A Briefly Annotated bibliography of English Language Serial Publications in the Field of Physical Culture

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One of the major problems encountered when an attempt is made to study the history of physical culture is that libraries have so seldom saved (or subscribed to) even the major lifting, bodybuilding and physical culture publications, let alone the minor ones. Because of this, researchers have had to rely for the most part on private collections for their source material, and this has limited the academic scholarship in the field. This problem was one of the major reasons behind the establishment of the Physical Culture Collection at the University of Texas in Austin.

Over the last several months, we have made an attempt to assemble a comprehensive listing or bibliography of the English-language magazines (and a few notable foreign language publications) in the field of physical culture. For the purposes of this bibliography we have included in our definition of a “physical culture” publication any magazine which contains information on resistance exercise, general exercise to improve the physique or health of the body, nutritional information related to health improvement, and information about natural methods of preserving and regaining health. We have, of course, also included those publications dealing more narrowly with the weight sports—bodybuilding, weightlifting, and powerlifting. We have also included the major professional journals which, from time to time, assign volume and issue numbers to their publications in a consistent (i.e. chronological) pattern. But we also felt the task should be begun, and we have done our best, using the materials at hand, to trace the publishing histories of these magazines.

We realize that the list which follows is arbitrary in nature and in many ways incomplete. We realize that we have very likely left unlisted many magazines which should be included. We also know that some of our entries are incomplete because we were forced to work, primarily, from our own collections. In other instances, however, our accuracy was hampered by the fact that some weight training publications, in particular, have been very careless through the years in assigning volume and issue numbers to their publications in a consistent pattern. But we also felt the task should be begun, and we have done our best, using the materials at hand, to trace the publishing histories of these magazines.

We urge you to help us fill in the gaps. Please send to us the name, publisher and related information about other magazines we may have overlooked. Also, please let us know of any corrections regarding the dates, volumes or numbers in this bibliography. Finally, you will find at the very end of this bibliography a list of publications for which we were unable to find enough bibliographical information to do a complete listing. If you own any of these magazines, please take a moment and send us the pertinent information so that we might make this list as accurate and complete as possible. Thanks, in advance, for your help. We will publish all additions and corrections in a future issue.

How To Use The Bibliography: How All magazines are listed chronologically by their starting date. Magazines which undergo a name change but which continue the same volume and issue numbering system will be described as part of the original citation.

If the date appears, followed by the title of the journal, as in the first entry below, then we know, definitively, that volume one, number one, of The Journal of Health appeared on September 9, 1829.

If, however, the opening line looks like the entry for The Diabetic Reformer —“1869 January 4(33) The Diabetic Reformer and Messenger,” —then we know that volume four, number 33 appeared in January of 1869 and that we were unable to verify the actual starting date of the magazine.

“N.D.” means that the issue did not carry any sort of date. “N.M.” means no month was listed. “N.Y.” means no year was listed. “N.V.” means that no volume was listed. “N.N.” means that no issue number was assigned. A question mark (?) beside a date means that we are estimating when the magazine began, based on photos or other evidence.

The designation “Current” means that, as of press time, the magazine was still being published on a regular basis. You will also note the designation “LIC.” This stands for “Last in Collection.” This simply means that the last copy of the magazine we have on hand here at the Physical Culture Collection at the University of Texas is the one noted. This does not mean that later copies were not published, only that this is the last one we can verify based on our holdings. Again, we urge you to help us determine when the final issues of these publications were printed. Almost 2000 hours were required to assemble this initial list, and we hope that serious students of physical culture will not only agree that the task was worth beginning, but will help us complete it.

1829 September 9, The Journal of Health. Published by an association of Philadelphia physicians. Volume one has 24 issues—most dealing with questions of health and hygiene. With 4(1) September 1832, the title changes to: The Journal of Health and Recreation. Volume 4(12) August 1833 is the last issue of this publication which reportedly had several thousand subscribers.


1837 April 4, The Graham Journal of Health and Longevity. Published in Boston under the auspices of dietary reformer Sylvester Graham, the Graham Journal urged lifestyle reform via improved nutrition, temperance and adherence to the “laws of life.” Graham was one of the first to argue for natural foods and wholegrain flours—hence Graham flour and Graham crackers. LIC 2(25) December 15, 1838.

1840 N.M. Health Journal and Advocate of Physiological Reform. LIC 1(38) N.M. 1841.


1845 October 11, 1(5) The National Police Gazette. Although the early issues have no weightlifting material in them, once Richard K. Fox took over the magazine in 1877 the pages are filled with information about professional strongmen and strongwomen, athletes he featured regularly until his death in 1922. From September 1930 through February 1932, this magazine was simply known as The Police Gazette. It reverted to its former title with the August 1933 issue. No issues were published between February and August of 1933. LIC 172(10) October 1967.
1845 December 1, *The Water Cure Journal and Herald of Reforms* launched by Dr. Joel Shew for Fowler and Wells Publishing Co. Originally semi-monthly, this magazine included information on water-cure, nutrition, exercise, dress reform, and temperance. In July of 1861 with volume 32(1), the name changed to *The Water Cure Journal: A Guide to Health Devoted to Physiology Hydropathy and the Laws of Life.* In volume 34(1) July 1862, the title changed to *The Hygienic Teacher and Water Cure Journal.* In January of 1863, Fowler and Wells sold the magazine to Dr. Russell T. Trall who began over with volume 1(1) and changed the name of the publication to *The Herald of Health and Water Cure Journal.* In volume 1(3) of the new series, (March 1863) the name changed to *The Herald of Health.* With volume 8(3) September 1866, the title again changed this time to *The Herald of Health and Journal of Physical Culture.* In January 1873, with volume 21(1) the magazine became known as *The Herald of Health: Devoted to the Culture of Body and Mind.* LIC is 28(2) April 1877.


1853 *The New York Clipper.* Published by Frank Queen, New York, New York. This weekly sporting/theatrical publication carried information about professional strongmen and weightlifting exhibitions. It merged with *Billboard* magazine on July 14, 1923. The first issues of this publication are simply called *The Clipper.* It is not known when the title shift occurred.

1858? *The Laws of Life.* Edited by Harriet N. Austin and Dr. James C. Jackson, M.D. This magazine promoted water-cure, nutrition, exercise, dress reform and temperance. Later issues are sub-titled in order of appearance during the next several decades, *Women's Health Journal, Journal of Health and A Family Health Journal.* Not able to tell precisely where titles change due to incomplete run of magazines. UC 36(12) December 1893.

1858 February 15, *The Letter Box.* Edited by Dr. Harriet N. Austin and Dr. James C. Jackson. Water-cure, nutrition and hygiene. Primarily composed of correspondence from their patients at the Dansville water-cure. UC 2(12) December 1859.

1862 June 2(6) *Lewis’ Gymnastic Monthly and Journal of Physical Culture.* Monthly. Published by Dr. Diocletian Lewis, Boston. LIC 2(7) July 1862. Lewis was an advocate of light dumbbells, barbells and rhythmic exercises.


1869 January 4(33) *The Dietetic Reformer and Messenger: A Quarterly Record of Moral and Physical Progress.* British. Index states that each year begins with a new volume number which suggests that the Journal probably began in 1865. LIC is N.V. (122) February 1882.

1872 July *The Science of Health.* A monthly devoted to the “Restoration and preservation of health on hygienic principles.” Published by Samuel R. Wells of New York. Six issues per volume. LIC 8(6) June 1876. This last issue notes the consolidation of this publication with *The Phrenological Journal.*


1878 May *The Herald of Health.* Published by C.R. Park in Bloomington, Illinois. This is not the same publication as the *Water-Cure Journal and Herald of Health.* Only issue in Collection.


1884 January 3(4) *Outing and The Wheelman.* Published in Boston, Massachusetts, this magazine became simply *Outing* by 6(1) April 1885. Although *Outing* carried only occasional articles on weightlifting and physical culture, it was an important magazine in encouraging participation in sport, outdoor exercise and “right living.”

1885? *Life and Health: The National Health Magazine.* This magazine was still being published in 1976. LIC 91(10) October 1976.


1893 2(8) *Illustrierte Athletik Zeitung.* Published in Munich, Germany. It is not known when this publication ended.

1894 *The Billboard.* Published by W.H. Donaldson of Cincinnati, Ohio. Although *Billboard* contains no current information about strongmen or weight training, early issues contained news of the strength world and the various vaudeville circuits in which some strength athletes made their living. Current.

1894 *Mind and Body: A Monthly Journal Devoted to Physical Education.* Published by The Mind and Body Publishing Co. This magazine reportedly ended in February 1936. LIC 29(308) May 1922.

1894 July *Health: A Journal of Practical Hygiene.* Changed name to *Health-Culture* with volume 1(2) Oct/Dec 1894. Hyphen dropped from name in December 1911. Published by Health Culture Publishing Company. With 19(2) February 1913, magazine switched to a smaller, six by nine inch size and dropped the subtitle from its cover. With 60(1) January 1953, it became known as *Health Culture: The Family Health Magazine.* It was edited in succession by Elmer Lee, M.D.; Arthur Vos, M.D.; Rasmus Alsaker, M.D. and in the 1960s by Dr. Harry Clements. LIC 71(4) April 1964.

to England in approximately 1895 where he toured the country selling a cable exercise machine modelled after the Whitely Exerciser. He published a series of four page flyers to advertise the device and in approximately 1898 expanded the flyers into a full magazine. One year later, Macfadden sold out his share of the magazine to his business partner Hopton Hadley so that he might return to America and start Physical Culture. Hadley changed the name of the magazine to Health and Strength in 1899. The original issues were five by seven inches in size and printed on ivory stock.

By 1917 (exact date not known due to incomplete collections) Health and Strength had changed to newsprint and was issued on a weekly basis. In the early 1930s, it switched to a bimonthly format. Between September 1941 and December 1946 it was published on a monthly basis. It then returned to a bimonthly format until 1969 when it again became monthly. Besides Macfadden and Hadley, the magazine was edited by D.G. Johnson (1928), George Kirkley (1948) and William Pullum (1956). Health and Strength ceased publication in 1984.


1895 April Food, Home and Garden. Published monthly by the Vegetarian Society of America in Philadelphia, Pennsylvania. This issue, the only one in the collection is described as 1(1) of the new “enlarged series.” It is number 74 of the previous series. It is not known what the antecedents of this magazine were.

1899? Amerikanische Kneipp-Blatter And Gesundheits Rathgeber. Volume 6(1) is dated January 1901. Monthly journal of water-cure, homoeopathy and nutrition published in German by Dr. Benedict Lust of New York. By 8(1) N.M., 1903, the name had changed to Der Naturopath and Gesundheits Rathgeber. Last issue in German was 12(12) December 1907. Following that issue, The Naturopath and Herald of Health, Lust’s English language version of this magazine carried both English and German articles for several years.

In January 1900 1(1) of an English language version appeared entitled The Kneipp Water-Cure Monthly. In January of 1902, with Volume 3(1) the name changed to The Naturopath and Herald of Health. LIC 50(10) October 1945.

1896? L’Athlete. French. Edited by Professor Edmond Desbonnet. Weightlifting, bodybuilding, etc. It is not known when this publication ended.

1896 September American Physical Education Review. This was the official journal of the American Physical Education Association. First in our collection is 13(7) July 1908. LIC 34(10) December 1929. Edited in the 1920s by James McCurdy.

1898 July Physical Culture. Published by Eugen Sandow in London, England. Sandow’s magazine contained exercise information for men and women, short stories, training information on a variety of sports and beautiful illustrations. By volume six January–June 1901, the magazine’s name had changed to Sandow’s Magazine of Physical Culture, and later that same year with volume seven, July–December 1901 to Sandow’s Magazine of Physical Culture and British Sports. In 1902 and thereafter, it was simply called Sandow’s Magazine. Sandow’s Magazine became a weekly in July of 1904. It ended on July 25, 1907.


1899 March Physical Culture begins. Bernarr Macfadden, editor with Physical Culture Publishing Company. Volume one has seven issues, volume two begins in October, 1899. Physical Culture contained dietary advice, weight training information, and an incredible collection of health related articles. With 85(1) January 1941, Physical Culture adopted the subtitle, “Beauty and Health.” In October of 1943, 88(1), the magazine changed to a smaller format and renamed itself, New Physical Culture, New Physical Culture was published by V-Production Corporation of New York. Bernarr Macfadden is listed as president. The magazine returned to a traditional 8 x 11 inch size with 91(1) January 1947. With 94(2) March/April 1950, the tide changed to Bernarr Macfadden’s Health Review. The publisher is listed as the Bernarr Macfadden Foundation. With 95(1) February/March 1951, the magazine is again renamed. The new title is Macfadden’s Vitalized Physical Culture. In November of 1953, the magazine switched volume numbers: September/October of 1953 is 97(7). November of 1953 is 9(8). There is no explanation offered for this shift LIC 10(2) Spring 1954. In July of 1955 (N.V.) a new series of Physical Culture begins. Publisher of this series is Felix R. May, of Branford, Connecticut who uses Macfadden’s name on masthead. Offered bimonthly, no photographs. With the January/February issue of 1959, May changes the format to that of an eight page newsletter entitled Physical Culture: Personal Reports for Your Better Mental and Physical Living. LIC N.V. February 1961.

1899 June 44(6) Omega: A Radical Health Magazine. This magazine, edited by Charles A. Tyrrell and Dr. M.L. Holbrook in New York claims to be a consolidation of Dr. Holbrook’s Journal of Hygiene and Herald of Truth (from which they have assumed the volume and issue numbers), The Health Magazine of Washington, D.C., and The Million Medical Magazine of New York. It is believed that this magazine began publication in 1897 and ended in 1900. LIC 44(12) December 1989.

1899 November 14(11) Pacific Health Journal. Published by California Medical Missionary and Benevolent Association, St Helena, California. General health and physical culture information. LIC 15(11) 1900.

1899 December Medical Talk for the Home. Edited by C. S. Carr, M.D., for Medical Talk Publishing Company, Columbus Ohio. LIC 7(4) January 1906. This magazine appears to have been incorporated into Health magazine.


1900 May A Stuffed Club launched by J.H. Tilden, M.D. This small monthly journal attacked the medical establishment’s conventional prescriptions, arguing instead for nutritional therapies, exercise and other natural cures. In May 1915, with volume 16(1) the title changed to
Philosophy Of Health. LIC is 30(2) June 1929.

1900 May Woman's Physical Development. This is the first magazine devoted exclusively to the “cultivation of physical power and beauty in women.” Bernarr Macfadden was the publisher and editor. By 6(3) June 1903, title had changed to Beauty and Health; Women’s Physical Development. LIC 13(1) April 1908.

1901 Health and Vim. Published in London from 1901 to 1916. This magazine was concerned with general physical culture and some weight training. It was later incorporated into Health and Efficiency.

1901 May 1(2) Physical Development. British version of Macfadden’s Physical Culture. LIC 23(3) December 1909.

1901 October The Alimentary Review. “A medical journal devoted to food, diet, and good digestion as the keys to health.” Published by the American Ferment Co., Jersey City, New Jersey. LIC 1(6) February/March 1903.


1902 L’Education Physique. Professor Edmond Desbonnet, publisher. L’Education Physique is believed to have ended in 1904.


1903 January 3, 1(9) The Cry for Justice: Macfadden’s Weekly. Published by Bernarr Macfadden, this magazine dealt with censorship, libertarian issues and “free thought” Name changed with 1(5) February 14, 1903 to Fair Play: Macfadden’s Weekly. Final issue was 2(1) May 9, 1903.

1903 January Vim. Edited by Paul Von Boeckmann. Vim Publishing, New York. This magazine is described as concerning physical culture, health, philosophy and mental freedom. Reportedly published from January 1903 through June 1905 on a monthly basis. It merged with Health when it ceased publication in 1905.

1903 January Sandow’s Magazine. Published in Boston Massachusetts. Apparently only four issues of this American version of Sandow’s magazine were ever published. Last issue 1(4) April, 1903.


1904 April C.B. Fry’s Magazine of Sports and Outdoor Life. LIC 2(N.N.) March 1905. British. This magazine contained a broad variety of sport, nutrition and exercise articles.

1906 February Vital Culture. Edited by Julian P. Thomas, M.D., for Vital Culture Publishing Company. In July of 1906, a second issue of Vital Culture appeared also designated volume one, number one. This edition opens with a long letter from Dr. Thomas attacking Bernarr Macfadden as a charlatan. In October of 1905, a third issue appears which bears no volume or number. Only three issues in collection.

1906 July 15, 6(2) The Athlete: An Up-to-Date Periodical of Physical Culture and Journal of Athletic Sports for Prince or Peasant British. Issued every two weeks. Publisher not listed. Only issue in collection.

1907 November Nature Cure Magazine: Devoted to Manbuilding on the Physical, Mental and Moral Planes of Being. Published in Chicago by Harry Lindlahr, M.D. LIC 2(12) October 1909.

1908 Athletik Illustrierte Wochenschrift fur Sport und Kuerperflege. Published in Frankfurt. It is not known when this weekly publication ceased. Last known issue is January 28, 1915.


1908 June 8(6) Kraft und Schonheit: Zeitschrift fur Kuerperkultur. Published in Berlin, Germany. LIC 8(7) July 1908.

1908 July 1(5) Deutsch-Amerikanischer Naturarzt und Krankenfreund. Published by Johannes Glaeser of Hazlewood, Ohio. In German. UC 1(7) September 1908.

1909 (First in collection) Health and Strength Annual. Published once a year by Health and Strength magazine. LIC 1954.


1910 March The Nautilus. Published by Elizabeth Towne of Holyoke, Massachusetts. Free thought, exercise and health reform. LIC 29(2) December 1926.

1911 The Hygienist Edited by R.R. Daniels. LIC 12(12) December 1922. Early issues have no dates or volume numbers.

1911 July 15, La Santa Par Les Sports. This French publication is unquestionably the most beautifully illustrated of the early publications. Edited by Professor Edmond Desbonnet, this publication was dedicated to rational hygiene, physical development and natural medicine. It is a particularly rich source for information about women athletes, giants, European strongmen and wrestlers. In 1924 La Santa Par Les Sports combined with La Culture Physique. LIC 24(52) January 1920.

1914 October Strength. Published by Alan Calvert of the Milo Barbell Company. Other editors of the magazine were Ralph Hale, T. von Zuekursch, Carl Easton Williams, George F. Jowett and Mark Berry. With 15(3) May 1930, its title changed to Correct Eating and Strength. In May of 1932, with 17(3), its name changed again to Arena and Strength. Last issue published was 19(19) February 1935. 194 issues in a complete collection.

1919 June 3, Deutsche Athletik Sport-Zeitung. Published in Stuttgart Germany by the South German Athletic Alliance. Edited by Alfons Berger. Monthly.

1919 September Strongfortism: The Science of the Normal. Title changed to Strongfortism: A Magazine Devoted to Physical Culture with 1(4) December 1919 and to Strongfort's Monthly: Devoted to Physical and Health Culture with 1(6) February 1920. With volume 2(2) the format changed to that of a four page flyer. This magazine was mainly a vehicle to promote Strongfort’s mail order business. LIC 2(6) N.M. 1921.


1922 June Health and Life. Bernard Bernard editor, for Health and Life Publishing Company of Chicago, Illinois. This magazine included a regular section on the American Continental Weightlifters’ Association. Published monthly. By 5(2) date unknown, the title had changed to Health and Happiness. Table of contents notes that this latter magazine is “incorporating Health and Life.” LIC of Health and Happiness 5(2) N.M. 1926.


1924 February 1(2) Health First. Published by the Western Health Foundation, San Francisco, California. Edited by B. Stanford Claunch. Only issue in collection.

1924 March Muscle Builder. This magazine was begun by Macfadden to compete with Alan Calvert’s Strength. Edited by O. J. Elder, it contained many articles dealing with strongmen and feats of strength. Last issue was 5(5) July 1926. Twenty-nine issues in a complete set.

1924 June 10, Illustrierte Kraftsport. Published in Berlin, semi-monthly. Following the N.V. (29) July 25, 1926 issue the title changed to Kraft and Sport. Last issue by this title is N.V.(12) December 1926.


1924 December 6(63) Mental, Physical, and Moral Fitness. Published by Lionel Strongfort [Max Ungerl. Editorial states that previous issues were called Physical Fitness and that the name had changed with this issue to avoid being sued by Macfadden. Subtitled, “The home magazine devoted to health promotion, strength and muscle mastery.” LIC 7(64) January 1925.


1925 April N.V. Body Moulding. Published by Alan Calvert in Philadelphia, Pennsylvania. First issue of this publication is believed to have been called Broad of the Back. It had no numbers or volume. The third issue was July 1925; however, it was marked volume one, number one. It is believed that fourteen issues were published in all. Though Calvert’s name is well known in weightlifting circles, this magazine was devoted to promoting the Checkley system of posture and body control.

1925 May 1(3) The Iron Man. Published by L.H. Cunningham for the Atlanta Weightlifting Club of Atlanta, Georgia. It is not known when this publication ended.

1925 July Nature’s Path. Edited by Dr. Benedict Lust Nature's Path is a supplementary magazine to Naturopath and Herald of Health which Dr. Lust began in 18%. Nature’s Path is subtitled: “A monthly Journal of approved methods for gaining, renewing and maintaining superb health and power of body and mind.” LIC 68(1) Winter 1964.

1925 September 1(2) Athlete and Sportsman. No discernible publisher. only issue in our collection.

1926 March 1(3) *Dr. Tilden's Health Review and Critique*. LIC 15(12) December 1940.

1926 July? *The Trevor Bulletin*. Published by Charles T. Trevor. Volume 1(2) is dated August/September 1926. Issues were free until 1(4) October/November 1926. Name changes with 1(9) April 1927 to *Trevor Bulletin of British Physical Culture*. LIC 3(2) April 1929.

1927 July *Body Beautiful* Published by Harry Paschall of Columbus, Ohio. Nine pages on weight lifting and bodybuilding. It is believed that this is the only issue ever published of this magazine.


1930s? *Man Power*. Published in Philadelphia, Pennsylvania. 1(1) has no date, Jim Londos is on the cover. Jowett may be the editor however, he is not listed. Table of contents notes that it is “published irregularly”. Published by American Athletic Appliances Co., Philadelphia. Only two issues in collection, 1(2) is also undated.

1930 January *The Journal of Health and Physical Education*. Still being published on a monthly basis as *The Journal of Health, Physical Education, Recreation and Dance* (JOHPERD). JOHPERD is the major professional journal in the field of physical education. Published by the American Alliance for Health, Physical Education, Recreation and Dance in Reston, Virginia. It has, on occasion, carried articles related to resistance training and the strength coaching profession. Current.

1930 January *Health and Physical Culture*. Published by Briton Publications, Incorporated. LIC 13(5) September 1, 1941.

1930 March 1(6) *The Olympian Magazine*. Published by The Olympian League. Changes name to *The Olympian* in March 1931. LIC 2(7) May 1934.

1930 March *The Research Quarterly of the American Physical Education Association* Published by the American Alliance for Health, Physical Education, Recreation and Dance. As the name implies, *The Research Quarterly* is a refereed journal containing reports of experimental studies. As with JOHPERD, its sister publication, it only occasionally contains information on resistance exercise. Presently called the *Research Quarterly for Exercise and Sport*. Current.


1931 June *The Strongman*. Edited by Mark Berry and published monthly. Last issue published was 3(4) N.M. 1934. Volume 2(6) says “Combined with Klein’s Bell.” There are 16 issues in a complete collection.

1931 June *Klein’s Bell*. Published by Siegmund Klein from his famous gymnasium in New York City. There are 19 issues in a complete set of this publication. Volume 2(7) December 1932 was the final issue.

1932 December *Strength & Health*. Published by Bob Hoffman and the York Barbell Company of York, Pennsylvania. Hoffman’s magazine had the largest circulation of any weight lifting magazine in America until the late 1960s. He was a tireless promoter of Olympic weightlifting, weight training for sports enhancement and for the use of resistance exercise by women. Managing editors of the magazine have included George F. Jowett, Gord Venables, Jim Murray, Ray Van Cleef, Harry Paschall, Bob Hasse, John Grimke, Terry Todd, Tommy Suggs, and Jan Dellinger. George Jowett was the leading force in editing the magazine at its inception. With 54(3) May 1986, *Strength & Health* ceased publication.


1934 January *The Key to Health*. Edited by Rasmus Alsaker, M.D. LIC 5(12) December 1938. The magazine discussed nutrition, alternative medicine, and exercise as medicine.

1934 September *The Amateur Athlete*. Information about amateur sports, including occasional articles on weightlifting. Published by the AAU. LIC 21(8) August 1950.


1936 June *The Bodybuilder*. Edited by George Jowett Last issue 2(4) May, 1937. There are 10 issue in a complete set.

1936 July *Physical Fitness*. Edited by L. E. Birger. LIC N.V. N.N. October/November/December 1940.
1936 August *Super Physique*. Edited by Peary Rader of Alliance, Nebraska. This is the first issue of what became, with 1(2) October 1936, *Iron Man* magazine. The first issues of *Iron Man* are mimeographed on 5 x 7 inch sheets. Last issue of the magazine to be published by Rader is 46(1) November 1986. From 46(2) January 1987, *Iron Man* has been published by John Balik of Marina Del Rey, California. Current


1936 November *The Physical Culture Exchange (sic) Bulletin*, Jim Evans, editor. Name changes to *The Weightlifter and the Home Gym* with 1(2) December 1936. In July 1937, 1(4) is entitled simply *The Weightlifter*. Volume 1(6) September 1938 returns to the title *The Weightlifter and Home Gym*. This mimeographed publication is primarily an advertising sheet for Evans’ gym equipment company. In approximately 1940, Evans issued a new series entitled, *The Weightlifter*, which were numbered one to nine. There are no dates on this later series. These later issues primarily contain information about books and magazines Evans has to sell. Approximately 1,000 of these later issues were run each time.

1938 January *The Bulletin*. Published by William Oliphant, of the Oliphant Academy of Physical Culture, Toronto Canada. One earlier, undated and unnumbered edition of this journal has also been reported. It is not known when publication ceased. Oliphant was one of the foremost weight trainers in Canada.


1938 July *Health and Physique Quarterly*. Edited by Harry L. Good. Publication ceased with 3(2) October–December 1940.


1939 N.M. NV(10) *Diet and Health Digest*. Edited by Gayelord Hauser. Described as “a ‘health, beauty and personality magazine.’” LIC NV(21) N.M. 1944.


1939 August 10 *The Barbell*. This four page newspaper was reportedly published by the Bur Barbell Company and edited by Dave Hall and Mark Berry from August 10, 1939 to October 1939. The first issue in our archive carries no volume or number. The October 10, 1939 issue is noted as #2 though, again there is no volume number listed. A subheading says it was “published every two weeks.” A third non-dated issue in the Physical Culture archives has written on it in Olely Coulter’s handwriting, “September 1945” This issue discusses the fact that the company can once again manufacture barbell equipment now that the war is over. We are unable to determine whether the paper was published during the war years and/or when it finally ceased publication.


1939 October *Health Foundation*. Published by George Jowett. It is believed that there was only one issue ever published by this title.


1940 February *Vim: The Vital Magazine*. Roger Eels, editor, in Columbus Ohio. *Vim* ends with 2(6), June 1941. There are 18 issues in a complete collection.

1940 August *Your Physique*. Joe Weider, editor and publisher. Originally published in Montreal, Canada. The very first issues of this magazine are dittoed—not regularly printed. Last issue of *Your Physique* was 17(4) July 1952. Also associated with the magazine in an editorial capacity were George F. Jowett, Frederick Tilney, Earle Liederman, David P. Willoughby, E.M. Orlick, and Barton Horvath. Without changing the volume or number, Weider soon issued a new magazine: *Mr. America: A Man’s Magazine* which says on the title page of the first issue 17(5) August 1952, that it now incorporates *Your Physique*. In January of 1953, Weider rolls back the volume and numbers to 1(1) and subtitles the magazine, “For the man with a future.” Weider’s editorial in this issue explains that this in now a completely revamped *Mr. America*. LIC by this title is 1(5) August 1953, subtitled “the magazine with the impact of a hurricane.” [See also 1958 for a later Weider publication by the same name, and 1955 for *Jr. Mr. America.*]

It appears that with the demise of *Your Physique*, Weider actually launched two magazines based on *Your Physique*’s volume and issue numbers. *American Manhood* also appeared in August of 1952 and was labelled 17(5) just as *Mr. America* was. According to our records, these were the first issues of either magazine. *American Manhood* is described as dealing with adventure, sports, bodybuilding, exposes and crime. LIC of *American Manhood* 19(3) July 1953. In August of 1953 19(5) the series continued under the new title of *Fury*. This magazine was subtitled: “Exciting adventures for men, including sports and fitness.” Final issue of *Fury* was 21(4) December 1955.

1940 August *Healthkeeping: The Self Betterment Magazine*. Published by Joe Bonomo. (Only issue in collection.)

1940 December *All-American Athlete: Organ of the All-American Athletic Association*. Published by Bill Panzen of New York. In 1(10) October/November 1941 editor changed to Sandor Kaufman. LIC 1(10) October/November 1941.

1942 January 50(1) *The Human Culture Digest*. Edited by John T. Miller. This magazine describes itself as the successor to *The Character Builder* founded in 1902 by Dr. John T. Miller. It also combined with the *Vegetarian Equalitarian Humanitarian* (established in 1909) and seven other human culture magazines from 1887 to 1909 according to its title page. LIC 62(1) January 1954


1945 N.M. *Power-Plus*. Published by Joe Bonomo’s Culture Institute, New York. Only issue in collection.

1945 N.M. *Your Figure*. Published by Joe Bonomo. Listed as a quarterly publication. Volume 1(6) N.M. 1945 is entitled *Your Figure Radiant*. Bonomo changed the title in 1946 to *Beautify Your Figure*. LIC 2(3) June/July 1946.

1945 January-June 2(1-6) *The Naturopathic Journal*. Published by American Naturopathic Association. This copy is numbered as if it is six separate issues. Only copy in collection.

1945 October/November *Muscle Power*. Edited by Earle Leiderman. Published by Joe Weider for Muscle Power Publishing Company of Montreal, Canada. Volume 1(2) is dated December 1945/January 1946. With 20(8) November 1957, the name changes to *Muscle Power and The Weightlifter*. LIC of this title is 20(10) January 1958. This magazine was then incorporated into *Mr. America* [See *Mr. America* citation in 1958.]


1946 June *Body Moderne*. Published by Walter Baptiste in San Francisco, California. LIC NV October/November 1949.

1946 July *Chicago Bodybuilder*. Published by Norbert Grueber. In April, 1947, name changes to *The Bodybuilder*. LIC 5(9-12) September-December 1950


1946 December 1(3) *Apollon*. Published by Marcel Rouet in Brussels, Belgium. In 1948 June *Apollon* becomes *Apollon-Venus*. It is not known when this magazine ended.


1947 August *Plaia’s Physical Culture Bulletin*. Published by Joseph Plaia. This four page magazine had only two issues. It ceased publication with 1(2) September 1947.


1948 August *Naturopathic Magazette*. Published by Dr. George Foden, Santa Monica, California. LIC 1(3) October 1948.


1949 March-April *Acrobat*. Published by Glenn Sundby and edited by Ray Van Cleef. Last issue of this magazine was May-June 1950.


1949 October *California Weight Lifting Association Bulletin*. Published by Chester O. Teegarden, secretary and editor. This two page newsletter is believed to have ended in September, 1950.


1950s? *Man Power*. This pictorial magazine has no month or year. Publisher unknown. LIC 1(2) N.M. N.Y. One collector has attributed this publication to George Jowett

1950s? *Male Power*. “Published for the artist and sculptor by E. B. W.” No date, month, year or volume. John Farbotnik is featured.


1950s? *Strive*. Published by Style Printing of Newark. Last known issue 1(5) N.D.


1950 2(N.N.) N.M. *Healthful Living*. Published by Faulkner and May. This publication has an erratic volume and number schedule. LIC 32-33(N.N.) N.M. 1959.


1950 August/September 5(49) *L’Halterophile Moderne*. This French
newspaper was published by Jean Dame. In May of 1975, a magazine by the same name (number 316) notes that the publication is in its 30th year. It is not known when this publication ended.


1950 August *Acre-Chat*. Published by Glen Sundby in New York, New York. Bimonthly. This magazine dealt with acrobatics, hand balancing and resistance exercise. Last dated issue was 1(2) November 1950. A later, undated issue was also published.

1950 August/September 1(3) *Lutte*. In French. Wrestling magazine Published by Ben Weider in Montreal, Canada. Name changes to *Lutte et Boxe* with 2(8) December 1951. LIC 7(12) July 1956.

1951 January *Wrestling*. Published by Joe Weider. Last issue of *Wrestling* is September 1951. In November of 1951, the name changed to *Boxing and Wrestling*. LIC of *Boxing and Wrestling* 8(7) April 1958.


1951 November *Muscle Culture* edited by Jim Mills British. LIC N.V. (6) May 1952. This magazine contained information on bodybuilding, weightlifting and gymnastics.

1952 March *Mr. Universe*. Published by Joe Weider with Reg Park as managing editor in Leeds, England. The final issue by this title is December, 1952. There are eight issues in a complete set. It is this publication that becomes the *Reg Park Journal of Physical Culture* and then, in January 1954, *The Reg Park Journal*. The series ends with N.V. December 1959 when it incorporates with Men’s World magazine.


1953 May 3(2) *Physique Pictorial*. Published by A. M. G. Quarterly. LIC 11(4) May 1962.

1953 May *Man’s World* (incorporating *Body Sculpture*) begins. British. Edited by J.L. Richards and George Greenwood. Early issues are 8 x 11 format. In 1954, it changes to a pocket size format. In July of 1957 N.V. the covers note that the magazine now incorporates *Popular Man*. In January of 1959 N.V. its title changes to *Man’s World and Reg Park Journal* In January of 1963, it incorporates *Modern Man*. In September 1966, the magazine changed back to an 8 x 11 format. LIC N.V. November 1969.

1953 August *Muscle Builder: The Magazine of the Champions*. Published by Joe Weider. In 1958, the volume numbers are reset to 1(1) and the cover announces that the magazine now incorporates *Muscle Power and The Weightlifter*. In January of 1959, volume switches to 10(3). Numbers and volumes continue to be erratic through July of 1959 which is designated 9(9). Following July, numbers are more or less accurate until March 1967 when the series is is reset to 9(1). With 9(7) February 1968, the title changes to *Muscle Builder/Power*. There is another shift in the volumes in this series with the January/February 1979 issue being labelled 40(1). With 40(6) in June 1979, the title changes to *Muscle: A New Body Image for You*. In July of 1980, 41(7) the title changes to *Muscle and Fitness*. Current

1953 September/October 2(1) *Bonomo Banner*. Published by Bonomo Culture Institute, New York. Editorial cites circulation of this newspaper at over 100,000. Only issue in collection.


1953 December *Animal Life*. Published bimonthly by Joe Weider. This was not a physical culture publication, but an outdoor adventure magazine for men. It is included in this bibliography because its publisher, Joe Weider, has had such an enormous impact in the physical culture field. Last issue by this title was 1(8) June 1955. In August of 1955 2(2) is entitled *Animal Safari Combined with Animal Life*. UC 2(5) January 1956.

1954? 1(N.N.) Physique Photography. Published by Rocco V. Signorile of Physique World Publications. Only issue in collection

1954 1(3) Physique World: For Bodybuilders, Models and Art Students. Published by Rocco V. Signorile of Physique World Publications. LIC 1(11) N.D.


1954 N.M. Splendour. Published by Physique World Publications, New York LIC 1(2) N.D.

1954 N.V. N.M. Grandeur. Published by Physique World Enterprises of New York. This 5 x 7 inch magazine is primarily a nude pictorial of male physiques. Volume 1(7) N.D. changes to Grandeur Combined with Splendour: for Bodybuilders, Models and Art Students. LIC 1(7) N. D.


1954 January Acrobatics. This bimonthly publication was edited for the Association of Acrobats by Ralph P. H. Samuels, British. Although the primary focus of this publication was on hand-balancing and other acrobatic stunts, it did include occasional articles on resistance exercise. It is not known exactly when this magazine ended but it was still being published as late as 1968.


1956 N.M. 1(N.N.) The Male Figure. Published by “Bruce” of Los Angeles, California. There is no date on the first issue, but the designation “1956” appears in Ottley Coulter’s handwriting. LIC 17(N.N.) N.M. 1960 or 1961? Final issue has a picture of Mr. California 1960 in it.

1956 N.D. The Male Form: The Bodybuilder’s Guide. Published by N.A.F. Publications. Pictorial. First issues have no volume, number or date. Final issue is 1(9) N.M. N.Y.

1956 January N.V. Figure and Beauty. Bimonthly magazine published by the Beauty and Health Institute of Jersey City, New Jersey. Only issue in collection.

1956 February American Beauty. Published by Joe Weider. It is not known when this women’s magazine ended. Only one issue in our collection.


1957? N.D. Muscle Man. Published by Barton R. Horvath. Volume 1(1) has neither month or year on it but includes a photograph of Miss America Health Studios for 1957. Only issue in collection.


1958 April 4(N.N.) Muscle Physique. Published by Bruce of Los Angeles. It is possible that this may be a continuation of Bruce’s earlier publication, The Male Figure, although the volume and numbers do not match. Only issue in collection.

1957 August Popular Man. This was an American/Canadian edition of Man’s World. Published by Man’s World Inc., Surrey, England. Only issue in collection.


1958 January Mr. America: The Magazine of the Champions. The editorial in this issue explains that this new magazine was formerly Muscle Power. Over the next decade and a half, this publication goes through a number of name and volume changes. In February of 1958, the cover title is Mr. America: For the Young Man Who Wants To Improve His Body-Mind-Personality, “but the table of contents page
says that the title is *Muscle Power and The Weightlifter.* With 6(2) August 1963, the title changes to *All American Athlete: Mr. America.* It returns to *Mr. America: The Magazine of the Champions* with 6(4) December 1963, and is called *Muscle Building the Mr. America Way* with 6(5) February 1964. With 6(8) August 1964, the title changes to *Young Mr. America.* The following year, 7(2) January 1965, the cover returns to *Mr. America,* although the Table of Contents continues to say *Young Mr. America.* The Table of Contents returns to *Mr. America* with 7(8) August 1965. With 9(5) July 1967, the title changes to *Mr. America: All American Athlete.* In April 1968 with 9(12) it becomes *Mr. America: The Illustrated Muscle and Power Building Magazine of the Champions.* With 10(5) October 1968, it is subtitled *The Illustrated Guide to Physical Fitness.* With 10(10) May 1969, it is subtitled *The Fitness Magazine for Virile Men.* With 12(9) March 1971 it is subtitled, *The Magazine for Today's Virile Man.* LIC 14(1) March 1973. In July of 1973, Weider launches a new magazine entitled *Shape-Up* and numbered 1(1). The cover notes that this new magazine now incorporates *Mr. America.* LIC of *Shape-Up* 1(7) October 1974.

1958 July 1(7) *Trim.* Published by Trim Enterprises of Washington, D.C. This physique pictorial notes in this issue that it will no longer be a monthly publication. Only issue in collection.

1958 September *The Young Physique.* Published by Joe Weider. Edited by Hal Warner. This magazine incorporates *Adonis and Body Beautiful,* two earlier publications. LIC 3(6B) February 1962. There was also an annual published under this title in 1962.

1958 December *Brawn.* Published by Brawn Enterprises, Brooklyn, New York. Believed to be a single-issue publication. Physique pictorial.


1959 March *Allied Gym.* Changes to Gym with 1(3) June 1959. This bodybuilding magazine was published by Victory Printing and Publishing of Chicago, Illinois. LIC 1(10) September 1960.

1959 April *The New MANual: The Bodybuilder’s Manual,* Date written in Ottley Coulter’s hand. Title changes in August 1959 to MANual Physique pictorial.

1959 April *The Strength Athlete.* Published by George Kirkley in Britain. Last issue published by Kirkley is number 151, November/December 1975. Kirkley is replaced as publisher by Dave Williams. Wally Pullum also served as editor of this publication for many years. Pullum was replaced in 1987 by Geoff Evans. The *Strength Athlete* ended in November 1989.


1961 N.M. *Fitness: The Official Organ of the IFBB Asian Division.* Issued quarterly. Published by Tom Ortega in Manila, Philippines. This magazine reprinted many articles from the various Weider publications. LIC 2(3) March-May 1962.


1961 July/August *Triumph! Muscular Development, Physical Symmetry, Health and Vitality.* Published by Triumph, Inc. of Chicago, Illinois. Only one issue was ever published.

1962 N.M. *Physique Illustrated.* Mark-One Publisher and photographer from Quebec, Canada. Physique pictorial. It is not known whether there were other issues of this publication.


1962 February *The Michigan Iron Booster.* Jackson Chandlee, editor and publisher from Fenton, Michigan. 11 issues per year. It is not known when this magazine ceased publication.


1962 June *Big.* Published by Walsim Enterprises. This male pictorial was a bimonthly publication. LIC 3(4) November 1964.

1964 N.M. Face and Physique. Published by Mark-One of Quebec, Canada. Male pictorial. Only issue in collection.

1964 The Florida Weight Man: Devoted to All Phases of Weight Training. Edited by Donne Halle. There are no years or months listed on these issues, though 1(1) includes photos of the 1964 Mr. Florida Contest. Name changed with 3(1) to The Weightman. LIC 3(3) year unknown.


1964 July Iron Man News. Published by Peary Rader of Iron Man magazine. It is believed that there were only two issues of this publication. LIC 1(2) September 1964.

1965 November Muscle Training Illustrated. Published by Dan Lurie. Current.


1969 N.M. Powerlifting News. Published by Tony Fitton. British. LIC 1(3) N.M. 1969. Based on meet entries included in these issues, it appears that 1(1) probably appeared in April or May and 1(3) appeared in either September or October.

1969 May Peak: Fitness, Form, Physique. Published by Wag Bennett in England. Tide changes to Peak Muscle Maker with 1(11) N.Y. Bimonthly. Last issue is 3(4) N.M. N.Y. Probably 1974. 28 issues is a complete collection.


1969 November Denis Reno’s Weightlifting Newsletter. Published by Dennis Reno in Cambria, Massachusetts. This newsletter contains a number designation only. Number 169 is January 4, 1991. Current


1972 March Powerlifting News. Published by Dan Dewelt. Through 2(March) 1973, the issues of this journal were individually bound as are all regular magazines. That issue, however, was the last published by Dewelt until December 1974 at which time he began mailing out unbound sheets, with three holes punched along the side. There are no volumes, numbers, or dates on these mailings. From postmarks, however, it appears that the magazine continued through the remainder of 1975.


1973 July Shape-Up. Published by Joe Weider. This magazine incorporates Mr. America. LIC 1(7) October 1974.


1974 Spring Journal of Sport History. Published three times per year by the North American Society for Sport History. Current


1976 July Muscle Digest. Monthly. Published by Donald Wong.
Series ended with 8(6) June, 1984.

1978 November Physique World. Published by Glenn Price of San Marcos, Texas. LIC 1(2) 1979 January


The NSCA Journal has also given birth to two other publications. The National Strength and Conditioning Bulletin is published on a monthly basis. Bulletins alternate each month being included inside the covers of the NSCA Journal or being printed independently. Volume 1(1) of the NSCA Bulletin appears in 1(5) of the NSCA Journal. Volume 4(1) is the first independent issue. The Journal of Applied Sport Science also began inside the NSCA Journal’s covers and became independent only with volume 3(2) April/May 1989. Both publications are current.

In addition, some state NSCA associations have published their own Bulletins such as The Texas Division Clinician.


1979 October Muscle-Up. Published by Charlton Publishing in Derby, Connecticut. Edited by Alan Paul. This magazine ceased publication with 7(34) Fall 1985. There are 34 issues in a full set.


1980 September Muscle World Published by Charlton Publications in Derby, Connecticut. Final issue was 3(11) May 1982. There are 11 issues in a full set of this magazine.


1981 March/June 5(2&3) Southwestern Olympic Lifter. Published by Joe McCoy. LIC 5(4) July/August 1981. This magazine changed to The American and World Olympic Lifter with 5(5) 1982. This is also believed to be the last issue.


1981 November 18, Power Hotline. Published by Mike Lambert, as a supplement to Powerlifting USA. Current

1981 November Powerful Times: A Newsletter for the Network of Women in Weight Training, Bodybuilding, Powerlifting, and Weightlifting. Published by Michelle Greenspan in Boston, Massachusetts. A second issue bearing the designation 1(1) appeared in April 1982. Last issue 1(9) Fall 1983. 10 issues in a complete set


1982 May New Body: Fitness and Health for Men and Women. Published by Carnegie Publications, Corporation. 10 issues per year. Current


1982 March American Health. Published bimonthly by American Health Partners. Current

1982 N.M. Weightlifting USA. Published bimonthly by the U.S.O.C. in Boulder, Colorado. Current

1983 N.M. Power. Published by Pete Samra and Clay Quinn. It is not known whether this magazine is still current.

1983 Bodybuilding News. Published by John Balik. It is not known when this magazine ceased publication.

1983 January NPC-Texas Bodybuilding News. Published by Mike Graham, Austin Texas. Current

1983 April Flex. Published by Joe Weider. This magazine caters to serious bodybuilders and bodybuilding fans. Its birth allowed Muscle and Fitness to serve a less competitively oriented audience. Current


1984 N.M. The Drug Free Lifter. This journal, begun by Donna and Paul Wicker, was recognized as the official news organ of the American Drug Free Powerlifting Association. LIC 4(3) N.M. 1987.


1984 Spring Body Talk. Published by Dan Lurie and Doris Barrileaux. LIC 1(2)1985 February. We believe that these are the only two issues ever published of this women’s bodybuilding magazine.

1984 Fall Women’s Physique World. Published by Bill Jentz and Steve Wennerstrom. Current.

1984 Fall Sleek Physique. Edited by Alan Paul for Condor Books Publishing Company of New York. It is believed that there were only two issues of this publication. The final issue is designated 2(2) February 1985.


1984 December Workout for Fitness. Published by Mike Mentzer. Last issue: 1(9) October 1985. Nine issues in complete collection

1984 December The Columbia University Health and Nutrition
Newsletter. Published by Columbia University School of Public Health and Institute of Human Nutrition. Current.


1985 January Sports Fitness. Published by Joe Weider. Final issue under this title was 3(6) June 1987. This publication was then incorporated into Men’s Fitness which began in August 1987 and continued with the same volume and issue numbers.

1985 January The Steel Tip. Edited by Ken Leismer. This newsletter was devoted to strength training for athletics. The series ended with 3(12) December 1987. Thirty-six issues in a complete collection.

1985 February 2(1) Muscle and Beauty. The cover of this issue, however, announces that it is the “Premier issue.” Published by New Body Special, the series ends with the May, 1988 issue. There are seven issue in a complete collection.


1985 March Exercise for Men Only: In Pursuit of Total Fitness. Published by Chello Enterprises. Current


1986 December Female Bodybuilding. Published by Norman Jacobs. Current.


1987 March/April IronSport. Published by Don Amini. Final issue 2(3) N.M. 1989. There are nine issues in a complete set.

1987 June Muscle Beach Alumni Association Newsletter. Published irregularly by Glenn Sundby of Santa Monica, California. Current.

1987 August Men’s Fitness Published by Joe Weider. This magazine continues the volume numbers established in Sports Fitness. Current.


1987 Winter Strength Review. Published by Marty Gallagher. It is not known whether this publication is still current.


1988 March The Backhang Gazette. Published by Tony Cook in Grimsby, South Humberside, England. This xeroxed publication specializes in news of the “odd lifts.” Current.


1988 September Physiques International. Published by Tom Tabback for Sports Star Publishing, Incorporated, British. This magazine ceased publication with the August 1989 issue. There are 12 issues in a complete collection.


1989 March The Iron Master. Published by Osmo KiIha. Current.

1989 May Power. Edited by Don Ross for Fitness Lifestyles, Incorporated of New Britain, Pennsylvania. Only two issues were
published. The final issue is dated July 1989.

1989 July Figure. Edited by George Snyder for Fitness Lifestyles, Incorporated of New Britain, Pennsylvania. Only issue ever published.


1989 Winter Strength and Fitness Quarterly, Published by the National Association of Strength and Fitness Professionals. Current.

1990 February Iron Game History. Bimonthly. Published by Jan and Terry Todd, The University of Texas at Austin. Current.

1990 Spring Men's Exercise. Published by Pumpkin Press of New York. Current


1990 September Super Fitness Excel Magazine. Published by Kuliaikanuu, Incorporated. Only three issues of this magazine were published. It ceased publication with 1(3) November 1990.

1990 October Fitness Plus. Monthly publication from Focus Publishing co. current.


In the course of our research for this bibliography we also turned up incomplete references to the following magazines:

1909? La Boxe et Les Boxeurs. Publisher? End date? City of publication?
1930-1940? Better Bodies. Edited by Mark Berry for Bur Barbell Company in Bradenton, Florida. Year? Number of issues?
1955? You Newspaper reportedly started by Walter Baptist.
1956? Dick Fowler’s weightlifting newsletter?
1959? (Title unknown) news sheet reportedly published by Lew Dick and Steve Rapp.
1960s? Detroit Bodybuilder. Publisher? End date? City of publication?
1960s? The New Bodybuilder Publisher? End date? City of publication?
1965? Bodybuilding Illustrated by Tom Minichello. It was mentioned in Feb. '65 Iron Man (p 28).
1960s? Vic Tanner’s journal.
Publisher? End date? City of publication?
1970? Bill Penner’s bulletin?
1979 January Lady Athlete. Publisher? City? End dates?
1980 Fall The Natural Bodybuilder. Publisher? End date? City of publication?


Other foreign Publications:
Athletic Photo Magazine—France
Atletica Pesante—Italy
Atletik—Sweden
Bodybuilding—Sweden
China sports—China
Cultura—Argentina
Culture Physique and Sports—France
Culture Physique—Canada
Czechoslovakia Sports—Czechoslovakia
Der Geweichtheber—Austria
Develop Your Physique—Australia
E’rocle—Italy
Force E Saude—Brazil
Force, Sante Soupleness—Canada
Fuerza Y Salud—Mexico
Fuerza y Cultura—Columbia
Gymnastica Y Deporte—Cuba
Halterofolisia—Spain
Hantel Sports—Switzerland
Health and Energy—China
Kepes Sport—Switzerland
Krachsport—Holland
Kraftsport—Sweden
Kroppshultur—Norway
L’Eche Des Sports—France
Modern Physical Culture—Malaya
NYA Kraftsport—Sweden
Perfection Fisica—Guatemala
Physical Improvement.. Edited by Colvin W. Patrick in Trinidad, British West Indies. It is believed that only two issues of this publication were ever published. Pre-1966
Sante et Development—Canada
Sante et Force—France. Weider publication.
Schwerathletik—East Germany
Sistema-Hercules—Cuba
Super Physique—India
Vim. British publication known to have been published in 1904, 1905 and 1906. This was not Paul Von Boeckmann’s Vim, or Roger Ells, Vim, or the much later Jack Wakers Vim. May have been related to the British magazine Health and Vim.

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