



Dear IGH,

It was good to see you and Terry in New York again for the Oldetime Strongmen banquet, and also to more recently correspond via e-mail. I am enclosing some material that refutes Kenneth Dutton's statement on page 10, first full paragraph, in *Iron Game History*, Vol. 4(5&6): "There has been only one hairy-chested Tarzan (Mike Henry). . . ." However, I would assume that Mr. Dutton most likely derived his information on this matter from Michael Malone's book, *Heroes of Eros: Male Sensuality In the Movies*. In any case, I was sure that in one of his five Tarzan movies, *Tarzan's Greatest Adventure*, the obviously weight-trained Gordon Scott had been hairy-chested. So just for the sake of accuracy I am bringing this to your attention Author Dutton's article was quite interesting and thought-provoking, but he overlooked some things. So, I've included two items (including pictures reproduced in magazines) that demonstrate what I'm talking about. A third source that could be checked is George T. McWhorter, curator of the Burroughs Memorial Collection at The University of Louisville's Ekstrom Library in Kentucky. An interesting and well-illustrated cover article relating to Mr. McWhorter and the Burroughs collection is in *Biblio* magazine, Vol. 1 (2), Sept-Oct. 1996.

Gordon Scott and his weight-training routines were featured in *Strength & Health* in January and September 1955, and in *Mr. America*, November 1960. In Gave Essoe's 1968 book, *Tarzan of the Movies*, chapter sixteen on Scott is titled "Tarzan The Best"

Jim Sanders
Garner, NC



Dear IGH,

Quite fortuitously I came across the Berryman and Park volume on *Essays in the History of Sports Medicine* and thoroughly enjoyed the essay on the history of anabolic steroid use in sports, by you, Terry, and the essay on the role that Bernarr Macfadden played in the reform of feminine figure, by you, Jan. Coincidentally, both of them had some indirect personal relevance to me. Before I indicate why, I must commend the both of you for writing such scholarly yet highly readable and interesting essays. That combination of qualities can be quite rare.

Taking the essays in chronological order, I'll start with yours, Jan. While I never met Bernarr Macfadden, I did meet and even work for Paul C. Bragg who followed in Macfadden's footsteps. I met Bragg and his "daughter" Patricia when they were giving a series of Health Lectures in New York City. He was lecturing and selling his products and books. I hit it off well with the both of them and helped out at the lectures, arranging the products, surveying the audience, etc. We kept in close touch while he and Patricia toured the world, and one time I helped them out in Chicago while they were giving a lecture series. One time, when they came back to NYC from France, I helped Bragg recover from some injury he experienced there. He went on a long juice fast in order to heal his leg; they were staying at a hotel overlooking Central Park and I vividly recall purchasing fruits and vegetables in the area, which he would juice. Paul mentioned Macfadden often but I did not question him in detail about Macfadden since I was most interested in Paul's own philosophy of health and exercise.

I did meet Johnnie Lee Macfadden many times. The Braggs were good friends with her and she attended some of their lectures. Then, much later on, she lectured on metaphysics, spirituality, positive thinking and, to a lesser extent, on health. Johnnie Lee had a cosmetic business and publicized some of her products at Norvell's lectures.

Now to your article on steroid use in sports, Terry. There is a Federal prison in Bradford; it is relatively new. Serving time in the facility was one Tommy Gioiosa. Unless you are an avid Cincinnati Reds baseball fan, that name is not likely to mean much to you. Tommy was kind of adopted by Pete Rose. He became Rose's "gopher." Tommy lived with Rose and his wife for some time, Rose was his idol. Tommy began working out in a gym in Cincinnati and became strongly involved with steroids in a manner strikingly similar to what you described in your essay. They negatively impacted Tommy in nearly every

way: personality-wise, relationship-wise, and physically. According to Tommy, a friend of his in Cincinnati asked him to deliver a duffel bag. Turns out it contained drugs. Also, Pete Rose was heavily involved in gambling, as his gopher, Tommy was charged with a series of law violations (I forget the specifics). Unlike most of Rose's "hangers on" Tommy refused to implicate Rose in any wrongdoing. Tommy was sent to prison, transferred among several of them, and ended up at FCI McKean, here in Bradford. A county commissioner befriended Tommy, who was then allowed to give lectures in the Bradford area to schools, colleges, and service organizations while he was finishing his time at FCI McKean. When Tommy gave his presentation at UPB I was very "touched" by it. He is a charismatic speaker and used slides to show the effects of steroid use on a person's body. A Bradford surgeon removed Tommy's "breasts" and the slides depicting the "before" and "after" configurations of his chest were quite compelling. Anyway, I became quite friendly with Tommy Gioiosa, arranged additional presentations for him and since he wanted to write a book detailing his experiences with steroids and with Pete Rose (who completely "dis-owned" Tommy) endeavored to find a publisher who would be interested in publishing his manuscript

Tommy went to Florida upon being released from FCI McKean. We had kept in close contact but not during the past year or so. As a result of your rekindling my interest, I may call him.. Incidentally, Tommy had some of the MDs you mention testify, at his trial, that steroid use produces a sense of invulnerability and loss of control. However, the jury/jury didn't buy the argument

I find it interesting that in the past few years there has been an enormous interest in the use of substances that are legal but are purported to produce effects similar to the illegal steroids (without the undesirable side-effects). Also, that the Twin Labs Nutritional Company, which produces and sells many of these substances, published a bodybuilding magazine which claims that the featured bodybuilders do *not* use steroids.

Also, nutritionally oriented MDs and biochemists have written books extolling the virtues of such hormones as melatonin, DHEA and others; some of which are now freely available in Health Food Stores. Your essay put this phenomenon in historical perspective.

Continued success.

Michael Klausner
University of Pittsburgh at Bradford

The book Professor Klausner refers to was published by the University of Illinois Press in 1992. It contains a number of other essays on the history of exercise and physical culture that some readers would no doubt find of interest.



Dear IGH,

Several issue back, you ran an article covering George Barker Windship. I found it very informative. Windship showed that huge weights could be lifted in the hip lift with the large structure of the hips and heavy muscles in this area. As I have gotten older (sixty-five) my specialty is the hip lift, using an Iron Mind squat hip belt. Last year at age sixty-four my best was eleven hundred pounds for thirty reps and 1405 pounds for ten reps. As the Y.M.C.A. has only four hundred pound plates, it is hard to get up to a heavy weight without tying extra dumbbells to the bar.

Will be looking forward to the next issue.

Lee Gesbeck
Berwyn, IL



Ed Note: For those of you with access to the internet, we now have a home page for the Todd-McLean Collection and *Iron Game History*. The site contains a few photos from the collection as well as detailed information about our holdings and policies. Subscription and back issue information are also available The internet address is: www.edb.utexas.edu/faculty/jtodd/index.html. To send us an e-mail, write: j.todd@mail.utexas.edu.