



As we explained on the front cover, we're trying to make our collection more accessible to the public through the new Utopia program initiated here at UT. We've also begun another internet outreach through a partnership with the Amateur Athletic Foundation in Los Angeles ([www.aafla.org](http://www.aafla.org)). Through the link to their library page you can now find—and search for key words in—most of the back issues of *IGH* since our back issues can be viewed on their site as PDF (Adobe Acrobat) documents. This means that if you type in "Grimek" in their search engine, it will show you all the times that his name appeared in our magazine. You can then download the full-text articles for free. This joint project with the AAF has proven to be very successful, and a great help to researchers. According to the AAF's count, more than 77,000 *IGH* articles were downloaded during 2003! Think about that for just a minute. The obvious implication is that the Iron Game is being taken much more seriously.



We want to congratulate David Chapman on his new photo anthology: *Victor Victorians: Early Photographs of the Muscular Male*. Published by Janssen Press, the book highlights the emergence of the physique as a source of art and photographic inspiration in the late 19th century and early 20th century. Chapman's images are powerful and compelling. What we found particularly interesting were the large number of European and "non-celebrity" photos which help justify the claims we at *IGH* make that interest in the physique and strength was a cultural phenomenon that knew no borders. To order, contact [janssenbooks.com](http://janssenbooks.com) or [www.amazon.com](http://www.amazon.com). The ISBN number is: 1-919901-16-7.



Patron subscriber Dr. Ted Nolan Thompson has also finished a book, but in this electronic age he's distributing his book on a CD. His book is entitled *The Rise*

and *Fall of Health Care in America*. Ted, who is now 73, is still actively training in weightlifting and reported that he recently power snatched 135 and cleaned and pressed 185 at a bodyweight of 235. He's training to compete in the Masters Nationals and tells us he is looking forward to the time when he's 75 and can move up to the next age group. What a healthy way to think about aging. To write Ted for a CD copy, send mail to: 33092 Christina Drive, Dana Point, CA 92629.



#### Dear *IGH*:

I got my copy of the Grimek tribute yesterday. I found it nostalgic, informative and reflective of the man. My first exposure to *Strength & Health* was in the Forties. My dad and I were hauling some calves to the big Port City stockyard in Houston. Afterward, we stopped at a drug store with a soda fountain for coffee. There in the magazine rack was *S&H* with a big muscular guy on the sepia-toned cover. I was hooked. Later, when I ordered a pair of 60-pound York dumbbells, my dad remarked, "If you've got enough energy to lift those things after a day in the hay fields, I'm not getting enough out of you." Our local drug stores never had *Strength & Health*. Sometimes the Bernarr Macfadden magazine was there and later, Weider's mag. Weider also mentioned Grimek as great, but he rarely had photos. It wasn't until the late Forties that I could find *Strength & Health* in Houston.

Grimek's acrobatics and handbalancing must have been unbelievable. He mentioned a summer at Coney Island as a time of outstanding triceps size and definition in one of his articles of the Fifties/Sixties. Handbalancing and tigerbends must have played a role.

*Strength & Health* featured a lot of small talk about the York gang. I remember they once mentioned Grimek as having just painted his Oldsmobile "York Red." There would also be reports of impromptu gym contests between Grimek, George Eiferman and Stan Stanczyk where they'd lift dumbbells and things. Grimek always had the last laugh with the dumbbells.

Thank you, again, for doing this special issue on Grimek.

**John Crainer**  
Via email