
Books and Magazines

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Inch, Thomas. *The Art and Science of Lifting*, (London: Thomas Inch, Ltd., no date) 100 pp.

Inch explains in this book the different lifts that were listed as official by the newly organized British Weight Lifters' Association. He also offers advice on selecting the proper type of barbells. He advocates the use of disc-loading barbells rather than shot-loading barbells. He gives his estimates of the ultimate limits to which future lifting may progress; and, in light of the three quarters of a century which has passed since the publication of the book, the predictions make fascinating reading. Inch also advises that an aspiring lifter should add some form of light exercise such as skipping, walking or rowing to his exercise with heavy barbells and dumbbells. As for the development of maximum muscular strength, he lists and describes the three key lifts which, in his opinion, are most likely to produce this strength. In what could hardly be called a coincidence, the three lifts are very much the same as the three "powerlifts"—the squat, bench press and deadlift.

An historically significant passage of the book is contained in a section entitled, "A New Style of Lifting: An Important Discovery." This "discovery" deals with a method of lifting weights in one motion, from the floor to the shoulders or overhead, i.e., a clean or a snatch. Inch states, concerning this technique, "I had always advocated a quick 'snatch' at any weight and then to lift with great velocity right from the moment of grasping the bar-bell. I proved eventually that a much more scientific method, and one more in accord with the laws of gravity, is to lift on a totally different plan, i.e., TO TAKE ALL WEIGHTS THAT HAVE TO BE LIFTED TO THE SHOULDERS SLOWLY AT FIRST AND THEN, AT A CERTAIN POINT, QUICKLY." The historical significance of this statement is that it appears to be the first published advocacy of a lifting technique which is now used by competitive weightlifters throughout the world virtually to the exclusion of all other lifting styles. Inch stated that every pupil of his who adopted this method of lifting registered an immediate and marked improvement.
