



We regret to inform our readers of the passing of two iron game luminaries, Bert Goodrich and Alyce Yarick. Details will be provided later.



Subscription News: As of the end of 1991, we now have approximately 500 subscribers to Iron Game History. Those of you who took out a one year subscription following our introductory issue will find a stamp indicating that this is the last issue to which you are entitled based on your original subscription. We earnestly hope you'll renew. We have, admittedly, had several setbacks in our production schedule this past year, including the deaths last year of the director of the University of Texas Publications Division and of B.C. Todd, Terry's father. However, we're over the rough spots now and intend to adhere in the future to a publication schedule which will produce six issues per year and be approximately bi-monthly. We thank you very much for your patience and support and we hope you enjoy this longer-than-normal issue.



We've been getting a number of requests for back issues of IGH and decided to establish a policy regarding these requests. Beginning in January of 1992, back issues of IGH will cost \$4.00 each, except for Volume 1, Numbers 4 and 5, which is a double issue priced at \$8.00. At the present time, we no longer have available Volume 1, Number 1 or Volume 1, Number 3. To order other back issues, please make your check payable to "Iron Game History."* Please understand that only limited numbers of these back issues are available.



As usual, a good time was had by everyone who attended the ninth annual Association of Oldtime Barbell and Strongmen dinner-awards ceremony. This year's honorees were Pudgy Stockton, whose story can be found on page five; George Eiferman, the multi-talented Mr. America and gym owner; and Gene Jantzen, the bodybuilder who specialized in feats of endurance. The dinner was held in the historic Downtown Athletic Club in New York City and many legends were there to share stories and visit with old, and new, friends. The association's founder, president and

chief workhorse, Vic Boff, is moving to Florida in late January and so the plans for future dinners are somewhat unsettled. Those of you who are interested in seeing the dinners continue should contact Vic by mail at his new address: 4959 Viceroy Street, Cape Coral, Florida, 33904.



A west coast version of the dinner was held in late November in Santa Monica. It was the brainchild of Leo Stern, the strongman-bodybuilder-photographer-gym owner, and he and photographer Russ Warner put it together. The format in California was completely different; no speeches were made, no one was honored, no posing or lifting was done and no videos were shown. Nevertheless, in most ways it was an enjoyable evening and everyone from Joe Weider to John Grimek to Jack Lalanne was there. One serious social and political blunder was made, however, when approximately 30 people were singled out to be photographed together. The problem was that quite a few people present who, by any objective standard, were more well-known and/or had contributed more to the game than most of the people in the photo were not asked to join the group. This unfortunate incident marred an otherwise fascinating night.



Those of you who were subscribers last winter will remember our mention of Mark Henry, the then nineteen year old, 400 pound Olympic lifter who was trying for a berth on the 1992 Olympic team. At a drug tested event held on December 8, 1991, Mark came closer to his dreams by setting eight Junior American Records in his last contest as a junior lifter. At a bodyweight of 363 pounds, he set three snatch records, ending with 358, two clean and jerk records, ending with 446 and three total records, finishing with 800. To the best of our knowledge, this constitutes the greatest number of American records ever set by a male weightlifter in a meet. Mark earned \$250 for each of these records as part of the United States Weightlifting Federation's incentive program, and the combination of the records and the money made Mark's Christmas merrier than usual. He is now living at the Olympic Training Center in Colorado Springs and has his sights newly set on the Olympic trials scheduled for late March.



Dr. Jack Berryman of the University of Washington contacted us following our last issue to point out that in the 1930s C. H. McCloy authored an article in the Journal of Health, Physical Education, Recreation and Dance entitled, "How About Some Muscle?" McCloy was concerned with the growing movement in physical education to teach only sports and games and to de-emphasize physical training.

LETTERS

Dear *IGH*,

I wonder if you could help me find a copy of a training course by Professor Frank S. Lewis? I have Professor Lewis' book on self-defense, published in 1906, and in it he advertises a physical training course made up of a chart and supplemented with letters of instruction. He also sold a second chart giving boxing instruction. I would like to obtain copies of these and am willing to pay any reasonable costs in obtaining this material.

David Kentner
Columbus, Ohio

If anyone has an original of these courses and is willing to sell or copy them, please write Mr. Kentner, c/o *IGH* and we will forward the letter.

Dear *IGH*,

I have enclosed a couple issues of *Sante et Force* magazine. You listed this magazine in your bibliography and I thought these issues might interest you. The last issue will be the one with Lenda Murray on the cover. As far as I know, Weider is ceasing to publish the magazine with this issue.

On another matter, I would like to see you publish something on Bruno Sammartino someday.

Gilbert Michaud
Montreal, Canada

We'd like to thank Gilbert, and all of you who took the time to help us fill in some of the blanks in our bibliography published in Volume 1, Numbers 4 & 5. As for an article on Bruno Sammartino, we agree; it's a good idea. If someone has current access to Bruno, please let us know and we will ask Al Thomas or one of our other writers to profile him for *IGH*.

Dear *IGH*,

I am interested in information about a British ah-round athlete, Percy Hunt (Great Mavello), who is believed to have had his photograph on the front cover of the American *Strength & Health* in the 1950s. Would you please look into this for me and let me know on which issue he appeared? I would also appreciate hearing from anyone who may have known him.

Colin Jones
West Glamorgan, South Wales

According to Joe Roark, the ultimate authority in such matters, Percy Hunt does not appear on any of the 4000 muscle mag covers in Roark's files. Anyone who has special knowledge about the Great Mavello may write Mr. Jones c/o *IGH* and we will forward the information.

Dear *IGH*,

I have just read through a copy of *Iron Game History* that Joe Roark was kind enough to send on to me, and enjoyed it

very much. History is the foundation of every endeavor, as your publication makes abundantly clear. I can only hope that the World Bodybuilding Federation will be recognized in years to come by historians like yourselves as the remarkable innovation it is.

Nancie S. Martin
Editor in Chief
WBF Bodybuilding Lifestyles

Dear *IGH*,

First off, I enjoy your magazine. I also enjoy the old pictures of strongmen and strongwomen of that era. I would like to know if you could offer framed prints of these people for hanging in my weight room. I've looked around and can't find any other possible source. I'd appreciate your help on this.

Tom Hengel
Hayward, California

It has not been our policy to sell copies of photos in our archives here at UT. However, there may be some private collectors among our readers who could help you out. If anyone has copies of old strongmen or strongwomen photos they'd be willing to sell, please write Mr. Hengel c/o of *IGH* and we will forward the information.

Dear *IGH*,

I am enclosing a number of letters from the late Charles Smith. If you consider it appropriate, you may include them in your collection. I am also searching for information on the series by the late David Willoughby on "What is the Ideal Physique?" I have the first six parts of this series but am missing the other parts, that is, if they were ever published. The first six parts were published in *Your Physique* with part six being in the March 1951 issue. Along about that time, I was sent overseas during the Korean War and missed getting most of the "muscle magazines" during the years 1951-1953. I would be willing to pay for copies of other parts of this great series. I am also sending in a renewal for my subscription to *Iron Game History*. It is an excellent publication! Keep up the good work.

Grover L. Porter
Huntsville, Alabama

The rest of the 1951 issues contain no more of the series.

Dear *IGH*,

I read with interest the *Iron Game History* article on C.H. McCloy and thought I should point out that the first reference to the Iowa weight training for basketball program was in the July 1955 issue of *Strength & Health*. (The first reference in *S&H*, that is). It was described in an article by Dr. McCloy entitled "Weight Training for Athletes?"

I had become acquainted with Dr. McCloy as a result of my friendship with Dr. Peter Karpovich and was able to persuade him (McCloy) to write for *S&H*. (The article, incidentally, was illustrated with photos of the Iowa team exercising with weights and also with pictures of such outstanding athletes as Mal Whitfield, then the world record

holder for the 800 meter run; Fortune Gordien, then the record-holder for the discus; Bob Richards, Olympic pole vault champion and the U.S. decathlon champion; and Walter Barnes, LSU football All-American and a professional with the Philadelphia Eagles.) I also referred to the Iowa basketball program in *Weight Training in Athletics*, co-authored with Dr. Karpovich and published by Prentice-Hall in 1956.

As I wrote of Bob Hoffman in *Weight Training in Athletics*, "...he became the first man to widely publicize his belief-weight training could help athletes in other sports of their choice." But Bob's preachings were not well accepted by coaches and physical educators. He cited himself as the prime example of how weight training built superior athletes, but Bob was really just a hacker who enjoyed participating in sports. The only sport in which I could verify that he was a champion was canoe racing. His claims of being a county quoit pitching champion, YMCA Heptathlon champion, and so on, were based on the fact that he occasionally won at quoits while pitching with the other York Barbell Company gang in the alley at lunch-time, and that he participated in three-legged races, sack races and similar amusements at YMCA picnics.

It was Ray Van Cleef, at my urging, who began to feature articles in S&H on outstanding athletes who trained with weights. Beginning while in college, I corresponded with Ray from the time I submitted an article on a weight trained friend at Rutgers—Frank Thropp, who was named to the All-North lacrosse team.

When I took over from Ray as managing editor of *S&H*, I formalized the approach and tried to have a weight trained athlete (other than a weight-lifter, of course!) featured every month. This was a crusade for me. It led to *the Weight Training in Athletics* book, which Prentice Hall requested.

Prentice-Hall asked me to recommend a co-author from the "respected" physical education/coaching field. I had wanted to include John Terpak, but Prentice-Hall insisted on someone from academia. They declined to include three authors, so the best I could do was to properly credit John for being the outstanding coach that he was. I mentioned Peter Karpovich, C.H. McCloy and Dick Ganslen, all of whom had done research on weight training. Prentice-Hall chose Karpovich and asked me to meet with him in New York.

Usually one finds some degree of clay in the feet of prominent people, but the longer I knew Dr. Karpovich, the more I liked and respected him. Initially, I didn't realize that he was sizing me up at our first meeting and that we weren't there to decide *how* to collaborate on the book but whether he would participate.

I will always believe—and I suppose I'm alone in the belief—that *Weight Training in Athletics*, with Dr. Karpovich's name as co-author, did more to give weight training respectability with and acceptance by physical educators and coaches than any other single publication. His specific studies debunking unfounded fears of injuries and slowed speed of muscular contraction were especially helpful in refuting criticism of weight training. My association with Dr. Karpovich gave me access to others in

academia, such as McCloy, and brought them into contact with the practical pioneers in weight training.

I'm ambivalent about having "dropped out" of the weight lifting/weight training field. I'm turned off by the pharmaceutically enhanced muscles of today's champions—especially the women—but when I get together with the old-timers, as at the Grimek's anniversary bash, the nostalgic experience is most enjoyable. It's a wonderful fraternity.

And, of course, as we get older—I'm 65 now—we hope we'll be remembered for our contributions. I guess that might have happened if I'd stayed active in the field, other than the personal fitness training that I do anonymously. Or maybe I should have tooted my own horn, which seems so essential today, but I always subscribed to the old adage, "Self-Praise Stinketh."

Having written that, I realize that I seem to have strayed from my own precept in writing this letter! So, in order not to be tempted further, I'll close with apologies and best wishes to you and Jan.

Jim Murray
Morrisville, Pennsylvania

In our view, Jim Murray's pride is amply justified. We share his assessment of the germinal importance of the book he co-authored with the fascinating Dr. Karpovich, who will be featured in a forthcoming issue of this journal.

Dear *IGH*,

Enclosed are a couple of letters from a chap I used to train with. We are both still active. If you will look at *Powerlifting USA* for October, 1991, there is a picture of John Gorton, aged 84, deadlifting 352 pounds for a master's national record. John Gorton weighed 165 pounds while making this lift. Enclosed is a copy of one of John Gorton's letters to me regarding something you wrote about my bench pressing in *Iron Game History* in the August 1991 issue. I am a new subscriber and I like the magazine very much.

Henri Soudieres
Yountville, California

Dear Henri,

I followed your career in the Master's program with great interest and kept a notebook on you and other 70+ lifters. I no longer do that but I still have the notebook. The paragraph in *Iron Game History* is inaccurate. You have lifted more than 215 in the 75-79 age group. According to my notebook, on February 7, 1982, at a bodyweight of 208 pounds, you bench pressed 231 pounds in the 75-79 age group. You also benched 225 3/4 pounds on December 12, 1981, and more than 220 pounds on eight other occasions according to my records. You also exceeded 400 in the deadlift on five occasions during these years. Although I've deadlifted over 400 pounds many times in the 75-79 age group, the last time at age 80; training lifts don't count.

Jack Gorton
Stamford, Connecticut

We thank Mr. Soudieres for sending along Mr. Gorton's letter to us. To clarify matters, the 215 pound weight we listed for Mr. Soudieres last issue was in response to a question regarding the American Master's Records. Often, because of the new drug testing policy which requires that all records be drug tested, and because three national level referees must be present to certify such records, lifts are made at contests which exceed the fisted American record but cannot be included in the list because the contest promoter did not made an effort to see that record breaking conditions were present. According to the USPF's list of American Records at the time we went to press last issue, 215 was the weight credited to Mr. Soudieres in the 75-79 age group for the 220 pound class. Regardless, both men are extraordinary athletes.

Dear *IGH*,

I would like to suggest the great Marvin Eder as a subject for one of your "Where Are They Now" series. He was definitely one of the pioneers of modern bodybuilding and strength training. Thank you for your consideration.

Tony Candelaria
Juneau, Alaska

A lengthy piece on Marvin Eder by Terry Todd will soon be published in *Muscle & Fitness*.

Dear *IGH*,

Enjoyed *IGH* as usual. It brings back so many memories. I will never forget the good times at Bob Hoffmans' picnics years ago, especially the time Terry Todd and I were on the program. Terry did some outstanding power lifting. At that time I chinned the bar 28 times, the best at that occasion. Now I am 80 years old and just returned from Hollywood where I made a commercial. Yes, bodybuilders can make money at our wonderful sport, even when they grow old. Keep up the good work at *IGH*.

Ted Keppler
Edgewater Beach, New Jersey

Ted Keppler has a new trophy to add to his many honors. At the Mr. America contest held some months back, he was awarded a Mr. America "Over Eighty" trophy. He is the first bodybuilder to enter competition at more than 80 years of age. Congratulations, Ted.

Dear *IGH*,

I understand you have on hand a collection of physical culture photos, etc. I am "Muscle-Bound-Frank." My photos have appeared in *Strength & Health* as well as *How to be Strong, Healthy and Happy* by Bob Hoffman. Bob Jones, formerly of Pine Bluff, Arkansas—then Philadelphia—took photos of me and Ginger Lawler. Then he wrote an article "What is Muscle-Bound?" Bob stood on his two thumbs. Featured by Bob Ripley. I am hoping you have either the magazines or some light on the subject. They appeared before World War II.

Benjamin F. Ebersole
"Muscle-Bound-Frank"
Elizabethtown, Pennsylvania

Jones' article was very important in switching people's ideas about musclebinding. For more information, read the article beginning on page 12 of this issue.

Dear *IGH*,

It was a pleasure meeting and visiting with the two of you at the Oldtimers Banquet in New York City. I have enclosed a pamphlet on Cannonball Richards, whom I am sure you knew of, if not personally. There is something that has perplexed me ever since Bob Hoffman died. I thought the announcement of his death and the eulogy in *Strength & Health* to be an absolutely disgraceful presentation. I expressed such feelings in a letter to John Terpak and asked for the reason of what I considered an ungrateful attitude. He turned it over to John Grimek for response, and excused himself by stating that he was in Europe at that time and if he had been here he would have seen that a more fitting memorial would have been printed. Of course I am well aware of Bob's indiscretions, having known him from his Gracie Bard days, but I am also aware that Terpak and the rest of the York boys were beholden to Bob for their livelihood and for this alone he deserved better. Just about every paper in the country had a more fitting obituary, including *The Wall Street Journal*. One cannot deny that Bob was more influential than any other person in the present status and utilization of weight training in sport conditioning.

Alton Eliason
Northford, Connecticut

Ed Note: We can only say that we shared Alton Eliason's dismay at the superficial treatment of Bob Hoffman's death in a magazine he created.

Dear *IGH*,

You wrote in Volume 1 Number 4&5 that *Health and Strength* ceased publication in 1984. This magazine resumed publication first in 1986 for three issues: October/November 1986, December/January 1987, and February/March 1987. Malcolm Whytt was the editor. In 1990 the magazine resumed for the second time and lasted five issues: June, July, September, October, December. Peter McGough was the editor. I'd also like to point out that Oscar Heidenstam was editor of *Health and Strength* from 1959 until 1983.

Biagio Filizola
Sapri, Italy

