ketchikan, Alaska 99901

Dennis:

I am enclosing a food list that is self-explanatory. A few extra comments however -- leave milk alone and the same goes for yogurt. You didn't say if your yogurt is flavored or not, but yogurt is the same as drinking whole milk except bacteria have begun the digesting process. Substitute cottage cheese. This will give you calcium and protein without keeping your skin thick. I would be cautious about eating cereals of any kind when getting ready for a contest. You are making a mistake by not eating a small breakfast -- I would suggest eating four small meals a day. Typical example:

BREAKFAST: 2 or 3 scoops of cottage cheese
walnuts & sunflower seeds with honey or almonds or pecans
1 bunch of grapes

MEAL NO. 2: ground meat patty - 1/3 lb.
1 glass tomato juice
1 piece of cheese (cheddar or other NATURAL cheese)
1 piece of fruit

MEAL NO. 3: liver - 1/4 lb.
sliced cucumber or a salad
bananas with cream poured over with trace of honey

MEAL NO. 4: 2 or 3 eggs made into omlette with melted cheese,
chopped onions & tomatoes folded in
1 glass of table wine or apple juice
1 vegetable

SNACKS: Popcorn - all you can eat - go easy on salt but use some butter. Drink grapefruit juice along with it

SUPPLEMENTS: If your body can handle your present schedule - stay with it. If you are experiencing gas (probably from the liver pills) or diharrea - it's because of too many vitamins - stop everything.

I personally take supplements off and on. Mainly C and sometimes E and wheat germ oil. I eat like this most of the time and it gives me good health, energy and I stay cut-up. I eat more honey, peanut butter, vegetables and fruit when not training for a contest. Judging from your waist size I suggest you get on this type of diet immediately and stay with it. Slowly you will loose any excess fat.

1/8/75

I suggest you get on this type of diet immediately and stay with it. Slowly you will lose any excess fat.

Two things produce definition and development. DIET & TRAINING. To produce that fibrous thick, veiny look you must use strict form with tension. This requires moderate weights and not shutting off the tension between reps.

In other words, keep the weight moving. If you are doing a bench press — slowly with perfect control lower the bar near your chest -- just before you touch - roll the bar slightly back and bring it **Back** up -- before you reach lock out position slightly roll the bar toward your feet and lower it back down. Do this on everything and watch the detail start to develop.

How far ahead you start this kind of training depends on how bulky you are. If you are not over 10 lbs. above contest condition, three months of this kind of training would be sufficient. However, up to one year might be necessary if you have excess fat accumulated around your waist area.

I would recommend 12 to 15 sets per **body** part until you reach your desired hardness - then reduce your sets to six per body part.


ABS TRAINING: Hanging leg raise -- lying leg raise
Hyper extension (backbend)
Side sit up

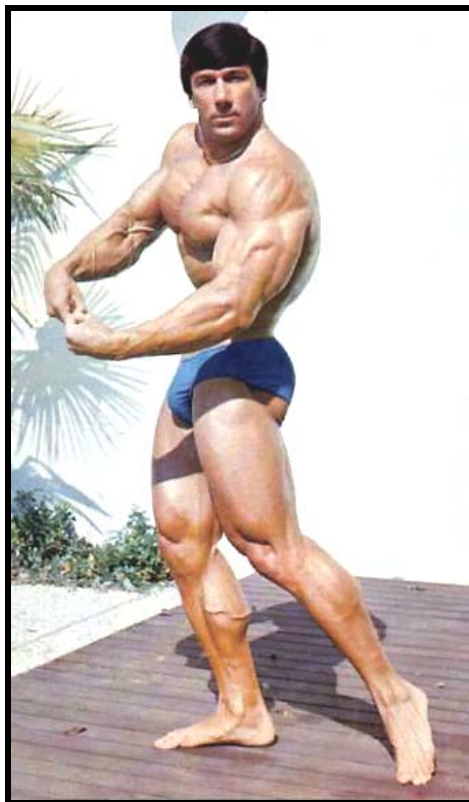
UPPER BACK: Press behind neck
Bent over lateral raise (10 to 15 lb. dumbbells at first) lying face down on an incline bench
Heavy shoulder shrugs

Remember above all else to train using tension -- especially on your upper back. Amount of weight is not important. Train with about 30 to 60 seconds rest between sets.

Sincerely,

Charles L. Amato





Boyer Coe
1969 AAU Mr. America,
NABBA Mr. Universe
and
IFBB Mr. Olympia contender

Boyer Coe & Company

January 7, 1975

Dear Dennis:

Thank you for your recent letter.

Regarding your three problems:

1. Calf - It is of extreme importance that you spend some time stretching the calves everyday on a block high enough where it is impossible for the heels to touch. Next, for the front of the calves, place a block under the heels, perhaps a 2x4 or greater thickness if possible. Now raise the toes up. This will cause a cramping effect in the shin area. At first it will be enough without any weight. But latter you will have to use a method whereby you place added resistance on the toe area. But this will defiently build up this area and it is not as difficult to build up as other areas of the calf.
2. Deltoid - Your problem sounds like you need more rear deltoid work and some "trap" work as well. This also might cause your lack of definition in the upper back. There are many good rear deltoid exercises, but the thing that I feel the most is wide grip, collar to collar bent over rowing. This exercise has always been thought to be a lat developer, however it works best for the rear deltoids. But must be done extremely strict. Very slow and smooth. For traps I would do either high pulls or heavy dumbbell shrugs.

Hope this will be fo some help to you.

God bless you,



Boyer Coe & Company

5/5/76

Dear Dennis:

Thank you for your recent letter.

Yes, I have noticed your articles in Iron Man, they are in quite a bit of detail and I think will be of great benefit to the readers of Iron Man. I only wish that Iron Man was available on the newsstands in order that it might reach more people the way Weider's mag seems to.

To answer your questions:

Yes I would probably consent to a interview on my training, nutritional program, etc. but I am already doing a series of articles much along these same lines. What I would be more interested in would be an interview done my viewson bodybuilding and the whole sport in general. Naturally I am sure there are a number of questions that many would like to ask as few get straight answers on what is really internally going on in the sport.

The question on arms is a tough one, for honestly I have never really witnessed anyone successfully add peak to his arm. This is something you either have or your don't have. Let me hasten that this does not mean that one cannot improve his arm development a tremendous amount. I, myself prefer a full, thick bicep to a high peaked one. Isn't it strange, no one is ever satisfied.

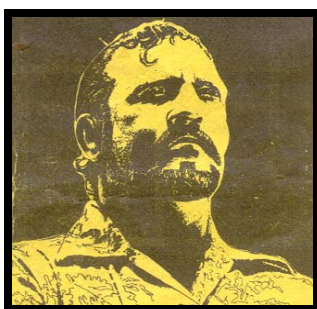
I suggest that you try this:

Barbell Curls supersetted with lying dumbbell curls
Incline Dumbbell Curls (arms out) suppersetted with lying pulley curls

Forearms can stand alot of work like calves, don't be afraid to do 10 or 12 sets for them, the exercises you have listed are fine.

God bless you,





Ernest F. Cottrell

Author of the popular BODYBUILDER'S COOK-BOOK, inventor of the unique "Maxi-Sizer" equipment, ex-Editor, feature writer and researcher for two World-Wide Bodybuilding Magazines. He has also been owner, operator and instructor of many bodybuilding gyms and health centers where he has functioned as physical therapist and nu-

tritionist...as well as trainer of Bodybuilders/Powerlifters/Olympic lifters.

Now, he has established a small but dynamic 1-man business to service the bodybuilders of all types with very personal and highly professional instruction in all phases of physical excellence...!

ERNEST F. COTTRELL
BOX 5879
SANTA MONICA, CALIF. 90405

12/13/75

Hi, Dennis--

In looking at your current diet, I'm not going to evaluate it since it rather violates past communication in this subject, and I'll simply let you take care of this aspect yourself.

You admittedly have not been using the last routine I sent you do to missing quite a few workouts, and since this routine caused you to make considerable gains in strength, I'd say to stick with it on a steady basis for the best results in strength for this upcoming contest since it provides adequate strength increases for you without draining your energy...and this is important. The 1x3 with 90% limit is (was) working very well for you, and you should be doing the following lifts in the middle of February: Deadlift, 560 to 575 lbs.; Bench Press, 340 lbs.; and Squat, 550. This projection is based on your figures in your letter dated 10/17/75; I think you could do better than the figures I mentioned for the single attempts, but knowing you, you'll probably want to try something exotic when the contest nears to "speed-up" the process.

Every 3 weeks, do your 1x3 (90%) training slot in this manner: Do 1 set of 3 reps at 90% limit, then 1 set of 2 reps with 95% limit, then do 4 single attempts, 5 to 7 minutes rest between attempts, increasing weight whenever possible by 5 lbs. Do this only every 3rd week!

3 weeks before the contest, do only 2 sets of the High-Pull (60%), 3 sets 6 reps of the Parallel Bar Dips (50%), continue with the bwt. Squat Jumps for 2 sets to failure, do only 3 sets of Cheat Curls for 7 reps, and do the Chins for 4 sets 6 reps. Also, at this point (3 weeks before contest), do your BP, DL and SQ sequence in this manner:

NOTE: 50% of something is half, so when I say 50% of your best single attempt, and your best single is 500 lbs., 50% is 250 lbs., etc. Percentages are easy to compute in 100- and 10-lb. increments; i.e., 80% is 8 of the 10 lbs., or 80 of the 100 lbs., etc., and for proper warming-up, and progressive neuro-muscular preparation, use a weight that corresponds to these percentages to avoid overtraining in this sequence; you should want desperately to do more lifts after your workout is done...BUT DON'T since this reserve of energy at contest time, along with adrenaline caused by competition, will allow you to express much more strength in your lifts!

P-L sequence for the 3 lifts:

(Cont'd next sheet)

(2)

Rest as noted.

1x20 (30%)

Rest 2 minutes.

1x10 (50%)

Rest 2 minutes.

1x8 (60%)

Rest 3 minutes.

1x3 (70%)

Rest 5 minutes.

1x3 (90%)

Rest 5 minutes.

1 rep (95%); then 3 more single attempts in 5-lb. increments, with 5 minute's rest between sets (hold 2-1/2-lb. plates in each hand and "heft" them to show yourself that the added weight is very light before adding them to B.B. each attempt; if you have an abundance of energy, do 1 to 3 more single attempts this way to break your record.)

Rest 5 minutes.

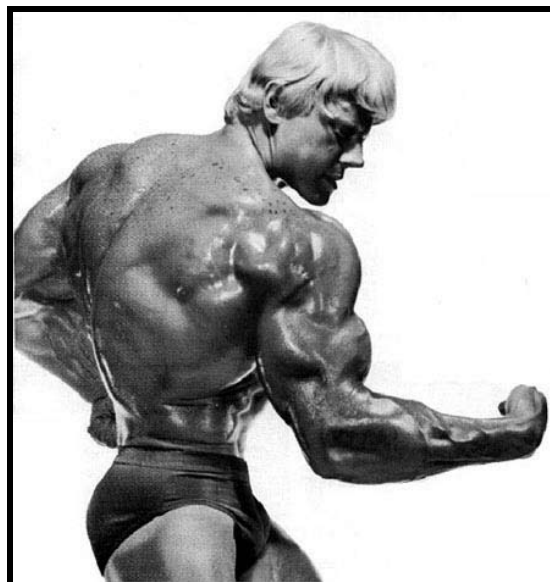
1x15 (15%)

Stop.

Two days before a contest, don't do anything with the weights, and if your weight is well within the limit, eat quite a lot of potatoes (Baked well done preferably) for a very high level of energy; this is a trick the Russians use frequently.

Have a Good Workout...!





**Dave Draper “The Blond Bomber”
1960’s IFBB Bodybuilding
Super-Star**

Dear Dennis,

1/25/65

Again, thank you for your letter and fine words of encouragement. It'll be many years before I ever have the right to challenge Larry Scott. He is incredible —

As for your problem let me make a few suggestions. Your diet is completely off the track and it is of utmost importance that you correct it. Don't disillusion yourself by thinking you can gain muscular weight quickly for it is simply impossible. Your diet, though containing sufficient protein includes excessive amounts of carbohydrates — This is bad!! Cut out the oatmeal, carrots, apples and potatoes — all unusable carbohydrates that store in the body. Stick to meats, fish, poultry, eggs, milk & milk products. Limit yourself to one or two pieces of fruit a day and a small salad. T.V. Dennis are not the most nutritious supplements to the diet, either. Avoid sugar & excessive fats.

Listed below is a routine you might follow —

Chest — Bench press — 5 sets x 6 reps
 incline flgs — 5 x 6 (bentarm)
Delt — Press behind neck — 5 x 6
 lateral raise — pec arm — 5 x 6
Triceps — Lying French — 5 x 6
 Dips — 5 x 10

MON
WED
FRI

biceps - incline curl - 5x6
flat bench inner - 5x6
forearm - Reverse curl - 4x8
Wrist curl - 4x15

Tu, Th, Sat

Lats - bent over row - 5x8
wide grip chin - 5x8-10
Thigh - half squat - 5x10
Thigh curl - 5x10
Calves - heel raise - 10x15

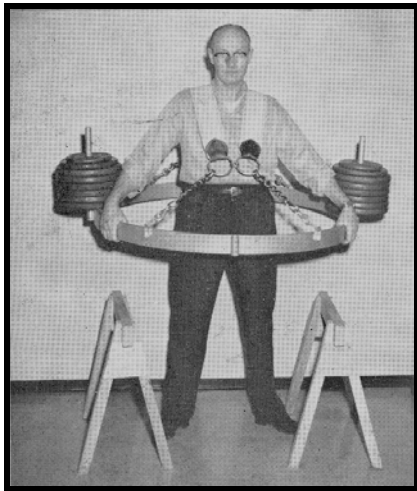
Work abs everyday for 20 minutes or
so - Handle moderate weights - train
quickly (15 sets / half hour)

That's it - Good luck -

Dave

P.S.

Plenty of E, C, D & calcium



Peary Rader
The original owner
and editor
of
Iron Man Magazine

Iron Man



Publishers of Iron Man and Lifting News Magazines
Peary Rader, President

Industries

Phone 762-5152

512 Black Hills Ave.

Alliance, Nebraska 69301

Feb. 18, 1970

Dennis B. Weis
Box 885
Ketchikan, Alaska 99901

Dear Friend:

Thank you very much for your letter just received telling about your program and your problem with calf and trapezius development. You have done very well already and you are to be congratulated. You certainly have enough equipment to do whatever you desire to do and it would not be because of the equipment but rather because of the proper exercise, or the proper routine or other living conditions that might be involved. I can see nothing wrong with your diet as far as the supplements are concerned. Of course I don't know what kind of food you are eating but I assume that you are on a full, healthful diet.

I don't know how large a program you are on but it is quite likely that if you are on too heavy a program your calves may not be developing, especially if you are on your feet a great deal during the day. I would recommend that you go off of all calf work for quite some time and allow the calves to soften up as much as possible. Stay off your feet and walk or run as little as possible for this period of a month or two. Then go on to a specialized calf routine and reduce the other exercise as much as possible so that you can work the calves very hard. You mention the McClelland calf routine. This is as good a routine as we have found thus far for developing calves. However, there are some instances in which even this does not seem to give the desired results. We have reports from some fellows who have found that fast, heel and toe walking has developed the calves, others have found walking up hills rapidly using the heel and toe are very good or climbing stairs. This has to be done to an extreme degree in order to effectively break the calves loose and cause them to develop. As you may recall, several years ago Bob Gajda mentioned that he did calf work whenever he possibly could, when he would walk upstairs he would use his calves to the extreme in climbing stairs or walking. It was always a conscious effort to contract the calves to their limit and stretch them to their limit. You must remember that stretching is almost as important in developing calves as contraction is. We know of some fellows who must do 10 or 15 sets in order to make their calves grow. This creates a tremendous demand. By 10 or 15 we mean 10 or 15 sets of 15 to 20 reps. This is an enormous amount of work for the calves but in these few instances it seemed to be the only thing which gave results.

My primary recommendation would be to try the McClelland routine after a rest or layoff and work it very hard for a period of two months and see if you have made any progress. If not, then change to a different calf program.

Iron Man



Publishers of Iron Man and Lifting News Magazines
Peary Rader, President

Industries

Phone 762-5152

512 Black Hills Ave.

Alliance, Nebraska 69301

As I mentioned before, I have known fellows who have worked hard with barbells on their calves, suddenly make gains by taking up rapid race walking and this they claim gave them enormous work on the calves. This may not work in your case.

For your trapezius you can find nothing better than the two arm clean or the two arm snatch. I would recommend that you do the snatches completely over head and dead hang work of this type will be more effective than cleaning or snatching from the floor. Deadlifts have some effect on the trapezius but not as much as the fast action of the cleans and snatches. In doing the dead hang, put some extra heavy load on the trapezius as you lower the bar and immediately pull it over head again. This of course will work your deltoids and arms as well, the biceps and forearms in particular.

One of the important things in any exercise routine is the system you use rather than the exercises. At times it is necessary to go to extremely high sets. In some cases we use high repetitions as well but in most cases 8 or 10 repetition is sufficient but you may have to go up to 10 sets for adequate trapezius development.

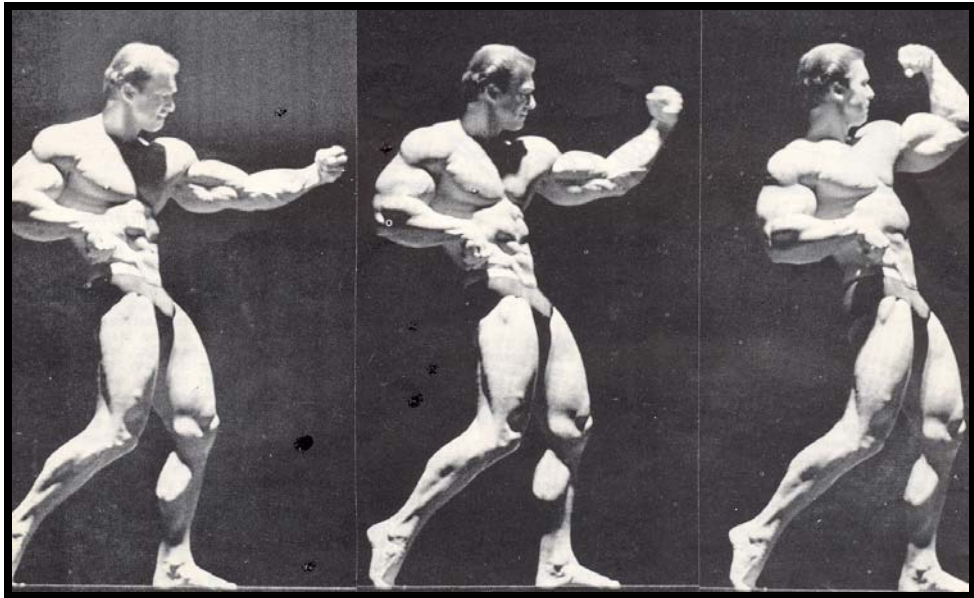
We would specialize on these two areas, the trapezius and the calves and lower your workout on the rest of the body to whatever is necessary to have sufficient energy to work hard on the other two. Do not slow up during your workouts or take too much rest between sets, about 30 seconds should be enough. If you rest too much you are going to find that you will not make the progress because you do not make the demands on your muscles that you must make in order to make them grow.

I hope that this information is of some value to you and look forward to hearing from you again as to the results you have. If this does not work out, perhaps we can work out something else.

Sincerely,

Peary Rader

PR:ar



Larry D. Scott, the first IFBB Mr. Olympia



LARRY D. SCOTT
P.O. BOX 21096
SALT LAKE CITY, UTAH
84121
June 14, 1977

Hello Dennis:

I appreciate your letter. I am sorry that I didn't include everything that you needed in my tape. Let me see if I can add something that will be of any help to you.

First, let me comment off the top of my head, if you have a chance to arrange some kind of a posing exhibition along with a muscle seminar, I would be interested myself. Especially if you could arrange it around the time when there is good salmon fishing. My wife loves to fish and when you mentioned sending some canned Alaskan smoked salmon, it just really wetted my appetite for being up there fishing and catching them myself. Both my wife and I would go crazy for that. So let me know if there's anything you can arrange along that line.

1. Please list the type of routine (exercises, sets, reps, poundages as close as you can recall) that you follow when training for the Mr. O "six days per week." That gets pretty exhausting, Dennis, but it goes something along the line as follows: On Monday and Thursday, I probably train delts and arms, and I would be using the preacher bench for the peaking movement, the slanted side for the long bicep's head. As far as the sets and reps and poundages, that would vary. It's hard to say what I would do on that. I would then use almost exclusively the supine triceps press with the easy curl bar and alternate that with the long pull tricep extension back and forth. I think I've got a system that works pretty unique in that area. I can almost guarantee a person an inch on his arm after a month of training that way. I won't admit that it's easy--it's very, very hard, but it blows up the arm incredibly. Then on the next day I would be training delts and arms. I would do deltoids before I went to arms. I would be doing down-the-rack dumbbell press as well as down the rack bent over lateral raise and down-the-rack side lateral raise. I would do maybe six to ten sets per series, and about six reps per set working my way down the rack with no rest between sets and very little rest between series. It's a very excruciating routine. Then on Tuesdays and Fridays I would probably work chest and lats. I vary those around to all different kinds of exercises, so it would be kind of hard to say what I would do on that. I've stuck to some staples on arms and chest, but on pecs and lats

MR. AMERICA

MR. UNIVERSE

MR. OLYMPIA

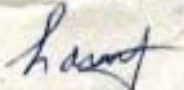
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I've moved around to a lot of different movements. On Wednesdays and Saturdays I work thighs and abdominals and calves. I stick mainly to donkey calf raises for calves and squats and hacks for thighs.

2. Now show how you are able to basically follow the above listed routine on a two day schedule in the off season. Well, I train about the same except that I do double up a little bit. Now I work pecs, lats, thighs, and forearms one day and the next day I'd work delts, arms, calves, and neck. As far as the exercises that I use and the systems that I use, it would be very similar to what I would be doing on the six-day routine.
3. List a Specialized program that you have followed in the past on either shoulders or chest and how you would incorporate it into your six day per week schedule. Let's take a typical specialized routine for the chest. I believe in working the bench press only to get the blood in so that you can really begin to work the pecs, and I'd start out with an up-and-down the rack system on bench press—maybe starting off with 135 and jumping up in 50 pound jumps to where you can get up to around 300 pounds for about six reps. Then I would work down the rack and drop down in 50 pound drops to where I get down to around 225 or 175 and then I would move over to the incline barbell press or the olympic bar. I would do a couple of sets down the rack on the incline barbell press on the olympic bar. I would do a couple of sets down the rack on the incline barbell press alternating it with a series of three sets of supine flies. Then I would do that back again to the incline barbell press and the supine flies for another two series, so that I've done a total on chest would be two of the inclines and three supine flies for about 15 sets.
4. As far as including a couple of photos, I am so short on photos I just don't know what to tell you. I would suggest that you write to Jimmy Caruso in Canada. He has a whole catalog of photos that would be available to you. I have given away so many that I am pared down to the bone.

I hope that the information that I have given to you here will be of help to you. If you feel that there's anything that can be done in way of promoting a kind of training seminar and posing exhibitions, I would appreciate your response. Whatever you find, I appreciate having had the opportunity of talking with you.

Sincerely yours,





Larry Scott's Health & Racquet Club

P.O. Box 162
North Salt Lake, Utah 84054-0162
295-9421

September 9, 1983

Dennis B. Weis
P. O. Box 9485
Ketchikan, Alaska 99901

Dear Dennis:

It is good to hear from you again. I have heard lots of good things about Alaska and will have to get up there one of these days I guess. It certainly is one of the last frontiers of the wilderness and I enjoy the outdoors so much.

As far as your questions, we have done a book and I've seen the rough draft. The fellow doing it with me has gone out of the state for the summer and it should go to the printer any time now. It sure has been a long time in coming. By the time it finally gets out people will wonder who Larry Scott was!

As far as getting some shape on the frontal deltoid, that part is such a bully. Most of the overhead press is with dumbbells or presses with barbell. You don't really want to do them with barbell because that aggravates the shoulder region because of the improper torque that is applied to the shoulder joint. But dumbbells are good because you can move the elbows in an arc and that is the way the deltoids want to move. But if you don't have sets of dumbbells, I would think it would be rather difficult to be doing a lot of presses with dumbbells.

But as far as getting rid of adipose tissue so they are ripped and cutup, that is more a matter of aerobics, Dennis. You can't really burn off a lot of fat in that area just by doing deltoid presses because it is moving such a small muscle that it doesn't really burn much fat. As you know, much of your aerobic exercises burns more glucose than it

Dennis B. Weis
September 9, 1983
Page Two

does actual fat. You need to get into the aerobic state, which is about 75% heart rate after twenty minutes of activity, so you have to burn the fat off first through aerobics. Of course, bodybuilding does help because it builds bigger muscle and makes the body burn more fat. But I think I would start doing some aerobics along with some really intense training for the deltoids. Do down the rack dumbbell presses. That is all I can tell you even if you don't have it. That is the best thing there is. Minimize your rest time between sets as much as possible. The only way you can do that is with a rack of dumbbells. You could use a barbell, I guess, and just pull off plates and keep doing it and pulling off plates and that would give you a real aerobic affect in the deltoids anyway and might help to burn off some localized adipose tissue.

As far as the speed during the repetitions, you don't go fast during the reps. You just use the speed you like to use, whether it is digging a ditch or painting a house. There is a speed each person enjoys moving and then just do it deliberate and minimize your rest time more than speed of repetitions.

Let me congratulate you on your new book. I will be interested to see it.

I do see Rheo once or twice a year. He is still a great fellow, a real pleasant personality, always been a nice person. His knowledge on nutrition is either way out in left field or so far ahead of the rest of his contemporaries, that is just sounds that way, but he certainly does have a lot of unique ideas about high quality nutrition. I have a tendency to follow his advice.

Hope this answers your questions, Dennis. Good luck to you.

Sincerely yours,



Larry Scott

LS:CM



**Chuck Sipes, 1967 IFBB Mr. World
and
Mr. Olympia competitor**



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1

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Diets, Health Information, and Approved
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June 8th, 1965

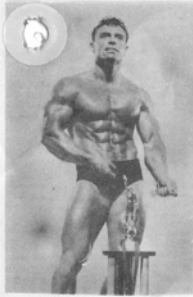
Dear Dennis:

Nice to hear from you and to know you are ready to start training. I have enclosed a program for you to follow for 4 weeks. I want you to follow it for this period of time and then send to me your program with the sets - reps, and poundages you are handling in each exercise. I want you to follow the program in the order I have outlined. As far as diet goes I want you to eat three good square meals every day. Along with these meals whenever you feel like it I would like you to eat as much as you can of the following foods. Avocados, bananas, nuts (peanuts, cashews, almonds, walnuts, ect.) Icecream, cottage cheese, sun flower seeds ect.

It would be a good idea to take some wheat germ oil, and some protein in conjunction with your training. The program may seem easy to you but it will help you in programs to follow. Let me hear from you then in 4 weeks. Please enclose \$2.00 at this time to cover handling for your next training program.

Sincerely

Charles H. Sipes



AMERICAN BODYBUILDERS PERSONAL WORKOUT CARD



TRAINING PROGRAMS OUTLINED BY CHUCK SIPES MR. AMERICA MR. UNIVERSE

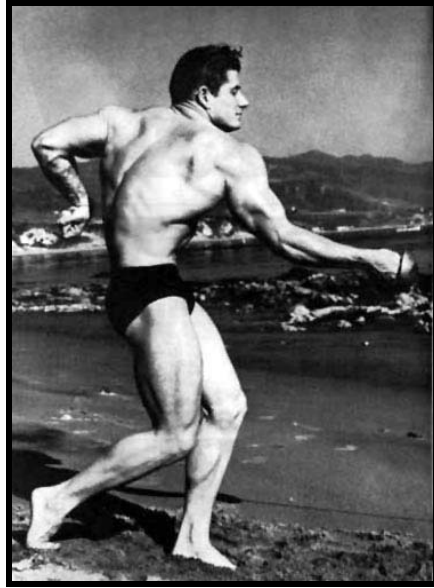
WORKOUT SCHEDULE FOR Dennis Weiss -

EXERCISE	SETS	REPS	SPECIAL EXERCISE INFORMATION
Warm Ups - Push Ups	3	15	Do fairly rapid and get blood circulating good.
Seated Press behind Neck (Bar)	3	8	Fairly wide grip - Keep back straight.
Seated Front Press (Bar)	2	6	Shoulder width grip -
Pullover Press (Bar)	4	8	First you do a bent arm pullover and then you do a bench press.
Bar Heavy Chesting Curls	5	2	You may cheat on these - use heavy weight.
D.B. seated concentric curls	5	8	pump arms good on these after doing Heavy chests
Bar French Press (Bench)	5	4	Keep Elbows high - Make triceps do the work.
D.B. Triceps Ext	5	6	Pump back arm good with these.
D.B. Standing side laterals	2	10	Keep Elbows straight and raise hands to side.
Squats	4	8	All the way down and breathe deeply twice between each rep.
Dead lifts	4	6	Straighten up and rock backward slightly between each rep.

seated }
seated }

TRAINING INFORMATION Follow program three times a day. week. Use as much weight as possible and still get required number of reps. Try to add weight to your exercises every 2 weeks. 4 weeks program.

SIGNED Chuck Sipes -
Chuck Sipes Mr. Universe



Monty Wolford
a 1950's Mr. California

Dec 20 64
Box 253
Ahwahnee, Calif.

Dear Dennis,

Merry Christmas & and a very
healthful New Year.

Your letter finally caught up
with us in Calif, where we had moved.
My busy life of work has kept
me from my correspondence for
some time now, so I'll take
this opportunity to catch up.

The exercise routine you are
following seems good, I'd like to
suggest working neck + legs also. You asked
for endurance work, this necessitates
leg and chest work combined. Squat
jumps with wt. are the best, followed
by breathing pull overs.

Back issues of the health mags.
can be purchased from the publishers
at reduced prices.

We will look forward to hearing
from you soon and in time
seeing your pics. in S + H.

Your friend

Monte Wolford

Letters to Dennis B. Weis

From

Charles A. Smith

*“A Pioneer in Muscle Training
Instructional Journalism”*



Charles A. Smith, second from left

Charles A. Smith (Chas) was born in England in 1912 and passed away in 1991. He was one of the greatest journalists in iron game history and wrote (or was the editor) for several muscle/strength magazines for over half a century. In particular from 1950 to 1958 he was the editor of Joe Weiders group of magazines.

It should be noted that while Chas was not a lifting or physique champion he was no arm chair writer. For example he could bench press 390 lbs, one-hand dealift 420 lbs, and do 300 lbs, in the barbell back squat for 30 rock bottom reps.

During the 1980's Chas was a research associate at the U of Texas at Austin, working with Professor Terry Todd and the School of Physical Education and Health-on materials in the Todd-McLean Collection.

Charles A. Smith, the inspiring writer, deserves a respect and remembrance of his outstanding contributions to the literature of iron game history.

The following is a series of letter correspondence between Chas and my self between the years of 1986 to 1990.

4008 Ramsey Avenue
Austin, Texas, 78756, USA
May 30th 1986.

Dear Dennis,

By some coincidence your letter was delivered while I was engaged in a phone conversation with Bob Kennedy. Call that an auspicious beginning if you will.

Another surprise was that your letter, mailed on May 26th, reached me in three days-- yesterday. The US Post Office must have really pulled out all stops on this one since it takes me four days to get a letter from Grimek, three days for a letter to reach me from the Coast of the NYC area.

Ah, the subject of George Fuisdale Jowett. What to tell you? He told so many stories about himself that it is hard for anyone to sift fact from fiction. One thing is certain. I DO know when he was born, where, and his parents names and the occupation of his father. And I do know that he passed away. All else is a matter of what you want to believe about what he said he had or had not done.

But one thing is sure. He WAS a very powerful man and had the largest hand mine ever got lost in. He also had the biggest fingers I have ever seen with the exception of Goerner's. Klein has seen Jowett do a one hand military press--- and I do mean MILITARY*** with 100 lbs. But there are other lifts he claimed that come within the range of sheer donkey dust.

George, with whom I was most friendly and liked very much, was given to "stretching" things a little. He was born on December 23rd in 1891 in the city of Bradford, England. This city is an industrial town in the county of Yorkshire, the largest British County. His father's occupation was given on the certificate--- which I have--- as JOINER and BUILDER. In those class conscious days, a joiner was quite a cut above the common herd--- the working man--- being classed as a skilled artisan and therefore a TRADESMAN and probably employed other laborers to work for him. So the Jowetts most certainly lived a great deal better than other working families at that time.

On one occasion, when asked how he had developed his forearms--- which were HUGE-- - Jowett replied he had developed them by working in a CHAIN FACTORY.

On another occasion when asked how he had developed his neck he told the inquirer that he had done so when he was a FISHERMAN on a fishing trawler and had to carry baskets of fish on his head.

Now, in those days Dad was THE BOSS and what he said went right up to the hour and minute you reached 21. So I very much doubt if George's father would have allowed him to engage in what was then regarded as menial, or working class jobs. I come from England, and I know the ethos and mores of the people. In addition to this, Bradford was

a textile town manufacturing woollen and silk goods and I doubt--- although it is only fair to say I don't know for sure--- if there were any other types of industry involving metal manufacture.

There is also the story he told of how he got his wrestling name--- YOUNG HACKENSCHMIDT and he did wrestle pro for a while--- he said he was walking down the street with George when someone said "There goes OLD Hackenschmidt and YOUNG Hackenschmidt." Hack PERSONALLY told me he had never met Jowett in his life. And Hack wasn't given to tall tales.

I believe Jowett started out as a gymnast and went on from there. But how he got into wrestling and then lifting isn't generally known since so much about Jowett is a mystery. For example, at one time Ottley Coulter wrote to George asking him to send him some details of his early years. George wrote back--- and I've seen the letter--- that he hadn't got any information since his wife disliked what he was engaged in and had thrown all his memorabilia AWAY. Convenient methinks.

He also claimed so many titles and championships won in lifting and wrestling but it is hard to find out when and where the meets in which he won the titles claimed, took place, or even if they took place at all.

So you see, the bodybuilding and lifting scene hasn't changed at all. It's the same old muck--- as the French saying goes, "Plus ca change, plus ca la meme chose." The more it changes the more it stays the same--- when we've got men claiming that they are _____ since 1936--- a date when they were only FOURTEEN YEARS OLD one can see it's "Business as usual."

However I liked Jowett. He always treated me civilly and in a friendly manner and I will say that one of the most inspirational books on weight training that I have read--- THE KEY TO MIGHT AND MUSCLE --- bears his name.

Note I said "bears" his name.

As soon as I can rake out his birth certificate I'll send you it. You can copy it and send it back.

Jowett and Ottley Coulter knew each other quite well and on a close personal as well as a business basis. At one time they came up with an idea of putting out their own physical culture mail order course. However they lacked the financial means to get it started. So they brought in a party of the third part to put up the money, the profits to be split three ways. Off went the course and response was good. Then, suddenly the party of the third part vanished into thin air and Ottley and George were left wondering what had happened to him.

They soon found out. One day they were approached by two large gentlemen with profiles that could cut glass, exuding an aura of extreme ill will, who demanded that

Ottley and George come across. After some colloquy it was evident the party of the third part had borrowed the money off a Mafia Loan Shark and hadn't paid any back and the gentlemen were there to tell the partners that there were a couple of concrete overcoats waiting for them if they didn't "come across." George and Ottley "came across" and that was the end of the Apollo Course.

I've been into weightlifting journalism for fifty years now, starting with IRON MAN and winding up with Joe Weider, the Woodland Hills Wonder and worked as his editor for eight or so years before I decided I'd had enough and came to Austin from NYC. I went into Law Enforcement and was in it for 20 years before I retired. Handled narcotics cases and juvenile offenses and was head of the department, handling every case referred to the local juvenile court.

Now I'm back again writing the occasional article for IRON MAN and Bob Kennedy. While it doesn't exactly keep the wolf from the door it does keep a couple of six packs in the ice box.

Presently I am on the faculty of the University of Texas as a Research Associate and a strength sports historian, working with Professor Terry Todd at the Gregory Gym--- main thrust is with the Ottley Coulter and Dave Willoughby archives, collating, indexing them and extracting anything I consider of eminent historical importance. Got my Criminal Justice and Criminal Behaviour ticket from Sam Houston State University, which is attached to the Texas Penal System. Retired in May 1978 and now do nothing all day except try to figure out who I am and who the hell I can blame for it.

Attended the Old Time Strong Man's Association dinner on May 10th in NYC and had a long gab fest with Grimek with whom I correspond on a regular basis. So tell him Hi Ya when he gets to Ketchikan.

By the way I've looked the place up on a large map of Alaska and just am unable to find it. Is it near Seward or Anchorage or Nome or where and how big a town is it and what do you do as a pillar of the community. Alaska is such an enormous place that I don't wonder I can't find your city. Myself, I've travelled all over the world, can tell you more quickly where I haven't been than where I have and Alaska is one of the haven'ts.

Me phone you? Like to but hardly likely. I have to live on a miniscule pension of just under 600 bucks a month--- try it some time--- and it might be too rich for my budget to phone you. But there's always the mails and I look on a letter as a PERSONAL visit from my friends.

I do a lot of letter writing to people interested in lifting and weight training, all over the world. Sadly though, some of these write merely to "pump" me and I find some of my correspondence appearing in articles as "personal" experiences of the authors.

You were just a kid when I worked for Weider, which was from 1950 to 1958 so you must have read some of my stuff in old copies of his magazines. I am sorry I never kept

copies of the articles I wrote--- I turned them out by the HUNDREDS and under various names and for various champions who could hardly put an X against the "SIGN HERE." but that is by the by and no reflection.

I'm in my 75th year now and OH the tales I could tell. I know where the bodies are buried and what cupboards hold the skeletons. But if you told anyone you wouldn't be believed. So why bother.

IRON MAN magazine is perhaps--- as it always has been--- just about the most honest and reliable magazine on the market today. Although I think Peary could have shouted a little louder than he did at some of the stuff going on, yet I understand his desire to NOT get involved in the Sport's politics. What I like about IRON MAN is its freedom from flim flam. No claims to be the fount from which all blessings of weight lifting flow. And if you don't agree with what Rader says, all you have to do is write your article disagreeing with it and you are reasonably sure of getting it published.

Not so with _____. He phoned me up, February 1985 and INSISTED I write an article about all the new and wonderful training principles, systems and exercises there were today. I knew he wanted me to say how great HE was and how HE was responsible for inventing all these wonderful things. So I wrote the article and sent it off. I said there wasn't anything new, that what was being peddled today is all old stuff and was being used back in the late 1890s and early 1900s. It took me 7 months to get paid and despite assurances that the article is to appear "NEXT ISSUE" it has never appeared. Ah this free and enlightened press of ours. And democratic too.

I've got a couple of articles coming out in Kennedy's magazine and more in IRON MAN. I guess you read my bit on Goerner and the previous one on steroid use.

Of course the old timers are the pioneers. The modern bunch only stand as tall as they do because they stand on the shoulders of the pioneers. All these new exercises and principles were being used when the mothers of those who claim to have invented them were saying to their Dads, "Not tonight dear. I have a headache." Or when they were lifting nothing heavier than a baby's bottle. So much of the stuff printed today is sheer unadulterated HOG WASH and deceptive, or to be more forthright, out right lying. Do you get the slight impression I am somewhat cynical?

I have all the time in the world to correspond and as I have said welcome letters. The only thing I ask is that if I tell you something is confidential, keep it that way. That's all. No sense so far as I can see hurting people's feelings and disturbing dogs taking a nap.

At the Old Timers banquet Joni Lee MacFadden, the....relic of the famed Bernarr MacFadden "he was born BERNARD" turned up. She is in her early eighties now and when asked to say a few tribulal words about Grimek, she launched into a diatribe about how hard a man Mac was to live with and how on their wedding night, he gave her a pair of iron dumbbells. Her disappointment must have been monumental since I am sure she

was hoping for a present of another kind. However, though a bit wobbly on her pins and quavery in her pipes, she looked well for her age.

Anyway I shall be more than pleased to exchange letters with you and to answer any questions you ask to the best of my knowledge and belief. Tell me a little about yourself too.

Best to you,

A handwritten signature in cursive script, appearing to read "Charles". The ink is dark and the handwriting is fluid and somewhat slanted to the right.

4008 Ramsey Avenue
Austin, Texas, 78756, USA
June 12th, 1986,

Dear Dennis,

Thanks for your letter dated June 6th and for the news cutting therein. Gives me some idea of who you are and what makes you tick.

I will do my best to answer the questions you ask. But I'd remind you that some of what you read may not be to your liking. Some of the chapters of History can be unpleasant and, where some of us have a fixed image of what a man is like, can be somewhat creative of a feeling of being let down.

Take Sandow as an example. He was, and still is in some quarters, treated like a tin god. The face remains that he was an arrogant German bastard, led his wife a dog's life and died of a heart ailment--- aortic aneurysm that is caused by contracting SYPHILIS. His wife was so antagonized by his behavior that she refused to have any headstone placed on his grave and his surviving family --- yes, some of them are STILL alive--- refuse to discuss him. So you should remember that what I write may seem like knock ing but is just telling it like it is and as it was.

As for my remark to the effect that I sometimes see what I have told people appearing in articles as their experiences and discoveries of the authors, let me assure you nothing personal was intended. The other day I got a copy of a British magazine and saw therein some words taken from an article I had written for _____ on steroids--- "they take steroids for a trophy whose shine will one day tarnish and for a reputation that will one day be forgotten." This sort of stuff, without a word of acknowledgment as to source gets me considerably irate.

I have found your city on my National Geographic map. What a huge place Alaska is. I imagine you are holding some sort of a meet up there that Grimek is attending. If and when you do see him, give him my best.

Doc Tilney--- ah the good Doc who wasn't a Doctor at all, but a soi disant doctor. He came from Norwich, England---came over here in the early 1920s.

One of those self styled "naturopaths" and like the early gym owners of the 1890s who had to the "professors." Doc was concerned in the Atlas course and thereby hangs a tale. Atlas, aka Angelo Sciciliano, used to demonstrate weights and clubs [sic] in a Coney Island store front, as did Liederman. Somehow or the other Doc got tied up with that Wiley old snake oil salesman Bernarr MacFadden who was running a show at the time. Someone or the other had suggested that Atlas put out a course. Doc, Charles Roman and Atlas got together and mapped the course out. When someone asked "What apparatus shall we sell," Doc is reputed to have said "Send nothing. Let them use free standing movements and self resistance---" so you see--- again nothing new.

They now call it ISOMETRIC EXERCISES. MacFadden got in on the act by promising to let Atlas win in return for the advertising of the course in his, MacFadden's magazine. Atlas did, MacFadden did and the course took off and made Atlas a millionaire and MacFadden wealthier than he already was. Ottley Coulter, who took part in the contest, says that Matysek was by far the better built than Atlas. Yes Charlie boy did use weights although he claimed he didn't. Just as Sandow sold chest expanders and two pound spring dumbbells claiming that that was how he built up HIS muscles. Then, as there is now, so much bullshit was floating around that I have never seen it stacked so high since I was in a barnyard.

I met Doc several times and he and I got on well together. But as for his knowledge of physical culture and weight training, in my opinion he knew little or nothing and was what he liked to call himself--- a nutritionist.

As for Jowett. Let me quote you some of his claims as to the titles he had won. These are direct quotes from one of his ads in a 1936 magazine BODYBUILDER. Junior International Gymnastics Champion. World's Champion Welterweight wrestler. World's Champion Middleweight wrestler. World's Champion Middleweight Lifting Champion. First in America to lift double bodyweight overhead. Only heavyweight to break Arthur Saxon's record. (He doesn't say what record it was.)

Nowhere does he state, or ever stated, where these records were made, where they were won, who were the judges and officials etc etc. And no one has ever been able to find out. True he did wrestle under the name of Little Hackenschmidt. He also claimed to have trained other famous lifters who said they had never met him. And had never heard of him. The medals he displayed were given him by Bill Pullum for publicity purposes.

Did he write his books and courses. NO HE DIDN'T. That is write them in toto. Last week and for the next couple of weeks I have been going through a load of correspondence between him and Ottley Coulter dating from early 1922 on to 1925 when Jowett is trying to get Coulter to go into business with him in courses and booklets. One of the propositions that did come to fruition was the series of MOULDING A MIGHTY THIS OR THAT. These booklets were written mainly by Ottley Counter with Jowett describing the lift and the way it should be performed. Sorry to be such an iconoclast, but there the HISTORICAL FACTS ARE.

As for the Jowett Institute courses. Jowett didn't write them and Jowett didn't run the institute. The Jowett System was run by a man named Ben Rebuhn who later changed it to Ben Rayburn. He paid Jowett for the use of his name and once remarked to me when we were meeting over a proposed magazine deal "I've made more money for Jowett than he's ever seen before in his life." As to where you can buy or borrow his courses I don't know, but will ask around. You might try Bill Hinbern or Angelo Iusipa, but I imagine these worthies would ask a bundle. Same goes for those little bodypart courses--- written by Ottley mainly with a little thrown in by Georgia Boy.

I met Jowett many times and he and I got along well. What impressed me about him was his powerful HUGE hands and fingers. My hand, which isn't small, was lost in his. That he was powerful was also evident. That the KEY TO MIGHT AND MUSCLE was one of the most inspirational books I have ever read is also true, so far as I am concerned. But he told so many bouncers about himself that when he did tell the truth, few believed him.

Is it true he grabbed a 175 pound anvil by the horn etc etc. No it isn't. The anvil weighed 125 pounds and I am told he did swing it to his shoulders holding onto the horn and then pressing it. I have also been told the picture was faked, that the anvil was planted by the art of the photographer in Jowett's hand. But in all fairness I must say I believe him to be capable of doing this stunt and will tell you why.

I served in the Royal Navy for six years--- all of them combat duty and have seven decorations for what they called "bravery" but which I now call stupidity and foolhardiness. I did three Murmansk convoys in a British Cruiser. On one of the convoys when we were forward cover for the convoy we came under extremely heavy attack and shot every round of ammunition. We docked in Murmansk to refuel and take on ammunition. Our load of six inch shells came aboard and were put onto the forecastle. These shells weigh 120 pounds each. I saw Russian workman-- - his back to me, clad in a hooded duffel coat, around six feet high, grab hold of two shells--- one in each hand--- with his fingers, wrapping the thumb and first two fingers around the shells pointed noses and lift them and place them a few yards away from the others. Then "HE" turned around and I saw it was a WOMAN. So I'm willing to believe Jowett did do the anvil trick. He sure had the hands AND the fingers to do it. Also he did, in the presence of Sig Klein, do a perfect one hand military with 100. 125 in a looser style should have been no problem.

The best I have ever done squats is 30 reps with 300 at a bodyweight of around 170 in the 1930s. No one would believe me since to squat ONCE with 300 then was quite good.

There is nothing wrong with taking several deep breaths between each squat.

This again is not new. Joe Assirati and I were doing exactly this in 1934 when we came under the spell of Joseph Curtis Hise who believed in dropping to rock bottom in the squat, rebounding up to starting point, taking three deep breaths and continuing to squat. This system was later applied to curls, presses and other movements and was called "The Rest Pause System." It enabled you to grind out more reps and, eventually handle more weight. Again, nothing new. The expression we used about going so low in the squat was not getting splinters in your glutes but "If you go much lower your arse will close over a daisy and you'll never get up."

Just to set your teeth on edge and get you into a snit fit, Joe Hood, our 220 power lifter here at the University of Texas, the other day did four sets of three reps with 610. If the money had been there he could have done eight.

Joe recently did a dead lift with 793 at 220 DRUG FREE. This is the first time Goerner's record has been equaled in SIXTY SIX YEARS.

Several people have squatted with 800 and more but most of them--- I'd go so far as to say ALL of them--- used steroids. As for 20 inch arms, I'd be a very wealthy man if every one of those who claimed to have 20-inchers had paid me 20 bucks if they hadn't. For some very strange reason most of them I tried to measure and who claimed to have 20-inchers, ALL had some excuse as to why I couldn't put the tape around them. When it comes to this sort of claim you have to show me. As an example, I once taped the arms of John Davis when he weighed over 210, was pressing and snatching way over 300 and cleaning and jerking 400. Measurement of his right arm 17 5/8ths. Left arm slightly less.

I think you made a very wise choice when it came to choosing between trophies and wife. There is nothing in this world so precious as your family--- if you are lucky to have one. It comes first and foremost above everything else. Sadly today the family seems to have little or no meaning or value. What a pity. But that's the sort of rotten, greedy, competitive world we live in today, when black is white, right wrong, night day and good values get you tabbed as "square."

First I have never believed that what will suit one man goes for another. Once past the beginner's stage the basics are used and through with, then each man presents an entirely different problem and should be considered as such--- one man's success is another man's failure. What suits you might not suit another.

It seems to me that you concentrate on squats too much. This is the impression I get from what you have told me. It might be that less concentration on leg work and more on the shoulders and arms might make considerable difference to your bench.

But there are other factors to be considered. It doesn't necessarily mean that because you are a good two hands presser, you are automatically a good bench presser--- and the reverse goes. As an example, my best bench was 390 and I was way over 40 when I did it. My best standing press was 220, but then I hardly ever practiced it. So not only skeletal structure, leverage and genetic factors come into play or significance, but also your LIKING for a lift--- your mental attitude. If you don't care to do the exercise you tend to regard it negatively and avoid doing it at all if you can overcome the pangs of conscience.

Take one of the greatest bench pressers I've ever seen, known or trained with--- Marvin Eder. In my opinion, and I may be wrong, Marvin improved his benches by practicing parallel bar dips and presses from behind neck. But few people have the time or the energy to train as Marvin did. Let no one tell you High Intensity Training is a thing of the present. It isn't. It was being used in the 1930s and Marvin was using it in the 50s. He started parallel bar dips in the morning with 300 pounds tied around his waist, do a set of 10 reps, rest a few minutes and do another set and continue thus ALL BLOODY DAY. Lately the Bulgarian lifters do likewise. They train intensely for 45 minutes rest half an hour and continue thus all day when they wind up by soaking in a hot tub then having a complete massage.

So I suggest isolated exercises for the triceps and deltoids--and let the pec's go their own way. They play a minor role in benching anyway. It's the triceps and delts that do the work. Dips, dumbbell French presses and press behind necks as assistance exercises MIGHT bring your bench up. The other way, as I see it and from what you have told me, is to give benches as much attention as squats.

Another way is to use power movements. That is taking your limit and pressing it an inch or so off racks and at the final rep hold it locked out as long as possible.

Another method is to develop what Ron Walker called a "contempt" for weights. Let me illustrate this further. I devised a set of power exercises in an old Weider magazine in which the bar was supported on two heavy boxes--- way above my limit of 390--- around 420-450 and pressed it out a fraction of an inch. I also did this with dead lifts. I'd take six hundred, placed on boxes bringing the bar to knee height and lift it from this position. But I did better. I got to lifting the 600 and holding it as long as I could I held 600 for one full minute. After doing this for some time, I started back on hang cleans. The first one with 220 nearly went through the roof. So what I learned was that the MIND has to get used to handling heavy weights as well as the muscles. That 600 made the 220 feel so light--- although it actually wasn't--- that I unconsciously felt I was stronger and thus handled the 220 easier.

So, so far as your benches are concerned, more time and effort and some assistance exercises appear to be indicated. Training alone MAY be part of the problem, but here again personalities enter into it. Some cats LIKE to train alone. Others can't work out without a training partner. Some guys perform wonderfully in the gym, but bomb out in a contest. Now Joe Hood is exactly the opposite. What he does as limits in training, he can bet he'll top by forty or fifty pounds in competition. He REACTS to audience stimulus. Others don't. So there are so many factors to be considered. This is why I get so hoity toity when I see ads that guarantee you INCHES of muscles and pounds of weight in three months. It's very much like the bald guy who tried a certain brand of hair tonic. He rubbed into his scalp religiously for three months. At the end of that time, he was as bald as ever, but had hair three feet long on the palms of his hands. You aren't taking me seriously are you?

Let health be your priority rather than greater strength and bigger muscles.

This I've learned after having lived 75 years. With health and a good, tight knit, close family, you have everything.

God, I've lost count of the number of articles I wrote for the _____ They must run into the thousands and I never kept a single copy of any I dashed off--- sometimes at the rate of two and three a day, at one time, thirty and forty a month. What a fool I was to let him have me so cheaply.

All water under the bridge now. At least I can console myself with the thought that I did more to get him where he is today than any other man he has had working for him.

About me. I worked for _____ as his editor in every magazine he had for eight years, then told him to shove it and came to Austin. I had no future with the _____ and my wife was ill, so I came to Austin where I thought the climate would help. It didn't, and she died on Christmas Day 1959. I went into law enforcement for twenty years, rising to head the police department I was working for, handling narcotics and juvenile cases--- all of 'em, until I got sick and tired of seeing justice done to the rich and the poor get the jolly old shaft. So I told them to shove it and since have been retired, getting along on a miniscule pension, helped out with the occasional article, studying history social studies etc etc, trying to figure out who I was and who the hell I could blame for it.

The loss of my wife led to my beginning to drink heavily until my health --- thought I'd have it forever--- collapsed and as a result I am now missing a leg, part of a hip and am in a wheel chair.

I have a daughter who is a graduate of the University of Texas in nursing sciences, is an RN and a certified Cancer Chemo Therapist and recognized as tops in her field in the Austin area. She has three kids of her own, a girl who will be 11 this October, two boys, little imps, who will be six this November and four this August. The girl is onto music, gymnastics, stamp collecting, is an honor student, two grades above her age and will enter High School at 12, is reading at 12th grade level. The boys are into everything and making straight As at being little pests.

If there's any question I haven't answered, just holler, best of everything to you,

A handwritten signature in blue ink, appearing to read "E. G. ...".

4008 Ramsey Avenue
Austin, Texas, 78756, USA
June 24th, 1986

Dear Dennis,

Be assured that you nor will anyone else, wear out their welcome writing to me. At 75 years of age what little else is there for me to do apart from what is within my limitations around the house. There is no privilege in friendship, it is just there and one should not regard it as a privilege. It is a two way street in which one does not get it until one gives it.

So write away until you go dizzy or develop a fit of the megrims or whatever. If you are willing and able, then so am I.

This brings up the question of you asking me questions of the information I possess--- or knowledge. I have always regarded what I know as NOT belonging to me. It is something I have gained from others. Therefore I hold it in trust, something not to hoard away as a miser does his gold, but something to be shared with ALL. It isn't mine. It belongs to all who ask to share in it, like the air we breathe and the water we drink. All I ask is that if ever you use anything I tell you in these letters, you merely give me credit for it--- "I was told by Charles A. Smith etc etc etc." That's all I ask. So long as you care to write me--- do so. You may be sure, and you have my word that I will tell you what I know. If I don't know, or if I believe what I tell you to be a rumor or hearsay, that I will tell you too.

I think the one big mistake most of us make is NOT to see all sides of the picture. As an historian I cannot afford to do this. It is true that most of the stuff we are told, or are taught, reflects but one side--- the best and most presentable. Thus, if I tell you that there are other sides to a person's character, this is not done in a key hole peeping, dirty linen airing sense but in an HISTORICAL ONE. While it is true that Hoffie did a lot for the GAME, he also did a lot for Hoffie--- witness the fact that he died many times a millionaire. If he put one dollar into the sport by his support of teams and lifting, he got two dollars back and untold valuable publicity for himself and his business concern.

The fact remains we, generally, are NOT told all the facts. It might shock you to learn that one of our greatest presidents was a syphilitic and gave the disease not only to his wife, but to his son. Jim Bowie who is revered in Texas as almost a folk hero, was nothing more or less than a bloody cut throat ruffian. Paul Revere did not complete his ride and warn his compatriots the English were coming. The English caught him at a bridge and good old Paul spilled his guts.

Getting across the other side of the channel, the poor old King, George the Third, who lost America for England, wasn't mad as is popularly believed, but suffered from a metabolic disease known as PORPHYRIA, which did leave him hallucinated at times, but at others left him perfectly lucid. The man who is regarded as one of the greatest kings who ever sat on the British throne, Henry 8th, was a bloody tyrant--- a "Bloody grease spot on

British History," as Charles Dickens has so rightly called him. He died, not from syphilitic complications as is so popularly believed, from what now is thought to be diabetic complications--- he ate and drank like a hog. And so we go on and on. What we know about history is that we know LITTLE about it. And so, when relating what I know to you, I, as an historian, MUST tell what I believe to be the truth, the whole truth, etc etc.

Some of the history of our Sport isn't a very nice tale to relate. One mustn't forget that it is now so commercialized, that all the idealism it once held is to all intents and purposes vanished. It is now a very competitive and GREEDY world we live in. Get me onto this subject again one day and I will probably shock the hair off your pate.

I recall in your last letter you asked if the wife of Earle Liedermann was a Miss Alaska. I do know that Earle in his magazines, said she was. Her name was HELGAR, her first name. What her maiden name was I don't know and Earle never told me. I also doubt very much if she had any connection beyond the Name Miss Alaska, with your State. But I do know for a FACT that she came from Europe, one of the Scandinavian countries, since I recently read a letter, dated around 1924, in which it was revealed that Earle and his bride Helgar, had returned to her country in Europe because of some trouble in HER family.

Here lies a tale as told to me by Earle himself I 1953. In the '20s Liderman was a king pin among the Muscles by Mail merchants. In fact the post office delivered it to him daily by the truck load. Earle found out that Helgar was having a love affair with a mounted cop she had met while riding in Central Park. Earle, who had a load of political clout in those days in NYC, told her to knock it off--- I'd have bounced her out on her kiester right away--- or he'd bust the cop. She didn't and Earle did and the cop was busted to the Police Siberia--- Staten Island. One day Earle came home and found his dearly beloved had cleaned out his safe to the tune of three quarters of a million in cash--- some say it was only 75 thousand--- but Earle told me it was the bigger figure. His first reaction was to have a drink, then another and another and suddenly he wakes up in a hotel in Atlantic City, in bed with a woman he had never seen before and without the slightest knowledge of how he got there. I think it was at this point that his business gradually began to skid. At one time he was taking four FULL pages in the New York Journal American each week and for his advertising. All this was told to me PERSONALLY by Liederman in 1953 when my wife and I were visiting him in Hollywood.

It is hardly a case of seeing only the good. What if Hitler was remembered for the wonderful autobahns he built, or Mussolini for making the trains run on time in Italy. Hardly standards by which to judge the whole man. Thus the question of perfection hardly arises but TRUTH DOES and the Truth is that WHICH IS.

Two other examples. There is a certain person who claims to be Trainer of the Champions since 1936--- a year in which he was just 14 years of age. There is the danger here that one day people will actually believe this--- as many now do. It is of course ridiculous.

There's the other case of someone in California who claims to have done four or five reps ONE HAND PRESS with 400, letting out only here and there that it was done on some type of machine. I know dozens of people who really think this claimed lift was done with a barbell. It won't be long before most people will believe it WAS done with a bar bell--- as some already do. So the historian plays his role here--- and that is sifting out who the man was, why he was as he was and what contributions he REALLY MADE.

As for my part. I like to think I have done a lot of good and hope I have.

But even if I have done but little good, then my hopes lie in the thought that I have done LESS HARM.

The story you relate of someone taking your book and publishing it under his name is extremely poor behaviour--- in fact much stronger words could be used. I believe I know who this person is since he has done the same with me. He copied me word for word from an article I had written for IM re the steroid problem in power lifting, recently. When I wrote to tell him I was writing an obit for Sig Klein--- who is very very ill--- he at once wrote one and sent it in to the guy I had proposed writing it for. But this is the sort of individual we have in our sport and, sadly, we have always had this type. Jowett took one of Pullum's articles on Arthur Saxon and published it word for word under his own name in the old STRENGTH magazine of the 1920s.

And this wasn't an isolated case.

I must apologize to you for asking the question I did about article payment.

I was way out of line, although there was no adverse intent on my part. Please forget I ever asked the question.

I came to know Bob when he approached Jan and Terry Todd to write a piece about the Todd McClean Strength Collection. Both were busy--- Terry with his classes and Jan with her studies--- she is a doctoral candidate--- and were unable to do what Bob wanted. They suggested me and I came across he apparently liked what he read and asked for more. I obliged with another and, though neither of the two pieces have appeared, he wants more of my stuff. He has also written and phoned me a few times.

Speaking of phoning--- you of course are your own man and may phone me if you wish, but to talk for an hour over the phone is, to my way of thinking--- and my economic bracket--- a waste of money. A letter will do just the same job for 22 cents. An hour on the phone might run you a hundred and that's a lot out of a family budget. AND THE FAMILY IS WHAT COUNTS.

R_____ B_____ aka _____, a homosexual. I have met him once or twice and didn't like him, not because of his sexual preferences but because I got the impression he was a snake oil salesman par excellence.

Why he changed his name to _____ I don't know. What I DO know is that for several months after he passed away, his death was kept secret because it might affect the vitamin business. He once promised--- so I was TOLD--- to make a Mr. America out of some bodybuilder and all it would cost him would be in the neighbor hood of 300 a WEEK.

Although vitamins and food supplements have existed since the start of the game, he was that eon in Modern times who revived them, rather resuscitated them and made them what big business they are today, with all the flim flam and hype that goes with their marketing. Johnson, as I prefer to call him, started out advertising in Hoffie S&H. When Hoffie--- who kept tabs on the returns, saw what big business Johnson was doing, he went into the business himself and heaved Johnson out of the advertising columns of S&H.

At the same time, Weider, Horvath and I sat down around the table to discuss if Weider should get into selling them. Weider was so so about it. Horvath was dead against it, saying it was nothing more than a fad and wouldn't last. My stand was that while I believed one could get all the vitamins he needed with and through a balanced diet, why if money making was on Joe's mind, then have a go Joe. Horvath predicted dire consequences. So a trial ad was floated in all Joe's mags. First month response Nil. Second month about eighty bucks in orders. Third month five hundred and we were off and soaring and NEVER took in LESS than six thousand MONTHLY which in the 1950s was no mean sum.

I know nothing about Cottrell. I have met Girona a few times and of course heard of him. It might be unfair of me to express an opinion, but I am always skeptical where a man claims to know all there is to know about the Game and is so adamant about certain of its phases. I wonder what a Registered Dietician would say about him advocating the consumption of two and three DOZEN eggs daily. And his vehement exhortations against the bench press. Too rigid a mind speaks of mental costiveness and verbal diahorrea-- never could spell that bloody word. Then too the assumption of the title GURU is, to me, a mark against him. All so distant prophets are, so far as I am concerned, suspect.

Brenner I met a few times at meets and apart from this had little or nothing to do with him. He didn't appear too bright to me, but then, this may be an unfair utterance, since I once had a kid before me on a hard narcotics violation who apparently was on the moron border line and mumbled rather than spoke. When I checked with schools as to his record, I found--- to my intense astonishment--- that his IQ was GENIUS LEVEL. You figure it out. Impressions can be awfully deceiving. I also understand his mother was his biggest fan, at all his contests, cheering loudly for him. And what's a mother for--- or heaven for that matter.

Clancy Ross. Now you're talking. That story you were told about his doing incline dumbbell presses with big weights was no story. He could and DID do sets of incline presses with a pair of 175 pound dumbbells. Whether he cleaned them I don't know. My opinion, for what it is worth, was that he had them handed in to him.

I remember at one time there was a load of dunkey dust wafting around to the effect that he was "weak." Then John Davis, on one of his frequent visits to my family, told me he had walked in on Ross in some gym close to the San Francisco area and there was Ross doing the inclines with the 175s. Commented John, "We should ALL be so weak." I met Ross quite a few times and found him to be most congenial. What a difference to those crud heads of today. Ross helped any and all who approached him at meets. I was present at a meet not too long ago when the "Star" was CHARGING FIVE BUCKS APIECE for his autograph. What filth.

There is also some reason to believe that Jowett may have been in the US illegally. This I have gathered from his letters to Ottley. His wife Bessie was always ill and he was always having to leave Philadelphia to go back to Canada, and there was always the thought expressed in his letters that he would be barred from re-entry to the States.

Before we go any further, I don't know if you are aware that I am on the faculty of the University of Texas as a Research Associate in Strength Sports History. I work directly with Terry and Jan Todd in the Todd McLean Strength collection twice a week, going in Monday and Friday. I may have told you before and can't remember if I did.

As for Jowett, I knew him well and liked him as a person. We got along well together and he was obviously a very powerful man. He also had a drinking problem. I have a copy of his birth certificate here and will send it to you. Let me know. You can xerox it and return it to me. It's the only copy I have. If OK, you can, after getting it start asking me questions.

Don't forget to give my best to Grimek when he arrives.

Getting back to the bench press--- why not try dumbbell inclines. Or parallel bar dips or presses behind neck--- any movement to improve the power of the triceps and deltoids. Most of the great work done in the training by weights field has been empirical work--- trial and error, or eclectic, taking the best and discarding all the rest--- finding out what best works for you and using those movements. I see absolutely no reason why you should not improve your bench. Getting rid of that negative attitude and mental block you SEEM to have is your first priority methinks.

Marvin Eder was sui generis. No one else has ever appeared like him. He surely had the genetic factor. I will never forget his first appearance in an Olympic meet. It was, if I remember correctly, May 23rd, 1953, at the McBurney YMCA in NYC. Schemansky was to appear but had hurt his back. Bradford appeared in his place. The press began. Marv shot up 300 as if the bar was empty. Bradford took the same and made it. Eder weighed in at 195, Bradford at 260. Bradford took 330 and just made it. Eder took 330 and shot it up like the bar was unloaded. Bradford didn't go any higher. Marv took 350 and shot it up etc etc etc. He POWER snatched 275 without a dip, failed in all his other attempts. He started off with 375 in the clean and jerk, hauled the bloody bar so high--- level with the top of his head, that if he had had the style of Davis or Schemansky we would have had a WORLD RECORD SNATCH. He failed to fix the bar. He was using the High Intensity

system when those who claim to have "INVENTED" it had mothers who were telling their dads, "not tonight dear, I have a headache."

Guess I'd better sign off here unless you get tired of reading all this mush. If there are any questions I have failed to answer, holler.

Best to you,

A handwritten signature in cursive script, appearing to read "Lohas".

4008 Ramsey Avenue
Austin, Texas, 78756, USA
September 19th, 1986

Dear Dennis,

Thanks heaps for your letter post dated September 5th and received by me on the 10th. Forgive me for not replying more promptly but I have been mapping out an article and haven't been able to get around to replying before.

I got a bit alarmed when I didn't have a reply to my letter of June 24th, and thinking you might be in some sort of trouble, and I might be able to help, decided to give you a call, spoke to a little girl and left my phone number—still, no contact from you so I then thought I might have opened my big yap a little too widely and got you hacked off thereby. But am glad to learn that all is well and the correspondence gap was caused by a large dose of labor.

Not too much to report from this end. I had a letter from Grimek, that worthy gentleman telling me that the Willis Read, the drinking, eating, wincing and training partner of Mac Batchelor had also died. John gave no details apart from what I've related. We here at the collection are trying to find out if there's any substance to the tale. I suspect there is since I never could understand how Mac and Read consumed the huge quantities of food and beer they did without have to suffer from it in later life. Mac certainly did, I know he did at 4 PM, August 10th in his sleep—probably in a diabetic coma—had had suffered from diabetes for a long time. I also am told that his daughter, Janice, visited him frequently—she had been a source of some pain to Mac when she was younger—and has sold all Mac's collection to a cat named Harry Hill.

Mac was a great guy, full of fun and life and he will be missed by many. Quite a character. I recall when my wife and I visited Mac and Lidermann in the early fifties, he got me pie eyed on his home brew, telling me it was HERB TEA. I weighed around 240 at the time and his lifting me overhead with one hand and spinning me around didn't help my condition any.

There are also rumors floating around to the effect that Rick, or Rich, Gaspari has suffered a heart attack. However Bob Kennedy phoned his father and was told the story was a foul canard, that the indisposition of the lad had merely been a case of FLU. HmMMM.

Sergio Oliva is out and about, having had to be taken back into surgery and stitched up again because of renewed bleeding. It is sad the surgeons didn't remove the bullet because, although it posed no immediate threat to Oliva, it was in a dangerous position.

This I regard as so much hogwash. For starters, he was shot with his own .38, a weapon that will shove a slug right through you, hitting bone or not. I also feel the docs wouldn't have left it in if it was posing a danger to the man. All this nonsense started over an argument—so I was told – as to who was to take out the garbage. He said You do it. Spouse said no YOU. Argument heated up with Sergio suggesting spouse do something impossible to herself and she replied AFTER you've taken out the garbage, whereat he began to thump her around the apartment, she grabbed his service sidearm and letting him have it. I fancy his Internal Affairs Division has already had a good long chat with him over the availability of his revolver since all Police Departments insist and demand that when off duty, officers keep their guns locked up in a box with the owner of the gun keeping the key of the box on his person.

Met Grimek and his wife at the Old Timers Bash in NYC. There is some chat going around the next Old Timers meet will be held in Austin next year and Vic Boff is due in sometime the end of this month or the start of the next to discuss it with Terry and I. I wonder who the Guest of Honor will be – I am thinking of nominating me!

Don't know if you have heard the news that the Brooklyn Flash, AKA Dan Lurid has been elected to the AUU HALL OF FAME. Honest. I am wondering how, by what premise they arrived at this decision. There's hope for me if this story is true.

Back to the case of Oliva. I understand he didn't press charges against his wife and I am also told the DA won't do anything about it. I am also wondering what number wife this is, since according to an article that appeared about Oliva in the late S&H, when he "defected" from Cuba, he left a WIFE AND CHILDREN THERE. You might of course know that he was a pretty good 198 pounder Olympic Lifter.

As for Dave Johns, there is a story behind the story. Johns actually died from a particularly nasty disease called colloquially VALLEY FEVER – correct name COCCIDIOIDOMYCOSSIS, a fungus disease endemic in some California valleys. It is rarely contracted by women and only 1% Caucasians get it, 20-25% of blacks, Mexicans and Filipinos get it. It is fatal in 50-60% of cases and has two forms, one progressive and the other acute. There is little that can be done in the progressive stage apart from shoving you in bed and pumping you full of Mega vitamins and antibiotics. Incubation period is from 10-20 days.

Now, Johns had gone to the hospital complaining of severe respiratory distress. They shoved him in bed and off he pops. They were unable to make a diagnosis so they did an autopsy. They found one lung collapsed, the other abscessed and his liver shot to hell and back. Diagnosis: Valley Fever. Now in every manual I have, it instructs that if there is any chest trouble—in California—and a diagnosis can't be made, Valley Fever should be at once suspect.

BUT, my daughter tells me that since Johns used STEROIDS a lot, THIS is what actually laid him open to the disease since steroids will lower the body's resistance to infection

much like AIDS. Chalk another one up to the muck so called booby builders use these days.

My daughter is presently in Ethiopia working in one of the refugee camps there, doing minor surgery and diagnosis diseases and other complaints encountered. She is there for three months and will return this November 20th and I can't imagine a worse place on this earth to be in, and to make matters worse, she is on one of their most terrible towns. Massawa on the Red Sea Coast. I was there during the war when we recaptured it from the Italians and – I am not joking—it is actually possible to stretch out your hand, close it shut and bring back a FISTFUL of flies. I can't think of a more desolate, barbarous place on this earth and I've been over most of it.

As for my article on the Master Blaster, AKA the Wunderkind of Woodland Hills, I told nothing but the truth. I could have said a lot more, but if I had done so the mag would have been banned for containing obscene material.

Kennedy keeps saying he has sent me a copy of the mag, but like Christmas it is coming although not arrived yet. But from the letters I have been getting to the effect that “I didn't know Weider was so strong,” and “I didn't know Weider could do REP presses one arm MILITARY with 100 pounds,” some words I didn't write have somehow or the other crept into the article. But I shall have to wait until I get a copy and then holler if my words have been altered.

I was TOLD by Sig Klein that the MM and WHW had pressed ONCE a 100 pound dumbbell military. I personally saw him do a 300 C&J on an ordinary bar and we gave him credit for 310 since we didn't know how much the bar and rather heavy collars weighed. As for his claims he bench pressed 350 and curled 180, BULL'S BOWEL MOVEMENTS. He was much lighter than me and I was also much, much stronger than he was. I can well remember when I benched 390 and the envy on his face. Once time Marvin Eder and I had a one hand dead lift contest. Joe was present. I was well into my forties at the time. I topped out with 420 and Marv finished with a 410. Joe exclaimed “I hope I am as strong as you Charlie when I'm your age.” What Joe claims and what are FACTS are separated by a gulf 10 million light years wide.

What do I know of Jones of Nautilus—the EX OWNER of that company – not much except by the usual weight training grape vine, which might have some substance and might not. For instance, I know that Jones owns a herd of ninety elephants – now what in the hell would a man want with ninety elephants? Could he not do something more useful with his money? I also know he owns his own gorilla. The same query expressed above applies here.

I have also been told he is a very gritty character. He is ALLEGED to have run Bruce Wilhelm off his place when Bruce disagreed with one of his theories. I am also told that he allegedly pulled a gun on Arnold Schwarzenegger when that worthy said something he didn't care for. I also know that he married his present wife – she is in her late

twenties now – when she was SIXTEEN YEARS OF AGE and began dating her WHEN SHE WAS FOURTEEN.

I also am told that he tried to buy IRON MAN suggesting to Ellington Darden tha the run the mag for Jones. Terry Todd called Darden who said that he had been approached but had turned down the offer because, as he told Terry, he didn't want Jones hanging over his shoulder or chewing on his gluts 24 hours a day. I am also told by those who have visited the plant in Florida, that in front of his desk he has a bank of television sets to enable him to watch what is going on in every part of his plant and of ices.

As comment on the above I would cite the dictum of Lord Acton who, in reply to a letter he had received from an Anglican Bishop as to the results of power, said "Power corrupts and absolute power corrupts absolutely."

Alas and alack. Jones no longer owns Nautilus having sold the entire deal to a cat named Travis Ward, one of those filthy – and therefore to be pitied – Texans. Ward runs airlines, owns gas and oil wells and makes and sells jumbo jets.

Jones is now saying he will devote his time to developing a computerized machine in which one will sit, the machine will tell you what muscle parts need to be exercised and then do the job.

I had someone write me the other day from England asking if I didn't think a certain personality from California hadn't done more for bodybuilding than anyone else in history. I replied to the effect that one must qualify what was meant by "done a lot or more than anyone else for bodybuilding." After all it is possible to remark that Hitler did a great deal for Germany – but WHAT A DEAL? Or that Mussolini made the Italian railways run on time, forgetting all the HARM THAT WAS DONE.

There is no denying that the man from California has done a GREAT DEAL FOR HIMSELF – a la Hoffie of York, while at the same tie doing a great deal of harm to the Game by utterly commercializing it to the point where the participators think not of the good they will derive from it via better health, companionship and friendship but of how much MONEY they can make from it – some of the stars are even charging FIVE BUCKS FOR AN AUTOGRAPH. This I call not sport, but PIMPING. What a world we live in – that's what the man from California has done for bodybuilding. He is already a multi-millionaire and wants more. I understand they have now opened their own travel agency right next to their Californian headquarters. Put it out of one pocket and into another, thus you can have your cake and eat it too.

Hoffie under the pretense of SUPPORTING the AAU made so much dough of of the sport that he left a cool five million in assets as well as untold MILLIONS in real estate property.

As for Hoffie being a supporter of Amateurism, at the very time he was hounding Marvin Eder out of the AAU for taking part in an unsanctioned meet and taking money for so doing, gold old fair minded, amateur loving Hoffie had TWO FAMOUS LIFTERS on his weekly payroll paying them weekly wages in order to have them lift for York Barbell Company and this in DIRECT DEFIANCE OF AAU RULES.

But enough of all this. Write soon,

Best to you,

A handwritten signature in cursive script, appearing to read "Eder", written in blue ink.

4008 Ramsey Avenue
Austin, Texas, 78756, USA
September 30th, 1986

Dear Dennis,

Thank you for the kind thought in sending me the copy of MMI my article on the Wunderkind appeared in. I already have a copy of it. Terry Todd went out and got one. I must say I was a bit surprised it hadn't been blue penciled too much. I believe the only thing that had been changed was my seeing _____ do several reps in the bent press. That--- note think--- I wrote I had seen him do ONE bent press rep. As for the 310 clean and jerk, this was true, but the _____ weights were so inaccurate so far as stated face value went, --- in some, overweight, that though the face value of the bar was 300, we gave him 310.

Incidentally in the October edition of _____ there is an article allegedly written by _____ in which that chap claims _____ invented the Rest Pause System of training. Now this is just sheer, unadulterated NONSENSE. In fact to shove it in the vernacular it is a CROCK. This so called training principle--- like ALL of those claimed as _____ inventions were in use fifty sixty and more years ago. The Rest Pause System was actually boosted by Joseph Curtis Hise with his breathing squats in 1932, a year when the so called _____ since 1936 was a mere 10 years of age and hadn't even heard of a barbell. Hise used to drop into a squat, rebound back to upright position, take three deep breaths and repeat for the required reps. Article after article was written about this in the old Strength mag and some of the early IRON MAN mags and Vigour mag published by Roger Eels. Why _____ has to make claims like this is beyond me, but it has gone from the outright deceptive to the plain stupid. Surely the man must realize that there are HUNDREDS of men around who know this claim just isn't so.

My article about the _____ a ridiculous name--- was the truth, the whole and nothing but. There are lots more I could have said, but libel laws and post office regulations would have had me in court and the MMI mag banned for containing obscene material. What I said was the NICE things. There were BOOKS left unsaid. But the truth is there--- one must respect the man, even though a tangential respect, for what he has achieved--- and let me state NOT ENTIRELY on his own--- from so little education and worn out tools.

However, compared to Bernarr Mac Fadden he is nothing. It would be like comparing the first edition of IRON MAN with the present _____ Empire.

Have seen a copy of Hoffman's will. It is as if the man saw into the future since he makes provision in the will for his executors to rigorously contest any contesting of the will as Grimek is now doing. He also says he isn't married--- although he lived common law with Alda Ketterman for thirty years. He also says he has no children now nor did he EVER have any children living or dead. Yet Hise always swore by the Gods that

Hoffman had a son. Hoffie died worth millions--- millions he made out of the sport he was continually claiming he gave so much to. Seems to me for every dollar he put into it he got four or five out in return.

I haven't seen, nor have I read _____'s _____ although my daughter tells me I am mentioned in it a couple of times and am even in the index. Some honor. I therefore cannot vouch for any accuracy of Wayne's statements. However I would suspect that when he wrote the book, he did so with an eye on which side his bread was buttered and said loads to butter up the _____ ego and naught to disturb it, --- after all he WORKS for the _____. You don't throw away dirty water until it's replaced by a bowl of clean.

As for _____ writing. To start with, his real name is _____. He was born in the West Indies--- St. Lucia, famous for its bay rum. He did serve in the British Army for a while, but his life in the UK seems to be somewhat veiled. I think he is a good writer but a SHALLOW one, much like the writings of Oscar Wilde, apart from Wilde's De Profundis; that _____ writes more for effect and to impress than he does for instruction and education. His stuff is the dough gossip columnists get their material from--- in my opinion.

As for the accuracy of what I tell you, that I can't vouch for either, unless I say directly that I KNOW it happened. Most of the stuff I get has been handed down from this or that person and thus may be added to in the telling.

As for my giving you tips on how to write--- pray tell me how I can improve MY writing. I can give you some hints, but whether or not they will be effective in your case I don't know. I was able to read at a very early age--- four--- and indeed at that age read Charles Dickens OLIVER TWIST. Since then I have been devoted to Dickens who, before he became a novelist, was a newspaper reporter in early Victorian times. Another author whom I greatly admire is Somerset Maugham. Maugham is, in my opinion the GREATEST short story writer this world has ever seen with the possible exception of Guy de Maupassant. Maugham uses simple words and language and never uses any multi syllable word where he can use a word of a single syllable. I recommend you read some of his short stories. They are ALL about life, living and the people in life. One of his volumes is ASHENDEN or the Secret Agent. This is based on Maugham's own career in the British Secret Service in World War 1. It is, so far as the English language goes terrific.

The greatest error would be authors make is to try and IMITATE the authors they read. This is wrong. Be yourself. Develop your OWN STYLE. WRITE all the letters you can and do so as if you were having a personal conversation with others.

A good example of reportorial writing is to be found in the New York Times. They use what is called an encapsulated form. The first paragraph tells you all you need to know about what they write. Who, where, what, why, when and how are, or should be ALL in that first paragraph.

Then too, you need two books at your elbow when writing. One is a good dictionary and the other a dictionary of synonyms and antonyms. Try not to repeat the same word, but select its synonym where you can. If you don't know the meaning of a word, LOOK IT UP and commit it to memory. BUT READ AND WRITE. The more you do these things, the better you will be.

As you may have noticed, I always try to reach out, grab the reader by the throat and give him a thorough shaking to get his attention. Once I've got that I am home free. Terry Todd says I am a "natural writer." I don't know since I am never pleased with what I write and have printed. I must have written untold hundreds of articles while working for Weider. In fact THOUSANDS might be nearer to the truth. But I was never satisfied with a single one.

Where I can, I always try to introduce some small humorous note. For instance at one time I had to write an article about Schemansky. I was looking for some way to describe his absolutely matchless ease of lifting. It was hard.

At one time I saw him take an old broom handle and do some snatches with it.

He then loaded up a bar to 290 and did some snatches with that. I could see not a scrap of difference insofar as ease and effort were concerned. So I finally came up with the following to describe Ski's technique---

"After watching the unstudied grace of Schemansky's snatching technique, a certain famous Olympic World Champ tossed away the implements of his sport and took up life anew teaching bull elephants lace making."

Thus I tried to describe the frustration anyone suffered in watching Ski lift. They just couldn't hope to approach his technique.

_____ is now back in his gym and he and his wife are no longer on shooting terms. What the domestic situation is I don't know. You remark about how two adult people getting into an argument over taking out the garbage. A year or two in law enforcement should enlighten you plenty. I had a murder case come into my office once. Two brothers, aged 12 and 10 got into an argument over a cigarette butt. The older one grabbed it. The younger asked him for a draw and when refused his request, stabbed his brother through the heart. Another case I had was where a man strangled his wife and two kids because he didn't like the noise they made while he was trying to read the Sunday funnies. The beast is just under our skins Dennis. Don't kid yourself that man is anything but an animal--- a reasoning, educated animal, but with still all the instincts of a beast. I KNOW. In addition to my twenty years in law enforcement I had six combat duty years in the British Navy. And, of course and the prime example of man's inhumanity to man, look at the Hitler Concentration camps and DONT KID YOURSELF THAT that couldn't happen here. It isn't so long ago since white people were lynching Negroes or burning them alive for some fancied or real slight.

It is SAID that _____ had a case of the flu. No one knows if this is so or otherwise. As for Valley Fever. My daughter told me that in the case of _____, STEROIDS was the real culprit since it lowered his resistance to Valley Fever.

All the best of everything to you,

A handwritten signature in cursive script, appearing to read "Ehas".

4008 Ramsey Avenue
Austin, Texas, 78756, USA
October 10th. 1986.

Dear Dennis,

Thanks for your letter post dated October 6th, which reached me on October 10th. Pretty good service since mail from Canada usually takes at least nine days to get here-- even "par avion."

Do hope that by the time you get this, you have already received the book ELEMENTS OF STYLE, which is yours to keep and as a small keepsake from me. It is quite good and simple to understand.

Dennis, believe me, _____ is more to be pitied than admired for his wealth. He isn't a happy man. You and I have what he'll never have and something that is a million times as precious as ALL his dough--- our FAMILIES, the most precious thing, with health we can ever own. He has no family and, as you can see from his claims to have invented, devised and come up with every exercise, training principle and piece of apparatus known to Man, is in a constant struggle for recognition. In other words, the man has a monumental inferiority complex.

For heavens sake, what can a man do with millions? He can only wear one suit of clothes at a time, drive one car, eat one meal at a time and live in one house daily. What does he do that's USEFUL to mankind with his dough--- NOTHING--- he just wants ALL the bloody money in the world. If I had all that dough, I can't see myself living any differently than I do now--- simply and within what means I have.

The other day I read an account in a financial magazine of a famous woman author--- married to her FOURTH husband. The home they lived in was a house with 45 rooms. The acreage was over 2000 acres. On the property were several other small houses where the STAFF of 20 lived. In their garage were fifteen cars--- all of them expensive. Why, the total insurance costs yearly on these cars would keep five or six starving African villages inhabitants.

To me, this sort of thing is EVIL when there are thousands of people roaming our streets-- children among them--- starving and homeless.

Perhaps the finest passage I have ever read regarding Man's ideal state was in the first chapter of that wonderful novel ROBINSON CRUSOE by Daniel Defoe, the first great novelist. In it, young Crusoe is being interviewed by his father, and makes known to his parent his wild plans to make a lot of money.

His father urges him to give up his wild schemes and realize that the MIDDLE path is the IDEAL path. But read it for yourself.

As for Sullivan being outdated, I think not. The New Republic is in a much better position than POWERLIFTING HOTLINE to know just how big _____ circulation is. As is the Los Angeles Times financial editors when they state that in 1984 _____ grossed 84 millions in his sports division alone. Fortunately--- for me--- I do not think in terms of MONEY, MONEY, MONEY. It is nice to have, but I don't know of any man who became a millionaire HONESTLY.

Just look at any TV commercial or for that matter any ad in the big mags. All lies and all false in what they claim their products can do and how superior they are to others.

The simple life and the honest life is all that one should aspire and all that one should desire. NOT MEGA BUCKS. To most, money means, and IS, power. They forget that the so called power is only theirs while the money lasts. When's gone so is the "power."

I think I may have remarked before that there is a dictum, expressed by a British peer, Lord Acton, when he wrote to a Bishop of the Anglican church in response to a question by the Bishop as to the qualities and effects of power. He said, "POWER CORRUPTS and absolutely power corrupts ABSOLUTELY."

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The last I heard of Schemansky--- and that was very recently--- was that he was foreman of a construction labor gang. Somewhere in Detroit. I will try and get his address for you-- don't know if I can, but I'll try--- Terry Todd talked to him a few weeks ago while preparing that tribute to the 50th Iron Man edition. So Ski is still around. He had the facility of making even his limit poundages look as light as feathers, so easily did he seem to hoist them.

My accomplishments in the weight world? Not much I am afraid. I have always believed that one's weight training progress is conditioned by what previous sports you took part in. In my case it was middle distance swimming--- that is from 440 yard up. This of course entailed hundreds and hundreds of "reps" with the arms and legs. Thus, when I got into lifting I found I was able to do a load of reps and sets but my limit poundages didn't come near what all these high reps may have indicated.

For instance my very best squat was around 500. Yet at a bodyweight of around 170 I did thirty squats with 300. I have done a few reps with 400 and two with 415 at Abe Goldberg's old gym.

My best Military Press was 200. My best snatch was 200. My best clean and jerk was 250. All these at a bodyweight of 168 at the First West Central Weightlifting Club in the middle 1930's in London, England. Later on, when I was in my forties and weighing considerably over 200, I had absolutely no trouble doing TWELVE reps in hang cleans-- true power cleans with 225. My best bench press at a bodyweight of around 220-230 was 390. Dave Willoughby saw me do several reps in a warm up with 330 and couldn't believe his eyes I did them so easily. Anyone seeing me do these would ave tagged me for at least 430 or higher, but my best never went above 390. Even in my fifties I could do reps with 230 or 240.

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I also lifted in dead lift fashion 600 pounds from boxes, that brought the height of the bar to knee height. After lifting the 600 I held it for one minute. Both the 420 dead lift and the above six hundred "somehow" lift were witness by Weider who remarked "Chas, I hope I am as strong as you when I am your age." I was around 43 or 44 at the time.

So you see I can't brag about anything startling. I was more interested in wrestling and archery than in lifting. In fact, the feat--- if it can be called that--- of which I am most proud is that Paul Anderson, when he was heavyweight champ couldn't pull my head back.

I had an 18-1/2 inch neck at the time, weighing around 220. I had been doing a load of neck work and was attending a meet where I was referee and judge in the lifting. Backstage I sat on a bench with my back to Anderson. I put a towel around my forehead and the two ends back so Anderson could get hold of them. He then placed his knee in my back and tried to pull my head back. I just locked my neck and trap muscles and resisted. He couldn't budge me. The next feat of which I am most proud is holding that 700 in my hands, KNUCKLES FORWARD, for a minute. Weider printed it in his mag as being held for two minutes, and, later said I had actually dead lifted 600, but neither statements are true.

I stood five feet 9-1/2 inches and my heaviest weight was 245 when I worked out with Reg Park and sat on him while he did his donkey calf raises.

I first got into weight training at 8 years of age--- I was already a competitive swimmer at that age. My old man bought me a pair of Sandow dumbbells and a chest expander. I made the British National swimming team at 19 years of age and went with the team to Vienna in 1931. I would have been on the 1932 British Olympic Team if I hadn't developed a bad ear infection, which put paid to my swimming career.

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As for the training principles I used--- I used the same that have been used since the 1890s and which now _____ claims to have either originated or invented. _____ is not to be believed or trusted since he allows his ego to get into the way of objective and truthful reporting. He once described me as the World's Greatest Weightlifting Authority-- meaning Olympic lifting. This was sheer nonsense.

Better say so long now. Best to you, your friend,

A handwritten signature in cursive script, appearing to read "John".

4008 Ramsey Avenue
Austin, Texas, 78756, USA
October 14th, 1986

Dear Dennis,

Thanks for your letter post dated October 6th, which reached me on October 10th. Pretty good service since mail from Canada usually takes at least nine days to get here – even “par avion.”

Do hope that by the time you get this, you have already received the book ELEMENTS OF STYLE, which is your to keep and as a small keepsake from me. It is quite good and simple to understand.

Before we go any further, I note that you once attended a college with a view to going into the Ministry. I, therefore, think it only fair to let you know that I am an agnostic, or if you will, an atheist. In my estimation it would not be right for me to NOT reveal my beliefs to you.

It is possible you may have misread the article MUSCLE HEADS by Andrew Sullivan. The 200 million is NOT profit but GROSS take. The NET would be, at a conservative estimate, around 8 to 10 percent of the 200 million, but then, after corporate and other taxes are paid, a sum around ten million as ACTUAL profit might be a more reasonable amount. But any tax attorney or CPA could give you a better idea of what the actual profit out of the 200 million gross would be. I am neither attorney or CPA.

This enormous amount of money made out of our sport leaves me absolutely COLD. What in the name of creation can a man do with all that?

Dennis, believe me, Weider is more to be pitied than admired for his wealth. He isn't a happy man. You and I have what he'll never have and something that is a million times as precious as ALL his dough – our FAMILIES, the most precious thing with health we can ever own. He has no family and, as you can see from his claims to have invented, devised and come up with every exercise, training principle and piece of apparatus known to Man, is in a constant struggle for recognition. In other words, the man has a monumental inferiority complex.

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Perhaps the finest passage I have ever read regarding Man's ideal state was in the first chapter of that wonderful novel ROBINSON CRUSOE by Daniel DeFoe, the first great novelist. In it, young Crusoe is being interviewed by his father, and makes known to his parent his wild plans to make a lot of money. His father urges him to give up his wild schemes and realize that the MIDDLE path is the IDEAL path. But read it for yourself.

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I do hope you keep that REGULAR job as school custodian. NOS IS THE ONLY YOU'LL EVER OWN. Do what good you can for all. Do no harm KNOWINGLY to any. Live, laugh and work with a will. That's my philosophy.

I am sorry but I can't supply you with any Xerox copies of the NY TIMES. What I see of it is from Terry Toddy's copy. Your local library should have copies. I suggest you get hold of their SUNDAY MAGAZINE and read the articles therein. BUT DON'T COPY

THEM. Be yourself. Anyone can write if he has something to say and feels strongly enough about it.

The last I heard of Schemansky – and that was very recently – was that he was a foreman of a construction labor gang. Somewhere in Detroit. I will try and get his address for you – don't know if I can, but I'll try – Terry Todd talked to him a few weeks ago while preparing that tribute to the 50th Iron Man edition. So Ski is still around. He had the facility of making even his limit poundages look as light as feathers, so easily did he seem to hoist them.

You local Walden bookstore ought to be able to order the New York SUNDAY TIMES edition for you – they'll be able to get you a copy. Pay particular attention to any articles or reports written by HARRISON SALISBURY or Tom Wicker. But remember that newspaper writing is a lot different from MAGAZINE or book writing. That is why I suggest you get a copy of the NEW YORK SUNDAY TIMES MAGAZINE. Top writers in it. But DON'T IMITATE, develop your own way of expressing your thoughts.

As examples – and not very good ones either, look at my last three articles in IRON MAN. The first concerning steroids, the next about Herman Goerner and third, my account of the Old Timer's Bash I attended in NYC on May 10th as I remember. Three totally different subjects but most would recognize, after reading the first, who had written the next two, even with no author's name on them.

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Don't know the two Cal BB's you mentioned.

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Better say so long now.

Best to you, your friend,

A handwritten signature in cursive script, appearing to read "John".

4008 Ramsey Avenue
Austin, Texas, 78756, USA
February 7th, 1987.

Dear Dennis,

thank you for your letter post dated January 20th and received by me on January 24th. As you know I always answer my correspondence promptly, but this time have been unable to do since I have, since January 7th, three operations on my eyes.

Went in on Jan 7th for laser surgery on my left eye, out of which I have been unable to see clearly for two or three years. Went in again for more surgery on the left eye again on the 14th, and in again on the 20th of January for surgery on my right eye, when I had a cataract removed and an artificial lens implanted. Since then until a few days ago, I have not been allowed to read, type or watch the Telly. Must say there has been a considerable improvement in my eyesight, but not, I am afraid, in my typing skills.

Before I answer your letter and make some comments of my own, let me give you the latest news. I don't know if you have ever heard of Tony Sansone--- he was THE bodybuilder in the early twenties and his shots appeared in Mark Berry's books as well as in the old STRENGTH MAGAZINE. Tony passed away the first week in January, some say of a heart attack and others from cancer. He was in his middle eighties. He was cremated. In his younger and middle years, he ran a gym on Third Avenue in NYC, and then let his son run it for him. When his wife died he began to lead a very reclusive life, never going out until late evening and for long walks. This man had more grace and symmetry in his little toenail than ten of the modern muscle mastodons have in their collective physiques.

Sulimanov, the Bulgarian featherweight has defected. This took place while he was lifting in the World Cup in Melbourne Australia. But the deal had been set up in January of 1986. Sulimanov defected the first week in December of 1986.

He won his class and the World Cup by snatching a new world record of 325--- can YOU imagine a 132-pounder cleaning and jerking that weight, let alone snatching it. He also made a new world record total. At the same meet, another Bulgarian, Zlatov, created a new world record SNATCH of 402 pounds at 181 pounds.

After the meet the Bulgarian team went to a Melbourne restaurant to celebrate and while there Sulimanov said he had to go to the toilet and he did and out the back door. There he was picked up by some Turkish emigres who drove him to a house on the outskirts of Melbourne, fifteen miles away from the restaurant. There he stayed until the Bulgarian team left, then surfaced and asked for asylum. But some Aussie official shot his mouth off over TV saying that Sulimanov would be no good to the Aussies since he couldn't lift for them for three years. And also that the lad would do better in Bulgaria.

Then the Turkish Embassy got into the act, offering Sulimanov a flight to London and from there to Turkey. The lad accepted, was flown to London, England, and from there to Ankara, Turkey in the Turkish Prime Minister's own personal jet. On arrival at Ankara he was granted immediate Turkish citizenship and a job as weightlifting coach. Personally I think the lad--- he is only eighteen--- should have stayed in Australia, where there is a considerable group of Turks living and where he would have got more of material benefits.

No, I have not seen your book MASS, but I have been getting soe feed back on it, mainly about the so called JETTISON TRAINING PRINCIPLE.

I have to tell you that this "principle" is as old as the hills. It was written about FORTY YEARS AGO in Henry Atkins British Magazine VIGOUR. He called it the ATKINS MULTI-POUNDAGE SYSTEM. And it was in use way before then in the early 1930's when Joe Assirati used it, but discarded it as a poor psychological method of training. Since when we gradually worked down in the poundage to the empty bar, we had done so many reps that the EMPTY BAR SEEMED HEAVY. This of course stayed with us, and when we got back to our usual starting poundage we had that image in our minds of finding it hard to do reps with the empty bar.

Lets face it. Some people are so constituted genetically that they are better at reps than they are at limit poundages. And the same applies for certain lifts. I was always much better, proportionately at the bench press than I was at squatting or dead lifting, although in my day even the Woodland Hills Wunder thought me one of the strongest he had met up with. Even when I gained a lot of bodyweight I still didn't gain in proportion in my squats or dead lifts. True, I did gain a little on limit poundages and I guess I, having a family, didn't really try to up my limits to any great extent. For example, I could EASILY hold 600 pounds in my hands for a full minute and I feel sure would have been able to d/l that if I had really given it the old college try. But my lifting had been pre-conditioned by my swimming and the hundreds on hundreds of arm and leg movements it took to swim 440 to a mile.

Swimming is an effort of relaxation. One can't swim stiffly or THRASH with all ones might and main. One must be relaxed as well as giving forth with what strength exertion the distance requires.

There are some people who find no trouble with straight arm pullovers, if that is the type of pullover you did--- I know some keep the arms bent some.

But a lot of people have arm or shoulder trouble with this lift-- strained deltoids or sore elbows. I have seen Bert Assirati do ten reps with 140 when that poundage was the British Heavyweight record. Arms ABSOLUTELY STRAIGHT and locked straight at the elbows. His limit was 200 pounds before strict British judges. Since he was a professional wrestler at the time, this lift didn't count as a record. But HIS ARMS WERE DEAD STRAIGHT, no bent at the elbows arms. This lift is best done WITH bent arms and in conjunction with breathing squats.

Now lets get to breathing squats. You mention the following--- that you did squats right to the floor with three or four deep breaths between each squat "a la PEARY RADER advice." Now Rader didn't originate this type of squat at all. JOSEPH CURTIS HISE DID and wrote about it in IM and Roger Wells mag VIM. Hise also wrote to Joe Assirati and I in 1934 about the three or four deep breaths between each squat, the dropping down under the weight to rock bottom, rebounding to starting position, taking those 3 or 4 deep breaths and continuing thus.

As you will see, this is a combination of the so called Rest Pause system and the "Cheating Principle." The Rest Pause system was recently claimed as the brain child of the Woodland Hills Wunder in one of his recent mags. He SAYS he, cap that HE, discovered it in 1950 while at 16 Hopkins Avenue. The TRUTH is that he came up to the top floor of the building where we had some half assed gym HE called the "Research Clinic," saw me doing rep curls with 150, resting the bar for three deep breaths in the rests of a bench press support notches. He asked me why. I told him that I could use a heavier weight and do as many reps as with a lighter poundage. He walked away and thus we had another brand new wunderkind Training Principle given birth. The facts are that this sort of stuff has been in existence since the year 1900. You also mention the "Larry Scott Curl." Scott has absolutely no right to give his name to this exercise--- nor does Gironda. It was around years before either of them were well known. The guys at Abe Goldeberg's gym were using it in the 1950's. Alan Stephan was using it in the 1940's. Joe Assirati and I were using it in the early 1930's and it was being used way back in the 1920s by Bert Assirati, Joe's and my cousin. And it was beyond doubt being used way back at the turn of the century.

Your point is well taken re the problems that confront the beginner entering into weight training and the confusion that confronts him. A barbell is a barbell, purely utilitarian. Anything else on it like chrome is purely cosmetic and does little or nothing to enhance the gaining power and growing power of strength and muscle in those who use the chromed implement. Bodybuilding is so simple. All one has to do is get a good book in kinesiology, see what functions the muscles perform and then come up with an exercise that duplicates the muscles actions.

The trouble today is exactly the point I was trying to make in my article on IRON MAN. This article was originally entitled "LETS HAVE HONESTY IN WEIGHT TRAINING," but Balik thought that the title "THE BASICS NEVER CHANGE" sounded better.

The sport has become so commercialized that honesty and fair play in it can no longer exist. Once there were some ideals in it. Once there was some comradeship, once you got fun and pleasure out of meeting your pals three times a week in some damp, dingy parish or church hall and working out. Money gained through weight training was foreign to your entire gamut of thought. Now its ALL they think about.

When people have to cheat and lie and steal to get ahead in the world, they reduce themselves to the level of pimps and prostitutes. These people also make money, but its not the way I'd care to make mine. If you have no scruples, if you have no integrity, and

are willing to STEAL the ideas of others, take the credit from those who really deserve it and have earned it, why sure, one can make a lot of money, but he is at the level of the pimps and the prossies.

The modern muscle mag moguls prey on the beginners insecurity and vanity. Most of the ads in the mags are deceptive and some downright dishonest, claiming the product will do wonders and work miracles when it does nothing of the kind. Look at some of the ads that promise you the BODY YOU WANT IN THREE MONTHS. They know full well that no outstanding physique can be built in three months or for that matter three years. Its a life time commitment, or one of ten to fifteen years to get where you want to go, and even then your prospects are conditioned by genetic heritage.

Just go into any modern gym today and see what's going on. Once, we all took our turns when it came to using this weight or that piece of equipment. Now a bar is monopolized by the heavy metal guy using it and ordinary trainees don't get a look in--- or else the heavy metal man and his cronies are using the bar and just won't give way to anyone else since that would mean they'd have to unload the bar some. All the old idealism that came in with MacFadden and went out with Hoffman and the Woodland Hills Wunder have vanished. Now its money, money, money.

I think I mentioned, I have not seen a copy of MASS.

Got a call from Rick Wayne the other day to congratulate me in my piece in IM and asking if I had anything else coming up. I said yes, a bit about some of the foibles of the Old Timers, and some of the New Timers too. He told me--- that he thought my article was the best in the mag. I don't know about that. That article by Glossbrenner COULD have been a tremendous bit better if he had stuck to his title and not talked about Anderson so much. Nevertheless it was a very good article. Anyway, Wayne said he would be keeping in touch with me on a regular basis and was coming to Austin to do a story about me and also that he would send me a copy of his book MUSCLE WARS in which he mentions me a time or three.

Also said something to the effect that he would like to do an article with me about Earle Leiderman with whom I was friends.

No, I don't have any books I want to sell on PC or Writing. I do have a considerable library, but most of the books are on politics and espionage. I do have a few first editions by Hackenschmidt, Sandow and Leiderman but I want to keep these, since all are personally signed.

Of all the hundreds upon hundreds of articles I wrote, I NEVER kept a single carbon copy and now I could kick myself for having failed to do so since I see so many "reprints" bearing other guys names as authors. That's the way of this wonderful world of ours I guess.

Guess I'd better cease banging your ear and this typewriter, don't know how much longer it will stand up under this wallop ing.

Best to you,

A handwritten signature in cursive script, appearing to read "Lohas".

4008 Ramsey Avenue
Austin, Texas, 78756, USA
February 20th, 1987.

Dear Dennis,

Thanks for the letter post dated February 15th, which arrived yesterday. Not too much news this end. Yes, I knew Grimek was making a trek to Florida since he indicated such in a recent letter. I also knew that Stanczyk had had a stroke. Someone talked to Stan's wife Dorothy and she said he had been in a bad way for a while, but had recovered, nicely. Most cases=== particularly where the individual has led an athletic life--- do make good recoveries retaining 95% of their former faculties. Pity this had to happen, but Time makes inroads on all of us. I can recall spending a riotously enjoyable day with Stan and his wife, when, sometime in 1954 my wife and I paid him and Dorothy a visit. Much beer consumed and many tales swapped. One of the highlights of my life. Stan always was one of my favorite persons=== pity there were not more like him.

Sulimanov seems to have vanished. Nothing more has come out of the Turkish press about him. In fact the entire affair seems to have quietened down. He would be well advised to stay where he is and not be tempted to go to Bulgaria. If he does--- and he is but eighteen years of age, and, therefore entirely without experience in the ways of the political world, it will be his demise.

As to the feedback on MASS. A few people wrote to me about it, asking what I thought of it. Since I hadn't read it--- being unable to get out to any bookstore, I was unable to express an opinion. However, one of my many correspondents mentioned the JETTISON TECHNIQUE and I at once noticed its parallel to Henry Atkins system called MULTI POUNDAGE which Henry promoted in his MAGAZINES VIGOUR and BODY CULTURE. I can also recall talking to Henry at the time and telling him he had come across nothing new=== I am also sure he KNEW THIS since he had seen all of us club members using it in the late 1930's at the First West Central Lifting Club. I also remember at the time, Hackenschmidt was there with us and also told us that he wondered where WE got it from since HE had used it years and years ago.

My entire stand on the subject of training principles--- as they are called--- is this--- that I can find none of them new. That they have ALL been used years and years ago, long before certain people of modern times who now claim that they invented them.

Weightlifting and training history goes back at least two thousand years. Both the Egyptians and the Chinese were using some forms of weight training that long ago. Looking back on it all, the only "new" development I can find in all those years is the Olympic type revolving bar, invented by Kaspar Berg in Germany almost a hundred years ago. Another piece of equipment that I have researched, and can find no history of prior to this century, is the CAMBERED BAR, an invention, if you like to call it that, of Bill Pullum.

But now we have the _____ claiming he INVENTED the Rest Pause System and the Sets and Reps system. One article about him in ULTRA SPORTS proclaims him as the "MAN WHO INVENTED MUSCLE." Such arrant nonsense. What it all boils down to is this--- that the man who can shout the loudest is the one who is believed.

Larry Scott DID NOT INVENT THE PREACHER CURL. And neither did Vince Gironda. But an unfortunate impression was given in the latest IRON MAN that they either did or MIGHT HAVE. This impression was created in a caption under a show of Beverly Francis doing preacher curls. Caption saying that it, the preacher curl, had been "REDISCOVERED" by Scott and Gironda. It had never been lost. Such stuff creates wrong impressions in the minds of beginners and those who have little historical knowledge of weight training. To my way of thinking, this is wrong, since it takes credit away from those who deserve it. And all for the sole purpose of making money out of the deal--- in other words, commercialization of our sport for one sole purpose--- money.

Let me give you a couple of examples. Not too long ago I was down in the university's weight room, and saw a couple of kids doing preacher curls. Out of curiosity, to see what sort of an answer I'd get, I asked what the exercise was. I was told "SCOTT CURLS." I said "Who's Scott" and was told "Some famous bodybuilder I guess. He's a PUPIL OF _____." I am sure Scott would be happy to learn he was a pupil of the Wunderkind.

Some time later, I saw some guys doing SUMO DEAD LIFTS. Again, to see what sort of answer I would get I asked them why they were doing the dead lift in this particular fashion. I was told that it was the latest--- note that LATEST===way to do them. I then pointed out that it wasn't new, that it was mentioned in the APOLLO COURSE written to Ottley Coulter and George Jowett in 1922 and then marketed in late 1923 or early 1924. That the SUMO STYLE of deadlifting had been fully described in that APOLLO COURSE. I was promptly told I didn't know what I was talking about, that I was full of that stuff food turns into when ingested, digested and expelled. But I learned a lesson, ONE CAN'T DEAL WITH CLOSED MINDS. Especially those minds that are not only closed but have been brain washed.

It is this sort of closed mind "thinking" and lack of historical knowledge that has led, directly to the present state of drug and narcotics use. Just shut your eyes and mind to a problem and hope it will vanish. Or believe anything you are told. And believe it without taking the trouble to find out if there is any validity in what is claimed. The one, sole and only reason why the Wunderkind claims he invented all the principles, exercises, and equipment that exists is that by so doing he makes more money. I can't think of a single original thing he came up with. But I can find lots of other people's ideas he now claims are his own inventions.

I am all for fair play and for giving credit to those who rightly deserve it, and who do not own magazines where they can promote themselves as the GREATEST.

I am not saying that either Gironda or Scott ever claimed they invented the preacher curl. But it WAS and has been, claimed for them and I see no evidence where this was denied either by Scott or Gironda. For all I know they may have made the denial, but I haven't SEEN any evidence yet. But again, the problem is that this sort of stuff is BELIEVED, taken as gospel by youngsters who don't know any better and, apparently make no attempts to become better informed.

What a pity that more people don't take the trouble to gain more historical knowledge. We can't see where we are going unless we know where we have BEEN.

It is great to see something promoted by a "Star" but it isn't great when that prominent BB fails to give credit where it is due. There is so much of this stuff going on. At one time the Wunderkind was claiming he had not only invented the bench press, but the bench one used to do the exercise. This of course is FALSE and he knows it. Coulter mentions in one of his letters that he saw the bench and the bench press being used in a gymnasium or a man named JUDD in 1902--- long before what he knew what a barbell was--- and probably thought a barbell was a broad who hung around beer joints.

It is NOT IMPOSSIBLE for a writer to give credit where it is due. In the more than two hundred thousand volumes of the Todd McClean Collection there is ample historical evidence as to who invented what and when.

As for Terry Todd lending you material from the Collection, I am afraid he cannot do so. It is the property of the University of Texas and they allow NOTHING to be checked out-- not even me, and I am on the faculty of the University. What I suggest is this. Why not send Terry Todd a copy of your book MASS for inclusion in the University's library, tell him what you'd like, and then ask if he will Xerox the material and send it to you.

As for Tilney assisting in the writing and advice of the Charles Atlas Course. We have only Tilney's words for that. Personally I think he had a LOT to do with the writing and marketing of it and have heard several stories that "ring true." For instance I do know for a fact that MacFadden had a hand in it, in that Atlas took part in the physique competition run by MacFadden, that Mac ran the ad in his magazines, that Tilney at the time was associated in some way with BOTH MacFadden and Atlas, that there is a story told to the effect that Roman, Atlas, Tilney and MacFadden were sitting around discussing the course and wondering what apparatus to market with it---the apparatus that "built" what physique Atlas had. Tilney suggested that they don't send ANY equipment, pointing out that most people didn't want to work hard, that, as in every other field, they were looking for the quick and "easy" way, why not send them self resistance exercises and call them DYNAMIC TENSION. Self resistance exercises, of course, had been in existence since time immemorial. But that didn't bother the sires of the Atlas Course anymore than the Wunderkind claiming to have invented all the exercises etc etc that exist today, and were in existence centuries before.

Where the hell Tinley ever got his "Doctor" title from I don't know. Born in Norwich, England, the closest he ever came to being a doctor was as a hospital attendant in a

hospice for soldiers wounded in World War 1. The real success of the Atlas Course is due to Charles Roman who set up the advertising and the business end of the deal and made millions for Atlas and himself.

PEOPLE DONT KNOW ABOUT THESE THINGS EITHER BECAUSE THEY HAVE NO INTEREST IN DOING SO OR ELSE CANT BE BOTHERED.

I know quite a bit about Dan Lurie, the Flushing Flash as some call him. But there is nothing I'd like to impart in a letter, although I am perfectly willing to do so in a PERSONAL INTERVIEW. I do know that he and the Wunderkind were at one time close as bed partners, but, as they say in lurid novels, CAME THE DAWN. I would say that The Flash and the Wunderkind share many, many traits. I have had little or nothing to do with him--- The Flash that is.

We do have some extensive files on Joe Bonomo. For some time this man ran a CANDY factory in Brooklyn and was for a while a stuntman in Hollywood. But he too put out many "one shot" courses, made a great deal of money from the gullible and moved on. Vic Boff might be able to clue you in on Bonomo. We have lots of his courses and advertising but there is little in the material of his lifting ability. Most of the stuff he did was of the "Vaudeville" type strong man act.

The one guy who was very remarkable for size and power was Joe Greenstein, The Mighty Atom, and again, Vic Boff, who knew him personally, can supply you with material of a personal nature that I cannot, since I know not too much about him, apart from the fact of his remarkable power and also the fact that he could and DID bite chains in half and did so in the presence of Sig Klein.

As to the Art Joes Bulletins, I can't remember if we have them or not. But as mentioned earlier, write to Terry Todd and I feel sure he will help you in this regard. His address is as follows:

Professor Terry Todd Room 217, Gregory Gymnasium, University of Texas, Austin, Texas. He's a good chap and approached correctly will do all he can to aid you.

Hope to hear from you soon.

Best of everything to you,



4008 Ramsey Avenue
Austin, Texas, 78756, USA
March 2nd, 1987.

Dear Dennis,

Thanks for your letter of February 25th, which made it in here on the 28th, Mail time is certainly improving.

Not too much news from this end, apart from a very successful symposium held last Wednesday at the University, of which more later.

It would indeed be greatly to your advantage, and your pleasure, for you to pay the University a visit one of these days. The Collection is indeed superb. Joe Roark came here in the April of 1986 and spent a week at my place as my guest. I don't have much of a home, but it is in a very good quiet neighborhood, comfortable enough, although somewhat in need of repair. Joe, I am sure, was amazed at the Collection and its scope. Since he was here it has doubled its size, by a recent addition of a truck load of books on health and diet. Professor Todd made the addition when he went to New York immediately after Xmas. When he saw how large it was, he flew his nephew and a friend up to NYC and trucked the load back in the largest U Haul truck he could hire. From a single room we now occupy two thirds of the second floor of the Gregory Gym Complex. There's no other collection in the world like it. Period.

So save up. Tuck those royalties away, come here and see just how valid the claims are of the Wunderkind to have invented, devised or come up with every exercise, principle and equipment existing today. Absolutamente nada.

Speaking of the Wunderkind and the Flushing Flash, they are two of a kind. One who could fill you in on the Flash and the type of individual he is, is Leo Murdoch. Lives in Brooklyn, NYC. But the information is best left for a personal meeting. Suffice it to say that the claim of Trainer of The Champions since 1936, has its validity revealed when you know that in 1936 he wasn't even fourteen years of age, but just over thirteen. Another indication of the man's integrity--- and his brother's, is the fact that their organization for bodybuilders, which they claim has a "democratic" constitution has its president elected for LIFE, and he can at any time negate or overthrow ANY decision made by the "elected" committee. Shades of Papa Doc Duvalier.

Last Wednesday Terry Todd held a class in Belmont Hall at the University. This is under the giant football stadium--- seats eighty thousand. I was on a panel of lecturers. Others on it were Terry, an art professor and a guy who owns a gym here. Others were a hundred students there for the lecture which was designed to show the difference between the bodies THEN and now. To this end we had laid out all the copies of Hoffman's mag S&H from its first edition to its last--- just so the students could see the difference over the years in the quality and styles of physiques. Then we ran PUMPING IRON 2, THE WOMEN. After the class was thrown open for discussion.

Now these were the bright kids of the university. One of them a young girl, an HONORS student of the Law School and one of the youngest attorneys in the County Attorney's office. Few of them knew anything about the history of the sport. When Grimek was mentioned, AND Reg Park, one of the students asked "Who are those guys?" Another answered "Just two bodybuilders I guess." But though the history of weight training was lacking, common sense wasn't and the general tenor of the opinions of the Wunderkind was "Who does he think he is kidding when he makes all those claims." The subject was then discussed with poor old me as the panel advisor. I had to point out that the Wunderkind never had an original idea in his life, that he copied or just plain took other people's ideas and called them his own, only dissenting voice to what I had to say was the gym owner who claimed that what I had said may or not may be so, but the Wunderkind really loved bodybuilding. I just couldn't let this go and replied that anyone would love any activity that made him millions of dollars per annum.

As for Rader and payments for articles. Vise-a-versa Balik. Balik pays me just what Rader did, Peary obviously having told him what the score was in this regard. One must remember however, that for years and years Rader PAID NOTHING for articles, getting loads from those who were perfectly willing to accept this situation just so long as they got their names in the mag for bylines. This is why, although the mag gained a well deserved reputation for being an open forum, it, at times, contained just so much pure unadulterated trash. Finally he began to pay, but never as much as S&H and _____, who of course could afford to pay top money for the stuff he accepted. Again there was a draw back. You just had to sing _____ praises as the fountain from which all weightlifting blessings sprang, else your article aint accepted, or if it was, remained unpublished.

I recall Ottley Coulter, who was one of the most honest and forthright of men, complaining bitterly once when Rader asked him to write a series of articles but never once said what he would pay for them. We have his reply here to the effect that he didnt see why, when printing ink, paper and other material connected with publishing a mag had to be paid for but the efforts of the authors went without remuneration.

Balik told me in a phone conversation that he couldn't afford to pay more at this time, but that he would when the mag got on its feet and was firmly established.

I have received so many complaints re the format of the mag since Balik took over--- to the effect that it is now a pale imitation of _____'s mags, etc etc. That there is no old time stuff in it, that it now caters purely to muscleheads, etc. etc. However in the main, I think that those complaining are those who would do so merely because change had been made, and not for any reason that the changes had improved the mag or had not.

Frankly I think we should all get behind Balik, since if this mag flopped we'd have _____ in sole control and that would be bad. In this event, history would be distorted, if reported at all and then the image of _____ having invented everything and anything would be more believed than it is today.

People today --- all of them--- live in the here and now. They forget they are the heirs of all those who went before. One just cannot see where one is going unless one can see where one has been. Things essential may not have changed too much over the more than two thousand years of weightlifting and weight training's history. But people, cultures and mores DO change and it is these that affect peoples attitudes to the world around them.

As an example, a sociologist, Thorsten Veblen wrote a book around the turn of the century --- THEORY OF THE LEISURE CLASS--- in which he tried to show that one could, at a glance, tell who was a member of the working class and who was a member of the "upper class" by the color of the skin. Upper class members, he said, were pale. Working class members had suntanned, wind burned faces since they worked in the open air at manual labor. Now, with the passage of time, the reverse is true. The rich exhibit their wealth with tans acquired in Tahiti, Acapulco and other places where the skies are not cloudy all day. Those who work hard for a living are pale because they work in factories and high tech joints.

That Chuck Sipes, a most powerful man, receives no press now, is to me indicative of the fact that when you are of no use to the Wunderkind, he no longer wants you. Maybe this sounds cynical, but then, with my experiences with the Wunderkind, I AM a card carrying cynic.

One of the reasons why we find it hard to go back 20 years, let alone to the Jowett and the end or turn of the century period is simply, in my estimation, because certain people, starting with Hoffie, totally commercialized the sport. Today there are no ideals in it. Once there were some.

One must also remember that in my day, in 1920 when I first started in physical culture, weight training was a working class sport. The so called upper classes never touched it--- too much like manual labor. Working class chaps like myself--- I was eight years of age when I began--- just didn't have the time to train as they do now. You were lucky to have a 56 hour working week, as I did when I first went to work. Mostly it was 60 and 70 and even more hours weekly, six days. Now we have a 40 and even a 35 hour week a five day work week and even, in some high tech places, a 4 day work week.

This is actually how the three workout day routine arose. Train on Monday, Wednesday, and Friday for two or three hours a session. Now of course, it is sometimes an all day affair six and seven days a week. However, the Wunderkind wont admit this since it would reveal how HE trained when he first started out. Thus he believes people leads people to believe that it is he who is responsible for the advances made by modern bodybuilding and not as things really are, that the change has taken place because of changing SOCIAL AND CULTURAL changes and NOT because of all the wonderful inventions he has come up with.

Though I liked Tilney as a person, I did not like his business methods. He was much in the mold of Jowett and the Wunderkind, a flim flam artist. Where he got his "Doctor"

from I don't know. Probably from some diploma mill. But he started life as a hospital attendant in Norwich, England. To give the man his due, he DID write the Charles Atlas course. There have been claims that he was a chiropractor. At one time he called himself BISHOP Tilney. He suffered a personal tragedy when his wife of many years dropped dead in the parking lot of a super market. Then he married a much younger woman who took him to the cleaners.

Stan Stanczyk I always liked and he was one of the few attached to York who treated me politely and friendly when I was tied up with _____. I guess that like so many of us when we get older, lifting lost its attraction, and the problem of taking care of his family made the sport seem less important to him. I was sorry, greatly, to learn some time ago, of his physical misfortune. I know how he feels, having gone through something like this myself. But then it was I who took the overdose of stupidity pills and no one made me. Mea culpa, mea maxima culpa.

Brother, when I sit down at a typewriter, I run on and on like an untreated case of a nasty social disease. Better stop banging in your ear,

the best of everything to you,

A handwritten signature in cursive script, appearing to read "Charles".

4008 Ramsey Avenue
Austin, Texas, 78756, USA
May 12th, 1987,

Dear Dennis,

Thank you for your letter post marked May 8th and received by me yesterday on arrival home. Thank you too for the enclosed book. This very considerate of you and I do appreciate it so much. I have gone through it very fast and my impressions are of a very well laid out book with excellent shots. Later I shall read through it and make what comments I think appropriate and for your benefit.

But to answer your letter. I also hope that I can continue to have my articles published in IM. So far I have had two and hopes of being asked to do more. I have several ideas --- one which I think is important, re the history of the so called "CHEATING PRINCIPLE." But Balik hasn't written or phone me of late and thus I have had no chance to let him know what I'd like to do. I think the mag is improving steadily as each issue has been put out. Its format has changed of course, since success now lies in the field of bodybuilding which lends itself more to the type of photography that John is capable of, and which he displays so magnificently in his mag. It seems he doesn't answer letters, and those I have written to him remain that way --- unanswered, so whether or not I will have any more work in IM is doubtful, God knows I need the money. It isn't easy to have to exist in 600 a month, but it has to be done.

How long does it take me to write an article? Well, I could do one in a day with no sweat. While working for Weider I could --- and did --- rattle off at least two daily and sometimes when the need arose, three or four. I must have written hundreds upon hundreds. As the late Oscar State remarked of me "Rabbitts couldn't have done as much." Most of what I wrote was squirrelled away and still may be for all I know. For instance I wrote a couple of articles about the limits of lifting records. I forecast that one day a middleweight would clean and jerk 400 and a heavyweight over 500. The storm of abuse that descended on me was remarkable. Most asked what brand of dope I had been smoking and others were less polite. But _____, afraid of his "image" didn't publish the rest of the series. I had also forecast a lightweight clean and jerk of 375 and a featherweight clean and jerk of close to 360. Look where the records are now. But I digress.

My way of writing an article is to first work out the "lead" and the "wind up." These I have always thought are the most important parts of the article. Thus I reach out, grab the reader with the first paragraph and hold onto him until the last line. Once I've worked out my lead I then knock off the article, which I call my "rough." Then I go over it, altering a phrase here or a word there until it runs more smoothly and then I retype for the finished job. I can do an article easily in two days with no trouble.

Or if I want to do an extra special job, then three or four days and its off the roll.

Among the hundreds of articles I have done, not only under my own name but under the names of others --- D _____ H _____ for one example. I never made carbon copies. I could kick myself now.

As for digging up information. I don't have to. Its all in my head. I have an excellent memory and at one time, when much younger I had total recall. For instance I was able, when a kid in school, to read through the chapter of a book, close it and then repeat the chapter word for word, perfect. Now, that kind of recall has long gone. But I still have a tremendous filing cabinet in my head, whose drawers I open and fish out all sorts of things I thought I had forgotten.

Terry Todd, who writes for SPORTS ILLUSTRATED, says I am a "Natural writer." I dont know about that, flattering though it may appear.

So, I do hope Balik will ask me to do more stuff for him. I dont get paid for my work in the Collection and any outside money would be a great help to me.

Like your typewriter. Wish I had one like it. What make is it and, if it isnt a too personal question, was it very expensive? My old machine, which I got five years ago, has about had it. It is a small portable and with the pounding I have given it, it doesn't have much longer to go.

Now for your question referencing somato-type training. This goes back some time, at least to the middle 1930's when some English guys were thumping it for all it was worth. There were George Walsh, Frank Miles and Irving Clark, the latter an attorney who had taken up bodybuilding and lifting, was a BAWLA referee and had magnificent arms - 11 inches and here he was telling people how to build 16 inchers --- a fair size in those days.

George Walsh was a bit of a snake oil salesman, hooking onto any bodybuilder with a good build --- or lifter for that matter, and mail ordering his muscles with a course. One of them was Harold Laurence who saw little of the hundreds of pounds taken in via the selling of his course. Another was Ron Walker, who also put out a course, under the aegis of Walsh. Frank Miles was of the same kidney. He had tied up with Walsh and Clark and all three wrote for the old time HEALTH AND STRENGTH.

Suddenly articles began to appear in the mag about type training. This idea was based on what Walsh et al called two body types . One they tabbed Thoracic and the other abdominal. The Thoracic type was the individual with a high thoracic arch. This man, so they said, would forever be "slim."

The other type, the abdominal, had a low thoracic arch and was liable to be heavy in build and have larger measurements. It was all nonsense of course. I wrote an article knocking it in an early edition of one of Weider's mags --- some time in either 1950 or 1951 --- Muscle Power or Your Physique. In the article I mentioned a meeting I had had with one of the Type Training gurus in which he told me I was a thoracic type and could never have arms over 15 inches. At the time I chuckled inwardly since then, at a

bodyweight of around 160, my arms already measured close to 16 inches. The figures I give are approximate since close to FIFTY years have passed since the time of the "interview." But I am sure you can look it up, or contact someone like Bill Hinberg who will do it for you. Soooo so much for the early boosters of "Type Training."

Then around 1950 a Dr. Thomas Sheldon, M.D, wrote a book titles "VARIETIES OF HUMAN PHYSIQUE," followed by another book titles "VARIETIES OF HUMAN TEMPERAMENT."

He divided up physiques into three types which he called the Endomorph, the Mesomorph and the Ectomorph. The endomorph was the roly poly fat type who was easy going, liked to eat a lot and had little or no muscular definition. The mesomorph was the "Natural Athlete type," muscular, middling height and powerful. The third type, the ectomorph was the "skinny type" tall and wiry, likely to be nervous, suffer from stomach troubles, and often with bad cases of acne.

While in England in 1951 with Weider, --- we had gone over to help set up Reg Park in the business --- I got a copy of Sheldon's "Varieties of Human Physique." I was extremely interested in its profuse collection of pictures which claimed to exhibit the three types as outlined by Sheldon.

Sheldon's theories --- for this is all they were --- were soon discarded. To test the validity of his claims, all one has to do is attend a power lifting or Olympic lifting meet and watch the guys with short arms and long bodies and medium length legs, the guys with long arms, wide shoulders and long legs. The guys with short arms, short bodies and long legs etc etc ad nauseum.

George Walsh committed suicide. One day overwhelmed with his debts and seeing no way out of them, he walked to the local railway station, placed his head on the rails and waited for a train to trot along. They told me he never suffered from sinus troubles again. Frank Miles died long ago of some unknown complaint. Irving Clark became an alcoholic and while an officer in Germany in the immediate post war period, walked into the woods one day --- while he was stationed in Germany and blew his brains out.

Anyway, I shall jog the elbow of the Reverend Todd when next I see him on this coming Thursday and see if he has other books to recommend and also what info he can offer. But Somato-type training is LONG ,LONG a thing of the past and discredited with good old plain common sense --- which is what Weight Training is really all about anyway.

It always amazes me that kids --- beginners --- think that by following the routine that any famous bodybuilder, or whoever graces the cover of whatever mag --- they too can become like that person. Few seem to realize, or want to realize, that after the beginners stage, when any routine will benefit them, they assume different, persona training attitudes and problems. They are as unique as their finger prints, as any snowflake, in that their potentials, their training needs are unique ones in that they can only be solved by paying attention to their OWN, PERSONAL needs and not seek to gain the mountain top

by trying out something that has been successful for others, It might not suit them at all. Never was there a truer phrase coined than the one which says "One man's meat is another's poison." But don't try to tell them that. They readily seek, and enter entirely the path of generalization, when it is the path of their own special needs that should be sought. I could no more look like Frank Zane or Sergio Oliv if, given my health and youth back again, than I could coax my gonads into becoming kippered herrings. I AM ME and I can only develop my OWN potentials and become a better ME physically and not an Arnold Schwarzenegger.

Yes, I know Leroy Colbert VERY, VERY WELL. O worked with him, that is in the same establishment with him when I was Weider's editor and he was one of the "shipping clerks." He went back a lot further than the 60's. He was going strong in the fifties when I and he worked for Weider. You of course have seen some of his shots. Remarkable for his arm development and very small waist. But he didn't compare with Melvin Wells, whose only fault was that he was TOO good. Amazing development that would have, if he had been in his prime these days, won him many a contest. About the only thing wrong with Melvin was his calf development, that could have been a little bigger.

But amazing upper body, arms and thighs. Poor calves in comparison.

Getting back to Colbert. He claimed to have had twenty inch arms. He may have. I can recall measuring them at right on 19. I can't remember how much he weighed, but he must have been around five feet ten and at least 200. I know a lot about him but nothing I'd care to write about.

Please don't thank me for writing, or replying in detail. I don't mind. My attitude has always been "SHARE YOUR KNOWLEDGE," such as it is, and always reply promptly. It makes friends and it is also good, good training for writing articles. Keeps you honed to a fine edge as it were.

Yes, indeed I would like a tin or two of smoked salmon. But at the same time I would like to pay for them. So, if you will tell me what two cans cost and shipping charges, I'll gladly send you a check and my thanks for the kind thought.

I had a shock about a month ago. I was leafing through the pages of British mag STRENGTH A _____ when I saw an article under the author ship --- so it said --- of a Graham B _____. It was an article about the Shoulder Belt, but word for word, title, sub head and body copy, it was MY ARTICLE which I wrote for Muscle Power and which appeared in the October 1952 edition. I wrote at once to the publisher pointing out that what had been done was illegal in that it was plagiarism, asking what he intended to do about it. No reply so far. So keep an these birds. In their latest issue they also published an article by T----- without his knowledge or consent. They are also using articles written By Armand _____, Fred _____ and Ellington _____.

Best wishes from your friend,

A handwritten signature in cursive script that reads "Ehas". The letters are fluid and connected, with a prominent loop at the beginning of the "E".

4008 Ramsey Avenue
Austin, Texas, 78756, USA
May 25th, 1987.

Dear Dennis,

When my heart was younger and my hopes higher I could indeed bat them out with ease. One only has to go through Weider's mags from 1949 on to 1957 to see the volume of my output --- some of my stuff carried names other than mine --- for instance Reg Park, Steve Reeves and Doug Hepburn. Now of course --- and naturally too --- at 76 years of age I just don't have the mental flexibility to bash them out as I did when forty. In nature, ALL things come to an end some time. Nothing stays the same. There is action and reaction. But when I think of what I once did, even I am amazed at my output. Some people won't believe me and tell me I am full of what food turns into when is ingested and digested. That's their problem. But ask Weider if you ever meet up with him.

I would be pleased to receive some of your articles and pass judgment on them, within my knowledge and expertise. However, understand that I do not now, or have I ever passed myself off as an expert on writing nor a critic of note.

I have found article writing --- especially the "lead" --- made easier by recounting some of my personal experiences, even though these may have had little or nothing to do with weight training. Most books written are products of the authors life experiences - example Charles Dickens, and most noteworthy of his works is DAVID COOPERFIELD, which is regarded by all of his biography. A delightful work and you should read it.

The Reverend Todd. In case you are curious, I call him "Reverend" since he, to my way of thinking, looks remarkably like the Reverend Terry Waite, the British Anglican --- There's a tautology for you --- envoy who does, or did all that negotiating for hostages.

Re Colbert, just shoot the questions and those I can answer I will and those I can't, or don't care too, I'll say so plainly.

That British Magazine --- incidentally I am also British having come to America to rejoin my American born kids and wife after my demob from the British Navy in 1946 --- S _____ A _____ carrying my plagiarized article was in the December-January issue. In the same issue was an article by Armand Tanny, and in the very next issue were three articles, one by Dr Ellington Darden, one by Dr Fred Hatfield and one by Terry Todd. When Todd saw his article he had a sudden attack of the tizzies, a disease peculiar to authors who find their articles published with no consent obtained for them to publish.

He is extremely irked. So this leaves but one conclusion, that these birds are in the habit of snatching the work of others and running their mags as cheaply as they can. What I am

thinking of doing is writing these gentlemen and letting them know their work had been published. Unfortunately, I don't have the addresses of any of them.

I wrote the mag on April 17th and so far have not received a reply. But I have heard through the grapevine that they said they had purchased Brown article in good faith and it is he I should be hollering at. This is a little naive since it is their responsibility to make sure the articles submitted to them are indeed the product of those who claim authorship.

Any lawyer will tell them that, also that they are in violation of the plagiarism laws. I intend to sue of their glutes if I don't hear from them within a reasonable period.

Yes, S _____ A _____ is the one that carries the name of Dave W _____ the publisher but though I wrote to him, enclosing Xerox copies of my article and the one Brown copied from mine verbatim, he has had neither the courtesy nor the decency to reply. If I were you I'd keep my eye on these gentlemen. They might be "printing" your stuff one of these days.

Yes, you have WHETTED my appetite for smoked salmon, and I would like to pay you for it. I have no need to hide it from the Reverend, who indeed was at one time a mighty trencherman --- but this was in his powerlifting days when he scaled over three hundred PLUS. Now he is skin and bone around 265. Positively skeletal.

Talk to me some more about that proposition of my knowing "anyone" who would have the time to answer fifty plus letters re training and nutrition. Let me have some more details. While I do have loads of time on my hands, some of the answers required might be way beyond my expertise but enlarge on this proposition. How to be handled. Whose name to appear on the letter, payment etc. etc. So just enlarge on this matter and I'll give it consideration and if I can't do it, I'll surely find someone for you who can.

Wish I could afford your typewriter. Have to live on a measly county pension and an equally miniscule social security. Once would think the British Navy would come forth with a pension for six years COMBAT duty but no. That's the breaks I guess. I have to make do with a ROYAL SAFARI which I bought four years ago for 74 bucks. It is long past its allotted three score and ten, needs a new platen, which would cost me, so the repair man says, more than what I paid for the machine. How they manage this is beyond me, but there it is.

Ah, doctor --- better "DOCTOR: C _____ V _____. A mysterious chappie. He CLAIMS to have done four reps, or is it five or was it three in the bent press with 400 --- THAT'S RIGHT --- FOUR HUNDRED pounds, and a single bent press with FIVE HUNDRED. However, he was "honest" in this latter claim, telling all and sundry that he was "unable" to come upright with it. What the good "Doctor" doesn't tell you is that this was "performed" on a Smith machine. I do know that he has threatened to sue anyone who says he didn't do the feat he claims to have done. I have HEARD that he started life as a physical therapist. I also have been TOLD he wrestled professionally.

As for his "Doctor's" degree, I am TOLD that this came from a "University" that isn't credited, in other words a diploma mill. So to bent press 400 for REPS at way over the age of forty, should convince one that the age of miracles is still with us. Or it might well be in the same category as the feat of S_____ C_____y who claims --- and has pictures and certificates to prove it --- to have presses 7063 --- seven THOUSAND AND SIXTY THREE POUNDS WITH ONE ARM. So the only conclusion one can draw is that C_____ comes from the land of the monsoon, where the heavy rains wash away all the bullshit into the Indian Ocean from which locality it promptly drifts over to the United States.

There are several people who might tell you more about this man, including John Balik. But you have a wide circle of correspondents so call around. I know little more than what I have related above.

Our friend _____, aka The Flushing Flash, has got himself into a splendid pickle. He spent a day in durance vile the other day but made bond eventually and is now facing a few terms in college whose location will be chosen for him --- as well has having to pay stiff tuition fees.

Seems the Flash, or one of his cohorts had discovered a way of shoving more postage onto a Pitney Bowes mailing machine. They came across this Mother Lode in 1979 --- so I am informed --- and kept it up until a week or so ago, when the Postal Authorities said "Hm. How come this cat never comes in to have more postage shoved onto his meter." So the Postal inspectors did a little survey --- stay away from these birds Dennis, for they are worse wolves than any thousand of IRS investigators --- and found out that someone had been "tapping the till." Needless to say they were vastly irked at this saying "tut tut". How could he. Oh the shame of it all" and other pity apothegms and laid a brutal hand on _____ shoulder and hiked him off to the hoosegow. He is blaming it all on one of his satraps. Anyway, it was all in the New York papers, so if you know anyone in that area, perhaps you might cull more info from them.

I do believe that somewhere in S&H appeared a shot of Venus and his brother but I can't remember what info went with it or if there was any "story" about him. Beyond what I have related I know naught. I will however ask around.

Reg Park's father died around three weeks ago. He was 86. Died of cancer and he had been ill for some time. Reg's mother is still living, she now being 82. I am told that Reg is thinking of packing it in South Africa and locating with family in the Hollywood area. I last heard from him around a couple of months ago.

As soon as I have finished going over MASS I'll get off my comments to you and in the meantime, best wishes to you,

Your friend,

A handwritten signature in cursive script that reads "Ehas". The letters are fluid and connected, with a prominent loop at the beginning of the "E".

P.S. Have just had a phone call to tell me Sig Klein died Saturday, May 23rd. He was 84.

4008 Ramsey Avenue
Austin, Texas, 78756, USA
June 5th, 1987

Dear Dennis,

I have read through MASS page by page, line by line very carefully and I first want to say that whatever I write here, I do promise you will NOT be repeated to ANYONE but will remain strictly between you and I. I also want to make it clear that what is written is done so in the spirit of HONEST criticism and for your present and future benefit. None of what I say is nit picking, although some of it may appear so. But facts are facts.

First, the layout of the book was excellent. The type face and size very well chosen and the illustrations superb. I did think there were too many wide and blank spaces, but in most instances they added to the book's attraction rather than detracting from it. BUT –

I do take exception the banner spread across the top of the front cover – NEW SCIENTIFIC BODYBUILDING SECRETS. I don't know who persuaded you to use this, but in my honest opinion it is deceptive in that there are no NEW things in bodybuilding and nothing secret. Anyone with the common sense to read and understand a book on kinesiology can figure out the function of a muscle group and come up with a movement that approximates that function. I, personally, found nothing new in the book and certainly no secrets.

I think a mistake was made in NOT having a shot of you and Kennedy in work out togs performing some exercise. Nothing like showing you practice what you preach – or to put it in a Confucian analects, ONE PICTURE IS WORTH A THOUSAND WORDS.

I have always been of the opinion that recommending a certain number of sets and reps for ALL trainers is generalizing. One man's meat is another's poison. It is up to the individual to find out what suits him best and what set and rep combination brings him the best gains. In other words empiricism does have its values, although some scientists won't agree with this.

Throughout the book I find constant laudatory remarks about Joe Weider. For Heaven's sake, he didn't invent bodybuilding, nor did he invent any of the so called "principles" he claims he did. This does an immense disservice to the true pioneers, men like McFadden, Liederman, Jowett, Pullum, Hackenschmidt and countless others – Mark Berry, Alan Calvert, all from who Joe got what he now knows.

It may, or may not, surprise you to learn that there were just as many Physique contests being held in the 1890s as there are today – MEN AND WOMEN. I attended the first Miss Britian contest in the late 1920s won by Miss Elsie McKiersey, long before Joe was lifting anything heavier than school books. It may also surprise you to learn that there were HUNDREDS OF Lifting AND Physical Culture Clubs in London, England in the

1890s and early 1900s for MEN and WOMEN. That the Physical Culture movement then was much more wide spread than it now is. Look through some of the old HEALTH AND STRETCH mags of that period and you will see for yourself just how wide spread it was. Incidentally I was present when the IFBB was formed, and thereby hangs a tale. And not as it is told by Joe's editors. Joe forgets, as many other do, that he owes his present success to many people, including me who gave him the credibility he needed in his lean years when he was struggling against Hoffman.

Page 7. Blocking out all negative thoughts and training in a positive manner. A gain not new. Hack, Jowett and Saxon all wrote in their books – or books bearing their names – about this.

Thus, so far, beginners will get the impression that the exercises and principles in the book are all new – they aren't.

Pages 18-19. Fast and slow twitch muscles. These may be conditioned by the weight trainers previous athletic experience. Before I began lifting, I was well into competitive swimming and wrestling, sports that place emphasis on endurance. Thus, when I started weight training, I found I was good at high reps but not so hot as few reps or limit lifts. What poundages I used for sets, left one with the impression that I could do a high limit lift – I couldn't do anywhere close to what my reps indicated I could do as a limit lift.

After the initial breaking in period – in my opinion – each lifter becomes a law unto himself – again what suits one man might not suit another.

You mention “strict form” in which each exercise is to be performed but give no explanation as to what “strict form” is. Example, on page 29 we have a shot of Franco Columbu using lateral raises. He is not doing them in strict form, but is using an obvious body heave and bent arms.

If you will refer to Bill Pullum's book, WEIGHTLIFTING MADE EASIER AND INTERESTING, you will find that the lateral raise standing HAS to be done with the arms held absolutely straight, no body bend or heave, legs together and not RAISING. This was the competition rule, for the standing later all raise and is still used by the BAWLA. Thus Columbu is using a Cheat form of the movement. Pullum's book was published in 1920. Joe claims or has had it claimed for him, that he invented the cheat principle – which is sheer balderdash.

Flat and incline benches were in use in the early part of this century. So again we have nothing new here. In fact in 1913, an incline bench was being advertising in a French Physical Culture Journal that could also double as an abdominal board, was adjustable to various heights of incline AND COULD BE FOLDED UP INTO A SUITCASE.

One page 30 there is a comment on bench pressing improving the standing press. While this may be so in the majority of cases, it wasn't so in my case, nor in certain other individuals I could name. For instance, I could bench 390 – my best – but NEVER found

it possible to go over 200 – 210 in the standing press. Maybe I didn't train on it hard enough or was too in the standing press. Maybe I didn't train on it hard enough or was too lazy.

Page 33. Adding washers to the bar. This is only possible when using an ordinary inch bar, not when using an International Bar. My point here is that AGAIN it is not new, as it is presented to be. This method was being used in the EARLY 1920s and up to the Ron Walker era. It was written about extensively in VIGOR MAGAZINE, HEALTH AND STRENGTH, SUPERMAN and other British mags. It was also being used by dozen of lifting club members in London, including the Pembroke AC, The Plaistow Lifting Club, the First West Central Lifting Club and countless others. Again the beginner is lead to believe that this technique – if it can be called that, is NEW and IT ISN'T.

There is a reference to “pulling and pushing muscles.” I got the distinct impression from what books I have read on Kinesiology and Physiology that all muscles PULLED.

On another page the somato type Endomorph is referred to as the “Nervous” energy type. This is wrong. It is the ECTOMORPH who is the nervous type, tall, lanky, often very thin, prone to acne and stomach troubles. The ENDO is the low energy type, lazy, good digestion, roly poly type. But it must be remembered that Sheldon's theories, for that is all they really were, have now been discounted, many believing that he didn't give a sufficient study time to his theories to render them valid. As you so properly remark, there are many variations of the types – mixtures if you will, of ALL three types.

Pages 63-72. I liked the way the routines were laid out. VERY VERY GOOD!!

Page 81. Burns. Again this method was being used way, way back. In the early 1920s there was a lifter attached to Bill Pullum's club, Arthur Verge. He weighed around 132 but had 16 inch arms. Verge's favorite exercise was the two hands curl with barbell. In fact for years he held the British Record – can't remember the poundage – but he used the old 56 pound block weights, those with a half moon cut out of the top and a bar bridging the gap. If you ever get hold of one of these, you'll quickly see how tough it is to curl one. Anyway, Verge would do FIFTY alternate repetitions with two 56 block weights. He'd also do three or four burns at the end of the reps. The only man who was lighter than he was, but whose arms were as big, was Jose Prada, a Mexican Roman Ring artist who stood just five feet tall, scaled around 124 and had 16 inch arms. He would tie a fifteen pound DB around his waist, jump up and get hold of the rings, palms out, arms dead straight and would then pressing outwards, press himself up into a crucifix position and DO REPS. No bend of the arms, pure deltoid and arm power.

Page 84. Forced reps. Again as old as the hills. Ron Walker used it extensively. I can recall one Sunday morning after he had met Manger, the German, heavy, snatching in the back yard of George Walsh, who claimed himself as Ron's trainer. He had, that is Walker had, failed, I think, 280 odd pounds in the snatch during his match in Manger. Now this was 51 years ago, so my memory regarding his failures in the match may be a pound or two out. However, that Sunday morning he snatched, on an ordinary one inch

bar – THREE TWENTY. After this, Walsh stood in front of him and as Ron took 350 off the deck, Walsh shoved his forefinger under the bar and kept it going while Ron took the 350 to arm's length. Walker used forced reps in his pressing routine, as well as using the so called High Intensity Training AND the Negative Training Principle, touted as MODERN today, and ALSO THE WASHER. This in the early 1930s.

Page 88. There is constant reference to the "SCOTT CURL." The impression is given that Scott "invented" it. He didn't. Why oh why do people keep calling this type of curl by Scott's name. It was being used way, way before Scott was lifting anything heavier than a baby's rattle. I was using it in the late 1920s, Alan Stephan was using it in the 1940s and countless others were before Scott ever came along. But despite the mention of Scott, there isn't a single picture of him in the book.

Page 100. Up and down the rack system. Again the name of Scott is mentioned as doing this and again he didn't invent it – though many young bodybuilders, will get this impression. Again this goes back to the OLD EUROPEAN German gym. On the Kette or chain were dumbbells ranging from 20 to 110 pounds, -- roughly since the DBs were in kilos. The trick was to up and down the chain curling, then pressing the DBs overhead and back again to starting poundage. Herman Goerner was the only man able to do this in his gym, the Leipzig Weightlifting Club. There is nothing like giving credit where it is due, to help you win friends and influence people.

Page 101. The Multi-Poundage System. I believe I wrote before that this was extensively publicized by Henry Atkin who ran the British Mag "Vigour." He called it the ATKIN MULTI-POUNDAGE SYSTEM, but it was being used years before that. Joe Assirati and I AND others used it but discarded it since the memory of having failed with any empty bar, stayed with us. In other words, though the system may seem to have some validity, it DOES have it drawbacks in that it encourage a psychological "block."

Page 102. The Rest Pause System. Another oldie – got moss growing out of it. Any credit due should go to Joseph Curtis Hise, who, as far as I have been able to determine, used it first, practically, in his method of doing squats. Joe would take three deep breaths between each squat.

Page 117. Production of CONTINUOUS GAINS. It has been my experience, as well as the experience of others, that NO CONTINUOUS GAINS ARE EVER MADE. One can form a graph of slow rises, a leveling off, a slight drop, a small gain, another leveling off and so on. In fact by looking at Nature one can see just how valid it is. The birth, the slow rise, the static, the slow rise again, the slow decline and finally the fall. One can see this all around.

Page 119. Some interesting debate could ensue over the question "What is power?" For instance, is a marathon runner strong? Is a swimmer who is a record holder at 100 and 200 meters strong? Is a miler strong? What is "wrestling" strength? Simply put, strength or power – is there any difference – is giving your best possible performance at a given time?

Page 123, entitled “A Treasury of Bodybuilding Secrets.” What secrets? We were using this stuff sixty years, and more, ago. As for squats, although I agree with you that they are an important part of training, there is a man at the University of Texas, Professor Emeritus, Karl Klein, the expert on physical rehab, who will give you a heavy and convincing argument AGAINST SQUATTING. In fact he was instrumental in getting the Armed Forces to stop giving squats to recruits in their physical training sessions. I do not agree with Klein, but certainly bow to his superior knowledge. In my humble opinion, injuries incurred are the result of genetics or lack of same. However this is just my opinion and I am not saying it has any merit.

Page 128. There is mention of “Hack” squats. Surely some mention should have been made of the man who used them and popularized them, George Hackenschmidt. And HE got them in the 1890s from Dr. von Krajeski who was using them ten and fifteen years before Hack was – 1875!!!!

Pages 106-109. Le me hop back to the JWETTIOON TECHNIQUE. Nothing is said here as to what one does with the other ends of the chest expanders. While one holds the chest expander handles AND barbell together, how are the other ???

Page 123. There is a lot more to development of the calf muscle than toe raising. The calf muscles are involved in inversion and eversion, plus planter flexion and dorsi flexion of the feet. One of the very best exercises for calf work is running along a beach in loose sand. Try it some time, keeping on tip toes while running.

Page 137. NEVER DO STRAIGHT ARM PULLOVERS as an all out limit lift. You can get all sorts of elbow trouble as well as wrecked deltoids. Ask me. I know. There are some individuals who can do pullovers with straight arms and suffer no adverse effects. Among those I have known are Bert Assiamnd and Sam Kramer. The elbows should always be slightly bent.

Page 143. Eighteen inch forearms – or over 18 inches. Come, come, old chap. I have seen the largest forearms ever – on Goerner. And though his wrist taped 9.1 inches, his forearm measured 15.8 STRAIGHT. And this was the man David Willoughby considered to have performed the greatest feat of gripping and forearm power when he ONE HAND deadlifted 727 ¼. Even the giant Bill Kazmeier didn’t have an 18 inch forearm. To possess one this size would mean a wrist of around 11 ½ inches and a very high bodyweight. Not even the giant French Strong Man Apollon had an 18 inch forearm. In this claim you gotta show me. Goerner weighed 290!!!

Page 145. The function of the abdominal muscles is to flex the torso, upper trunk, onto the pelvis. Therefore ANY sit-ups done with straight legs is a fine exercise for the leg extensors. Sit-ups should ALWAYS be done with bent legs – “crunches” as they are now called. Perhaps one of the finest abdominal exercises I have ever come across is a simple one – STANDING JUMPS OVER A ROPE. To do this you have to tuck the legs up into the torso, a reverse crunch if you will. I used to do it over a rop 3 feet high, pumping forward over the rope then back without turning round. Try it some time. Great.

Page 160. Breathing Squats were introduced by Joseph Curtis Hise during the late 1920s. In fact it was Hise and this type of squat that sends kicking and screaming into the Modern Bodybuilding and Lifting World. But Hise used a cambered bar, a bar patented and invented by Bill Pullum in the late 1900s – 1920. Bill had it made since it was easier in the bent press. No one thought of using it for squats. But then Hise came along, ordered a cambered bar from Bill Pullum and off we went.

Hise did his breathing squats thus. He would collapse under the weight, recover with a rebound to starting position, take THREE DEEP BREATHS, forcing his breath in and out, then squat again and continue this. BUT – in between sets of squats he would do breathing BENT ARM pullovers. Hise used a cambered bar because it didn't roll on the shoulders, this leaving one's skin where it should be. But Joe Assirati and I used it for ALL exercises, including bench presses – this was in 1932 – AND CURLS AND CLEANS. You must remember that the Pullum Cambered bar isn't like the so called cambered bars used by power lifters in benches. Pullum's bar was cambered in the bar's dead center. And it was thicker than an ordinary one inch training bar.

Page 163. In all my close to seventy years in weight training I have known NO ONE user of weights who remained injury free. We ALL, at one time or another, manage to get that little strain or sprain or whatever you want to call it.

Page 68. My advice is NOT treat injuries yourself. Go to some competent exercise physiologist or sports physician.

Page 171. DON'T EVER DO STIFF LEGGED DEAD LIFTS ON A BENCH, where the bar goes below the level of the bench. This is one of the most dangerous exercises in the book of training. The trunk should NEVER go below level or horizontal position with the floor. Even light weights can cause sacroiliac injury. J.C. Hise had the right idea with his HOPPER DEAD LIFT.

Page 181. There are those who can tolerate cow's milk and those who can't. For these latter individuals drinking cow's milk can give them nasty cases of the "Trots" or "Montezuma's Revenge." For these people, if milk must be drunk, then goat's milk is a good substitute and the chaps who can't tolerate cow's milk, can do so if they use goat's milk in its place. My youngest grandson has this problem.

CAUTION! Always be wary of the measurements some bodybuilders claim. When John Davis was in his hey day and was capable of standing pressing 330, snatching over 300 and cleaning and jerking over 400, I taped his arms. At 220 pounds bodyweight and a height of 5'9", his arms measured 17 5/8ths. When next some bodybuilders tells you his arms tape 22 or 21 or even 18 or 19, wip out your steel tape and say: "let's see." And YOU see how many excuses you will get as to why you can't. Not even the giant Goerner's arms, when he scaled close to 290 at a height of just over 6 feet measured 22. In fact they taped right flexed 18.9 and left flexed 18.1. The measurements were taken when he was 43 years of age. Date: December 16th, 1934. And he scaled at the time, EXACTLY 290.

There are some idiots who claim to have a 30 inch waist at 200 plus pounds. Seldom if ever, do they tell the truth, the whole and nothing but.

You may be interested to learn that last week, the State of Texas closed down every bloody body wrap parlor in the State. They did so declaring the claims to be fraudulent, misleading and accomplishing nothing. In addition the chemicals used in the wraps were declared to be dangerous to health.

In closing this critique, I must say that the section dealing with diet was excellent. I am wondering now why don't YOU do a book on MEALS FOR THE BODYBUILDER – Or MEALS THAT BUILD MUSCLES, or MEALS THAT BUILD DEFINITION, and so. I suggest you seriously consider these. Foods such as you mention were unheard of and UNKNOWN in my youth. We had to make do with what Nature supplied and what our parents passed on as our inheritance.

Dennis, I have tried to be as honest and as outspoken as possible. I am sure you would want it this way. I have done what I have done not with any desire to fault find, but to point out WHAT IS, and the Truth is THAT WHICH IS. It has been my pleasure to do what you asked me to do with one thought in mind – helping you. There is so much balderdash meted out these days to beginners and the majority of them think we didn't exist before JW came along. We should never forget that weightlifting has a history that goes back at LEAST TWO THOUSAND YEARS. And we just can't see where we are going unless we KNOW where we have been.

Best to you & Family

A handwritten signature in cursive script, appearing to read "John".

4008 Ramsey Avenue
Austin, Texas, 78756, USA
June 23rd, 1987,

Dear Dennis,

Thanks for your letter post dated June 12th and received by me on June 15th. I agree with your sentiments re the Post Office. I can never understand why it takes six or seven days for an air mail letter to reach me from Ontario, while an air mail letter from Australia reaches me in THREE DAYS. But the ways of the Men Of The Post are like the Lord's. They move in mysterious ways.

Let's give you the latest news before I get into answering your letter.

L_____ has pled Nolo Contendere to the charges against him. This is a legal phrase and means "I do not wish to contend." It is accepted by the Court as a plea of guilty without actually so pleading and carries with it whatever sentence the judge would normally impose if the defendant was found guilty. This now means that _____ will have to pay not only the money he owes the Post Office but also interest. It might also mean the IRS will get onto his tail because he might, possibly, have claimed that postage as business expenses, and if he has--- BING O--- we might see the demise of his magazine.

L_____ got nailed for smuggling steroids--- he was charged before--- and also pled guilty. If the judge gets hard assed he can get as much as eight years. As an ex-narcotics officer I have not the slightest morsel of pity for men like this. They are not even as honest as a prostitute. She makes no bones about what she does and why she does it. But the drug dealers are slime balls and are in it for the money only and have no regard for what happens to families, or the filth they sell to family members.

My experience with Far Eastern countries in so far as mail delivery goes has been as frustrating as yours. Apart from India, where the Post, instituted by the British, who started it all way back in the pre Victorian era with their "Penny Post," Eastern nations have a poor postal system, and Malaysia is the worst. When I was in Singapore during the early forties, it was just impossible to get a letter delivered IN THE CITY itself in under four days. Some of the delivery men applied what is called "squeeze" in that they wouldn't hand over a letter until some baksheesh was paid them by the person for whom the mail was intended.

Re talking to Todd re "Somato Type" training. I believe I went into this in a previous letter. There never has been such a type of training to my knowledge. Only Thomas Sheldon wrote about what he called somato types in his book "Varieties of Human Physiques." The only people I know of who actually wrote about "type" training and this in the late 1930's were George Walsh, Irving Clark and Frank Miles in the British mag HEALTH AND STRENGTH and their theories were just huge hunks of hogwash. For instance I was told by George Walsh that I'd never have an arm above 15 inches at a time when my arm already taped 15-1/2 and subsequently went on to tape 17 and 5/8ths.

Sheldon's theories were just that and NO ONE NOW feels they have any validity. Again I suggest you get Thomas Sheldon's book and his follow up book "Varieties of Human Temperament." Inquiries at your public library will get you the name of the publisher and where they might be obtained. Don't feel you are putting the library out since this is exactly what libraries are there for.

But in any event, NONE OF THE COLLECTIONS CONTENTS ARE EVER ALLOWED TO LEAVE THE LIBRARY. One can come on up there and stay there all day long and study and take all the notes one cares to. But NO MATERIAL IS EVER ALLOWED OUT OF THE Collection. In fact not even the janitorial staff are allowed in, the Todd's doing their own housekeeping.

But while I am there I will TRY and get you any information I can, and if I cant, then I'll tell you so plainly and without any BUSINESS.

Regarding Leroy _____. I'd rather not talk about him for very personal reasons. I was told he had a "juvenile record," but I don't know how true this is. It is true that I did work at the same place he did, when he was one of Weider's shipping clerks and I was Weider's editor, but I have PERSONAL reasons for intensely disliking the man. In case you get any wrong ideas, let me say I was on most friendly terms with John Davis, his family and mine visiting one another, and I was, and still am the friend of Rudy Sablo, whom I have known for forty years now.

I wouldn't be disappointed at his not answering you. That may be a PLUS for you. Many of the so called "stars" of our sport think they are a cut above the "Common herd" and wont "mingle" unless they think they have some advantage to gain or some way in which they can profit from the association. When you are no longer of use to them, they drop you faster than they'd drop a red hot tire iron. My dealings with this sort of individual go back now sixty odd years, so I know whereof I speak. While you are on top they are all over you. When you are gone from the scene, they just don't want to know.

I would be perfectly willing to "guest chapter" for you and Bob if and when, but again this would depend on what payment is offered. To be frank with you, I don't come cheap. I have had too many lean years--- particularly with Rader, who, for years never paid his authors a penny but had all freebies, unless there was someone like Willoughby who demanded and go payment, but as little as Rader could get away with. For years I contributed articles for free, but at last insisted on being paid. This was why, although IM got a well deserved reputation for being an open forum, it contained so much bloody bilge that at times is was positively nauseating.

I have had no news from Grimek in some weeks now. I understand from correspondents that he is still going ahead with his suit. In my opinion, having had a little legal training-- - note I say a LITTLE--- during my twenty odd years as a law enforcement officer, I don't think he stands a chance of winning, since there is nothing in Law that says, that insofar as a will is concerned, a man cant change his mind.

I think Grimek was treated very, very poorly and I think he was swindled out of what was his right. The Hoffman magazines and the York Barbell Company would have been nothing without Grimek. He MADE THE MILLIONS FOR HOFFMAN.

This is why I get so pissed off when I hear some bloody yahoos saying "But look at what Hoffman did for American lifting." True, Hoffman did finance AAU Lifting and the Mr. America Contests. But he took an exorbitant rate of interest and income for what he did. For every penny he put into the Game, he got five back. I wish you could see his will. It was a will of TWENTY MILLION, including five million in cash and real property. So as much as Hoffman "did" for lifting, it wasn't entirely altruistic as he would have had you believe.

Our game is on one horrendous mess. The old ideal is no longer there. Before us, all the time, is held out that carrot on a stick--- Just buy my magazine. Just take MY supplements. Just follow MY training principles and YOU TOO can become famous and an instant wealthy man. There's increasing competitiveness and greed everywhere. Just look at the Woodland Hills Wunderkind with his claims to have invented every exercise, training principle and piece of apparatus known. Nonsense. Just bloody nonsense.

Recently I watched the 198- _____ from Japan. In a huge banner flashed across the stage were the letters "40th Mr. Universe Anniversary." There have been only 17 Mr. Universe contests held and the 40th anniversary takes us back to 1946 when _____ hadn't even brought out the first edition of his very first magazine. To shove the peg a little further into the ground, he claims to have "invented" the Cheat Training Principle. Again, BULLSHIT.

In the September edition, 1954, of MUSCLE BUILDER, pages 14-15- there is an article titled CHEATING BUILDS BIGGEST MUSCLES. The name of the author is given as ROBERT LEO. Now I know WHO ACTUALLY WROTE THE ARTICLE, but it begins this. "Twenty years ago, to cheat or not to cheat was the question." Just subtract twenty off 1954 and you get 1934, a year when the Woodland Hills Wunderkind was a mere TWELVE YEARS OF AGE and thus two years before he became TRAINER OF THE CHAMPIONS at the age of FOURTEEN!!!

True, we had the four flushers and fakes in the 1920's. We had such entrepreneurs as MacFadden, Jowett, Liedermann and others. But there was a lot more idealism then than now.

People didn't think of the money they could make out of our Sport, but of the fun and companionship, friendship derived, and the immense health and strength benefits they obtained. The hell with winning contests and seeing your shot on the cover of some mag, whose owner was just using you for all he was worth. If you did get into a mag, no big deal. If you didn't, so what. What did matter then was your FAMILY. The HONOR you could bring them. Now--- look at it. Scandal everywhere and all because some greedy illegitimate wanted to make money out of it, and when he did, found that what he made wasn't enough and he had to have it ALL. Do I sound bitter. I am. I can see the Game as

it once was--- something clean and honest and beneficial. Now look at it. Drugs, editors using their positions to gain sexual "favors" from women bodybuilders. The Game now disgusts me.

Probably about the only "clean" mag now is IM (87). I wonder how long it will last. Long I hope. We shall see.

Better stop now before this paper catches on fire,

Best wishes to you and your family,

A handwritten signature in cursive script, appearing to read "Lohas". The signature is written in a dark ink on a light background.

4008 Ramsey Avenue
Austin, Texas 78756, USA
July 26th, 1987.

Dear Dennis,

Thank you for your letter post dated July 14th. Always, good to hear from you.

It infuriates me when I see something claimed as new, or the invention of this contemporary or that, when in fact it was being used 60 to 100 years ago. To my way of thinking, this is not only unfair but cheating, taking the credit away from those to whom it rightly belongs.

If Bob is well aware that there is nothing new under the sun, then he is doing a great disservice to those youngsters coming into the Game by indicating there is. It is like those ads that promise you "The body you want in 3 months." Those who use this sort of advertising know full well that it isn't possible to get the body you want in three months, let alone three years. I'd like a body like Frank Zane, but I know very well that if I trained from now to Doomsday I'd never get it.

There is too much bullshit leaved around today and all to get that extra almighty dollar and for no other reason. People seem to have lost all sense of fair play and justice and don't hesitate to steal others ideas. I had this happen to me recently when I opened the pages of a British magazine and found one of my articles written in 1954 under the name of another man--- word for word. Needless to say I am suing for plagiarism .

I take note of your saying that you wrote the entire text of the book. I'd appreciate you telling me where you saw the Washer Technique, since this was written about in the ten existent British magazines in the middle 1930s. You must have an extensive collection of books and magazines.

You may be sure of one thing NOTHING, but NOTHING that is written about in the various modern magazines, insofar as exercises, training principles and equipment is concerned is NEW. It was all being used years before you and I were in the Game. It was around when I first entered weight training and it is part of the Sport's history that with each generation, old equipment, ideas, principles and exercises are taken, given new names and presented as being startlingly new. Jowett did this. Ben Rebuhn did it and Hoffman and Weider also did it and the latter is STILL doing it knowing full well that he didn't invent one single thing that he claims he originated. Weight lifting history goes back at least two thousand years and during that period, all the movements that are possible have been discovered and used. After all, there are just so many ways one can curl a barbell and there's the limit to these ways.

I am here, willing and ready to help at any time. I say this not because I want to establish any reputation as a Lord Bountiful, but simply that the truth be made known and those pioneers who really deserve the credit get it.

I do not believe that Chuck Sipes has, or EVER HAD an 18 inch forearm. I have seen some huge ones during my time, including those of George Hackenschmidt, Goerner, Bert Asirati and Mac Batchelor and if any man had a forearm of 18 inches it would look grotesque, Popeye wouldn't even compare with it.

If I may offer some advise here. NEVER but NEVER publish any measurements that someone says they possess UNLESS you measure them yourself. Even if Sipes had goose necked his forearm, it STILL wouldn't have gone 18 inches. So next time you are among a bunch of boobies who are claiming 20, 21 and 22 inch upper arms, whip out your tape measure and ask to shove that tape around those arms and see how many excuses you'll get as to why you cant.

If Bob ever became a threat to the Wunder Boy, then you'd see how much support Bob would get. As much support as preachers give to Sin. I worked eight years for the man and I KNOW HIM.

Again I suggest you expand that meal section in the book and write one such as MEALS THAT MAKE MUSCLES or FOOD FOR POWER.

Drug dealers. UGH. For twenty years I was a narcotics officer here in Austin, handling all violent juvenile offenses for the Police Department attached to the local Juvenile Court. I am still a member of the Texas Narcotics Officers Association. I cant find words harsh enough to express my contempt and utter disdain for the scum who wreck not only lives of people but their families. I have never been in favor of the death penalty, but I'd shoot every dealer or pusher if I had my way. They are not only fouling up individuals but destroying the very fabric of our society and our nation.

I would watch your kids carefully. Note the following. If there is a sudden drop in their grades. If they suddenly become extremely rebellious, given to fits of rage, suddenly change the kids they hang out with for more disreputable looking ones, keep their rooms in an unholy mess or stay in their rooms on their own for long periods, then YOU have a problem. They may have a drug or an alcohol problem and you should get help AT ONCE.

Those who say that pot isn't dangerous get me as mad as the idiots who tell you that there is no proof steroids are dangerous or that they cause cancer and heart and liver problems.

I know about pro "wrestlers" using drugs. This is something that many of them have been doing for some time now. Uppers mostly to keep them going through their man _____ night after night. It is also being used in boxing circles.

I don't expect you'll hear from Colbert. I don't know what that special principle is of his since in the 60s I was already in Austin and had been since 1958. But from what I have heard, it consists of going through a set of reps as fast as you can--- again a bit of bullshit since this sort of stuff was being done in the thirties, and I saw it done by the Egyptian lifters when I was in Alexandria in 1940 and 1941. They'd take an empty Berg Bag and

snatch their way from one end of the football field to the other as fast as they could--- and back again. Supposition on my part, but I saw this sort of thing being used in the UK and Egypt.

Re ballistics. This is only so when a shell is on its way up. As soon as it starts to descend then it is in FREE FALL and is no longer ballistic. So it may well be that Colbert was using a fast way of the Cheating Principle. I have an article written on the history and benefits of this way of training and Balik should be publishing it some time late this year or early the next. The next article I will have in his magazine will be in the November issue and is about Marvin Eder.

The FIRST IFBB meet was held in 1950 in Montreal and I was there. _____ says he formed the IFBB because of troubles with the AAU, that Dietrich Wortman refused to let him run a contest in Canada. Now this is bunk, since Wortman had absolutely no jurisdiction over Canadian lifters or bodybuilders, and only over American AAU weight men. They just went ahead and held it and the French Consular General attended the meet, Montreal being within French speaking Quebec. It was at this UNSANCTIONED MEET that the Wunder boy and his brother announced they were forming their own bodybuilding society and did.

But if you look through the early editions of his 1950 mags, you will find they are swearing fidelity to the AAU in America and how they have come together and will cooperate with the AAU. Talk about back stabbing. But look up the article for yourself. It was in either Muscle Power or Your Physique.

Your experiences with _____ and that British woman doesn't surprise me. Not too long ago I attended a meet here where a certain famous "STAR" was appearing to do a guest posing bit. For his stint he had been paid 1500 bucks, plus air fair and first class hotel accommodations. He stayed on the platform for exactly 90 seconds. I knew him very well and he knew me. I went to the dressing room and we exchanged the usual ritual how are yas and I asked him, "I'd like to do a piece on your arm training. How about it?" His reply? "Certainly. Be happy to obliged. My FEE for the interview is 250 bucks CASH." I looked at him and asked, "Shouldn't your fee be thirty pieces of silver?" and wheeled out.

Later I saw him talking to some young kid. I saw the kid turn away from him with a look of anger and disgust on his face. I called the lad over and asked him what was wrong. "Wrong--- everything. I asked _____ if he'd like to come and take a look at our gym and say what he thought of it. He said Sure, my fee will be three hundred dollars IN CASH for a thirty minute visit. Then I asked him for his autograph of a picture I had of him and he again replied Sure. My fee will be two bucks fifty, CASH." So Dennis, need I say more about the sorry state of our sport.

This isn't confined to bodybuilding. In powerlifting they have the pleasant little habit of waiting until a deadlifter is approaching his sticking point and they will holler out loudly, "Look at his legs ref. He has grease on them."

We are becoming more power hungry, more money hungry more competitive and definitely more insecure. And it disgusts me.

The old idealisms have vanished. The old insistence on fair play and sportman like conduct is no more.

Joe Roark also had the same experience with _____. He called up the gym, got some dame on the phone. Said he'd like to talk to _____ about his arm routine and was told it would cost him five hundred "Up front," whatever that meant. Personally, I'd like to shove it up behind.

So what Rader told you about the slugs asking five bucks for an autograph is very very--- and sadly--- true.

You are right in saying that not everyone in the sport is corrupt. But it is like bringing kids up. Set them a good example and they'll follow it. Set bad examples and they'll follow them too. Just as certain Muscle Mag Moguls have set bad examples today and are being followed. Those among us who are trying to do things right and fairly have a tough row to hoe. But we MUST keep on trying.

Facts are facts and the TRUTH IS THAT WHICH IS.

My best wishes to you and your family,

A handwritten signature in cursive script, appearing to read "Charles".

4008 Ramsey Avenue
Austin, Texas, 78756, USA
October 4th, 1987

Dear Dennis,

Thanks for letter post dated September 26th, which reached me last Saturday, October 3rd.

Sorry to learn of your brother's death, and offer my condolences. I think the Middle Ages Monk, John Donne said it best in one of his poems of devotion--- "Any man's death diminishes me because I am involved in Mankind. Therefore never send to know for whom the bell tolls. It tolls for thee."

I lost my wife on Christmas Day, 1959 from breast cancer and, a few years ago, one of my grandsons who was but 16 years of age. My daughter, who has her Master's degree in Nursing Sciences, and who is the cancer chemo therapist at one of our hospitals here, gets very upset at some of her patients--- little children of 5 and 6 years of age who are dying from cancer, and at some men and women, barely in their 20s who she has to treat. Many times she has said the job is so upsetting, she is seriously thinking of quitting her profession, but doesn't do so since there are some she might be able to help and get them into remission.

Re that smoked salmon. I shall really enjoy it when I finally get it. But I do wish you'd, at least, let me pay some of what it costs you. Let me know when it is on its way and if I owe you anything.

Your new book sounds interesting. Was this the sort of thing you once asked me to consider?

No, I didn't see your letter in Muscle Mag International. The only mag I ever see is Iron Man which Balik has kindly sent me complimentary subscription. I just cant afford to buy all the others, since I have to live on a very small pension from my job as a law enforcement officer--- you just wouldn't believe how little they give me after 20 years hard work as a superintendent of my Police Department. But I have to make do with what I have and establish my priorities. Since I live from check to check I have nothing left over to buy mags with.

Are you certain that B-----s used "white out" to change the date on his passport. If he did indeed do this, then he is in serious trouble with immigration and naturalization authorities since this is against Federal Law and, could, if true, net him a healthy stretch in the Joint. Very, very stupid of him to let his ego and his vanity take over. I, personally, have never believed he is as old as he says he is. One only has to look at his skin tone and his shoulder and leg muscles to see that he is a MUCH younger man than he claims to be.

As for Colbert and his so called super speed training principle, I imagine it is merely working faster, and taking hardly any rest between sets of reps. I repeat again and again that there is NOTHING NEW in weight training. It ALL has been done before.

No, it wasn't P-----a who asked for 250 fee for an interview. It was another and much more well known man. My reply to him wouldn't bear repeating. One of the phrases I used was "You should be asking for thirty pieces of silver than 250 bucks." He also had the nerve to ask some young kid the same amount for visiting the kids gym for 20 minutes. These men forget they are the heirs of all who have gone before them, that they owe what they know and what they are to the many men who were the pioneers, men who were in the Game when BASTARDS like the man I have mentioned above weren't even born, or when some of the so called stars weren't lifting anything heavier than a baby's rattle.

Practically all of the so called stars--- I wouldn't dignify them by calling them MEN--- demand and get money for autographs. It is a common thing now, and the pity of it is that people pay them. I am afraid that they would get a rather sharp and acrid reply from me if they ever asked me for money for a signature. We have two men to blame for this sort of thing, and these are the two that commercialized our sport and turned the men who are part of it into money grabbing bastards.

I see nothing wrong with making an honest living out of any activity, but when that money making is done at the expense of others, by making false claims and by being the only thing they can think of-- making money instead of HELPING, then I have nothing for them but the uttermost contempt. For the knowledge they make people pay for doesn't belong to them in the first place, but was gained by them from the hard work and dedication of others, who in the majority of cases, gave their time and their knowledge freely. To pile Ossa upon Pelhion, they aren't content with a reasonable amount of money--- the more they get the more they go after. They want it all.

If I may make a friendly suggestion to you--- and in this instance I am referring to the washer method of adding weight to poundage used in lifting-- I would ALWAYS acknowledge the source. Look at that article in IRON MAN you mention--- the 1960 edition of Rader's Lifting News. I'll bet it didn't tell you the method was being used in England in the late 1920s and early thirties, or was written about extensively in various British Magazines?

As for the problems of The Flushing Flash with the Post Office, I am told that when he came up for arraignment, he pled Nolo Contendere, a latin phrase which, translated into English means "I do not wish to contend." This is tantamount to a plea of GUILTY without any plea of guilty being accepted as such. If this sounds nuts to you, it is. It is like being pregnant. You are or you ain't. There's no being a little bit preggie or two thirds pregnant. But that is the plea the law allows. He has not yet come up for sentencing, and his plea was advanced by his lawyer or lawyers on his claim that he didn't know what was happening, that it was one of his employees. Be that as it may. His plea is accepted as a plea of guilty without a guilty plea being recorded. So he awaits

sentencing. I hope for his sake that he isn't sentenced to a term in the Federal Joint. It might shake! ! him up more than he has experienced previously or has anticipated.

I don't know if you have heard of this piece of news, but one of Weider's best editors--- in fact I regard her as THE BEST--- was killed not so long ago. This is the gal who edited his SHAPE MAGAZINE. Her name is Chris something or the other. She was either on her way home or to a shoot, when her car was broadsided by a truck and she was instantly killed. A great loss for Weider and the Wunder Boy. SHAPE was the best edited of his mags and had less hype and bullshit in it than any other mag on weight training published today. What a pity.

I don't have to go to the Todd McLean Archives to get you anything on training for wrist wrestling. Remember I have been in the Game for 67 years, since I was 8 years of age. I have written hundreds of articles on how to train with weights in all aspects--- so many articles that I have forgotten how many under my own name and the names of the "STARS," many of whom didn't know a biceps from a pineapple. I would also like to point out that I took Doug Hepburn, taught him Olympic lifting, then trained him so that in TWO YEARS he had won the Junior National Title and then, in 1953, the World Title, beating the best heavyweight that Hoffman had ever produced. So I do have a little knowledge and don't need to consult books on the subject to tell you how to train for wrist wrestling.

I can tell you of my own experiences and the experiences of the greatest arm bender of them all, Mac Batchelor. I was Mac's pal and spent many convivial hours with him when my wife and I visited California in the early fifties.

Mac, in addition to doing a lot of dumbbell curling in all forms, also was an IRON BENDER. He'd take bars of iron of various thicknesses and bend them, gradually increasing the thickness of each bar used. Mac was also a very good oarsman and did a lot of rowing. Try it yourself for forearm power. He also had an apparatus set up which simulated arm wrestling, and in the form of a pulley apparatus. A handle was attached to a wire rope, the rope running straight to the handle. Weights in plate form were attached to the other end of the rope and Mac would then load up and do a few score of arm bands. The rope ran over a pulley wheel.

I too did a little wrist wrestling although I wasn't too good at it, enjoying but moderate success. But this wasn't because I didn't have the power to do better, but because I didn't make a fetish of it as some do. In other words, my exercising was a lot more diverse than confining itself to wrist wrestling. If I had done more of it, and more training for it, I would have done a great deal better.

But I did a load of Zottman curls and, one of the best exercises and a very simple one too, that did improve my wrist wrestling a lot was to simply hold a very heavy weight as at the finish of a dead lift, for as long as I could. I once dead lifted 600 off two boxes, the boxes bringing the bar to knee height--- thus it was a half dead lift---and held the 600 for

exactly one minute. So any exercise that strengthens the biceps and forearm is a good exercise for wrist wrestling.

The function of the biceps is to flex the forearm onto the upper arm. But another, and little known function of the biceps is to SUPINATE THE PALM OF THE HAND, that is turn the hand palm up. One of the best movements is to do a dumbbell curl. Starting with the arm at full stretch by the side, PALM OF THE HAND FACING IN, start to curl the dumbbell and when the forearm is level with the ground--- at right angle position, turn the palm of the hand UP --- FACING UP --- while continuing to curl the bar to finish position.

A rumor is going around that a Russian super heavy K----- the same guy that got busted at Montreal Airport with P-----o for smuggling in steroids, has done a clean and jerk of 600- 1/4. Don't you believe it. He did make a new world record total, and a Bulgarian heavy, K-----, did a new snatch record of over 450, but that elusive 600 is still not with us.

However, I predict--- as I did in 1952 that a middleweight would one day clean and jerk over 400--- that that 600 is not too far off. The world record is not just 17 pounds below that figure--- no, FOURTEEN pounds below it, record now being 586 odd.

I can remember the time when anyone DEAD LIFTING that would go around bragging about it.

When I forecast that a middleweight would one day do a 400 C&J I was asked what brand of Mexican Brown I had been smoking.

Will wind up here. Am sorry indeed to learn of your family loss. Am looking forward with intense pleasure to sinking my teeth into that smoked salmon.

My best wishes to you and yours,

A handwritten signature in cursive script, appearing to read "Charles". The ink is dark and the signature is fluid and somewhat stylized.

4008 Ramsey Avenue
Austin, Texas, 78756, USA
February 1st, 1988,

Dear Dennis,

Thanks for your letter post dated January 24th, reaching me by January 27th.. Record time that. Nice to hear from you after such a long time. Not too much news floating around, apart from S_____, the Bulgarian 132-pounder who has been in the headlines again.

At some meet in Turkey he snatched 330 1/4 and cleaned and jerked 414 3/4. I believe that both these are new worlds records. Present at the meet was Herr Schoedl, Chairman of the IWF. However the meet wasn't drug tested so I don't know if they will be allowed as new records. Since the lad has always passed his drug tests, I can well believe he wasn't juiced up.

It is also said that the Premier of Turkey has adopted S_____, as he now calls himself, as his son. The lad will also be allowed to compete for Turkey at the Seoul Olympics. That should set the Bulgarians filing their nails and gnashing their teeth.

Latest news of C-----y Ch-----e, aka S-- C-----y is that he has himself in a load of trouble, not only with the United Nations, who are, as you may know, suing him for unauthorized use of their logo, but he is also being taken to court by five families in Puerto Rico for enticing their children away from them. There are also other families in NYC who are most irked at him for the same stuff.

He recently plunked down fifty thousand bucks for the rental of the largest auditorium in Toronto, where he had people listen to him plunking away on a piano. His disciples meanwhile went around taking up collections, with hard sells on his books, poems, paintings and other stuff.

He owns a large block of real estate in lower Manhattan and has written a book in which it is alleged he tells his disciples that they must all remain celibate while only he can enjoy the bliss of the connubial couch. He also says that when he dies, all his followers must commit suicide. This bloke is a real nutter.

I am now getting all of Joe Weider's mags. He called me up not too long ago and said he'd send them, and he has. Frankly I think he ought to get Rick Wayne back fast, since FLEX looks a pale picture of what it formerly was. So far I have received no mags from Kennedy, but he has called me and exchanged news.

B-----s was born in 1938. Period. It is so easy to find out. All one has to do is to write to the embassy of the country he was born in, ask them how to go about finding the way to get a birth certificate copy; this being public information, they can't refuse to supply you with the information. Then all you have to do is write to the Vital Statistics Bureau of that

country, enclosing the necessary fee and--- BINGO. No doubt then. If B-----s did indeed alter his passport, he has his glutes in a sling. That is a felony and---at least in this country--- punishable by a term in the Joint.

Joe Roark, who is a person of complete integrity and very thorough in his research has been working on the question of B-----s age for some considerable time now. Why B-----s wants to falsify his age is, I guess, because of some perceived commercial advantage. After all, he looks remarkable enough at 50 years of age. But to be close to 60 and look that way is barely conceivable to most blokes, including you and I.

So what if B-----s thinks you and Joe collaborated regarding his age. Let him like it or lump it. As they used to say when I was a kid "Tell the truth and shame the Devil."

When I wrote my letter to Bob re C-----y, I gave the address I always do. I guess Bob shoved that Box Number as my address because he knew what damn pests C-----'s cohorts can be and wanted to spare me this. Not that it matters to me. I do however, notice they are becoming more and more threatening in their letters tones when they reply to any criticism of their "guru." I do wish I had my Police contacts I had when I was on the Austin PD. I could do a run down on C-----s history via the Bombay Police Department. I know I'd come up with something very interesting.

This man seems too much like a snake oil salesman for my comfort. I am told he got his reputation for lecturing, or meditating for peace, at the United Nations by renting a small room or hall in the building, plastering the place with posters announcing peace meditations, then, no matter if any one turned up or stayed away, he'd announce he held a peace meditation at the UN, which of course, LEGALLY, he did, but in actual fact, the impression created was a false one, the impression that he had been INVITED by the UN to conduct such meditations. Some flim flam man.

I hear that D-- L-----, the Flushing Flash was sentenced in Federal Court to restore the fifty thousand he stole from the Post Office and was made to pay 15 thousand in penalties PLUS court costs which must have been considerable, if what I hear is true. I was also told he had to do several hours of community service, but as I say this is just rumor and I dont know if there is any substance to it. I do know that he claimed he knew naught of what was going on, that it was one of his employees who pulled the caper, not The Flash.

No, I haven't seen the "Fan Club" news letter for J--. I don't want to do so. Since I come from way back, I am all too aware of the DOZENS, nay scores of men, the real pioneers, who have contributed just as much as he has to the Game, and who are never mentioned, or remain unknown and unsung.

I don't know what weather you are having up where you are, but down here the bloody weather is up and down like the stock market. It is now 9 AM. I am sitting typing with my front door open and the temperature is already 70 degrees. It is said today's temp will hit at least 75. Projections for tomorrows weather hasn't got it going above fifty. Crazy.

I'm supposed to have an article coming out soon in Bob's mag ref: the History and Use of the Cheat Training principle, which has been with us, despite what J-- says, for at least 100 years. I don't know when it comes out, but would appreciate comments if and when you see it.

Best to you,

A handwritten signature in cursive script, appearing to read "Robert". The signature is written in a dark ink on a light background.

4008 Ramsey Avenue
Austin, Texas, 78756, USA
February 13th, 1988

Dear Dennis,

Thanks for your letter post dated February 7th and received by me, yesterday the 12th. Before I answer yours, I must reveal to you the contents of a letter I got yesterday from Ben Weider, it goes as follows, verbatim.

Dear Charles,
My brother Joe recommended you receive the highest award of the IFBB which is the Distinguished Service Award. This award is presented only to outstanding individuals who have contributed a lifetime towards the promotion and development of bodybuilding and sport. Joe, who knows you better than most people has strongly recommended you receive this prestigious award. Brothers aside, we have seriously evaluated his recommendations and have heartily approved of them. This DSA is now being prepared for you and will be sent to you in two or three weeks. I suggest that you have a nice photo taken of you with this award and send it to Joe so he can do an article about you and the award you received from the IFBB. I send you my most cordial greetings, Ben Weider.

To say that I am surprised would be the understatement of all time. After all these years to be at last recognized officially for the eight years I worked for Joe and helped him gain the credibility he so badly needed is, to say the least, most gratifying. It came late but at least, and at last, it came.

Regarding your letter and enclosure. I am not at all surprised that something like this has happened. I see so much of my stuff, written in the 1950s appearing in articles and “Courses” that sometimes I am so pissed off I can’t see straight. It is common now in weight training, where the stuff is so basic that those who know nothing or little about it can get themselves up as authorities with little or no effort on their part.

Last year I was glancing through an edition of a British Mag and to my consternation saw an article I had written, word for word, published under the name of another man. I wrote to the mag and the author, lodging a most strenuous protest and demanding satisfaction. I got the usual bullshit reply – just as you did from the Postons – from the mag – the usual: “WHO, ME?” and another bullshit story from the man who had stolen my stuff and printed it as his own. I didn’t but it and told them so. I also threatened to sue for plagiarism. I got fast action from the “author” to the tune of 200 pounds – translating into around 375 bucks. I got the offer of an apology from the mag but told them to stuff it. This mag, STRENGTH ATHLETE, has the habit, or so it would seem, of taking peoples articles and publishing them without a “with your leave” or “if you please.” They did it with Ellington Darden who tells me they snitched some of his stuff and published it without permission and he had to get a lawyer to write them and issue a

“ceases and desist.” Not that it did any good. What I can’t understand is why you wrote to Clarence Bass. What has he got to do with the P_____s or the material you allege they stole from you? I don’t understand this part of your action.

I would just not accept the excuse of P_____. This is flagrant theft – plagiarism – and is against the law. If it can be sustained, you have cause for action against them.

You make a mistake in asking only for monetary redress. You should also ask, nay DEMAND, a retraction and an admission, from them, published in a prominent magazine and also mailed to you in a personal letter – else SUE THEIR ASSES OFF.

There is too much of this stuff going on today and it MUST be stopped.

Regarding_____. It would seem to me he is treading the path that others in the publishing business have trodden. Joe Roark tells me that he still hasn’t got paid for the article he wrote.

Personally, I always make it a condition that, if my article is accepted for publication, it is paid for AT ONCE and for a price agreed to before hand. Otherwise – no deal.

In the past the other owner of the mag made his money for a very long time by not paying anything at all. As a consequence he got such a load of trash from those who just wanted to get their names into print, the mag wasn’t often worth reading, let alone buying. He NEVER paid until he used the article, this stuff from men who had laid out money in research and photo material were money out while they waited, sometimes for a couple of years for their stuff to be printed and often by that time they had forgotten all about it and thus missed getting paid.

_____, it would appear, is getting very forgetful. I wrote him an article over a year ago on Marvin Eder. He paid me for it, but despite repeated promises of publishing it, it still hasn’t appeared. But there is a story behind this which I cannot reveal.

So my advice to you is to INSIST on payment, i.e. royalties for books – and in my opinion, the seller of the mag had not business turning over your material without first consulting you and obtaining your consent.

So my advice to you is to consult – FIRST *** an attorney and this of course will cost you a fee –in order to see what should be done or what can be done.

Even then you are not certain of getting anything unless you threaten to attach his income from newsstand sales. You see, the Court, if you go the legal route, will decide in your favor (supposing they do) and then issue a judgment in your favor. It is YOU then who has to collect that judgment. In other words the Court will only issue a recognition of your claim in the form of damages and unless you demand payment there and right there – which is very rarely granted – you still might not collect a penny and still be out your attorney’s fees.

BUT YOU MUST NOT LET THIS GO UNANSWERED.

I would also caution you against asking any threats to Poston or the other party regarding what is due you. Just make bare statement of facts, but leave no impression that you will forget the whole thing or else are content with a “Whoops. Sorry Dennis. Won’t happen again.”

Obviously – very obviously – they knew very well what they were doing when they snitched your material, so have at ‘em.

And in any case charging 7 bucks fifty for a mere 16 page pamphlet is sheer fraud. I am wondering how many more people got the same treatment and are pissed off as you.

It most certainly IS an infringement of copyright and more – it is outright plagiarism, if what you say is so.

So don’t let them get away with it. My article was written in 1952. Thirty-five years after, someone stole it, no doubt thinking I had long been gone, thus getting away with it as an original article, or hoping to.

The excuse given by P _____ as to why the book was written might fool a member of a kindergarten, but not any man with common sense and the ability to think for himself. NO ONE expends money under the circumstances you mention unless they expect, and get, returns from it.

Since Poston has made what is tantamount to an admission of guilt, it would seem you do have a case.

However the admission was made over the phone and he is not likely to repeat this admission in any letter. So this admission might not hold up in Court.

I would say that _____ is also liable, since he is selling the book containing material plagiarized from your material. I would also issue him a warning too.

To my untutored legal opinion you certainly do have cause to pursue this matter further legally. However I would issue a caution here.

It is a well known saying in legal circles that if you go to court, MAKE SURE YOUR OWN HANDS ARE CLEAN.

I still can’t understand why you wrote to Clarence Bass. Is he a personal friend or what?

Let me know how things develop. I am very interested. Recently in one of Weider's mags. I saw an article on power lifting that had the same title and article format as one of mine, written in the middle 50s.

Keep in touch. Best wishes to you,

A handwritten signature in cursive script that reads "Charles". The signature is written in a dark ink on a light-colored background.

4008 Ramsey Avenue
Austin, Texas, 78756, USA
September 9th, 1988

Dear Dennis,

Thanks for your letter post dated August 26th and received by me on 30th of August.

I can understand your frustration at seeing others “copy” your material and your not receiving any royalties from __. _____ it would seem is becoming like all the other Muscle Moguls.

I have found a very easy way to deal with these merchants – SUE. I got sick and tired of seeing my old articles presented in other mags as original material and thought. This hasn’t been a sometime thing but has been happening constantly.

Recently, I opened a British Mag and there found an article I had written in the early fifties – THE SHOULDER BELT – my invention and presentation, word for word, appearing under the name of another man.

I wrote at once, told both the mag and the who had stolen my article I intended to sue, if I did receive compensation for my material, plus an apology and retraction.

I got the usual bullshit reply, but told my British attorney to go ahead and take the matter into Court. He wrote a letter to the mag and the man who had stolen my material. Suddenly they got religion and settled out of court for a reasonable sum.

So, in the future, if I see one paragraph, one line of mine in another article or book, I SHALL SUE. I have a copy of every article I ever wrote in mags, which I collected as the articles appeared, so I have no doubt that anyone, ANYONE who plagiarisms my stuff in the future will have to pay. I advise you, also, to seek legal recourse.

I have wondered and wondered at the NON ARRIVAL of the smoked salmon, since you have mentioned sending me some in almost, every letter you have ever written. None has so far arrived, and I am beginning to wonder if any ever will. I shall, of course, welcome any sent. I hope it arrives soon.

Congrats on your new book. I shall, naturally be DELIGHTED to see a copy and pass judgment on it when it appears, and I hope you have success with it.

Best Wishes,

A handwritten signature in cursive script, appearing to read "John".

PS

In March, the IFBB gave me their highest award, The Distinguished Service Award for my life long services to Sport in General and Weight Lifting and Training in particular.

RE: _____ not paying you royalties. I suggest you retain an attorney and get him to demand an accounting of what has been old and what is due you. As I mentioned earlier, I intend to sue at the drop of a hat, for any of my stuff that is used without permission and without any compensation to me

4008 Ramsey Avenue
Austin, Texas, 78756, USA
January 23rd, 1989

Dear Dennis,

Thanks for yours of the 17th. Nice to hear from you after almost six months – I think.

Not too much news from this neck of the back forty. I guess you heard of the death of Ed Yarick. He hopped it on November 2nd, 1988. Obit said after a long illness. No idea what caused his demise.

Ed, as you may know, ran a gym in the San Fran bay area for many decades, and was responsible for training such luminaries as Steve Reeves, Clancy Ross, Jack Delinger, Roy Hilligen, and Tommy Kono. As is usually the case, Ed did all the hard work while others took the credit away from him. Ed is survived by Alyce, his wife, and a son, Bart Yarick. Ed's wife ran the women's side of the gym business for Ed. Nice people. Very kind to my wife and I when we visited San Fran in 1953.

There has also been a new world record clean and jerk in the super-heavyweights by the Russian Taranenko. Hit a 587 ¼ eclipsing the old record by half a kilo. What with the sensational lifting in Seoul, I think you and I will live to see a 500 snatch and a 600 clean and jerk. They are not too far from it now.

I don't seem to know the two men you mentioned in your letter. What's the background of Samra and O'Bleness?

What please me though are the strides the Game seems to be making in running natural contests and away from this horrible, cheating steroid scene we seem to presently be in. Not surprising though taking into consideration the greedy commercialization and cheating that goes on in weight training these days – the down right falsification and lying in ads and articles, etc., etc. Seems to me there's no honesty in it any more, with everyone out to cheat his neighbor and squeeze the cent out of lifting.

I have all the books Sandow CLAIMED to have written so what is the one you got from Jack? None of Sandow's training theories would hold water today, and his books are now only worth what they are because of historical things. Although he used heavy weights, he advocated LIGHT dumbbells not more than 2 pounds each in most of his training manuals. This is exceptive to my way of thinking. He also used – that is sold, spring grip 2-pound dumbbells, claiming these gave you muscles everywhere, even in your maturation. Again, false and deceptive. Well that's the old, old story, isn't it?

If you look through the book you may see a shot of an old timer named JIM PEDLEY. I knew Jim personally and was that man powerful! He made Sandow look sick when it come to power, and he was employed by Sandow as an instructor in Sandow's gym, Sandow claiming JIM PEDLEY as HIS, Sandow's pupil. Does this sound familiar?

Jim was a light heavy, never went over 175-180, but in those far off days at the turn of this century, could press – MILITARY PRESS 225 without a back bend, no ??? and the hands spaced just shoulder width apart. He was also able to press 302 ¼ in the present Olympic style and this more than forty years before Novak the Russian light heavy made what was regarded as an ASTOUNDING new world record press with the same weight. At 75 years of age Jim Peley had a 17 inch arm. He lived to be over 80 years of age, but alas, spent his late years selling newspaper on the corner of a London street in the theater area. So much for giving credit where it is due.

Yes, I took, at last, go the recognition – such as it is – after more than fifty years in the ??? of writing and advising lifters and weight trainers. It came late, but it came. Unfortunately I still have to pay for my groceries and fare is demanded on the rare occasions I step on a bus. The award, for some strange reasons doesn't seem to help any.

I still hear from Joe Weider. He phones occasionally and is still promising to bring me to LA “SOON.” Soon is a word he uses often as a flea ridden cat scratches.

Speaking of promises, I still wait in vain for the arrival of the smoked salmon.

Nice to get such a treasure trove of mags and books for such a small price. I guess you'll get inspiration from them.

I have forgotten the number of articles I have written – I must count them one day. It must run into thousands. I still see articles turning that read, almost word for word, like one of mine. Seems some blokes have no brains of their own, but must use the brains and offerings of other people. Guess you have had the experience, too. Did you ever settle that business of your stuff being used by others, then passed off as original thought?

I have had many complaints about the people at IM and their failure to answer letters, or else give bullshit excuses when someone phones them. The man who taught me all I know – London, England, he lives in – sent them money over a year ago for a subscription and has never got a single copy. All his letter remain unanswered. Fred Howell has been trying to get back about twenty articles he wrote when Rader had the mag, Rader turning all his articles over to Balik when Balik bought the mag. Fred never was paid for his material; his letters and phone calls to get them back, also have gone unanswered. Is there ANY HONESTY in the Game today? I am beginning to think not.

I shall be pleased to get a copy of your new book and you may be sure that I will give you an honest, unbiased opinion of it – AND – keep that opinion, no matter what color it is, strictly twixt you and I.

By the by, August 26th was the date of the last letter I got from you. Hope there isn't so wide a gap in future correspondence. Always good to hear from you.

Best wishes,

A handwritten signature in cursive script that reads "Lohas". The letters are fluid and connected, with a prominent loop at the beginning of the word.

4008 Ramsey Avenue
Austin, Texas 78756, USA
July 14th, 1989

Dear Dennis,

Thank you for your letter post dated June 24th and here on June 29th. You must forgive me for not replying more promptly, but two things have prevented me from so doing – the weather which has been extremely hot and humid, and the fact that I have been helping a personal friend edit his book on Eugen Sandow. This latter has been a tiring task but one I undertook with enthusiasm and no small degree of affection.

As for the enclosed list of FIFTY EIGHT QUESTIONS! I will get to that later and deal with the content of your letter first.

I was absolutely appalled at the Bob Paris story in a recent edition of IM. And I wondered what had possessed Balik to publish it. I regard it as a major editorial blunder, a crass piece of editorial stupidity, in that he dealt with a subject that is regarded with abhorrence by all decent people.

Personally, when it comes to sexual morals, I have a lassoer faire attitude. I regard it as something personal between two consenting people, thus it is not behavior that should be aired publicly, but is meant to be kept private.

Apart from the fact that sodomy, or kindred homosexual acts, are first degree felonies in most of the American states, it is a subject that is distasteful, even in these so called “enlightened times.” By airing the sexual preference of Paris, Balik disregarded the feelings of a great majority of his readers. He has said to a friend of mine that he received “Good response” from this article. One is left wondering what he meant by “good response.” If it was the APPROVAL and endorsement of his readers, I DON’T BELIEVE HIM.

Again, this publication was a major editorial error and will do Balik much harm. And again, I regard sexual congress as private. As Mrs. Patrick Campbell, the famous fin-de-siecle actress said of sex, “Do what you like, but don’t do it in the street where it might frighten the horses.”

Regarding that article about me in Joe Roark’s MS and RR. It brought feelings of sadness to me. Here I am, living on less than 600 a month, border line poverty, struggling to make ends meet and the man I helped get where he is, is now a multi-millionaire, something he would not have been if it hadn’t been for me and the ideas I gave him. But the consolation here is that, at the very least, I still have my ??? and can hold my head up no matter where I go or who’s company I am in. I have my good name still, and it has never been my intention or aim to make money out of the Game.

Rather than TAKE from it, I have ALWAYS GIVEN EVERYTHING I HAD! Think about this.

Yes, I did read that “article” into which Arcidi credited Joe with is bench pressing success. Now I knew at once that Joe DID NOT write that article. I also know HOW Arcidi trains and WHO really is responsible for his success. I therefore won’t comment on this article, but this I will say, I never have, nor will I EVER credit another man with something he DOESN’T DESERVE, and for something accomplished whose success he played NO PART IN. Let that suffice.

Regarding my writing an article about the inequities and the down right deceit and ??? in our sport, this I have done.

I sent in an 8-page article to Balik over a year ago. It was titled THE COMING CRISIS IN WEIGHT TRAINING. It dealt with stuff like charging kids for autographs, the downright poor sportsmanship existing in lifting and body building and attempted to show, that because of the cultural, social and economic changes that have GENERALLY taken place over the years since 1920, we now have a vastly different sport than we had then. However, Balik in his wisdom – or, lack of it – saw fit to cut my article down to a one page editorial titled “SPOILED BY SUCCESS.” This appeared some time last year and it made me irate. The changes were made without consulting me, or even informing me of the changes proposed. Thus the article was printed entirely out of context and some parts of it didn’t make sense. Thus I do not accept responsibility for what Balik printed. I, or course, will write no more articles for him. This sort of crap is what is done now – the hell with the writer. He is just someone to BE USED. Not me though.

As for L __ H ___ wanting to charge you 500 bucks for an interview. I do hope you did what I would have done. Told him to get stuffed.

Never, but never, allow anyone to charge you for an interview, and again, do not allow them to demand approval of what you have written. This is taking away your right of free expression.

I would have demanded of H ___ 500 bucks for writing favorable publicity for him.

Remember this, such a person is a PUBLIC FIGURE and you DO NOT HAVE TO GET HIS permission to write about him PROVIDED that what you write doesn’t expose him to public ridicule and contempt, and doesn’t slander or libel him in any way.

There is nothing to stop you – legal or otherwise – PROVIDED YOU DO NOT SLANDER OR LIBEL HIM – from writing what you want ANY TIME about L __ H ___ or anyone else in the sport.

Some friends of mine had a similar experience with O _ _ _ _ . He called up his gym in Chicago and was answered by some female. He said he was trying to determine the exact measurement of the man's arm. What was the measurement he asked? The female told him "Before we (NOTE THE WE) answer that we have to be paid 500 UP FRONT." He told her to forget it, but politely.

Now this is just nonsense and displays not only poor taste but sheer GREED.

So the next time you are told "500 up front" first ask if the payment is by check or cash and, no matter if it is cash or check, reply "I hope you don't mind if I pass the payment of 500 to you, along to the Internal Revenue Service." They will shut up fast.

Now for the list of questions.

First you didn't indicate if you wanted me to return these to you. Please so indicate.

Next you ask what I would charge for answering the list – obviously – at least to me – you want ME to answer them and are asking how much I would charge for so doing.

Well, in the first place, if I did answer them I wouldn't charge anything. My feeling is that if I did so, it would be unethical, dishonest and GRASPING for me to ask for payment.

This would be like those blokes on Telly who promise to make you a millionaire selling real estate WITHOUT MONEY DOWN – in a year, if only you will buy their course for 500 bucks.

The information in this course can be obtained by anyone with the intelligence and ??? to go to any public library and ferret out the information for himself.

So for me to charge you for answering these questions for YOU to pass them off LATER as your knowledge and the fruits of your research, would be DISHONEST for me and DISHONEST for you.

The knowledge I would impart would not be mine but that of mother's in the field and who have gone before me. I would be passing off their expertise as MY OWN.

Some of the questions just don't make sense, like #1. No one can tell what a person's potential is unless he has a very broad picture of that person before him. He has to know that person's physical condition, if he or she has had any previous athletic experience, for, obviously, if he or she has been in some other form of strenuous athletics, he or she will have a better progression chance than someone who has hereto led a sedentary life. OBVIOUS.

Then you mention Mesomorphs, ectomorphs and endomorphs in a later questions.

This somato typing is the child of Dr. Sheldon who wrote two books, VARIETIES OF HUMAN PHYSIQUES and VARIETIES OF HUMAN TEMPERAMENTS.

It is now generally conceded that Sheldon, though he was very much on to something he didn't do the proper research, and wasn't at all objective in the research he did.

He did not have independent people research his theories, but his close associate do it and they, unconsciously or otherwise were influenced what THEY thought Sheldon was trying to prove.

So now the same type theory is regarded as passé. OUT DATED. NO VALUE. Whatever.

Finally I do not possess the expertise or the knowledge to correctly answer these questions. My research, if it can be call that, has been empiric, trial and error.

So I suggest you get a man with AT LEAST A MASTER'S degree in Exercise Physiology to answer that for you. The University of Alaska should be able to supply such an individual.

By the way – where is the smoked salmon you PROMISED you'd send me???

Best wishes to you,

A handwritten signature in cursive script, appearing to read "Robert".

FROM THE MUD HOLE OF CHARLES A. SMITH

4008 Ramsey Avenue
Austin, Texas, 78756, USA
September 22nd, 1989

Dear Dennis,

Here I am at last. Sorry to have been so long in answering your letter, but as I indicated in our phone chat, I have been very busy entertaining my grandson and his new bride. Family MUST come first.

Thank you for calling. Nice of you and as nice to chat.

I shall start off by rapping your knuckles. In your letter you say “he can be crusty, stubborn, insistent and determined.” (although not necessarily in that order.)

The reason for the knuckle rapping is because of you quoting Roark out of context – what he said was: “Charles is not perfect as YOU AND I ARE etc. etc.”

To quote out of context is to deceive and to be dishonest. With this one can make war seem like peace, truth like lies, or vice versa, up appear to be down and black and white. ALWAYS give the full quote.

Now that that is over, let’s get to your complaint about O _ _ _ _ wanting five hundred for an interview. I hope you told him to turn a double somersault and disappear up his own rectum.

There is a simple and easy way to deal with these greedy merchants. When they ask for 500, or whatever, to let you interview them, DON’T act defensive. GO ON THE ATTACK. Ask them “How would you like the money, cash or certified check?” They will of course say “cash.” You then say, “Good deal, and of course you won’t mind me reporting this to the IRS?” Then see them back down. Another way to deal with them is to ask THEM for 500 in return for writing them publicity and getting them good press. Or else just walk away and say nothing and THEN write what went on. By for the better course.

Remember that in this country you don’t have to get permission to write about ANY PUBLIC figures so long as what you write is not liable and what you write can be substantiated. They are public figures and SEEK publicity.

Now, in England, it is vastly different. There they DO hold, legally, that any man is entitled to privacy, so if you do write anything there about anyone, without permission, it is POSSIBLE for him to object and have that objection sustained.

A good question to ask O _ _ _ _ is what happened to his wife and children he left in C _ _ _ when he defected. Did he divorce his wife? Is she still alive and where? Just asking...

As for Girona I know little of him but what I have learned, or through gossip. I understand he has a bad reputation for being hard to get along with, inflated in his own importance, etc., but I don't know if any of these rumors are so. So I am unable to press an opinion about him. The trouble with most of these men is they believe their own publicity. It is the old aphorism of "Power corrupting absolutely."

If you sent Girona 20 bucks to answer questions you wasted your money. All you needed to do was to go through any old mag or mags and find out for yourself and keep the 20 bucks in your pocket. What could he tell you that he hasn't already been told about calf training?

He got his knowledge regarding calf training from others, as you get your knowledge, as I got mine. So, in reality, he is only charging you for what he learned from others and contributes nothing original or of his own devising. Save your dough. USE YOUR BRAINS.

I do not agree with you charging 5-10 bucks to answer letters. With all have learned and with all I know I NEVER CHARGED ANYONE TO ANSWER A LETTER.

But now, years after, I would charge anyone seeking info if it entailed research on my part. I have learned that time is valuable although some of the info isn't. THERE IS NOTHING NEW.

By the way you used the word COSTIC, it is spelled CAUSTIC. Use your dictionary, PLEASE.

I will be going up to the Old Timer's dinner, leaving October 5th and returning the 9th. I travel with Professor Todd and his wife, Dr. Todd. Those to be honored this year are Marvin Eder, (right on,) Pete George, (right on), Ed Jubinville and Jules Bacon.

Why, oh why, am I always the bridesmaid and never the blushing bride?

If you are 44 years of age, you ARE an old timer.

The trip to NYC may cost you. The dinner is 50 bucks and the room at the Downtown Athletic Club, where the dinner is held, will cost you 50 bucks a nice – a bargain for NYC! Rooms there run at least 65 and up, and try to get one at this price!

I shall let you know what went on at the bash.

By the way, this forthcoming dinner will be the 7th Boff has run.

Any equipment of mine that I devised or otherwise came up with, I don't want mentioned since I am presently determining legally, if I can sue a certain bloke who took one of my inventions and sold it without my permission, etc. etc.

I heard about the death of Reeves wife. Don't know what from, where or when. I understand he looked after Reeves interests fiercely.

I can't find my copy of my article that IM truncated down to one page. If and when, I will try and send you a copy.

Personally I think that most of our modern bunch are a load of shits. They are greedy, inflated with their self importance and not worth knowing. But it would seem, kids have to have heroes and they have chosen thos with feet of clay and are more concerned with TAKING from SOCIETY instead of contributing.

Unfortunate, since they could do so much good if they weren't so commercial and buck chasing.

Marvin Eder was beyond any doubt, at least, the most powerful man, pound for pound, I have ever met, and you name 'em, I've known 'em – from Goerner and Hackenschmidt down through Inch, Wood, Pullum, Walker, Hoburn, Davis and Nausieum.

I can recall at the YMCA Nationals at the McBurney YMCAs in NYC, May 15th, 1953, Marvin weighing in at 196, PRESSING (standing Olympic press) 350! Jim Bradford, who outweighed Marvin by over 60 pounds, pressing only 330.

Eder was using ginters. No one liked him before or since. His capacity for working out was mind boggling.

ALL DAY LONG he'd do nothing but parallel bar dips. He'd start at 9 AM, dip, rest up for 20 minutes, dip again and continue this ALL DAY, and with 300 POUND around his waist. His single dip with 465 is, so far as I can determine, unequalled before or since. That is a weight loss of men would like to dead lift.

The only time he was ever beaten in a lifting contest was when he and I had a one hand dead lift contest. We used the cambered bar that Bruce Randall used to use for his good morning cum quarter squat exercise. I made 420. Marv dropped out at 410. But it is my opinion that Marv LET me win. Joe Weider was there and remarked to me "Charlie, I hope I am as strong as you when I am your age." I was 44 at the time, maybe 45.

I can't remember if I told you I had a visit from Angel Spasov, the head Bulgarian lifting coach.

He was supposed to have arrived at my home at 10 AM. Instead he showed up at 11 AM an hour late, which pissed me off more than somewhat.

I had a whole list of questions for him – some 80 odd – but never got a chance to ask but a few of them.

Spasov is a short, stocky bloke, dark complexion and obviously with a professorial attitude.

He told me that out of 4000 (FOUR THOUSAND) lifts made by Sulimanov in training and competition, Sulianov had missed only TWELVE. This is a phenomenal percentage, less than one per cent.

In answer to a question I put, he told me that so far as he knew, there had only been one knee injury among the team and that had been repaired with surgery.

He also said that the Bulgarian training system was brief and few “assistance” exercises were used.

He said they used snatches, cleans and jerks, power snatches, power cleans and front squats.

He also told me that they did use hot baths after a workout, the workout lasting ALL DAY from 9 AM to 5 PM with 20-minute rest periods. LIMIT LIFTS were tried ALL the time.

He indicated that this method of not taking a bath after a working was new. I told him he was wrong – it wasn't new. I pointed out that Bill Pullum had used hot baths throughout his competitive lifting career in the first decade of this century, that when Pullum turned to teaching coaching, training or what have you, he also had HIS pupils take of Magnesium Sulphate. What it was for, Christ knows.

I also pointed out that 2000 (TWO THOUSAND) years ago, Calen, the ancient Greek Physician also advised warriors to take a hot bath, then a cold one after a battle, this reduced fatigue and tension. He, Spasov, did not appear to be impressed.

Regarding the friend I am helping do the book on Sandow. Perhaps using the word “help” is an unfortunate choice. What I have done is go through the manuscript for him and try and catch any errors. Since my friend is a very fine writer, in fact, teaches advanced English in an LA high school, there is little or nothing I can do to improve or embellish his book. All I did was to try and catch any of his historical errors.

But I learned, Sandow wasn't such a hero as one has been led to believe, but a bit of a bastard to get along with.

He also died of an aortic aneurysm, a condition caused either by alcoholism or syphilis. Sandow didn't drink heavily. There is also a suspicion that good old Eugen was involved in a homosexual relationship with a young, Dutch pianist.

Some of his relatives are still alive and will have nothing to do with the Great Man. One is a juggler in Vaudeville.

Sandow's daughter, Lorraine, married a Manchester business man, took in a border, then ran off with the border and had kids by him.

The Sandow household was not a happy one, constant squabbling.

Anyway, thanks for calling – and writing. Sorry I didn't get back to you with my usual speech, but I have been busy and the weather has been horrendous – so bloody hot, I didn't feel like living let alone writing.

Best to you,

A handwritten signature in cursive script that reads "Chas". The signature is written in a dark ink and is positioned below the text "Best to you,".

4008 Ramsey Avenue
Austin, Texas 78756, USA
January 4th, 1990

Dear Dennis,

Please forgive me for not getting back to you sooner with the critique, but the holidays, plus the fact that I have been somewhat under the weather, has prevented me from writing before.

What I say here is strictly between you and I. I will not, I promise you, repeat what I have said to anyone else. My word on it.

Also forgive all the typos in the letter. Like me, my machine isn't getting any younger. I can get a new machine, but there is nothing I can do about getting a new ME.

First the news. There is a new bench press record, super heavy, made by a KEN someone, with 708. This is a poundage I'd like to dead lift. It was made while the man was wearing a special top. There is talk amount the Power Lifting committees of making such "aids" illegal. I think they should be. What with special tops, special bottoms, special belts, special shoes, special chalk, I wonder how long it will be before blocks and tacklex are derigeur. But I am willing to be that, because of all the money made out of such improper aids, nothing will be done.

Next Kimon Voages is dead. You may remember him. He was a bodybuilder prominent in the fifties, who always won the Best Legs trophies. On Christmas Day he was sitting with his family around the festive table, when he complains of feeling dizzy. They can't get a doctor so they take him to the nearest hospital. There he is told nothing is wrong with him, but they will keep him in overnight for observation. He is placed in a room, his family stays with him, he's telling them he felt fine. Comes the time for visitors to leave they do so, go home, as they get into the house the phone rings. The hospital calls to tell them Kimon passed away from a stroke. He was 67. I saw him in October when I flew up to NYC with Professor Todd to attend the Old Timers Strongman's bash. He looked the picture of health then. But I am told he had high blood pressure.

Now for your book.

General observations. It is obvious your writing style has considerably improved.

The book is very well laid out, but why oh why use the pictures of so many STERIOD USERS? They are NOT normal specimens. Also I believe Grimek's second name is CAROL or KAREL, not CARL. Suggest you check this.

The Authoris notes. Bad. Could have been worded better. The word "Use of this book constitutes a covenant NOT to bring any lawsuit, etc. etc." gives one the feeling that there is risk in what is to be undertaken by the following advice given. In any case, such a

“caveat” does NOT relieve you from the consequences of any lawsuit. Should you be shown to have been negligent in the advice you gave. Strossen does it MUCH better in his 20 squat book. Next across the front cover you have the banner NEW HARDCORE TECHNIQUES. What new techniques? I didn’t see any. Perhaps you can point them out to me. What I did see was the routines of stars from the 50s and 60s, all of whom used “techniques” that were being used 20, 30 and even 50 year before. THERE IS NOTHING NEW IN WEIGHT TRAINING. It has all been done before. What we are getting now is the same old meat and potatoes covered with a slightly more savory sauce in the form of advertising hyperbole.

Be careful as to what statements you make. You have your reputation to hold onto.

Page 1X. So there is a drink that – “you can make this AWESOME DRINK AT HOME and grow like a proverbial weed.”

If a drink can do this, why go through all the bother and energy output of doing barbell exercises? This is not good at all. It gives you a poor reputation as a writer.

No drink can do what is claimed. Again, this is sheer bullshit.

Page 2. You speak of just completing 12 reps with 400 pounds. This sounds very self-serving even bragging. Let the fact that you wrote the book send for your reps an authority. Avoid such stuff. Hey, look at me, I’M STRONG doesn’t go over well.

The use of Sheldon’s outdated, out-moded, now unaccepted some to typing dates you. He hasn’t been accepted now for decades. His research was faulty and not well controlled.

What is strength anyway? Is the marathon runner strong? Of course he is. Could YOU in your present condition out run him? Is a tennis player strong? Yes, he is. Each man to his trade. In my opinion, strength is giving the best possible performance of which you are capable, at a given time.

Chuck Sipes has EIGHTEEN INCH FOREARMS? Come, come my old coughdrop. Nonsense. Pumped or otherwise, Sipes never did have 18 inches forearms. Have you any idea of how grotesque such a forearm would look? Now I have seen some big ‘uns. I saw Goerner with forearms a tad over 17. They looked immense, unbelievable. Even Kazmeier wouldn’t claim such a measurement. What was the body scaled 290 at half an inch over 6 feet. In future, if I may advise you, say that such a measurement is CLAIMED. Don’t give the impression credence by SAYING such a man has 18 inch arms. Next time you are told of such a measurement, whip out your tape and ask to measure it then and there. See how many excuses you get as to why you can’t.

Page 25. The Golden Age of Bodybuilding was in the 60s. Not it wasn’t. Know your history! Actually it reached that status in the 1920s. Earle Liederman for example, with his mail order courses, had 78 girls working for him JUST OPENING MAIL. His

maildelivery was so large the Post Office opened a special branch office in his building just to handle his mail. It came in by the truckload. His advertising bill in the 1920s was 25 THOUSAND each weekend. An enormous sum for these days, and all in the JOURNAL AMERICAN weekend edition – four full pages and more of it.

I most strongly disagree with your statement that 90% of all ads are HONEST. In my opinion 90% of all ads are DISHONEST. Deceptive and LYING, for example the ad which tells you “YOU TOO CAN HAVE THE BODY YOU WANT IN THREE MONTHS.” Completely deceptive and dishonest. Also have you forgotten how a certain famous muscle mogul was made to return millions to his customers when the FDA proved that what he sold was a substitute for steroids was USELESS? All ads prey on vanity and fear. All have some exception or exclusion in them. Don’t take my word for it. Just look at any television commercial.

Pages 24-43. Your example of meals. What about those people who can’t digest milk or are allergic to it? It gives some people looseness of bowel movements. Others can’t digest it because of the complex sugars in the substance.

And suppose you are a diabetic like Tim Belknap. What then?

Pages 48-51. What in the hell is scientific about nutrition? In my opinion we have become dazzled and bemused by the word “science.” Everything now has to be “scientific,” as if that word along brings new dimension, new auras and new everything to weight training. Keep everything simple. DON’T COMPLICATE IT. Thus EVERYONE will understand what you are talking about. Thus you have a much larger audience and a LARGER MARKET.

The word “scientific” has made a RACKET out of simple, enjoyable, friend making and friendship forming sport. It is ALLSELF now. No more comradeship in it any more. All in the name of science.

Pages 62-63. You SEEM to be making excuses for steroid use. I never heard of an oversized plate of beans giving anyone more than an attack of gas. But I did hear of steroid use giving a man prostate cancer, liver cancer, etc., etc., -- all “scientific” of course.

Page 71. At one stage you advocated eating 50 odd eggs per diem. Yet on page 79 you say that you can see how the intake of hundreds of grams of protein is necessary, now, which is true, what is to be followed?

Page 108. You instanced what you call a “winning diet” which involves the eating of 8 egg daily – 56 eggs a week, plus 25 liver tablets after each meal.

Now this is what I’d like you to do. Go to your largest hospital in your city and take this dietary sample to any Registered Dietician there. Cavetto him or her and ask his opinion

of it. I suggest you wear asbestos ear muffs when you do so – go to the hospital that is. Just see what he or she says.

And, while we're at it. Why so many shots of a known and self-confessed homosexual, in your book? Not good at all. His sexual preferences are, of course, his affair, but I don't like to see such men advertised. All know what he is. This gives YOU a bad name.

Page 166. Concentration ONE ARM CURLS with a 160 dumbbell? Come, come, and you ask for a demonstration? Do you realize that if he WAS DOING one arm concentrations with 160 pounds, he'd be capable of 350 BARBELL CURL? This I'd like to see! You should avoid such nonsensical claims. He MAY have been swinging the weight, NOT curling this, and even this swinging, when seated would have been some feat. Again, stuff like this takes away from YOUR credibility.

Page 186. How nice it would have been if you had mentioned it was I who trained Doub Hobbs, bringing him from a man with no lifting style to the world championship, in which he beat Hoffman's best, in just over 18 months.

Doug – and – Reg Park – and I worked out with both of them – DID do multi-reps. Reg specifically on his donkey calf raises and Doug, who pressed 300 ten times and, once, walking into the University of Vancouver, fully clothed, smoking a cigar, took 400 off the rack and pressed it FOUR TIMES. Doug also was the only man to beat Paul Anderson in any contest.

Page 211. Marvin Eder did a single parallel bar dip of 457 pounds, at a body weight of 198. This is a feat that has not been duplicated. Marv did multi reps and sets, I have known them all, but pound for pound, Eder was the strongest man I have not only seen but met.

Marvin could easily do ten reps with 300 pounds parallel bar dips and keep this up ALL DAY.

Page 213. NO MAN, but NO MAN, has 36 inch wide shoulders. The biggest I have ever seen – MEASURED – were the should of Herman Goerner, 27 inches wide and he looked IMMENSE at 290 pounds body weight.

Now what I am going to suggest is that your next book be for BEGINNERS ONLY. Take a man who has never done any barbell exercise and bring him to the point where he MIGHT be ready for a contest. DO this and you'll be doing everyone in the game, who is a beginner, a favor.

But you MUST be utterly honest in this. No hype. No NEW. NO Scientific or any other jazz. Just state what they can hope for and what can be achieved with no only HARD WORK but, most important of all COMMON SENSE.

By the bye, there is a new book out on Bernarr MacFadden. Do not know who the author is or the publisher, but will let you know when I get the info.

Meantime, I do wish you a Happy New Year and one free from worry and poor health. After all, good health is the most precious thing we will ever possess.

Write soon,

A handwritten signature in cursive script, appearing to read "Lohas". The ink is dark and the handwriting is fluid and connected.

4008 Ramsey Avenue
Austin, Texas, 78756, USA
October 19th, 1990

Dear Dennis,

Thank you for your letter posted on October 15th and arriving here yesterday the 18th. I am answering right away because I am most sorry to learn of your domestic trouble but happy you have had the courage and wisdom to surmount the problems. But one piece of advice to give you before I proceed, DON'T tell anyone else of your problems. Only those PROFESSIONALS who are helping you should know. Keep your troubles within the family.

You did very wrong in telling your wife to clear out. What you have in the family belongs to BOTH of you. You have both put 21 years into the marriage and that is a lot of cash in the Bank of Life to toss away with remarks you can't recall, EVER. Lawyer have a saying that you "can't UNRING a ball." Once said, there it is and not forgotten.

Men should not judge women by their own standards. Women think differently – more with their hearts than with their heads. It does not harm to CONSTANTLY remind them that they are treasured and LOVED. Some British poet has said of Love – "With an it's but a thing apart but it is woman's WHOLE EXISTANCE." Life and customs have changed so much from when I was a boy; then the old man was boss in the home and what he said went – by God or else. It was all "MINE," and you'd better believe it. Now of course marriage has – or should have, reached its proper status – a sharing.

My advice to you is to pay your wife a load of attention – loving attention. Help her with little chores around the home. Bring her little surprise gifts. Leave little notes where you know she can find them, telling her how much you care.

I had a very happy marriage. But we were married for a very brief period in my eyes. Fifteen years, before my wife died on Christmas Day, 1959, of breast cancer and I never remarried. I loved her too much. Sure we had our arguments, but we had one rule. No matter at what time of the day we quarreled, we NEVER let it carry over to the next day. It ended that night. I was left with a ten-year-old child to rear. It was hard. One can't be a father and a mother to a little girl. She needs both parents. But I did my best, committing some alarming errors along the way. But there she is now, a graduate of the University of Texas, a registered nurse and one of the best-known certified cancer chemo therapists in Austin.

It might easily have gone the other way. In my twenty years as a police officer in Austin, I have seen many, many young girls, some as young as 11 years of age, take to drugs and or alcohol. It never failed to shock me. I have had dozens before me when I was superintendent of my juvenile department. Why do they do it? Who can tell? Stress in the home is one important factor, peer pressure, stress of daily living. You name it. There seems to be no buffer now between childhood and adulthood. When I was a kid

you passed easily from being a child to adolescence, then to adulthood. Now kids are thrust from being children smack into being grown ups and there is no easing through period. They are made to make adult decisions when they are still kids. It is a vastly different world today.

Anyway, cheer up and if there is any way I can help, say the word.

I guess you heard Leo Gaudreau died during the summer, Leo was 86. One of the most honest and genuine men in the Game. Untainted by his associations who, so far, haven't had the grace to give him an obit in their mags, after all he did for them.

I heard about Arcidi's new bench record. In the Asian Power Lifting championships a kid from Indonesia weighing 114 pounds, made a new world dead lift record of 570.

Terry Todd's newsletter is in my opinion too academic. But it was published with that in mind. A professor HAS to publish at regular intervals. This to maintain his tenure.

No, I haven't heard from Osmo Kiiha. I did help him with his letter – one I think on Tommy Kono. It is nice to know your efforts are appreciated. That is a rare commodity on the beach these days. He seems to be a very nice individual. I think he was born in Finland and came here at an early age. He has served in the U.S. Air Force.

By the way, what type of work do you do?

The Golden Age of WEIGHT TRAINING WAS in the 1920s. That was when ALL the so called modern training routines were formulated. Just as the Golden Age of Art was in the middle ages – HISTORICALLY so the Golden Age of Weight training was in the '20s. Read you lifting history Dennis.

This crap about Weider being responsible for this and that and inventing all the modern techniques is just CRAP. The bench press was being used in 1922 as was the squat. Squat stands were also being used in the '20s. Posing for muscular display was around 1790 and Andrew Ducrow was shoving on exhibitions in 1824. Contests were being run from 1847 up to today, gyms are NOT modern. Hisolite Triat had one with ten thousand foot floor space in Paris in 1847.

Yes I did eat that salmon and thoroughly enjoyed doing so. Thank you.

My very best wishes to you,

A handwritten signature in blue ink that reads "Lohas". The signature is written in a cursive, flowing style.