



IRON GAME HISTORY



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Love to the Outermost Farthing **AL LEROUX**

For all of his adult life, Al Leroux loved the weights. He trained hard for many years, he competed and he read everything he could locate about the game he found so fascinating. In time, he became a serious collector of books and magazines about weight training and over the years he amassed one of the best collections of magazines and films in the country. He loved the yearly gathering of Vic Boff's Oldtime Barbell and Strongmen Association in New York City, and he was happy in 1989 to allow Vic to show some of those films to all the other enthusiasts at the Association's annual dinner.

He looked forward to a long life of lifting, collecting and sharing information about the iron game, but in one of life's cruel ironies, this strong, physically active man was stricken with Amyotrophic Lateral Sclerosis, commonly known as Lou Gehrig's Disease. He began to notice a weakness in his legs—an unsteadiness—and he fought it as well as he could but no man is a match for ALS. Soon he was forced to go to the doctor, who diagnosed the disease and gave Al the grim news. We learned of his illness from Vic Boff, who told us Al was failing quickly and would not be able to come to the Association's 1990 dinner at the Downtown Athletic Club. We recalled our conversation with Al in 1989 and how much we had enjoyed talking to him about our plans to begin *Iron Game History* and to expand and refine our collection of physical culture materials here at the university. He was extremely supportive of both efforts and promised to help us in any way he could.

It was, therefore, not a complete surprise when Vic Boff told us several months after we learned about Al's illness that Al wanted us to call him and talk about his collection. Apparently, he was very

ambivalent about selling the collection and he continued to hold out hope that he could overcome his physical problems. But he said he wanted us to know that if something did happen to him suddenly, before he had had time to sell the collection to someone, he would like to know that it would have a home with us. We assured him that it would and we told him we hoped to see him in New York City. But as the date for the annual dinner approached, the news from New Bedford, Massachusetts—Al's hometown—grew steadily worse.



It seemed clear that he would be unable to attend the dinner; in fact, it was becoming so difficult for him to breathe that it seemed likely he would succumb to the inexorable march of the disease—which stopped baseball's ironman, Lou Gehrig—before the dinner occurred. But several weeks before the dinner, we got a call from Al's wife, Donna, who spoke to us for awhile, then passed the phone to Al, who whispered that he had found a way to come to New York City and that he wanted to meet with us and discuss the collection. We knew he would be in a wheelchair, of course, and that his disease was in the final stage, but we were unprepared to see how completely

debilitated Al was and what an effort he had to make to expel enough breath to be able to speak and be understood. Al was brought to the city in a special van with oxygen tanks and was accompanied by two attendants as well as his wife; no one who saw him doubted that he was in his final weeks of life.

The story of his valiant effort to attend the dinner honoring the game he loved so unreservedly had circulated throughout the room by the time Al arrived, and when he was wheeled into the dining room he was overcome with visitors who were, themselves,

overcome-some wept unashamedly—at the sight of this once-strong man spending his final measure of strength to be in the company of his comrades. Al had told Vic that he knew he was dying and that he might die on the trip to New York but that he wanted to be with his friends and colleagues one last time and to talk to us about the collection.

Thus it was that we found ourselves in Al's room, the morning after the dinner, hearing him tell us in his own faltering voice how much his collection had meant to him and how he had decided that rather than selling it in bits and pieces to other collectors, he wanted to give it to the Physical Culture Collection so it could remain intact and be useful to other lovers of the game. We accepted, of course, with deep gratitude, and Al seemed relieved to have the matter settled. He died less than 24 hours after leaving New York City to return home.

We have, of course, been given many other collections and parts of collections, but we know we will never receive anything in such remarkable, heartbreaking circumstances. We were humbled by his strength and generosity, we will do our best to honor his spirit, and we dedicate this issue to his memory.

—Terry and Jan Todd

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BERNARR MACFADDEN: REFORMER OF FEMININE FORM*

On October 5, 1905, Anthony Comstock of the Society for the Suppression of Vice, accompanied the officers of the New York Police Department as they raided the offices of The Physical Culture Publishing Company and arrested its founder and owner, Bernarr Macfadden. The charge was the spreading of pornography and at issue were the posters for a "Mammoth Physical Culture Exhibition" to be held at Madison Square Garden- -posters which showed the winners of the physique competitions held as part of the previous year's extravaganza. There were apparently two posters which Comstock found objectionable; the first, as the *New York Times* reports, showed "the women prize winners, ten or twelve young women in white union suits with sashes around their waists..." while the second featured Al Treloar, the men's winner, "wearing a pair of sandals and a leopard's skin as a breechcloth."¹ Once inside the offices, Comstock found even more to offend his delicate sensibilities: various classical renderings; a number of physique photographs; and a painting of the Venus de Milo which, according to Macfadden biographer Clement Wood, Comstock called "obscene."²



Though a large number of posters were confiscated from the Macfadden offices, most of them had already been distributed throughout the city and the ensuing furor raised by the New York press surrounding Macfadden's litigation in the days between his arrest and the opening of the show whetted the public's curiosity to such an extent that special police units had to be called out on opening night to handle the 20,000 spectators, 5,000 of whom had to be turned away.³ As the *Times* pointed out the morning after the show's opening, Comstock's efforts to preserve the morals of the citizenry of New York failed because they generated an enormous amount of free publicity for Macfadden, and because those who were able to get in and see the show saw only a "tame programme of athletic sports, backed up by a dozen women who stood on pedestals behind a muslin curtain."⁴

What had aroused Comstock to action was his belief that nudity (or women whose bodily forms were revealed by union suits) was obscene when it was able to be viewed by others. Comstock claimed to find nothing intrinsically ugly or obscene about the naked human form, but argued that the display of such in any truly public



This rare photo of the 1903 Women's Physical Culture Competition outraged Anthony Comstock who considered it obscene. Above, Bernarr Macfadden is seen on one of his barefoot walks in Central Park. On the left is the young Jesse Mercer Gehmen who worked for Macfadden in the 1920s. Photos courtesy Todd-McLean Collection.

way was immoral. As he so delicately put it, "Let the nude be kept in its proper place and out of the reach of the rabble."⁵ Thus it was almost inevitable that he and Macfadden, who more than any other publisher of the era made extensive use of the nude and semi-nude form, should clash.

But as Fulton Oursler, one of Macfadden's hand-picked biographers, observed, the main issue in the Comstock case was not the bare torso of Al Treloar, but the fact that Macfadden was exhibiting 'athletic girls' in the Garden.⁶ It was, of course, these "ideal women" that the large crowds turned out to see, though not necessarily to worship. In fact, as the Times reported, the introductions to the audience of the "most superbly developed lady from Long Island" and the "Venus from Hoboken" were not received without a bit of 'guying.' And in a tone of dismay, the Times noted that the costumes worn by the women were no more revealing than those seen nightly in Burlesque houses throughout the city.⁷

The most revealing thing about the entire episode may well have been its symbolic value as we look back to those heady times and attempt to understand Macfadden's leading role in establishing the physicality of women in our culture, a role that has received too little serious consideration. Apparently, Macfadden's forceful personality, Barnum-like love of publicity and unbridled zeal on the subject of physical culture projected the image of a "crank" reformer and thus put off many of his contemporaries. Consequently, most historians have simply considered Macfadden "not worth writing about,"⁸ as if the persona of the man somehow outweighed his achievements. But the simple fact is that this strongman-publisher not only established one of the most successful physical fitness ventures of all time—*Physical Culture* magazine—but also created, in 1919, with *True Story*, the "confessional" magazine genre, and helped to redefine the tabloid with his *New York Graphic*, often called the pornographic.⁹ Of special interest is the fact that of the few scholarly efforts produced in the 35 years since Macfadden's death in 1955,¹⁰ none has made any specific attempt to address his views on women and bodily beauty despite the fact that his magazines were brimful of scathing attacks on restrictive women's fashions and prudery as well as of articles on the public's conception of beauty and the role of exercise in producing an ideal female form.

In many ways, Macfadden's early views on these subjects seem to echo those of Catharine Beecher, to whom he refers in the *The Power and Beauty of Superb Womanhood*, published in 1901. Though known primarily for her efforts on behalf of women's education, Beecher was also a staunch health reformer who introduced calisthenic exercises in her schools as early as 1827,¹¹ and who published two books advocating calisthenics and light dumbbell drills for women: *Letters to the People on Health and Happiness (1855)* and *Physiology and Calisthenics (1856)*.¹² The most striking similarity in the thought of Beecher and Macfadden is that both valued improved health and strength of women primarily as a boon to motherhood.

Since Beecher's writings on health reform influenced most of the writers who came after her, it is difficult to know how much

Macfadden gleaned directly from her works, how much came to him second-hand and how much was original. But he was clearly influenced by her in regard to corsets and the "natural" beauty of the ancient Greeks. In fact, from the 1850s onward, the literature of "physical culture" and "gymnastics" is filled with references to "the Greek ideal" and classical statuary; the idea of the healthy, "natural" body of the Ancient Greeks, unfettered by the confining form of Victorian costumes, is exploited by the dress reformers who used it as an argument against the corset and other uncomfortable and unhealthy fashions. In the United States, Greek revivalism enjoyed its greatest popularity during the World's Columbian Exhibition in 1893, an event which played a pivotal role in Macfadden's life.

Prior to that time, Macfadden had given ample evidence of the peripateticism which characterized his entire career but in the summer of 1893, like thousands of other Americans, Macfadden made his way to Chicago to view the World's Columbian Exposition and his life was never the same again. Nor was America, as this World's Fair marked a turning point in American cultural history. It was a "celebration of America's coming of age—a grand rite of passage."¹³ It was also America's chance to show the world that she was ready to take a place among the "civilized" nations.

According to Macfadden's autobiography, he arrived at the Fair by boat, landing at the "peristyle," a row of huge columns supporting massive, classical statues of athletic figures. As he later wrote, "I shall never forget it."¹⁴ Performing at the Fair on the midway was a man who was to have a lasting impact on young Macfadden—Eugen Sandow, the professional strongman. From Sandow, Macfadden learned the showman's tricks of muscular display; and though this same showmanship was later used by the smaller Macfadden in his own posing exhibitions, Sandow is not mentioned in any of the three "authorized" biographies, no doubt because Macfadden and Sandow became rivals for the physical culture dollar.¹⁵ In any case, after an enormously successful American tour (It is reported that Sandow, who became a household name in the U.S., was paid \$1500-2500 a week for his performances),¹⁶ Sandow returned to England. There he gave lectures and demonstrations; wrote books on physical culture advocating exercise for men and women; opened several physical culture studios; and, began *Sandow's Magazine*, which continued through thirteen volumes, thus helping to create the proper climate for Macfadden's later efforts.¹⁷

Following the Chicago exposition, Macfadden manufactured a home-use exercise machine composed of cables and pulleys and, in 1895, he published Macfadden's *System of Physical Training*. Though largely a how-to supplement for the "Macfadden exerciser," the book contained three chapters on training for women, and a fourth, entitled, "Restrictive Dress-Corsets, Belts, etc." Buoyed by his success, he decided to expand his market into England, and it was there that he finally found the combination of marketing, bombast, common sense, hard work and chutzpah that was to form the pattern of his life.

As he had hoped, Great Britain turned out to be remarkably

FIRST PRIZE: MISS EMMA NEWKIRK

receptive to his ideas on health and exercise.¹⁸ Modeling himself after Sandow, he traveled from city to city, lecturing and posing, selling his exerciser and handing out a four page brochure which described how to use his machine.¹⁹ Soon the advertising brochure began to carry a few factual articles, and so it evolved into *Macfadden's Magazine*,²⁰ under which name it operated for approximately a year before he returned to the United States. Upon his return, having finally realized that the only forum which would carry his ideas was one of his own creation, he almost immediately founded *Physical Culture*, which was to remain his first love throughout his publishing career.²¹ With it, Macfadden finally had a megaphone for his campaign to reform America--and American women.

The first issue of *Physical Culture* was released in March of 1899 and sold for only five cents;²² the only reference to women in it was an installment of his novel, *The Athlete's Conquest*. But in the April number he began shaping one of the cornerstones of his health campaign: that a healthy sex life is necessary for ultimate physical perfection. Here, Macfadden discusses women's sexuality for the first time and lays out his earlier belief that the married state is the natural lot of women: "The highest degree of attainable physical perfection can certainly never be acquired unless this condition is entered at the proper period of life."²³ Throughout his early writings, Macfadden held up the image of healthy, vigorous wild animals, living in harmony with nature, as an example for men and women to emulate. He saw human sexuality in Darwinian terms: that mating is part of a natural lifestyle and that each person's eugenic responsibility is to find a healthy, vigorous counterpart with whom they can have similarly healthy, perhaps even healthier, offspring.

Macfadden's interest in human sexuality was, of course, not uncommon in his times. The progressive era was filled with reform movements, and as historian John C. Burnham says, "the so-called revolution in morals became one of the lasting legacies of progressivism to American life."²⁴ One of the chief thrusts of the progressive campaign was to break the conspiracy of silence which kept people in ignorance about the most basic facts of human life. For his part, Macfadden used the pages of *Physical Culture* to wage a constant battle with public censors, saying that they stood "for mystery, secrecy, ignorance, superstition and for the most depraved conception of all that should be divine and holy."²⁵ But his advocacy and prominence had a price, and he received

much criticism through the years as a result of his writings on sexual topics and his illustrations of the semi-nude human form. But sex was hardly the only thing Macfadden covered in the second and succeeding issues of *Physical Culture*. In fact, it is in the same second issue that the first "women's" articles appear, including Macfadden's first magazine exercise prescription for women—a series of "gymnastic movements" for developing the muscles of the neck. And by June of 1899 a special section of *Physical Culture* was established for women, the "Department for Information Relative To THE CULTIVATION OF PHYSICAL BEAUTY." In this section, two of Macfadden's major themes regarding women and beauty are expressed: that all beauty has its roots in a physical, active life²⁶ and that, "there can be no beauty without line muscles."²⁷ As we read what he wrote almost 100 years ago, his words seem surprisingly modern, reminiscent of many recent articles on women's weight training and bodybuilding:

...women have the idea that 'being muscular' means the possession of 'big knots' of muscle...To illustrate the absurdity of such a fear, one has merely to call attention to the rounded, smooth and symmetrical development of most professional women athletes, though under this beauty of contour there are muscles of steel.²⁸



Unlike Beecher, Dio Lewis,²⁹ and other earlier advocates of exercise for women, Macfadden firmly believed that exercise should do more than simply make women "fit." And in this opinion he was a legitimate pioneer. In *The Power and Beauty of Superb Womanhood*, he again employs his animal metaphors, arguing that the small variation in the strength of male and female animals is proof that women can be nearly as strong as men, and pointing out that "...those very women who marvel at the strength of these athletes [female acrobats] could, in numerous instances, have been as strong, and even stronger, had they gone through the same course of training..."³⁰ Again, Macfadden harkens back to the Greeks by reminding his readers that the greatest beauty is seen in those bodies where the muscles are fully developed, as in the statues of Venus, Juno, Diana and Minerva.

Though Macfadden's notions of feminine strength and muscular beauty seem at first glance amazingly modern, his thinking was not altogether ahead of his time. Though the stereotype of the delicate, weak, even ailing, Victorian woman described by Catharine Beecher³¹ was probably accurate for the first

half of the nineteenth century, the increase in college education for women in the second half of the century meant that more women were exposed to sports and methods of physical training in the United States than had been the case in most countries since the days of Sparta.³² And, since many of these same women were to become involved with the various reform movements that dominated American life in the late nineteenth century, they were especially amenable to discussions of dress reform. As historian Valerie Steele put it, "The increasing popularity of sports for women probably gradually influenced the ideal of feminine beauty and this may have had a delayed and indirect effect on fashion."³³

What these late Victorian sportswomen (and Macfadden) had to fight was the culturally ingrained notion that, unlike animals, each of the human sexes has a definite, and particular beauty that "would be ugliness with the other, and vice-versa."³⁴ To the men and women in the first half of the nineteenth century, any sort of muscular development on women was seen as useless and unattractive: strength was beautiful in men and ugly in women. According to Steele, many early Victorians believed that feminine beauty was a compensation for feminine weakness.³⁵ But, by the 1870s, ethereal frailty was on its way out and the "combination of points recognized as a good figure" consisted of a well-developed bust, a tapering, (corseted) waist and large hips.³⁶ By the 1890s, however, the plump, hourglass figure had further evolved into an "S" shape (with the bust thrust more forward and in greater prominence and the hips thrust further back), and "prettiness" had given way to height, grandeur and sturdiness.³⁷

Historian Thomas Beers coined the term "Titaness" for this "new woman"³⁸ who rose like a phoenix from the ashes of the "White City" of 1893 Chicago. As Ernest P. Earnest wrote in *The American Eve in Fact and Fiction*, "Whether or not the American government had discovered women [following the Chicago World's Fair] the American public did so...the papers and magazines were full of accounts of titanesses..."³⁹ The other feminine image which dominated the American consciousness during these years was that of the Gibson Girl, who also came into prominence as a result of the Chicago World's Fair.⁴⁰ As drawn by illustrator Charles Dana Gibson, the Gibson Girl was tall, relatively slim though well formed, and often engaged in sports and exercise, creating a fashionable, fresh image. It has even been said that the appeal of the Gibson Girl was in the knowledge that she would mature into the Titaness⁴¹ and find, as Macfadden might have put it, the "power and beauty of superb womanhood."

One thing which must be said about Macfadden is that although he lacked formal education, he was never ignorant of the *zeitgeist*, and this insight led him to launch the first women's fitness magazine, *Women's Physical Development*, in October of 1900. *Physical Culture* had by then been in operation little more than a year but it had grown so rapidly--there were more than 100,000 subscribers by 1900⁴²--that Macfadden was convinced the market could support separate publications for men and women. Another example of his firm belief involving the relationship of women and exercise is his placing on the cover of the August, 1900 issue a buxom young woman with dumbbells in hand--the first *Physical Culture* covergirl. As for *Women's Physical Development*, the magazine did well enough, although according to Oursler, the "cumbersome" title hampered public acceptance.⁴³ But in March

of 1903 the title was changed to *Beauty and Health: Women's Physical Development* and circulation soon exceeded 80,000.⁴⁴

The success of the magazine, however, owed less to a name change than it did to Macfadden's instinct for the mood in *fin de siecle* America. For example, in a stroke of editorial and public relations genius, he announced in the December 1902 issue of *Women's Physical Development* that, "knowing as I do the vast importance of strength and beauty and health in women, I have determined to offer for the year 1903, a prize of \$1,000.00 to be presented to the best and most perfectly formed woman."⁴⁵

In the months which followed, Macfadden's editorial column carried a reference to the contest every month. The brilliance of the idea was that besides generating an enormous amount of publicity throughout the country, it provided his new magazine with hundreds of photographs and stories of "physical culture women," all of which helped to humanize *Beauty and Health*. By the May issue the contest had grown and the plan now called for regional competitions to be held in 13 cities across the country: New York, Boston, Buffalo, Philadelphia, Washington, Pittsburgh, New Orleans, Cincinnati, Chicago, St. Louis, Minneapolis, Denver and San Francisco. These preliminary competitions were to be conducted under the auspices of local physical culture clubs and the winners would be sent to the semi-finals at Madison Square Garden in New York. The winners of this competition would then be furnished round trip passage plus expenses for a two week stay in London where they would meet the European semi-final winners for the world title. As it turned out, however, the European winners traveled to New York⁴⁶ and the finals were held there, between December 28, 1903, and January 2, 1904, as the climax of a "Monumental Physical Culture Entertainment." Besides the two physique contests, races for men and women, fencing championships, wrestling bouts and several fasting competitions were held during the exposition.⁴⁷ Emma Newkirk of Santa Monica, California won the 1904 competition; she stood 5' 41/2", weighed 136 pounds, and had a 35 inch bust, 25 inch waist, 36 inch hips and 23 1/2 inch thighs.⁴⁸ It is especially interesting to note that the panel of judges who chose Miss Newkirk was composed not only of athletes but of "prominent sculptors, physicians and physical culturists."⁴⁹ As for Newkirk, Macfadden also featured the fact that despite the many offers she received after the contest to pose for artists and appear in theatrical reviews, she, "like a true woman," returned to Santa Monica and married her sweetheart.⁵⁰ Though Macfadden lost money on the show,⁵¹ the publicity generated by it was beyond price, and so plans were soon underway for a second competition, set for October of 1905. This time, thanks to Anthony Comstock, Macfadden did not have to hype the game and the women's contest went off on schedule, although the rules had changed considerably from the previous year. At the 1905 show, the competitors had to be more than simply aesthetically pleasing to the panel; in addition to the posing contest, all the competitors had to participate in a series of eight athletic events: 50 yard run, 220 yard run, 440 yard run, running high jump, two hand lift, half mile run, one mile run and three mile "go as you please." This altered format meant that though Marie Spitzer of New Haven, Connecticut placed only fourth in the posing part of the competition, she was chosen as the "perfectly developed woman" by virtue of the fact that she finished first in six of the eight athletic events.⁵²

As the years passed and more such contests were held, *Physical Culture* continued to grow, reaching a high of more than 340,000 subscribers early in the Depression.⁵³ By that time, Macfadden was reportedly worth more than \$30,000,000. and his publishing empire was so widespread that the combined circulation of his magazines was over 7,355,000, more than those of either William Randolph Hearst or Henry Luce.⁵⁴

Macfadden's bold campaign to change the way American culture viewed womanly beauty, rooted as it was in the nineteenth century ideals of neo-classicism and naturalism, was essentially a campaign for functional beauty. To Macfadden the body should not only have proportion and symmetry but should also be servicable-strong, capable, enduring and therefore healthy. Though Macfadden's zeal for the family unit and the role of the woman-wife within it grates a bit in these more modern times, it is not surprising considering his early childhood and the loss of his mother, after which loss he seems to have always yearned for supportive feminine influences. Furthermore, the Industrial Revolution had made dramatic changes in the social structure of America so that in 1900, for instance, when *Women's Physical Development* was first launched, more than 6,000,000 American women worked outside the home. And it must be remembered that America had just passed through a decade in which the number of women who entered the work force increased at a rate faster than the birth rate. A further telling statistic is that in the decade following 1900, an unprecedented 954,000 divorces were granted,⁵⁵ which gave Macfadden and hundreds of other Americans another substantial reason to be concerned about the future of the American family.

But his concern was real and it helped to fuel his reformist engine. Historically, Macfadden is difficult to define because his interests and impacts on American culture were so diverse. But if he did nothing else, he took the verse from *Corinthians* seriously, "Whatsoever cometh to thy hand, do it with all thy might." And, as Hofstadter points out in *The Progressive Movement: 1900-1915*, a distinguishing characteristic of the era was not simply a belief in "progress" but activism. The progressives argued that "social evils will not remedy themselves, and that it is wrong to sit by passively and wait for time to take care of them...they did not believe that the future would take care of itself."⁵⁶

Macfadden's activism found a focus in the Victorian belief, expressed best by Herbert Spencer, "that the preservation of health is a duty...all breaches of the laws of health are physical sins."⁵⁷ Working within this concept, Macfadden adopted his famous motto, "Weakness is a Crime, Don't be a Criminal," and with typical turn of the century eclecticism, he took those aspects of popular culture that met his needs--neo-classicism, Darwinism, dress reform and concern for the family--and synthesized them into a "new woman" who satisfied his philosophical, aesthetic and sexual tastes and filled the role of surrogate maternal figure. That he was so successful in his efforts is partly a result of technological printing advances such as the Hoe rotary art press which made it possible for magazines to print photos and pictures at less expense than ever before,⁵⁸ thereby enabling him to use the very sorts of images which had so profoundly stirred him and many other Americans at the Chicago World's Fair. That he would be roundly criticized for his efforts was, of course, all in the best tradition of the reformer.

But was Macfadden really successful in his campaign to

change the American image of feminine beauty? Did he make a significant contribution to the esthetic shift that caused Dorothy Dix, in 1915, to describe the type of girl that was attractive to men of her era as a "husky young woman who can play golf all day and dance all night..."?⁵⁹ The evidence suggests that clearly he did. Though Macfadden was only one voice in the campaign against such things as the corset, his voice was the loudest and it reached hundreds of thousands of men and women in the early part of this century. And, in particular, his boldness in putting the bodies of stronger, fitter and more vigorous womanhood on proud display in his magazines and in Madison Square Garden, dressed in their union suits and sashes, meant that women who longed to live more vigorous and active lives, and be athletic as well as attractive, now had role models, even if they were only a "Venus from Hoboken."

* The author would like to thank Dr. William Goetzmann of the University of Texas at Austin for his assistance with the original version of this article. Thanks also to the *Journal of Sport History* for permission to reprint the portions of this article which first appeared there.

1. *New York Times*, 6 October 1905, p. 10.
2. Clement Wood, *What It Takes*, (New York: Liberty Publishing Corporation, 1934), p.105.
3. Bernarr Macfadden, "The Physical Culture Exhibition," *Physical Culture*, 14:6 (December 1905): 575.
4. *New York Times*, 10 October 1905, p. 9.
5. Heywood Brown and Margaret Leech, *Anthony Comstock: Roundsman of the Lord*, (New York: The Literary Guild of America, 1927), p. 225.
6. Foulten Oursler, Bernarr Macfadden: His Life and Work," *Physical Culture* 60:3 (September 1928): 41.
7. *New York Times*, 10 October 1905, p. 9
8. William H. Taft, "Bernarr Macfadden: One of a Kind," *Journalism Quarterly*, 45:4, (Winter 1968): 627.
9. *Ibid.*, p. 627-633.
10. Since the original version of this article appeared in *The Journal of Sport History* in 1987, two biographies have appeared on Macfadden's life. William R. Hunt's *Body Love: The Amazing Career of Bernarr Macfadden* (1989) was published by Bowling Green State University Popular Press in Bowling Green, Ohio. Robert Ernst's *Weakness is a Crime: The Life of Bernarr Macfadden* was released in December of 1990 and is published by Syracuse University Press.
11. In addition to these two new texts, William H. Taft, now retired from the school of journalism at the University of Missouri, has published three articles on Macfadden which examine his early days in Missouri and his career in publishing. The best of these is Taft's Bernarr Macfadden," *Missouri Historical Review*, 63:1 (October 1968): 71-89. Other scholarly treatments include one dissertation: Clifford Waugh's *Bernarr Macfadden: The Muscular Prophet*, (State University of New York at Buffalo, 1979) and a single article by Ben Yagoda, which appeared in *American Heritage*, 33:1, (December 1981): 22-28. None of these sources examine Macfadden's impact on women's exercise.
12. Catharine Beecher, *Educational Reminiscences*, (New York: J.B. Ford and Company, 1874). p.43
13. Catharine Beecher, *Letters to the People on Health and Happiness*, (New York: Harper and Brothers, 1855) and *Physiology and Calisthenics*, (New York: Harper and Brothers, 1856).
14. David F. Burg, *Chicago's White City of 1893*, (Lexington: The University Press of Kentucky, 1976), p. xiii.
15. Bernarr Macfadden. "My Fifty Years of Physical Culture" in *Physical Culture*, 69:10, (October 1933): 99.

15. In 1929, three biographies appeared, written by Macfadden associates: Fulton Oursler, *The True Story of Bernarr Macfadden*; Grace Perkins (Oursler), *Chats With the Macfadden Family*, and Clement Wood, *Bernarr Macfadden: A Study in Success*. All three were published by the Lewis Copeland Company in New York. A shortened version of Wood's work, retitled *What it Takes: A Study in Success*, appeared in 1934 from Liberty Publishing in New York. Oursler's biography was serialized in *Physical Culture* under the title "Bernarr Macfadden--His Life and Work," running from September of 1928 through May of 1929. Through the years, Macfadden included much biographical information in *Physical Culture* magazine, of which the most important sources are the 23 articles which comprised "My Fifty Years of Physical Culture," from April 1933 to Macfadden 1935. Macfadden's third wife, Mary, tells the story of her years with Macfadden in *Dumbbells and Carrot Strips*, co-authored by Emile Gauvreau in 1951 (New York, Henry Holt and Company); while Johnnie Lee Macfadden, the last wife, published *Barefoot in Eden* (Englewood Cliffs, New Jersey: Prentice Hall) in 1962.
16. David P. Webster, *Barbells and Beefcake: An Illustrated History of Bodybuilding*, (Irvine Scotland: privately printed, 1979). p.33.
17. Charles T. Trevor, *Sandow the Magnificent*, (London: Mitre Press, n.d.), p. 4018. For an excellent discussion of Great Britain's attitudes regarding health and exercise in the nineteenth century, see Bruce Haley's, *The Healthy Body and Victorian Culture*, (Cambridge: Harvard University Press, 1976.) Haley's belief is that "No topic more occupied the Victorian mind than Health--not religion, or politics or improvement or Darwinism," (p. 3) and that the mind-body (*mens sana in corpore sano*) relation involved fundamental questions "about the relation of natural law to human growth or culture." (p.22).
19. Bernarr Macfadden, "My Fifty Years of Physical Culture," *Physical Culture*, 70:5, (November 1933): 99.
20. Bernarr Macfadden. "My Fifty Years of Physical Culture," *Physical Culture*, 70:61, (December 1933) :23.
21. David P. Webster "Bernarr Macfadden," *Muscles Mag International*, (Summer 1975): 20-21. The Coulter Papers, File "Macfadden," The Todd-McLean Physical Culture Collection, University of Texas, Austin.
- When Macfadden returned to America, the magazine was purchased by his business partner, Hopton Hadley, who changed the name to *Health and Strength*. It continued to specialize in weightlifting and bodybuilding news while Macfadden's new magazine, *Physical Culture* turned more to health. *Health and Strength* ceased publications in 1984, making it the longest running physical culture magazine ever.
22. William H. Taft, "Bernarr Macfadden," *Missouri Historical Review*, 63:1, (October 1968), p.82
23. (Bernarr Macfadden), "Can the Highest Degree of Attainable Physical Perfection Be Acquired if Absolute Continence Be Observed?" *Physical Culture*, 1:2, (April 1899): 28.
24. John C. Burnham, "The Progressive Era Revolution in American Attitudes Toward Sex," *Journal of American History*, 54:4, (March 1973): 885.
25. William H. Taft, "Bernarr Macfadden," *Dictionary of Literary Biography*, (Detroit: Gale Research Company, 1984), Vol. 25, American Newspaper Journalists: 1901-1925, Perry J. Ashley, vol. editor.
26. [Bernarr Macfadden], "The Exhilaration of a Superb Physique Necessary to Beauty," *Physical Culture*, 1:4, (June 1899): 81.
27. [Bernarr Macfadden], "Erroneous Ideas of Muscle," *Physical Culture*, 1:4, (June 1899): 28. Ibid.
29. Dr. Dio Lewis, following in Catharine Beecher's footsteps, advocated physical training for women during the middle years of the nineteenth century, publishing his classic work, *The New Gymnastics for Men, Women and Children in 1862* (Boston: Ticknor and Fields). He is also credited with establishing the first normal college for physical education instructors in 1861, in Boston. For further biographical information on Lewis see Fred Eugene Leonard's, *A Guide to the History of Physical Education*, Second Edition. (Philadelphia: Lea and Febiger, 1927), p. 255-267.
30. Macfadden, *The Power and Beauty of Superb Womanhood*, (Spotswood, N.J.: Physical Culture Publishing Company, 1901), p. 22.
31. In *Letters to the People on Health and Happiness*, Beecher reports on an informal survey she conducted during her travels throughout the United States that convinced her "that there was a terrible decay of female health all over the land," (p. 121) and that "the standard of health among American women is so low that few have a correct idea of what a healthy woman is," (p. 122).
32. Ernest P. Earnest, *The American Eve in Fact and Fiction*, (Urbana: University of Illinois Press, 1974). p. 229.
33. Valerie Steele, *Fashion and Eroticism: Ideals of Feminine Beauty from the Victorian Em to the Jazz Age*, (New York: Oxford University Press, 1985), p. 96.
34. Gavriel Prevost, quoted by Valerie Steele in *Fashion and Eroticism: Ideals of Feminine Beauty from the Victorian Em to the Jazz age*, p.102.
35. Steele, *Fashion and Eroticism: Ideals of Feminine Beauty from the Victorian Era to the Jazz Age*, p.103.
36. Ibid., p. 108.
37. Ibid.,p. 218.
38. Earnest, *The American Eve in Fact and Fiction*, p. 206.
39. Ibid.,p. 228.
40. Earnest, *The American Eve in Fact and Fiction*, p. 208.
41. Ibid., p. 231.
42. Printed on the cover of *Physical Culture*, 4:2, (November 1900) are the words, "Paid Circulation for October, 102,000."
43. Oursler, "Bernarr Macfadden: His Life and Work" *Physical Culture*, 60-6, (December 1928),p. 111.
44. Ibid.
45. [Bernarr Macfadden], "\$1,000 for the Most Perfect Woman," *Woman's Physical Development*, 5:3, (December 1902): 126.
46. Webster, "Bernarr Macfadden," p. 22.
47. "\$5,000 in Prizes," *Physical Culture*. 6:7, October 1903, p. 332
48. L. E. Eubanks, "The Female Form-Ideal and Real," *Physical Culture*, magazine clipping in the "Women's Physical Culture" file, Todd-McLean Sports History Collection, University of Texas, Austin.
49. "The Great Physical Culture Exhibition," *Physical Culture*, 11:2, (February 1904): 113.
50. Marion Walford, "A Rival of Miss Newkirk," magazine clipping in the "Women's Physical Culture" file, Todd-McLean Sports History Collection, University of Texas, Austin. (Article appears to be from *Physical Culture*.)
51. Macfadden, "My Fifty Years of physical Culture," *Physical Culture*, 71:3, (March 1934): 70.
52. "The Athletic World," *Physical Culture*, 14:6, (December 1905): 494, The "two-hands-lift" was done using a "lifting machine" of the type popularized by George Barker Windship in the mid-nineteenth century. The athlete stood on a platform above the weight, and pulled upward using a handle attached by chains or pipe to the weights below. In modern terminology it is called a hand-and-thigh lift and as the weights are moved only a few inches, exceptionally large poundages can be raised. One of women competitors in this contest lifted 550 pounds.
53. Taft, "Bernarr Macfadden: One of a Kind," p. 624.
54. Yagoda, "The True Story of Bernarr Macfadden," *American Heritage*, 33:1, (December 1981),p. 26.
55. 1900 Census statistics reported in Rheta Childe Dorr's, *The Role of American Woman*, written in 1910 and contained in: Richard Hofstadter, ed., *The Progressive Movement: 1900-1915*, (Englewood Cliffs, N.J.: Prentice Hall, 1965), p. 84.
56. Richard Hofstadter, ed., *The Progressive Movement: 1900-1915*, Englewood Cliffs, N.J.: Prentice Hall, 1965), p. 84.
57. Haley, *The Healthy Body in Victorian Culture*, p. 17.
58. Richard L. Watson, *The Development of National Power*, (Boston: Houghton Mifflin Company, 1976), p. 63.
59. Quotation from Dorothy Dix cited in James R. McGovern, "The American Woman," *Journal of American History*, (September 1968)317.

Where Are They Now?

Al Thomas Kutztown University

JACK LONG : PHYSICAL CULTURIST—PHYSICIAN

The most impressive athletic feat is growing old strong — growing strongly into old age with one's physical vigor and mental acuity intact. The touchstone of a great training system is the degree to which it enhances the power and joy of its practitioner's "daily labor of living": an adventure and a labor which, with certain accommodations to time, should be no less joyful and vigorous in age than it had been in youth.

Nearly a half century ago, Jack Long was one of the best built men in America and the possessor of a national middleweight record in the "two arm lying press," the bench press. Today Jack Long, the fine physique--athlete and strong man of the 1930's, is John C. Long, M.D., F.A.C.S. (Fellow of the American College of Surgeons), of Plainview, Texas, a magnificent legatee of sane and healthful strength- and body-building: "Thanks to regular workouts, I am still in excellent health and actively practicing surgery at the age of 78." Amazing: near the close of his eighth decade, Dr. Long is still "in active practice" as part of one of the most demanding and stressful of all professions: surgery.

At a lifting meet, years ago, I had a long conversation between lifts with Ray Van Cleef, who had come East from California to testify in a court proceeding for Bob Hoffman. Ray spoke of his old days as a "pupil" in Siegfried Klein's great gym ("physical culture studio," that is) at 717 7th Avenue. As an aside, is there a 90's-type gym in which the relationship between member and owner is that of pupil and teacher (even "professor": as with Siegfried's father-in-law, "Professor" Attila)? That the answer is so obviously NO accounts in part for what has gone-out of the wonderful relationship that used to exist between pupil and teacher in a gym: the best example being that between Siegfried Klein and his "pupils," who came to him to learn—and then stayed as members of the Klein-ian family.

Ray talked lovingly about this ne plus ultra of gyms; about the great fondness that the pupils had for their occasionally irascible, but

basically kind-hearted, cigar-twirling mentor; and about the pupils themselves: himself of course, Bob Marley, Frank Garbino, Frank Leight, and the subject of this column, Jack Long, whom Ray recalled as possessing the handsomeness of a movie matinee idol and a classically muscular physique second to very few. (Ultimately, Jack's photos were to grace the pages of many publications, among them *Klein's Bell* (1932), *La Culture Physique*

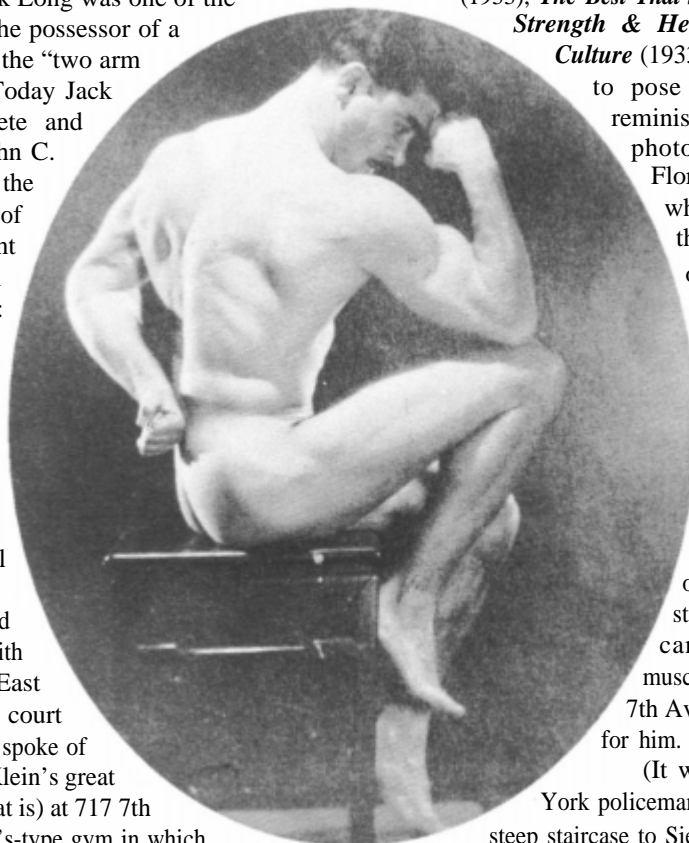
(1933), *The Best That's in You* (1934) by Joe Bonomo, *Strength & Health* (1933-35), and *Physical Culture* (1933-35), which paid him ten dollars

to pose for exercise articles.)¹ Ray reminisced about Siegfried's sending out photos of the impressively built Floridian as part of a campaign in which Long was to be groomed as the maestro's "prize pupil" (an opinion in which Leo Murdock, for one, later concurred).

But as Bobby Burns has assured us, the best-laid plans of mice and men "gang aft a-gley," and Siegfried's were no exception. For all Jack's high spirits and grand promise as a physique- and strength-athlete, he found himself being drawn to the groves of academic, more specifically the study of medicine, which gradually came to take precedence over muscle, strength, and the world of 717 7th Ave., along with his mentor's hopes for him.

(It was about this time that a New York policeman led a husky young friend up the steep staircase to Siegfried's Studio; the young friend was Frank Leight, and in a brief time, the mighty Leight was to become not just one of the strongest men, but the best physique-man, in New York, indeed one of the best physiques in the world. The role of Siegfried's "prize pupil," it seemed, hadn't been destined to remain without a player, at least not for very long.)

When Jack arrived in New York, he had worked for Consolidated Edison and attended college at night, but medicine had come to be his life's focus: and in 1941, he was graduated from New York University Medical School. Then, during the War years, he served



in the Army Medical Corps in the China-Burma Theatre and, upon his return, was granted a fellowship and surgical residency in oncology (cancer) at Memorial Sloan Kettering Hospital in New York (1945-1950). It was clear that the physique- and strength-world's loss was to be medicine's gain, though weight training was to remain a staple of Jack's exercise regimen.

His physician wife, Dorothy (M.D., F.A.A.P.), attests to this when she sums up the role of weights, not only in his, but their, life: "I found early in my married life what the future held when I was taken to a wrestling match and a weightlifting meet on my honeymoon! In my mind, I view the influence of Jack's interest in, and dedication to, physical fitness and weightlifting in two general areas: It has influenced our family, in that our son, also a physician, is an avid marathoner, and among our grandchildren, we have a grandson in weightlifting, one in karate, another in soccer, and a granddaughter also in soccer. It has also been an influence in the community, where Jack has had a strong influence in helping build and support the local Y.M.C.A., and in encouraging a weightlifting program. He has also encouraged several young weightlifters who have gone into competition."³ (Speaking of quantum leaps, one would be hard-pressed to devise a better example of 'prize-pupil-ness' than Dr. Jack's carrying "Professor' Klein's—and Attila's—"Greco-Germanic System of Physical Development" if not exactly to the ends of the world, at least as far south-westward as the great State of Texas.)

Born in Oak Park, Illinois, on January 28, 1913, Jack spent his high school days in Jacksonville, Florida. His father, a fine athlete, was a good hockey player and a world class sprinter, who (as an aside) later came to be associated with the research institute which developed "muzak." Young Jack junior's training began in 1927, in Jacksonville, under the tutelage of John Piombo and Al Berkowitz, who operated the "Health School" located in the Jacksonville Y.M.C.A. Jack's father joined Sieg's gym in 1930, and shortly after that, young Jack, who had moved to New York by that time, was training at the West Side Y.M.C.A. and of course with his father at Klein's, where he blossomed, Jack's arrival at 717 7th Ave. is documented inimitably by Sieg in his delightful little publication *Klein's Bell* (August, 1932): Jack's father "would often

remark about what a cinch the exercises would be for his big, strong son. Coming from a man whose almost every phrase was subject to interpretation in the light of joking, we pictured this marvel of a son as a puny, skinny child. ...And then one day, daddy Long brought the boy along. Even before he had removed his coat, we were aware that the lad had a splendid physique. Stripped, he was something to marvel at. ...Naturally, we all wanted to know 'how he got that way.'" It was clear, of course, that he had "inherited a certain amount of his physical foundation along with his humor," but "as a small boy he [had been] interested in various sports and, as he grew older, turned to ways and means to further develop the splendid start he had toward a magnificent physique.

...After enrolling here at the gym, he became very interested in the two arm military press, more or less specializing on this lift, but by no means neglecting the training necessary to build a beautifully well balanced [body]. When he first joined our ranks, he was able to do a fair lift in the two arm military press...today he will lift 205 pounds with ease and good form. ...here at the studio we have never been able to call him anything but Jack...he is Jack Long to everyone, for you cannot know him for more than five minutes without feeling that you have known him for a long time. Jack is a member of our well known 'Fifteen Inch Arm Club'...and is one of the best-proportioned men among our members, ...one of the most effervescent. He has an unsuppressible humor."⁴ (Evident in these few, too-severely edited lines are the generosity, the openness, the good humor—in short, the manliness and magnanimity—that characterized both



Klein, the man, and Klein, the writer, throughout his long career in the Game.)

Jack's youth was the era of the strength-affidavit, the witnessed (often notarized) quasi-legal testimony to a lifter's records and personal bests. For instance, this one is dated October 28, 1933: "We, the undersigned, hereby certify that on this day, after weighing the weights on a scale tested and sealed by the Mayor's Bureau of Weights and Measures, City of New York, [we] saw J.C. Long, Jr., who on this day weighed 153 1/4 lbs. stripped, perform the following records." And, you ask, who were the "We" (of We, the undersigned)? The Who's Who of strengthdom in the 30's, that's who. No less than Olympic coach, Mark Berry (the referee); Dietrich Wortmann (A.A.U. Chairman); Adolph Nordquest (professional strongman); Siegmund Klein; Carl E. Williams (Editor

of *Physical Culture*, as averred in the affidavit); and Samuel Olmstead. All gathered one fine autumn evening to witness Jack's two arm curl (military position): 149 1/4 lbs., right arm curl (military position): 72 1/2 lbs., and left arm curl (military position): 70 1/4 lbs. (Having one's feet held to the fire by a panel of such martinetes surely put a crimp into his Saturday afternoon locker room brags. Can you imagine how rapidly the curling poundages quoted in the current muscle magazines would deflate if the curlers had to assume the "military position," as opposed to the 90's "modified inclined bench press, reverse-grip clean position" affected by "curlers" these days?)

The hullabaloo and affidavit-making attendant upon Jack's setting the new national middleweight record in the bench press ("two arm lying press") at Jacksonville's Coliseum was captured in this newspaper "teaser" on the day of the big event: "The record [in the bench press] is now held by Sigmund [sic] Klein and is recorded officially at 288 pounds. Every detail is being complied with here for Long's attempt to break the record. The scales will be inspected and certified by the city scale inspector. Three well-known school coaches will officiate as judges and will record the actual lift that Long will attempt. A Paramount News Reel cameraman will be present and will film the exhibition. Mayor Alsop will officiate as honorary judge, and according to the advance sale of tickets, a packed house will greet the opening of the mammoth show." (The account quoted here, a copy, did not bear the newspaper's name, but Jack ventured that it was the *Jacksonville Times Union* for that date: August 13, 1934.) Rising to this rather frenetic occasion, as a small middleweight (156 3/4 lbs), Jack set a new national record of 294. He then asked for 300, but "it wouldn't quite go." (When weighed, it was actually 302. Jack's best in-gym bench was 300.) His best military press at this weight was 220, and his best at 161 was 235.⁵

Jack's earliest heroes in the Game were Bernarr Macfadden and Charles Atlas and, later on, Sieg Klein, John Grimek, and the remembered subject of this anecdote: "The world record in the abdominal raise (the sit-up with weight-behind-neck) was held by a middleweight at 110 lbs., but this was also the heavyweight record.



I was determined to try to break it and had gotten to 100 lbs., until one day at Seig's Gym I saw Frank Leight doing repetition sit-ups with 130 lbs.—I abandoned my efforts!"⁶

Today, Jack's training consists basically of racquetball and light weight training; his diet (as one might expect of a cancer surgeon), basically low fat and high fiber. [The accompanying 1990 photo of Dr. Long aptly illustrates the extraordinary physical development he still maintains.]

Dr. Jack Long is proof that, except for the very few, success in our sport is a springboard to similar success in the "real world." The muscles built are not just the bulging sort that contract to lift weights: more than in most sports, success in our Game is predicated upon system, discipline, the "day-to-dayness" of it all: in a word, "character" (a cliché, of course, but no less true for being one). A force in his community, a surgeon still in active practice well into his 79th year of life, the husband of a physician, the father of a son who is a physician, and of three daughters (respectively, a nurse, an attorney, and a school teacher), Jack Long embodies the best of both worlds. Well into his eighth decade, he is respected in the realm of iron and in his chosen profession, surgery. The two worlds, however, can't really be separated. In the wonderfully talented and promising physique-athlete and strongman of the 30's, the fine surgeon-to-be was being shaped. Today, beneath the well-ordered and doctorly surface of the healer (far from Seventh Avenue in the panhandle of Texas) still resides the irrepressibly good-humored young muscleman who in his youthful vigor, long ago (yet not really so long ago), flew-up that long flight of steps at 717 to take his place among Sieg's

boys, destined (as we now can see) to become lifting's "Boys of Summer," boy-men who remain (for all their titles and authority in the "real world") Sieg's boys. In those precious moments of reverie and reminiscence (dear even to an all-conquering Alexander in his battle tent), still and forever—Sieg's boys. Just for the moment (just for the fun of it all)—Sieg's boys. And Jack Long was, Jack Long is, one of the best of them—one of the best of Sieg's boys.

¹ Letter from Dr. Jack Long to Al Thomas, dated 10 June 1990.

² Ibid. Dated 11 July 1990.

³ Letter from Dr. Dorothy Long to Al Thomas, dated 10 June 1990.

⁴ *Klein's Bell* 2(3), August, 1932.

⁵ Letter from Dr. Jack Long to Al Thomas, dated 10 June 1990.

⁶ Ibid., dated 11 July 1990.

TERRY TODD

CHARLES A. SMITH

On January 29, Charles A. Smith died of complications stemming from a cancerous growth on the top of his skull. Smith was a prolific writer during the early and middle 1950s, turning out more than 300 articles in the field of weightlifting and weight training. Many of those articles—most of which were written when he served as an editor for several of the Weider publications—are among the finest writing ever done in the field.

Charles was born on March 27, 1912 in London, England; and his origins were “working class.” On his eighth birthday, Charles’ father, who was a “dustman”, gave him a secondhand set of Sandow expanders and spring-grip dumbbells and these pieces of equipment introduced him to the world of physical culture. He was active in many sports, competing in such activities as soccer, cricket, track and field, rugby, rowing, archery, gymnastics and swimming, in which sport he became a London District Champion.

He was introduced to real weightlifting and bodybuilding by Bert and Joe Assirati, who were very talented lifters. Bert, in particular, was the strongest man in England for many years and had a long and successful career as a professional wrestler. In any case, Charles was bitten by the barbell bug and continued with his training after high school. His life changed dramatically when World War II began, and he had a long and distinguished career in the British Royal Navy, serving from 1939 to 1946. He saw a lot of combat duty and served in every theater of war, earning seven decorations for meritorious service and bravery.

After the war ended, Charles moved to America with his wife and worked in New York City in a bank. Here in the U.S., he became active again in the growing fields of weightlifting and bodybuilding and for six years he served as the secretary of the Metropolitan A.A.U. Weightlifting Committee. Although Charles did not compete, he was an active judge, and he was one of the officials when many national and world records were made. He had

by then begun to write occasional articles about weightlifting for *Iron Man*, and this brought his to the attention of Joe Weider, who appreciated Smith’s retentive mind and knowledge of the game. By 1950 Charles was working for Weider—writing articles, answering mail and editing manuscripts in magazines such as *Your Physique*, *Muscle Power*, *Muscle Builder*, *Mr. America*, *The Weightlifter* and *Boxing* and *Wrestling*. Many close followers of the strength sports consider the work Charles did for these Weider Publications from 1950 until 1956 to be among the best work done up to that

time. Charles was energetic, opinionated and enthusiastic and his enthusiasm enlivened his writing and inspired thousands of young readers of these muscle magazines. Charles’ gifts played a key role in the success of the Weider publications during the early fifties and he often expressed the opinion in later years, when he was no longer in the center of things, that he was sorry he had been unable to continue his editing job after 1956 and find a way to make a living as a writer/editor. He spent some time living in Alliance, Nebraska, writing for *Iron Man* and working as a painter to make ends meet; but he didn’t feel as if he could make a go of it under those circumstances, and he accepted an offer to work with Leo



Murdock, who had a thriving gym business in Austin, Texas.

Thus it was that Charles moved to Austin, which is where I met him in 1958. It was a thrill for a young man like me to talk to the person who had written so many informative and exciting articles about superheroes such as Doug Hepburn and Reg Park, and I remember being saddened by the fact that Charles decided to leave the iron game and accept a job at the Travis County Juvenile Court as the intake supervisor. But Charles succeeded at his new job, which involved directing all incoming cases to the appropriate courts and community agencies, and he worked there until his retirement, managing to earn a degree in Criminal Justice in his

(1912-1991)

spare time. He had very little contact with the iron game from 1959 to 1984, but in 1984 he agreed to come to the University of Texas once or twice a week and help Jan and I sort and catalogue our growing collection of physical culture material. Once he began to handle the old books and magazines he had known so intimately in his younger years, he seemed to be revived. He had lost one of his legs a year or so earlier, as a result of complications from diabetes, and he was confined to a wheelchair. But soon he was corresponding with people all over the world, contributing letters and articles to the muscle magazines and serving on the editorial board of *Iron Game History*. Charles' enthusiasm, once it returned, never faltered and in the weeks before his death, when we would talk in the hospital or on the phone, he would always ask me for news about who was lifting what and who was doing well in the physique world. "What's the news, old boy?" he would say, and then commit to his undiminished memory whatever I had to share. Charles A. Smith was a talented, remarkably well-read man and even though he was only partially active in the field of physical culture for the last 30 years of his life, during his prime as a writer he made a unique and valuable contribution to his beloved iron game and his many correspondents will feel the loss acutely.

The biographical information provided above was written for John Balik, who requested it for *Iron Man* magazine; it is reproduced here with John's permission. A similar brief sketch was written at Joe Weider's request for use in *Muscle & Fitness*. Because I knew Charles for almost 35 years, and saw or spoke to him at least once a week for the past eight years, I wanted to add a few details as a way of paying my respects to this fascinating, if sometimes irascible, man.

Until the last year or two of his life, and particularly before he was brought down by diabetes, Charles had a great fondness for beer. His usual habit, after his wife had died of cancer in the late 1950s, was to drive straight home from work, put on comfortable clothes, get whichever book he was in the process of reading, open a quart of beer and sit in the living room reading and drinking until bedtime. He read a great many books and he drank a great many beers and the two will always be intertwined in my mind where Charles is concerned. It seemed to me that he never fully recovered from the death of his wife and I suspect that this loss had a lot to do with his immersion in beer and books. He often quoted the famous line, "Malt does more than Milton can, to justify God's ways to man."

Back in the early 60s, after Leo Murdock had left Austin and his former club was being operated as the Texas Athletic Club by Jack Woodson, several of my friends and I tried to interest Charles

in training again and, for a while, he did. I recall one evening down at the TAC watching Charles work up to a 250 pound bench press and then say, with a smile, "I'm not bitching for 50." But he seemed unable to sustain his interest; the pull of the beer and the books was too strong. Even so, he always seemed eager to talk about lifting and so I continued to visit him before I left Austin in 1967 and during my many trips back to see my family over the 16 years I taught at other universities. Because of his lifelong habit of reading and his first-rate memory, Charles was a storehouse of information on a variety of subjects and this made most conversations with him both a pleasure and an education.

One of the things I recall with satisfaction about Charles' last few years was the excitement he got from going with me and Jan to New York to attend two of the dinners organized by the Oldtime Barbell and Strongman Association. It was anything but easy for a man in both a wheelchair and his 70s to negotiate such a trip, even with two lifters along to help. Nor did Charles enjoy spending the money for the roundtrip airfare, being, by his own admission, notoriously close with a dollar. (He was even fond of pointing out parsimony in others, and one of his favorite lines was, "If he were a ghost, he wouldn't even give you a fright.") But he steeled himself to the difficulties of travel and the necessity of paying for his ticket and, by doing so, had a wonderful time seeing the city again and spending hours talking with many old friends he never thought he'd have a chance to see.

As Charles began to fail a bit last fall, one of the things which always brought him out of the doldrums was news about Mark Henry, the giant teenager who moved to Austin last September. Charles' interest intensified after I took Mark to Charles' home so the two could meet. Charles admired Mark's anti-steroid stance and was astonished at his size; everytime I called Charles wanted to know how much Mark had snatched and how his wrist injury was coming along and he often remarked that he had never seen a man so large, yet so limber. The last time I spoke to Charles, after he was in the hospital in the terminal stages of his disease, drifting in and out of the present, he really came to life at the news of Mark's 341 snatch. By then, Charles had lost all taste for beer and was refusing all my offers of reading material, but his love for the game—a love perhaps made stronger for his having lost and then regained it in the last decade of his life—was undiminished.

Finally, I call your attention to the article in this issue on Bert Assirati. When we got word from Charles that Bert Assirati had died, I asked Charles to write a memorial essay for *IGH* about his longtime friend. Little did I know that before it would be published, I would be writing one for Charles.

Charles A. Smith

Tribute to a Strength Athlete—BERT ASSIRATI



Bert Assirati, one of history's greatest strength athletes and wrestlers died of cancer of the bladder on August 31, 1990 at eight o'clock in the evening. So passed a unique man, perhaps the greatest example of the old-time strongman/mat artists of this century.

I knew Bert for more than 50 years. He taught me to wrestle the hard way, breaking my nose in the process. Bert was also a fine tumbler and hand balancer, and one of the top professional wrestlers in the game. Standing about 5'7" and weighing as much as 250 pounds, Bert could turn a back flip with ease. In fact, it was his trademark after a match—which he always won—to do a back flip.

I first met Bert at the gym attached to the old Boxing and Wrestling arena—the "Ring"—in the Blackfriars Road in London, England. At that time Bert's arms measured a full 18 inches, and this was when 16 was considered big. It was in the early thirties, when El Said Noseir, the Egyptian heavyweight, held sway with a world record clean and jerk of 363, a weight Bert was said to have exceeded. At a time when the British record in the straight arm pullover was held by Alan P. Mead at 140 pounds, Bert did a straight arm pullover of 200 with ease. He could curl 200 pounds and squat for reps with 550 when a 400 pound squat was regarded as extraordinary. He also did a single-legged squat with 200 pounds.

When he saw I needed extra bodyweight to be able to wrestle more successfully, he sent me to his cousin, Joe Assirati, under whose tutelage I soon gained from 165 to 190. My meeting with Joe was a happy one for, in addition to gaining a teacher, I gained a lifelong friend and brother. Bert was *sui generis*—one of a kind—and we won't see his like again.

Goodbye, Bert.

[Ed. note: Goodbye, Charles.]

Al Thomas
Kutztown University

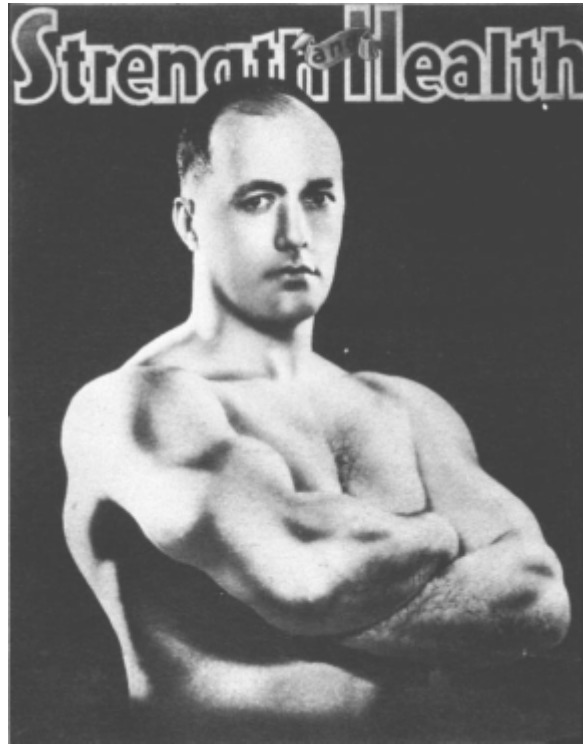
REMEMBERED PLEASURES OF ANOTHER WORLD AND TIME: THE GREAT STRENGTH & HEALTH PICNICS

From 1945, until their end, I never missed one. And for a moment, if you yourself ever attended one, I want you to think about what I'm going to say. If true, it may provide an insight into the powerful hold that the iron game still exerts upon even its elder celebrants, despite its compromise by both steroids and commercialization. And now for the pronouncement: Gentlemen, it has never gotten better--it had never been better and was not destined ever to be better--than the old *Strength & Health* picnics at Brookside Park, outside Dover, Pennsylvania.

There are, to be sure, still strength contests with galvanizing feats and marvelous muscle extravaganzas -- if inclining a bit to turquoise and hot pink, MTV choreography, and steroid-stuffed chaps dashing out of dry ice whirlwinds aboard camels. (Seeming to some, the frenetic spluttering of the light bulb before it pops.) But, and of course, despite the blight of steroids, I, just like you, still feel the surge of hot tears in the presence of a marvelous technician who clean and jerks over 570 pounds, steroid-assisted or not, as the slender Pisarenko did for Mack Trucks, a few years ago in Allentown, Pennsylvania. In a parched land, one takes his manna wherever it appears -- with a prayer of thanks and no questions asked. It's the same with the marvelous (if steroid-pimpled) expanses of muscle that present-day physique contests make available for us to survey.

We've grown cynical in this age of steroids, but when honest, most of us have to confess to heart-stopping moments even from the compromised version of our great sport. Granting these moments, however, I ask those of you lucky enough ever to have picnicked at Brookside Park: Has the game gotten better? Indeed, since then, has it ever been as good as it was in those dusty old afternoons in Bob Hoffman's park?

Where are they now? Those old joys of manly and democratic competition, community and commonality. Where are they now? Those rights, virtually "Constitutional," possessed by all of us teenage pests, however puny, scrawny, and uncredentialed. Where



are they now? Those old-fashioned "American picnic verities"? Where is the rock solid assurance, for instance, that (unlike the 90's superstar), if you asked Steve Stanko for his autograph, he'd ask you for a pen to start his scribbling, and not for a sawbuck as recompense for it.

It may well be conceivable (for reasons best known to his pharmacist) that a 90's muscle-kid could be puny, but it's far less likely that he could ever get much chance to share un-bought time (forget camaraderie) with one of the current moment's fruitfly stars, whom he'd be lucky to catch a glimpse of, swathed in designer clothes, whisking off into the night aboard a designer car, abandoning our supplicant 90's kid in a puff of dust.

Supplicant kids, we York picnickers never had to be. Often puny, yes. But never supplicant. We didn't have to be. Shyness aside, I,

we, just-about-everybody thought it our heroes' duty to answer our most tediously involved questions. And answer them, they did: not just the York guys (Grimek, Stanko, Bacon, Terpak, VanCleaf, Venables, Bachtell, Paschall, Shandor, Hitchins, the Terlazzos, and the always declamatory Hoffman), but also that particular year's crop of in-house lifters who happened to be working-out at the York Gym--not even to mention all the "heroes" (known to us from "the book") who were always to be found mixed-in among the picnickers. Such a time and place: Xanadu was nothing compared with this dusty grove in the heartland of the Pennsylvania Dutch.

The 90's kid, on the other hand, forks out big bucks to sit-in on a "seminar" with one of the modern champs (who, we all understand of course, has to payoff his half-million dollar home), and then the kid forks out still more bucks for the current "legend's" autograph. How different it once was in picnic-time: One of the sweetest memories cherished by the papa of our 90's kid was the day, "way back when," that he out-chinned the strongest man in the world: an authentic legend named Paul Anderson, the kind of *mensch* who delighted in giving skinny kids the thrill of their weightlifting lifetime: in this case, a chinning contest victory over our planet's strongest mortal, and all without any charge except for

a little sweat. Lost in all the self-promotion and me-firstness: Where are they now, the gentle joys from this other world and time?

Because it was my first, the 1945 *Strength & Health* picnic is the most magical and most clearly imprinted on my memory: the archetype for me of York picnics. Compared with later attendances that on occasion exceeded two thousand, picnickers were sparse on this oppressively hot late June Saturday. Because the War was still raging, only those who had saved-up the necessary gas coupons could even contemplate a trip of any length. (Too young to drive, I hitch-hiked down on other folks' coupons.) Wending my way into the dusty park that muggy afternoon was the biggest thrill, theretofore, of my first two years in the game. There it was -- Brookside Park, all 200 acres of it, with its outdoor stage ("the biggest outdoor stage in that part of Pennsylvania," no less), the merry-go-round, the dance pavilion, the concession stands, the marvelous oaks, the odorous outhouse (that was to become, in later years, my daughters' sharpest memory of their picnicking) -- not to mention, that year, a fortune teller's tent. Except for York's "Muscle Beach contingent," everybody I'd ever read about was there, ensconced in the hot dust: John Grimek, Tony Terlazzo, Jules Bacon, Steve Stanko, John Terpak, Dick Bachtell, nutritionist Dr. Frederick Tilney, the Hawaiians Emerick Ishikawa and Joe Lauriano and his brother, Art Gay, Alda Ketterman, and of course the redoubtable Bob Hoffman and his Great Dane. Larry Barnholth (of Akron's American College of Modern Weightlifting) had brought his star pupil, Junior National Champ Pete George, who was "supposed" to clean and jerk 300 that afternoon, but had to be satisfied with 270. Tony Terlazzo, John Grimek, and John Terpak also did some exhibition lifting.

If the biggest thrill of my first two years as a lifter was finding myself actually walking around, as though I belonged, at my very first *S & H* picnic (I'd feared being turned away at the "gate" for lack of a passport, or some such)--the biggest thrill and still-sharpest memory of my forty-seven years in the game transpired next: in response to the insistent coaxing of the picnickers, Grimek stripped off his shirt, struck a few poses, and then rolled-in to his incomparable muscle control act I hadn't, till then, and haven't since then, seen its equal. I would have hitchhiked 80 or 800, not just 8, hours to have partaken of this unforgettable moment in my iron game memories. Anticlimactically, after this, the crowd dispersed to the various venues for broad jumping (won by Ishikawa: 9'3"), dipping (won by Jules Bacon: 21), carrying the 56-pound block of iron (won by Stanko), and chinning (with first-place shared by Chief Specialist Chet Chatman and Tony Terlazzo: 22). Alda Ketterman performed some presses and an excellent clean and jerk with 150 pounds and then 12 consecutive one-arm overhead swings with a 75-pound dumbbell. As the shadows of the tall oaks lengthened, I had to admit that there yet remained miles for me to go before I could lay my head down in sleep, so I hoisted my thumb and was soon on the highway back to reality. Earlier Alda Ketterman had tendered, if quietly, an invitation to a post-picnic buffet at her nearby home, but not even my by-then vast supply of "brass" and burgeoning hubris permitted me to think that it included a skinny 15-year-old interloper whose only credential was

hope. The most wonderful day in that boy's life had come to a close, though the joys and memories of his new life in the game were just starting.

Among those joys, for the lover of strength, are memories of the grand strength feats and lifting elicited by the mere mention of this wonderful event. Marvin Eder's full dip with over 300 pounds of human resistance on the famous old wide dipping bar, once used for harness and back lifting (1950); Dave Sheppard's jerk of 420 from the shoulders and Dave Ashman's near-miss clean and jerks with 420 and 435 (1958); Ike Berger's 265-pound world record press on the slanting stage (in the "biggest ever" picnic in 1960, "attended by thousands," as *S&H* reported): the capstone event of a two-week-long Pre-Olympic Weightlifting Clinic at the Gym; Chuck Vinci's 250, 235, and 300 in the drizzle and deluges of the '61 picnic, prior to the Vienna World's Championships (25 pounds more than the world record in the bantamweight class); the exciting competition between Bill March (who totaled 1100 for the first time), Bob Bednarski, and Bob Bartholomew (at the huge '65 picnic on the weekend of the Senior National Powerlifting Championships), a picnic that included the memorable arm wrestling competition supervised by Terry Todd, then-managing editor at *S&H*; and finally (just to name some among so many) Ernie Pickett's 400-pound press, the day after the Sr. National Powerlifting Championships (at the '67 picnic).

Memories -- if possible, even more joyful -- abound of the unforgettable personalities who flocked to the picnics over the decades: All the York men who attended the '45 picnic above, plus Bob Mitchell, Art Levan, Wally Zagurski, Dave Mayor, the Good brothers (Walter, Harry, and Bill), Mike Dietz, Stan Kratkowski, Gord Venables, Eddie Harrison, the Zimmerman brothers (Joe and Dick), Weldon Bullock, Ray VanCleef, Jake Hitchins, Frank Spellman, John Terlazzo, Harry Paschall, George Shandor, Dick Smith, Bob Hasse, Bill Starr, Tommy Suggs, Dr. John Ziegler, Vern Weaver, and Bill March. Not to mention the legion of York's extended family from far and wide. Virtually every strength world name from East of the Mississippi (and West of it on occasion) journeyed to Papa Bob's muscle grove: Bob Jones, Johnny Krill, Carleton Harris, Bob Harley, Val DeGenaro; the magnificent Seigmund Klein sharing his favorite brand of cigars with George Jowett, the latter with the faintest trace of fine Scotch on his lips; the avuncular Robert Snyder and Ottley Coulter (whose unparalleled strength library, with its vast assemblage of holdings, was bequeathed to the Todd-McLean Collection at the University of Texas); Peary Rader, Charles Smith, Ed Jubinville, the incomparable Paul Anderson, Vic Boff, Leo Murdock, John Fritsche, John Davis, George Eiferman, John Farbotnik; the 22-year-old Bruno Sammartino in 1958 (my new-wife's first-ever glimpse of a muscleman: "What's that?") and, then 13 years later, with his pro wrestling diadem and a \$30,000 Rolls Royce; Jack Walsh, Chuck Vinci, Tommy Kono, Tom Sansone, Joe Pitman, Stan Stanczyk, Gary Gubner, Jim Bradford, Norb Schemansky, John Pulskamp, Dick Zirk, Tony Garcy, Joe Abbenda, Sid Henry, Joe Puleo, Gene Roberson, Van Vasilieff, Bob Gajda, Jerry Daniels, Bill Seno, Karo Whitfield, Rudy Sablo, Jim Witt, Wilbur Miller,

Jim Haislop, Ron Ray, Barry Whitcomb, Phil Grippaldi, Joe Dube, the Hises, Russ Knipp, Fred Lowe, Mike Karchut, Jack Lipsky, the Bergers (Ike and Al), Mark Cameron, Frank Bates, Bob Crist, Karl Faeth, Adam Swirz, Ernie Perersen, Hugh Cassidy, Rick Holbrook, Joe Mills, Morris Weissbrot, Julie Levine, Seymour Koenig, Artie Zeller, Ken Rosa, Pete Rawluk, Dennis Tinerino, Ron Lacy, the Moyers (Jeff and Dave), just to name some that leap out of the past - along with such a one (and this was the magnificence of these picnics) as the big-armed chap who pulled-in to the grove with his retinue from Lynchburg, Virginia--one "Beebo" Logwood (or some such, as I recall the spelling)--who from merely strolling the grounds became, for a Warhol-ian moment, the celebrity of celebrities (where else but at a York picnic...). Indeed, one of my gang (invited only for his gas dollars, I hasten to add) compared his arms with Grimek's, final proof that he was not, truly, "one of us." Dubbed the "Beebo" picnic (by my disgraced friend) this was to be an epiphany for this unpretentious young Southerner in a tee shirt, the afternoon that his unself-conscious stroll through a picnic grove established him as a footnote in the history of this greatest-of-all strongman gatherings: the annual *Strength & Health* picnic.

The memory of Brookside is dear to me for all these reasons, but mostly because, unimportant as I was to this world that meant so much to me, neither I nor anybody else was ever discounted when we approached the famous names, looming there before us as shadow-casting men from "the book." It's even more than this, however. I've long since been disabused of notions concerning "golden ages" and the superiority of the past over the present. There is, of course, much to recommend the present iron game scene. My thesis here is limited: many of the sweet, human, endearing joys of our game have vanished--have been permitted to vanish by us, the very people who bemoan their vanishing. But vanished, they are. Objective folks who have lived in both eras feel this loss deeply. John Grimek spoke eloquently about this loss on the occasion of the Oldtimers' Banquet that honored him a few years ago: the grimness of the current scene, the loss of the joy of competition. Stalwart men "had it out" with one another in the contests that filled picnic day, but though the competition was often spirited, it was fun. One man won and several did not. Nobody really lost, however, because each man took away not just the benefit of an afternoon's exercise, but more importantly, the joy of extending himself in another sort of community, in this case the community of athletic fellowship.

Lest this sound pollyannish, I confess that I do have a memory or two of "snappishness" generated in the competitions on these long, often hot afternoons, but just one or two. Admittedly a 97-pound weakling in many of my picnic-attending days, I don't think it's a boast (and to some probably rather unadmirable) to observe that I am, and was, a good observer and an even better eavesdropper. While my buddies sweated, I observed and eavesdropped. I can remember a quarter-century's words -- and more importantly, faces -- not just of my heroes, but also of the excellent strength athletes who lost to them. On several occasions, of course, my heroes lost to unknowns whose names had never graced the pages of *S&H* and never would, except perhaps in the magazine's follow-up story on the picnic. I don't have memories,

however, of such a loss being perceived as an indignity to be "endured." Along with J.C.G.'s, my memory is of the manliness exhibited in these confrontations: the generosity of both winner and loser.

How different these memories are from what seems to some a sort of "Me Generation" effeminacy, all the more disagreeable to contemplate when manifested by men of heroic musculature and strength. However philosophical one might be, even a dyed-in-the-wool aficionado from an earlier era comes away from much that passes for 80's and 90's competition feeling a bit depressed. As Grimek suggested, our game has been turned into a business. The joy of a game has been replaced by the grimness of a business: so much rides on one's performances. (If a current "star" performs badly too often, he may, God forbid, have to go to work.)

On the other hand, I came away from the York picnics, both as a boy and later as a family man, with a sense of having been a part--a small part to the picnickers, but a large part to me--of a community of people who were gathered to celebrate strength and health, but more importantly, to celebrate each other as celebrants. In such a company, there's no such person as a loser.

Because of commercialization, the influence of big bucks, and steroids' compromise of the innocent joy to be taken in unenhanced athletic accomplishments, what we have today is a game that occasionally leaves a bad taste in our mouths. Of course, it is still replete with shining moments because its current practitioners thrill to the very same siren songs that men have always thrilled to, the difference being that now there are the overwhelming temptations of big profits and big muscles: temptations, thank God, that we were spared 30-60 years ago, lest in our pride and humanness we, too, had succumbed. The York picnic's "shining," however, was not in mere moments; it was a rich glow in which we all basked, young-olders from Atlanta and Chicago and old-youngsters who'd hitchhiked in from just about everywhere.

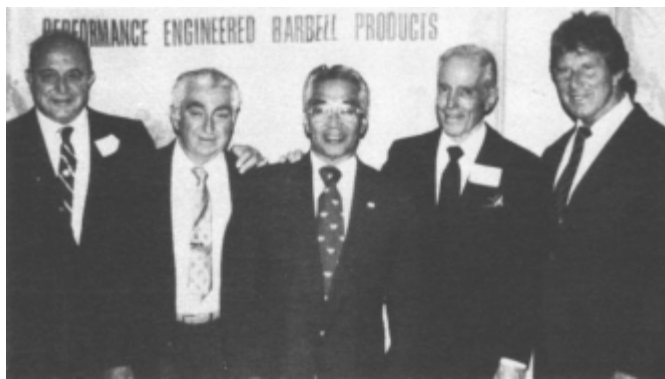
There were, of course, dissenters (Even the company of God didn't please old Lucifer). I remember one slicked-down chap who, in rounding-up his "slicked-down" buddies, sneered at my hero's pleated trousers and bemoaned a long drive that had ended-up in a "Sunday School with muscles." About the muscles, he was right: they abounded. And he probably wasn't far off about the Sunday School part, either. I always thought it curious that, when a picnicking Brooklyn-type guy broke into a naughty expletive, it invariably came at a decibel-level lower than it would have at Coney Island: a concession (it was nice to think) to the churchly oaks and innocence of honest muscle.

Lucklessly stranded on a hitch-hiking trip back home from the 1945 picnic, I remember looking across the Susquehanna River to a distant column of mountains -- a dark outline against the moonlit purple of a 2:00-in-the-morning sky; and I can still feel the teenager's innocent, if self-dramatizing, exuberance in addressing the attendant stars with a prayer of thanks for just-plain-being-alive in such a deep purple world of so many splendid thoughts to think and dreams to dream: a world of York heroes and York memories and York picnics. Joys, I was sure even then, that would never desert me.



The "Grapevine" will be less extensive in this double issue (Volume One, Numbers Four and Five) because of the unusual length of the article listing the various English-language periodicals. It seemed to us wise to publish the entire listing at once so that collectors and researchers would have it in a more usable form, and this choice also forced us to publish a double issue. In an ironic way, the double issue will also allow us to begin to make up for the months in which *IGH* failed to appear. We apologize deeply for the delay, even though the delay was caused by circumstances beyond our control, having to do with a *Guinness Book of World Records* record for bureaucratic decreptitude here at the university. To expect every week to receive approval from the administration for our system of publishing, overseeing and financing the journal, only to not receive it at each week's end, was frustrating beyond our power to describe, especially since we had been given verbal approval to launch *IGH* over a year ago. We fielded dozens of your phone calls and answered dozens of your letters and we are indeed thankful for how very understanding all of you were. We very much appreciate that understanding. As you no doubt know, it takes considerable time and effort to assemble and distribute *IGH*, but things are well and truly approved now and, with approximately 350 subscribers on board, we expect *IGH* to continue for many years to come, if we have your ongoing support. Judge us, if you will, on the strength of the current double issue and on the issues to come and, if you approve, re-subscribe and ask your friends to do the same.

Again, because of limitations on space, we have included only a couple of "Grapevine"-style entries choosing, instead, to use what space we have here for the following letters. We urge you to take the time to let us know in writing what you like and don't like, as well as anything else on your mind.



The 1990 meeting of the Oldtime Barbell and Strongmen was held recently at the Downtown Athletic Club in New York City. Inducted into the Association's Hall of Fame were eight-time weightlifting champion, Tommy Kono (center), former amateur golf champion Frank Stranahan and film star and former Mr. Universe Reg Park (far right). The fourth inductee, weightlifting coach and official Rudy Sablo, was not available at the time this photo was taken. Pictured with the three honorees are Johnny Mandel (left) and Association President Vic Boff. Photo by Alan Leff.

In our article entitled "The Mystery of Minerva" in volume 1(2) Jan Todd cites September 1, 1923 as the date of Minerva's death, a date which came from an article of Rosetta Hoffman's in the July 1937 issue of *Strength & Health*. Recently, however, Jan finally obtained a copy of Minerva's death certificate which indicates that Josephine Blatt, wife of Charles P. Blatt, died at age 60 on August 1, 1923. Her correct date of birth was January 2, 1863. Furthermore, the death certificate indicates that she was born in Hoboken, New Jersey (not Hamburg, Germany) to Charles Schauer and Louise Hetener Schauer. The cause of her death is listed as carcinoma of the stomach. She was living at the time of her death in Tottenville, New York, which is on Staten Island. If anyone has any idea of the whereabouts of Minerva's scrapbooks or other personal momentos, please drop us a line here at the *IGH* office.

We recently received a complimentary copy of *Muscle Challenge*, the new bodybuilding trivia game manufactured by Robert Oliverio for Muscle Challenge, Incorporated. This slickly packaged boardgame contains questions about all aspects of bodybuilding history and we were flattered to discover that the correct answer to one of the questions is *Iron Game History*. Muscle Challenge sells for \$33.95 plus \$5.00 shipping and handling. Send orders to P.O. Box 455, Manhattan Beach, California, 90266.

Our readers write:

Dear *IGH*,

Just a note to tell you how great your publication is. I have an recent article in *Flex* magazine, the September issue, about my work with kids. I am sending a recent clipping about my work. I will be meeting with the governor soon to set up some new meaningful programs. Keep up the good work Terry. Talk to you soon.

Chuck Sipes
Lake Shastina, CA

Dear *IGH*,

I feel as if I have known both of you for years. I attended one of Terry's lectures at a strength coaches association meeting in Atlanta in the early 1980's, and I followed your moves through various periodicals, such as *Sports Illustrated* and *Muscle & Fitness*.

I lived in Texas during the late 1950's and early 1960's while you were living and working in Austin. I lived in Macon, Georgia, from 1975 to 1980 but only later found out that you had met Jan at Mercer University. I returned to Texas in 1987. I even have an old article you wrote for *Strength & Health* on grip strength that featured a picture of "Hands" Hartkopf, who was a local legend in the 1960's while I was in college at Southwest Texas State.

By the way, I was recently at the Texas Relays and observed Patric Boden of UT as he threw the javelin. I may be wrong, but I would bet that the Todds have had some input into this athlete's strength program.

It was with great interest that I read of the birth of your new publication. Please start my subscription immediately.

I am 46 years old and have been lifting weights since I was 13. I work for U. S. Customs in Houston and am the newly appointed Fitness Coordinator for the Southwest Region. I am looking forward

to your new publication and am glad to know you are back in Texas. I wish you both the best of luck with your new publication.

Bernard C. Smith III
Houston, TX

Dear *IGH*,

I enjoyed reading *Iron Game History's* June issue and finding my letter in it. I will not be able to be with all my friends at the Old Timers reunion this year, because I made a commitment to pose at the Trump Regency in Atlantic City, September 15.

I am doing much the same as my friend George Eiferman (going to health clubs and schools, talking, playing music, etc...). When I pose at places like the Trump, people realize I am almost 80 years-old and this makes them understand that even an older person can keep fit by means of our wonderful sport!

Look for a story and picture of me in *Nutrition and Fitness* in the September issue. Steve Reeves told Dr. Colgan to call me, and he and I talked about 45 minutes. He is doing a story about keeping fit during old age. Have a good time at the reunion and Gert and I hope to be with you next year.

Ted Keppler
Beverly, NJ

Dear *IGH*,

Hot dang it, you guys actually have a news-letter about Strong Man/ Strong Woman performers. *Iron Game History*, I want it, sign me up.

I was so impressed with your historical work in Billy [Pearl's] *Getting Stronger* work-out book. I was going to write to you and bug you for more material on the subject! I am particularly interested in the strong women since I remember you mentioning that many of the strong men were terrified of them!

Rhansford Watson
Playa Del Rey, CA

Dear *IGH*,

Iron Game History is sorely needed since the real *Iron Man* magazine of Peary and Mable Rader no longer exists and none of the current muscle magazines comes anywhere near replacing it. I ceased reading all of them a few years ago. However, that has not changed my zest for plunging into my workouts now with just as much enthusiasm as I did when I was a teenager. I believe that one must reach a level of mental and spiritual maturity so as to be self motivated and not to need all the nonsensical hyperbole of most muscle magazines in order to give one the impetus to work out.

Terry, at the 1989 Old Timers' reunion I was deeply moved by the content and the delivery of your remarks introducing Marvin Eder. I was watching Marvin's face intently as you spoke, and he was obviously profoundly affected. I was a bit choked up, and I imagine I wasn't alone. As you spoke, as I looked at Marvin, my mind wandered back to 1952, when iron game history was in the making although none of us realized it then. I really consider myself quite fortunate to have trained in Abe Goldberg's Clinton Street gym in lower New York City (Manhattan) during the early 1950's. I personally witnessed Marvin Eder perform some amazing feats of strength like a standing press with 355 pounds, dips with 400

pounds, one arm presses with the heaviest dumbbell in the gym (120 pounds) for interminable repetitions, and 500 pound bench presses. All at a bodyweight of 190-195 pounds. And nobody then had ever heard of steroids. Protein supplements were very new and hadn't really caught on yet. Everybody that I remember looked incredibly healthy. There was Leroy Colbert, Lou Degni, Domenick Juliano, Artie Zeller, Enrico Tomas, Seymour Koenig, Ray Jimenez, Arthur Harris and so many others. Incidentally, Leroy Colbert is the man with the largest muscular arms that I ever saw. I was fortunate to have been a training partner of Colbert's in Abe Goldberg's gym.

Of course, those were not all halcyon days. A lot of idealistic young bodybuilders, myself among them, had their bodybuilding dreams crushed, smashed, destroyed by the warfare going on between the Hoffman and Weider factions. We were young and unsuspecting. We only knew that we wanted to train hard and try to become like our heroes—Grimek, Reeves, Delinger, Ross. Little did we know what was going on behind the scenes that would alter our aspirations forever. There were many, many young devotees of the iron game who were attracted to training by having seen Grimek or Reeves or somebody on the cover of *Strength & Health, Your Physique, or Iron Man*. Most of those youngsters never had a thought of becoming anything other than physique competitors. They didn't want to emulate Louis Cyr or Arthur Saxon. Although John Davis was widely admired, we wanted to be like our favorite physique man. And we trained with this objective in mind. Physique training was different from weightlifting training and few were able to successfully mix the two to the point of excelling at both. Grimek is a notable exception. Back in those days we thought that the height of achievement was to win the A.A.U. title of Mr. America. We entered the small local contests, then the state contests but always with the Mr. America as the far away, almost mythical goal. Few ever thought that we would actually even get to compete for that grand title but we dreamed about it. We wanted to be A.A.U. athletes. It was almost like the red blooded American Frank Merriwell or Jack Armstrong. It never occurred to us that maybe some didn't see every bodybuilder in that light. When the A.A.U. imposed the rule that in order to be eligible for physique competition one had to "prove athletic ability," preferably in Olympic style weightlifting, I believe that an atrocity of colossal proportions was committed. There were bodybuilders who were quite strong in particular exercises such as the bench press, squats or curls or some other movement they used as part of their training. I saw Arthur Harris use formidable poundages in behind the neck lat pulldowns and one arm dumbbell curls. But the A.A.U. never tested physique competitors in any of the exercises routinely performed by them. Rather, it demanded that everyone become a competing weightlifter in order to have a chance to win physique contests. The A.A.U. awarded extra points to those who were competing weightlifters. I see that as having been most unfair. Not everyone had the interest in training to acquire the technique to perform an acceptable snatch or a clean with a really heavy weight. When Marvin Eder was training for weightlifting he had already stopped training for bodybuilding contests. It is very difficult to excel at both activities simultaneously because the training requirements are quite different. Of course, the motivation for the imposition of that absurd rule by the A.A.U. was simply part of the process of warfare since some of the A.A.U.

people thought that physique men were part of the Weider camp and this was viewed as a way of eliminating the Weider guys. This was an erroneous conclusion since a great many of us, myself included, still clung steadfastly to the A.A.U. ideals. We were simply more interested in physique competition than in becoming weightlifters. Because of the newly imposed rule, I can remember good bodybuilders losing to weightlifters who had no shape, no definition of any sort, no nothing. But they had competed in the weightlifting meet which was usually held just prior to the physique event. The extra points awarded to the weightlifter competing in the physique contest usually gave him an advantage that was insurmountable. The real physique men became simply the casualties of the unconscionable Hoffman-Weider feud. The A.A.U. relegated the physique contests to second class status and usually held them at the end of the evening after hours of weightlifting competition. I had won the New York City high school shot put championship and yet one of the A.A.U. officials implied that I was lying about that and refused to recognize it as being valid for the extra athletic points. Marvin Eder was the most notable innocent victim of the painfully unfair and cruel warfare and it terminated his career prematurely. We were all expendable. It was because of the prevalent anti-bodybuilding bigotry and the evident A.A.U. contempt for bodybuilders that I quit competition in 1959.

In 1960, I was studying hard in chiropractic college during the days and working as a nightclub pianist (my first love) at night. My training was curtailed to once weekly which was on my night off. I knew nothing about Dianabol. Frankly, it's my guess that not many people in the iron game did, at that time. It was in 1963, after I had graduated from chiropractic college, and while I was training in Arland Fisher's York Gym in Miami, that I overheard a lightweight class weightlifter (I remember his name but I'll omit it here) talking about some "little pills" that were being used by some weightlifters with fantastic results. I paid very little attention and just went on training. I never heard of Dianabol again until 1965, in London, when I competed in the NABBA Universe. Since I was living in Spain I had decided to once again try my luck at competition and I was absolutely delighted to find out that the A.A.U. type nonsense was not going on in Europe. My joy was tempered by the sad reality that I was being treated better over there than in my own country. Although I was in the best shape of my life and there were others (like Paul Nash of England who was the second place winner) who had great physiques, the overall winner [Ed. note: *Elmo Santiago*] later revealed that he had used Dianabol under the supervision of a medical doctor as part of his preparation for the contest. Personally, I think he looked better in the years before he used steroids.

Competing in the NABBA Universe was a dream come true. No prejudicial treatment. No degrading remarks. No malarkey. Just true physique competition and the most fair judging I have ever seen. I am forever grateful to Oscar Heidenstam, a true gentleman, for having given me a chance to compete, for his belief in my potential, and for the courteous reception from the English bodybuilding fans. That was indeed the bodybuilding high point of my life.

And now, decades after the A.A.U. atrocity, it's interesting to see which of the two activities flourishes most. But it's too late to benefit those of us who were casualties of the nonsense.

Lord willing, I'll see you at the next reunion of Oldtime Barbell and Strongmen.

Ken "Leo" Rosa
Bronx, NY

Dear *IGH*,

Iron Game History is the publication I think a lot of us have been waiting for. Solid, carefully researched, reviving and keeping alive a tradition, keeping us up to date, and inexpensive. Also, it is a relief from the current exotic, blown up photos (blown up by drugs and fancy photography). I also suspect that *Iron Game History* will relieve you of the burden of taking time out to answer the questions I pester you with now and then. You know how it is: a lot of us are cut off, by time, distance, other circumstances. *Iron Game History* is going to keep us a part of what you good people are trying to do.

Thanks for the information about Terlazzo. I imagine his congenital heart condition caught up with him with age. I heard of a similar case not long ago. The father of a friend of mine, a former professional wrestler, Howard Corrington, died of a heart condition. Terlazzo, though, according to my calculations died much younger than Corrington.

Your suggestion that (the Colombian ex-champion weightlifters) Lopez and Ochoa might have been users of anabolic steroids is convincing. The fact is that steroid use has become a huge problem here. It occurs to me also that Lopez, who always was mild tempered in Cali back in the '60's, had, before his retirement a couple of years ago, several nasty disagreements with the local weightlifting leagues and teams. This, along with his marital problems, ties in with the picture of the steroid user. Lopez is lost to the game, being less than 60 years old, when he could be a most valuable support. Ochoa died of successive heart attacks. They were big men here. Lopez had competed in the Olympic Games, in Rome, I think; Ochoa in the Pan-American Games.

I suspect the Colombian lifter you have heard most about—or will be hearing most about—is Maria Isavel Urrutia. She has recently won the world's championship for women in the 82.5 kilo class, beating both the Bulgarian and Chinese champs. Although Isabel is big and strong, her physique does not shock as does that of some of the lady bodybuilders one sees nowadays. Isabel does not use drugs.

Joe Roark's comments about the term "continental" reminds me that in Bob Hoffman's book *Weightlifting*, there is a description of a "Continental Press" that has nothing to do with how one gets the weight to his chest. The "continental press" is a press different from the so-called military press, since, in the continental press, the lifter leans far forward at the start, lifting his elbows high up to the front, then he bends 'way back, almost in a "standing bench press" position. Hoffman's book contains pictures of John Grimek elegantly executing this lift. So, maybe there is no such thing as a "Continental jerk," but according to ole Bob Hoffman there certainly was the continental press.

Herbert Hilsen
Cali, Colombia

Sherlock Holmes, Arthur Conan Doyle and the “ Iron Pills ”

Harold Weiss, LL.D

Harold Weiss has been a member of the iron game fraternity for over 50 years. In his prime, he was exceptionally strong and over many years he has assembled one of the finest collections of physical culture material in the world. He is a very successful attorney and his hobbies include the study of fiction's most famous detective.

In the vernacular of the gymnasium, “iron pills” are weights (barbells and dumbbells), and it seems clear that Sherlock Holmes, through the medium of “the agent”, Arthur Conan Doyle, was very familiar with their use and value. Much has been written about the cerebral and acerbic sides of Holmes, but little has been written about his physical side. This brief effort is intended as a partial remedy to that situation.

As most readers of *Iron Game History* know, Eugen Sandow was a renowned professional strongman and bodybuilder whose career spanned the last decade of the nineteenth century and the first two decades of this one. He settled in England and lived there during most of the 25 years before he died in 1925 at the age of 55. Wealthy as a result of his stage appearances and the sale of his books and exercise equipment, he had a wide circle of acquaintances throughout his adopted land. One of those acquaintances was Arthur Conan Doyle.

Evidence of their association is easy to find. In Sandow's profusely illustrated book, *Construction and Reconstruction of the Human Body* (John Bale and Sons and Danielson, Ltd. 1907), one can find on page 22 a photograph of “the agent” and Sandow, taken at the Royal Albert Hall. Even more significant is the fact that the foreword for the book was written by the hugely successful Doyle. One of Sandow's other well-known books, *Life is Movement*, which was published circa 1918 by National Health Press in London, also contains a foreword by Sir Arthur. Doyle was not a devotee of competitive weightlifting, but he was apparently a worshipper of physical strength. He used and recommended Sandow's spring dumbbells for the purpose of improving strength, circulation and muscle tone. He was, himself, a huge man—approximately 6'4" and weighing, according to one of his biographers, “over 230 pounds.”

Throughout the Holmes canon, there are various allusions to the subject of physical strength, perhaps the most noteworthy being the straightening of an iron poker by Holmes after it had been bent double by Dr. Grimsby Rowlett, a giant who was trying, without success, to intimidate the master detective in *The Speckled Band*. Dr. Rowlett was a formidable adversary and was described by Doyle



as being “so tall his top-hat busted the door cross-beam and was huge in his extremities.”

It is obvious from reading the canon as a whole that Holmes, physically, would no doubt have been more than a match for any of his adversaries. He was tall, over six feet, and he had the sort of wiry, ligamentous strength associated with Thomas Topham, Charles Vansittart and Adrian Schmidt. We learned in *Adventure of the Empty House*, for instance, that Holmes was also an expert in “Baritsu”, a Japanese form of self-defense. And in Dr. Watson's *Study in Scarlet* we are told that Watson considered his friend to be a truly superior pugilist.

Also, the canon is filled with references to physical strength and the stature which symbolized it. For instance, in *A Scandal in*

Bohemia, Wilhelm Gottsreich Siegsmond Von Amstein, the hereditary king of Bohemia, was said to be six and a half feet tall and “possessed of a chest and limbs of a Hercules, a man of huge size and strength.” And there was Boss McGinty, who was described in *The Valley of Fear* as being “a tall, strong, heavily built man, a black-maned giant whose face and courage showed strength behind it.”

Even more important is the personal knowledge of strength and physical culture Holmes sometimes used to solve the mysteries with which he was faced, *In The Adventure of Black Peter*, for instance, Holmes practiced driving a harpoon through a side of beef and then concluded that it would have taken a man of immense strength to drive a harpoon through Black Peter, a fact which led to the murderer. Similarly, in *The Valley of Fear*, Holmes solved the crime by realizing that the missing clothing and disguise had been wrapped into a bundle and weighted by a dumbbell and then tossed into the water surrounding the premises. Holmes astounded Inspector MacDonald by pointing out that there was only one dumbbell in a certain room and that dumbbells of that type were almost always found in pairs.

Because of all these references, it seems clear that Doyle was fascinated by and knowledgeable about physical culture and strength and that he imbued his marvelous hero with the very traits he so admired.

CAPTAIN BARCLAY

Extraordinary Exerciser of the Nineteenth Century*

The Oxford English Dictionary defines pedestrianism as “going or walking on foot.” A pedestrian is “one who walks as physical exercise or athletic performance.” As applied to plain prose, “pedestrian” also means commonplace, dull, uninspired.

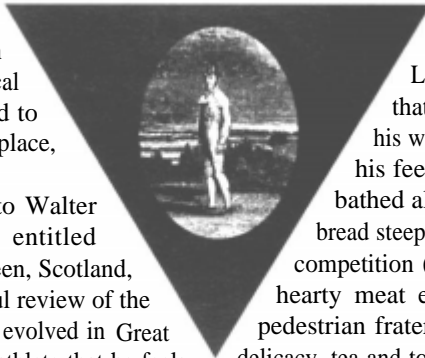
None of these terms could be applied to Walter Thom’s prose in his monumental study entitled *Pedestrianism*, which was published in Aberdeen, Scotland, in 1813. Thom, while giving a more than useful review of the sport of pedestrianism or race walking as it had evolved in Great Britain in the eighteenth century, spotlights the athlete that he feels was the greatest pedestrian of all time-- the Scotsman, Captain Barclay.

In an early chapter on pedestrianism, Thom virtually covers the wide variety of views held by doctors, trainers, athletes, coaches and laymen regarding exercise, conditioning and athletic preparation. A physician, Dr. Willich, who was an eighteenth century authority on diet and regimen, observed:

Walking, the most salutary and natural exercise, is in the power of everybody; and we can adapt its degree and duration to the various circumstances of health. By this exercise the appetite and perspiration are promoted; the body is kept in proper temperament; the mind is enlivened, the motion of the lungs is facilitated, and the rigidity of the legs arising from too much sitting, is relieved. The most obstinate diseases, and the most troublesome hysteric and hypochondriacal complaints, have been frequently cured by perseverance in walking.¹

Pedestrianism as a sport came to the fore in the mid 1700s and was essentially a simple formula. A pedestrian would either challenge another pedestrian to walk a particular distance in a set period of time (for example, 100 miles in 24 hour) or attempt the feat alone. Backers would wager on the outcome and vast amounts of money would sometimes change hands. Frequently, to entice gamblers to put up money, pedestrians would raise their own backing and would attempt greater distances in a set period of time. For example, the greatest pedestrian of the eighteenth century, Foster Powell, in 1790 took a “bet of twenty guineas to thirteen”² that he would complete the London-York-London round trip in under live days and eighteen hours. He won the challenge but only by a margin of one hour and fifty minutes.³

Pedestrians had trainers and assistants on hand during their



competition to provide nourishment and all manner of massages and support services. A Lieutenant Fairman in a contest in 1804 wagered that he would travel 60 miles in 14 hours. During his walk he was “rubbed down with hot towels, (had) his feet soaked in warm water, and (had) his body bathed all over with spirits”.⁴ He enjoyed “a piece of bread steeped in madeira,” shunned “animal food”⁵ during competition (a most controversial strategy at a time when hearty meat eating was advocated by nearly all of the pedestrian fraternity), and used as a “reviver” that English delicacy, tea and toast.

Pedestrians came in all ages and sixes. There were English oaks with massive thighs and deep chests, although the majority, as one would expect, conformed to the expected athletic model—spare and strong-legged. The key, it was felt, to winning pedestrianism was “good wind”⁵ and a “great bottom”—powerful gluteal muscles.⁷

Robert Barclay Allardice was born in Ury, Aberdeenshire on August 2, 1779 and at the age of 22, after schooling in England (at Richmond School and Cambridge), he began managing his father’s landholdings. Although he came to be known as Captain Barclay because of his soldiering experiences during the Napoleonic War, Thom describes Allardice as a remarkable businessman who greatly increased the rentals and land values of the family estate.

The improvement of his extensive estates has occupied much of his attention and he is well acquainted with every thing relative to modern husbandry.⁸

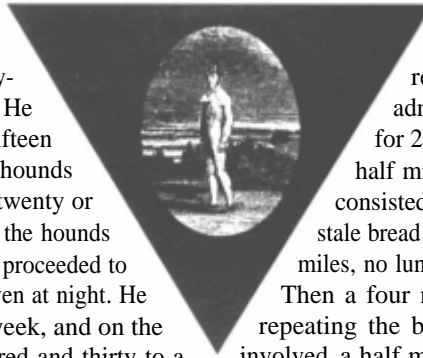
Thom makes the point that Barclay was much more than a great pedestrian. He was a superb all-round track athlete who was as strong as the proverbial ox. On one occasion in his military mess-hall Barclay had “the paymaster of the 23rd regiment, who weighed eighteen stones” (253 pounds), stand on his right hand whereupon Barclay, steadying the paymaster with his left hand, “took him up and set him on the table”.⁹ Thom made the interesting discovery that the name Barclay is of Celtic origin and implies great strength. The literal meaning of Barclay is “Sword of Defense” and, as ancient Scottish families frequently derived their names from feats of athletic prowess and muscular derring-do, the Barclays may well have received their name from some display of heroism carried out with the sword.

Captain Barclay’s biography paints a vivid picture of a tireless, compulsive exerciser of irresistible vigor. Thom writes:

EUROPEAN CORNER

Scott A.G.M. Crawford, Ph.D.
Eastern Illinois University

During the season 1810-11, he frequently went from Ury to Turriff, a distance of fifty-one miles, where he arrived to breakfast. He attended the pack (foxhunting) ... often fifteen miles from the kennel, and followed the hounds through all the windings of the chase for twenty or twenty-five miles farther. He returned with the hounds to the kennel, and after taking refreshment, proceeded to Ury, where he generally arrived before eleven at night. He performed these long journeys twice a week, and on the average, the distance was from one hundred and thirty to a hundred and fifty miles, which he accomplished in about twenty-one hours.¹⁰



As befits a Cambridge man, Captain Barclay was a good historian, well acquainted with the Creek and Latin classics and a fluent conversationalist. Thom, a staunch admirer of Captain Barclay, talks of the pedestrian in the most glowing terms. Barclay possessed "strict principles of honor and integrity"¹¹, thus doubly characterizing him as a gentleman and a Briton who, although not of the aristocracy, satisfied the most important criteria for social status-acceptance and recognition. In short, Barclay came of good Scottish stock and was a member of that British oligarchy-the land owning class, whose members dominated the House of Commons and whose influence and impact steered the expansion of Queen Victoria's British Empire. Captain Barclay began his "toe and heel" (a popular phrase of the period for pedestrianism) career as a 15 year old and by the early 1800s had established a record as a great sprinter (under 56 seconds for the quarter mile) as well as a walker of renown. However, the event that catapulted Captain Barclay to the forefront of nineteenth-century sport was his announcement that at Newmarket-Heath, England on June 1, 1809 he: "... engaged to go on foot, one thousand miles in one thousand successive hours, at the rate of a mile in each and every hour..."¹²

As has been noted, Captain Barclay's life-style (regular one hundred plus miles of "recreational" walking per week) meant that the Scottish laird, outside of sea-bathing and fresh air at Brighton, did not have to train specifically for his "Walk of the Century". However, pedestrian training and conditioning by the start of the nineteenth century was a wondrous hodge-podge of current scientific theory, medieval dogma and occasional flavorings of common sense. The formula was well seasoned with quakery, hokum, black magic and the current craze of the day. The training regimen publicly promoted by Captain Barclay was as follows. On

beginning training the athlete had to be purged of ill vapors and foul body poisons, so regular doses of phosphate of soda were administered. Daily exercise prescriptions called for 20 to 24 miles a day, with a dawn warm-up of a half mile run followed by a six mile walk. Breakfast consisted of rare beef or mutton chops accompanied by stale bread and old beer. After breakfast six more walking miles, no lunch, and a 30 minute nap in the supine position. Then a four mile brisk walk with a four o'clock dinner repeating the breakfast diet. The warm down for the day involved a half mile dash and then a final six mile walk with "lights out" at eight.

The most unusual, indeed bizarre, training phenomenon was the process of "sweating." Once each week, the athlete, thickly muffled up in a flannel shirt and long drawers, ran four miles at breakneck pace. Immediately on returning from this run Barclay consumed a pint of "sweating liquor:"

(It is composed of the following ingredients, viz. one ounce of caraway-seed; half an ounce of coriander-seed; one ounce of root licorice; and half an ounce of sugar candy; mixed with two bottles of cider, and boiled down to one half. He is then put to bed in his flannels, and being covered with six or eight pairs of blankets, and a feather-bed, must remain in this state from twenty-five to thirty minutes, when he is taken out and rubbed perfectly dry.¹³

To combat boredom and training staleness, an effort was made to keep the mind and body fully occupied. Free time was seen as an opportunity for additional exercise. Cricket, bowls and quoits were recommended.

In terms of twentieth century thinking on exercise physiology, the sheer amount of daily mileage that pedestrians covered saw them doing quality training in the sense that they were replicating the actual rigors of their competition walks in their daily exercise sessions. Only in the 1960s did track runners such as New Zealander Peter Snell go to one hundred mile a week work-outs. So, in terms of conditioning the body, the amount and intensity of Barclay's early nineteenth century pedestrian training was far ahead of its time. The same, however, could not be said for his nutrition.

Vegetables were taboo for pedestrians, as was fish--"not sufficiently nutritious."¹⁴ Eggs were forbidden as was milk which "curdles on the stomach."¹⁵ Soups were rejected, no warm liquid was ever to be taken, and the intake of water was frowned upon.



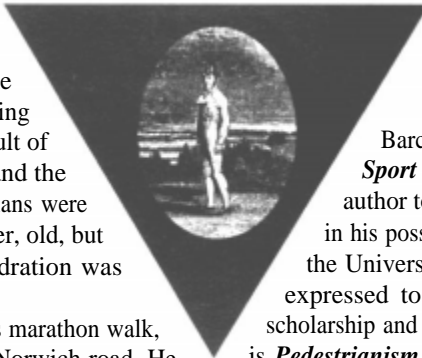
The commandment of avoiding liquids as much as possible may have had serious deleterious effects on pedestrians. Indeed, the number of accounts of pedestrians experiencing frightful cramps may have been partially a result of the notion of minimum water consumption and the prohibition of salt intake. Nevertheless, pedestrians were allowed three pints of beer (“home-brewed beer, old, but not bottled”)¹⁶ a day and so complete dehydration was avoided.

On June 1, 1809 Captain Barclay began his marathon walk, out and back along a half mile stretch of the Norwich road. He sometimes walked in a flannel jacket, sometimes in a loose dark grey coat, but he always wore stout shoes and lamb-wool stockings.¹⁷ He ate prodigiously as the days turned into weeks and June became July. He consumed five to six pounds of animal protein per day and kept well hydrated with numerous glasses of wine, ale, porter and cups of tea.

He walked with a lounging gait, made no apparent exertion and scarcely raised his feet more than two or three inches above the ground. Thom gives us a remarkably detailed account of Captain Barclay’s forty-two day extravaganza. At the beginning of the walk Barclay’s weight was 186 pounds, but on Wednesday, July 12, 1809. when he finished the walk, he was down to 154 pounds. Towards the end of the walk he very understandably looked fatigued and “the spasmodic afflictions in his legs were particularly distressing”.¹⁸

On June 1, Captain Barclay was favored to complete his walk with the bookmakers offering odds of “two to one, on”. By the end of June the odds had improved to five to two and at the beginning of July were ten to one on his accomplishiig the match.¹⁹

Captain Barclay won his bet, the handsome amount thousand pounds, but more than that, he earned a special niche in sports history. Perhaps no athlete in the nineteenth century so fused the best qualities of the amateur gentleman and the well-



conditioned professional athlete. Barclay died in 1854.

Acknowledgement

The author first became aware of Capt. Barclay in the reading of Professor Peter McIntosh’s *Sport in Society* (1963). Peter McIntosh allowed the author to make a copy of the Thom biography that was in his possession while they both were faculty members at the University of Otago in New Zealand. Warm thanks is expressed to Professor McIntosh for the quality of his scholarship and the extent of his assistance. The primary source is *Pedestrianism* by W. Thom, published by D. Chalmers and Company, Aberdeen, Scotland, 1813. Copies can be found in the Scottish National Library, Edinburg and the British Museum, London.

* Portions of this paper were incorporated into “Athletic Training in Nineteenth Century Britain: From Fad and Quackery to Credible Exercise Science,” a paper presented at the North American Society for Sport History Conference, Clemson, May 1989.

Footnotes:

1 Thom, Walter, *Pedestrianism* (Aberdeen, Chalmers and Company, 1813) p. 41.

2 *Ibid.*, p. 46.

3 *Ibid.*, pp. 46-47.

4 *Ibid.*, p. 84.

5 *Ibid.*, pp. 84-85.

6 *Ibid.*, p. 88.

7 *Ibid.*

8 *Ibid.*, p. 206.

9 *Ibid.*, p. 209.

10 *Ibid.*, p. 215.

11 *Ibid.*, p. 219.

12 *Ibid.*, p. 123.

13 *Ibid.*, p. 230.

14 *Ibid.*, p. 233.

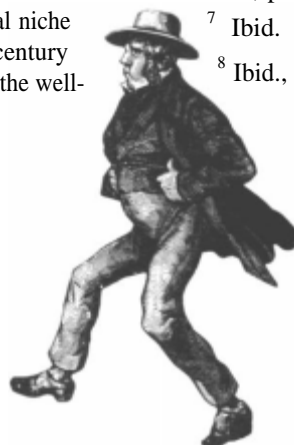
15 *Ibid.*, p. 234.

16 *Ibid.*

17 *Ibid.*, p. 127.

18 *Ibid.*, p. 125.

19 *Ibid.*, p. 127.



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

Jan Todd, Joe Roark and Terry Todd

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, deal with strength training for athletes or with historical studies related to this broad field.

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 (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 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 Dietetic Reformer*—"1869 January 4(33) *The Dietetic 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 N.M. *Library of Health and Teacher on the Human Constitution*. William A. Alcott, editor and publisher. LIC 4(12) December 1840. Nutrition, medical and moral advice.

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.

1843 November 1, 1(4) *Boston Guide to Health and Journal of Arts and Sciences*. Edited by Dr. J. S. Spear. Only issue in collection.

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.

1846 January 1, *The Monthly Miscellany and Journal of Health*. Published in Boston by W.M. Cornell. Changed name to *Journal of Health and Monthly Miscellany* with 1(2) February 1846. LIC1 (12) December 1846.

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.

1867 March 2(9) *The Gospel of Health and Journal of the True Healing Heart*. Published by Dr. Russell T. Trall, New York. Only issue in collection.

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*.

1873 January 8(1) *The Health Reformer*. Published in Battle Creek, Michigan by James White. Subtitled "Our physician—Nature: Obey and Live." LIC 8(12) December 1873.

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.

1881 May 4(1) *Health: A Journal of the Nutritive Cure*. Robert Walter, M.D. editor "Devoted to the Development of the Highest Manhood." With volume 5(5) February 1883, the title changed to: *Health: A Journal of Hygienic Science*. LIC 57(11) November 1907.

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.

1887 January 1 *The Journal of Hygeio-Therapy: Devoted to A Correct Method of Living, and a Scientific and Successful System of Treating the Sick Without the Use of Drugs*. Dr. T.V. Gifford, Kokomo, Indiana publisher. LIC 16(5) May 1902.

1888 January 3(1) *The Dietetic Gazette*. By 8(1) January 1892, the magazine was called, *The Dietetic and Hygenic Gazette: A Monthly Journal of Physiological Medicine*. Gazette Publishing Company, New York. LIC 26(12) December 1910.

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.

1895? *Macfadden's Magazine* begins in England. Macfadden travelled

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 January N.V. (205) *The Herald of Health*. British magazine edited by C. Leigh Hunt Wallace. Monthly. Estimated to have begun in 1878. LIC N.V. (340) December 1897.

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, homeopathy 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 Sport*. 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? *Vitality and Health Culture: A Magazine Devoted to Mental and Physical Vigor*. Edited by Jonathan Nicholson, Health Culture Publishing Company, London, England. Monthly. Official organ of the Health Club League. LIC 6(6) September 1905.

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? *Health and Efficiency*. Edited by George H. Wales, Health Promotions Ltd. London, England. The N.V. (250) January 1922 issue is entitled *Health and Efficiency: Incorporating Health and Vim*. The cover of a 1941 edition of this magazine states that it was established in 1900. With 11(8) August 1941, title changes to *Health and Efficiency: Incorporating Health and Vim and The Sunbathing and Health Magazine*. UC 22(5) May 1952.

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.

1901 November *Physical Training*. Martin I. Foss, editor. Published by the Physical Director's Society of the YMCA of North America. Monthly. Last issue: 24(10) June 1927.

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

1902 May 1(4) *Nature Cure*. Published by August F. Reinhold of New York. Only issue in collection.

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.

1903 June *Apollo's Magazine of Strength, Skill and Sport*. Begun by "The Scottish Hercules," William Bankier. British. By 1910 the magazine was called *The Apollo Magazine of Strength, Skill and Sport* with Percy Longhurst as the editor. LIC 9(2) February 1911.

1904? *La Culture Physique*. French. Edmond Desbonnet, publisher. LIC #690, July 1950.

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 Korperflege*. Published in Frankfurt. It is not known when this weekly publication ceased. Last known issue is January 28, 1915.

1908 January/February/March *Power and Poise*. Edited by Virgil P. English, M.D., for Power and Poise Publishing Company of Cleveland, Ohio. Only issue in collection.

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

1908 July 1(5) *Deutsch-Amerikanischer Naturarzt and 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.

1909 December 44(12) *Good Health: The Organ of the Health and Efficiency League of America*. Edited in 1909 by John Harvey Kellogg, M.D.. Subtitled with 60(12) "The Battle Creek Journal of Health and Personal Hygiene." Volume 71(9) September 1936, is entitled *Good Health: Devoted to Hygiene and Race Betterment and the Development of an Aristocracy of Health*. With 75(1) January 1940, the journal was entitled: *Good Health: Official Organ of the Race Betterment Foundation*. LIC 87(2) February 1952.

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.

1912 June *Brain and Brawn*. Edited by Harry Ellington Brook. Monthly. Volume 1 contains 18 numbers, Volume 2 begins in June 1913. Devoted to nature cures, hygiene, nutrition and exercise. Subtitled: "A magazine for those who think." LIC 16(5) October 1917.

1914 October *Strength*. Published by Alan Calvert of the Milo Barbell Company. Other editors of the magazine were Ralph Hale, T. von Zuekirsch, 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.

1920 May-June 4(2) *The Scientific Natureopath: A Popular Health Magazine*. Published by Natureopathic Publishing Company, Hartford Connecticut Official Organ of the National Society of Natureopaths. LIC 9(2) May/June 1925.

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.

1923 February *The Strongman*. Published and edited by W. A. Pullum in London, England. Publication ended with 3(12) December 1925.

1923 April 1(2) *Hygeia: The Health Magazine*. Published by the American Medical Association. LIC 28(2) February 1950. Title changes to *Today's Health* with 28(3) March 1950. LIC of *Today's Health*, 52(7) July 1974.

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 November *Correct Eating*. J.W. D. Giant Company. Monthly. This magazine combined with Alan Calvert's *Strength* in issue 15(3) May 1930. LIC of *Correct Eating* alone: 3(2) February 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 January *Fitness First: An Illustrated Monthly Magazine Devoted to Drugless Healing, Hygiene and Physical Development*. Published by Maxalding, London, England. Editor Alfred M. Saldo. Official organ of the Maxalding Debating Circle. LIC 1(3) March 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 N.M. *Your Body: Devoted to the Welfare of the Human Body*. Quarterly, published by Experimenter Publishing Company. LIC 2(3) summer 1929.

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 weightlifting and bodybuilding. It is believed that this is the only issue ever published of this magazine.

1928 December *The Arena*. Monthly. With issue 17(3) May 1932, it becomes *The Arena and Strength* and changes from Arena Publishing Company to The Milo Publishing Company. LIC of *Arena and Strength* is 19(10) February 1935.

1929 January/February 3(3) *How-To-Eat*. Published by How-To-Eat Publishing, Co., Chicago, Illinois. Arthur William Scott editor. Only issue in collection.

1929 February 4(4) *How to Live for Health and Strength*. Dr. J. A. Felton, publisher, Wauchula, Florida. LIC 20(3) January 1945.

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 Appliance 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)*. *JOPERD* 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 1, *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.

1930 October *The Superman Magazine*. Edited by J. P. Muller and T.W. Standwell for Link House Publications, London, England. This

magazine merged with *Health and Strength* as of the June 21, 1941 issue of *Health and Strength*. Last issue of *The Superman Magazine* alone is 11(10) July 1941.

1931 January 2(1) *The Monthly Health Review*. Edited by Rasmus Alder, M.D. LIC 2(12) December 1931.

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 weightlifting 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 Grimek, 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.

1933? *Let's Live*. Published by Norman Bassett. Health and general fitness information. Formerly *Health News*. First in our collection 10(12) June 30, 1942. LIC 53(2) February 1985.

1933 November 7(6) *Health for All*. Edited by Stanley Lief in Great Britain. LIC 46(1) June 1972. A 1972 issue says "46th year" making it likely that *Health for All* began in 1926.

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.

1934 October *Physical Education, Health and Recreation Digest*. Published by Charles D. Giaouque, Boston, Massachusetts. Monthly. Condensations of research articles. LIC 3(6) July 1937.

1935? *Journal of Living*. Edited by Leonard M. Leonard. With 20(11) May 1955, the title changed to *Journal of Lifetime Living*. LIC 25(8) February 1960.

1935 N.M. *Physical Training Notes*. Published by Mark Berry and the Berry Barbell Company. Monthly. LIC 2(5) N.M. 1937.

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 September/October 1(2) *Body Beautiful*. Published bimonthly by Beauty Publications Company, Mount Morris, Illinois. Jean Francois, editor. Women's diet and exercise advise. Only issue in collection.

1936 September 3(9) *Health Digest*. American Health Publishing. Edited by Dr. J. F. Montagu. LIC 8(3) June 1938.

1936 November *The Physical Culture Exchance (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 May 4(2) *The Health Clarion: The Health Magazine* with a *Punch!* Monthly. Published by Healthful Living Inc. of New York Samuel Rosenbloom, editor. LIC 5(1) September 1938.

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

1938 October (N.V.) *Nature's Path to Health: Australia's Health Magazine*. LIC N.V. June/July 1949.

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 January *Super Physique: The Orient's Foremost Health, Physical Culture and Athletic Journal*. Published in Singapore, Malaya by Syed Alsagoff. In English. LIC 3(11&12) November/December 1941.

1939 July *Physical Fitness: The Guide to Health, Strength and Physique*. Edited by Les Birger. Quarterly. LIC 2(2) October/December 1940.

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 Ouley 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 September *Dr. Shelton's Hygenic Review*. Monthly. Dr. Herbert M. Shelton, editor and publisher. LIC 41(9) May 1980.

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

1939 November 6(11) *Health: Builds the Body, Mind and Spirit*. Percy T. Magan, editor. Changes with 8(7) July 1941 to *Health: A Doctor's Magazine for Everybody*. LIC 9(7) July 1942.

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 is 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.

1941 May *The Health Builder*. Paul C. Bragg, editor. With 25(1) NM 1954, the magazine shifted to a newsprint stock. LIC 73(1) N.M. 1973.

- 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
- 1944 August *Vigour*. British. Edited by John Barrs and Henry J. Atkin. Official Journal of The British Amateur Weight Lifting Association. LIC 11(12) December 1955.
- 1945 January/February N.V. *The Naturopathic Review*. Edited by M. T. Capanella. Bimonthly until October 1945, monthly thereafter. LIC N.V. April 1949.
- 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 May *Muscles*. Published by Henri Garsou in Brussels, Belgium. LIC 3(21) August 1948. Reportedly ended in 1960.
- 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 October *Sante et Force*. Published by Ben Weider in Montreal Canada. Quarterly. LIC is 24(1) June 1973.
- 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 January *The British Amateur Weightlifter & Bodybuilder*. Edited by D. G. Johnson. In January of 1951 the title changes to: *The Weightlifter & Bodybuilder*. In April of 1952, it changes to: *The Bodybuilder*. LIC 1(9) September 1952. In April of 1956, 10(4) *The Bodybuilder merges with Health and Strength*.
- 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.
- 1947 September N.V.(N.N.) *Lackzoom Hi-Lites*. By Syndicate Publications. A monthly Journal advocating better living through natural foods. LIC N.V. October 1956.
- 1948 May 1(6) *Health and Vitality*. Monthly. Edited by D. M. Lewis. The "personal improvement magazine." LIC 3(5) August/September 1950.
- 1948 June 11(6) *Health for You*. Published by Health for You Publishing, Salt Lake City, Utah. LIC 11(9) September 1948.
- 1948 August *Naturopathic Magazine*. Published by Dr. George Floden, Santa Monica, California. LIC 1(3) October 1948.
- 1948 October/December 1(2) *Listen: A Journal of Better Living*. Edited by J. A. Buckwalter. Quarterly. LIC 5(2) April-June 1952.
- 1949 March-April *Acrobat*. Published by Glenn Sundby and edited by Ray Van Cleef. Last issue of this magazine was May-June 1950.
- 1949 May *Northern Fitness Parade Illustrated*. Published by Richard H. Arnott, Bradford, Yorkshire, England. Monthly. Only issue published.
- 1949 June *Body Culture*. English magazine published by Henry Atkin. Last issue 2(3) March 1951. Fifteen issues in a complete collection.
- 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.
- 1949 December *Prevention*. Published by Rodale Press of Emmaus, Pennsylvania. Monthly. Current.
- 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? 1(N.N.) N.D. *Male Body and Camera* Pictorial published by Physique World Publications, Jersey City, New Jersey. Rocco V. Signorille, editor. Single issue.
- 1950s? *Strive*. Published by Style Printing of Newark. Last known issue 1(3) N.D.
- 1950s? *Male Art Photography*. Published by Man's World Publishing Co., Ltd. British. Only issue. No year, month or volume.
- 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 *May Life and Vision*. Australian health magazine edited by Mary E. Foley. Only issue in collection.
- 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 February *Here's Nature's Path to Health*. Edited by F.G. Roberts in Melbourne, Australia. LIC N.V. March 1950.

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 May 1(10) *Health and Vision: A Health and Cultural Magazine Devoted to Vital Living*. Australian. Published by Life and Vision Publications. LIC 1(13) October/November/December 1951.

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 *Man's World* magazine.

1952 May 7(5) *Natural Herald*. Published by Ivan A. Brovant. "Official Organ of Natural Communities, Incorporated and The Southwest Sunbathing Conference." LIC 7(6) June 1952.

1952 September *Muscleman*. Published by Reg Park. LIC N.V. December 1953. Sixteen issues in a complete collection.

1952 December *Tomorrow's Man*. Edited by Irvin Johnson of Chicago, Illinois. LIC 19(1) April 1971.

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 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

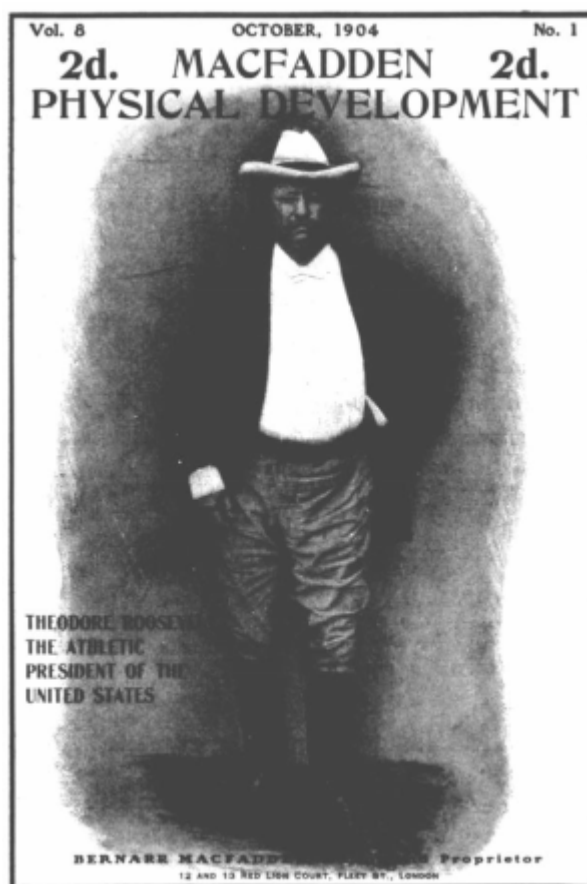
1953 September/October 2(1) *Bonomo Banner*. Published by Bonomo Culture Institute, New York. Editorial cites circulation of this newspaper at over 100,000. Only issue in collection.

1953 November/December *South African Body Culture*. Edited by

Bennie Ossher. Bimonthly. Tide changes with 3(6) September/October 1956 to *Body Culture*. LIC 5(5) July/August 1958.

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*. LIC 2(5) January 1956.

1954? N.V., N.D. *Today's Male*. Physique pictorial "Published for the Artist and Sculptor by E.B.W." New York. Single issue in our collection.



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. *Muscular Health*. Published by Rocco V. Signorile. Physique World Publications, New York. Physique pictorial. LIC 1(3) N.M. 1954.

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 N.M. *Natural Food and Farming*. Published by the Natural Food Associates. Monthly. LIC 21(1) June 1974.

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.

1954 May *Vim*. Published by Victory Printing, Chicago, Illinois. Monthly. LIC 7(6) September 1960.

1954 June *Iron Man Lifting News*. Edited by Peary Rader. Monthly. Last issue 15(2) January 1969. There are 142 issues in a full set This magazine covered competitive weightlifting and powerlifting.

1954 September *Journal of Natural Hygiene*. Edited by Christopher Gian-Cursio. In February of 1957 with 3(1) the title changes to *Natural Hygiene: The Journal of the American Natural Hygiene Society*. Eleven issues per year. LIC 4(10) June 1959.

1954 November *Body Beautiful: Studies in Masculine Art*. Published by Joe Weider. LIC 7(1) March 1958.

1954 December *Adonis: The Art Magazine of the Male Physique*. Published by Joe Weider. Bimonthly. LIC 7(1) March 1958.

1955 December *Junior Mr. America* Edited and published by Joe Weider. Bimonthly. LIC 1(3) May 1956.

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.

1956 December *Hercules: The Body Beautiful*. Published by Nova Publications. Only known issue.

1957? 2(N.N.) *Male Pix: Beefcake*. Published by Studio Publishers of New York "1957" and "1958" written in hand by Ottley Coulter. LIC 3(N.N.) N.M. 1958.

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.

1957? N.D. N.V. *American Physique*. Published by Style Printing Company of Newark, New Jersey. Bimonthly. Volume 1(3) contains a photo of Mr. America for 1957.

1957? *Body Perfection: Muscle Digest* Florenz Publishing Company, Inc. Forest Hills, New York Only issue in collection. Male physique pictorial.

1957 N.M. *Fizeek*. Published by Fizeek Publishing Company in Hollywood, California. Bimonthly. LIC 1(19) February 1963.

1957 January *Skill The Journal for the Indoor Athlete*. Bimonthly British magazine featuring news on weightlifting, gymnastics, boxing, handbalancing and the circus. Edited by Ken Woodward. With 2(9) November/December 1958 the title changed to *Skill: The Journal of Athletic Technology*. Issue 5(4) September 1961 is the last to carry a volume number. November 1961 is designated number 38. LIC N.V. (79) N.M. 1970.

1957 Spring 4(N.N.) *Male 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.

1957 September *Modern Man*. Edited by George Greenwood. British. Quarterly. Volume 1(2) is dated October/November 1957. LIC N.V. Summer 1962.

1957 September *Muscle Sculpture*. Published by Barton R. Horvath. Bimonthly physique magazine. LIC 3(5) October 1960.

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 tide 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 *Zing: Photos and Articles on the Art of Physical Training*. LIC 1(10) February 1960.

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.

1960? *Mighty*. Published by Co-Ed Publications. Physique pictorial. Only known issue.

1960? *Dynamic*. Published by Co-Ed Publications. Physique Pictorial. Only one known issue. Tom Sansone is on cover.

1960? *Physical Development*. Published by Co-Ed Publications. Physique pictorial. Only one known issue. Jack Dellinger is featured in an interior photograph.

1960? *Power*. Published and edited by Barton Horvath in Weehawken,

New Jersey. Only issue ever published.

1960? 1(2) *Titan*. Edited by Barton Horvath and "Incorporating *Muscle Sculpture*." Only known issue.

1960? *Young Champions*. Published by Co-Ed Publications. Physique Pictorial. Six by eight inches in size. Only known issue.

1960? *Muscular Marvels*. Published by Co-Ed Publications. Physique Pictorial. Only one known issue.

1960? *Girls in Combat: Exciting Photos of Girl Wrestlers and Boxers*. Published by Skill Publications, England. Only issue.

1960? 1(15) *Encore*. Published by Clarence R. Holocher, Dearborn, Michigan. Only issue. Male pictorial.

1960 January/February *Physical Power*. Edited by Walt Marcyan for Physical Power Publishing Company. Bimonthly. Original issues measure approximately 5 x 9 inches. Magazine size changed to an 8 x 11 inch format in with 6(1) January/February 1965. LIC 6(6) December 1965.

1961 N.M. *Keep Fit* Published by Ray Van Cleef. Newspaper. Only issue in collection.

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

1961 March *Demi-Gods*. Published and edited by Joe Weider. LIC 2(3) 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? Missouri Valley Weightlifting Federation Newsletter. Edited by Bill Clark, Columbia, Missouri. Published irregularly. Changed name to *Missouri Valley AAU Weightlifting Newsletter*, then to *Region 8 Weightlifting Newsletter* and, later, to *Region IV Weightlifting Newsletter*. LIC 29(6) December 30, 1989. Current.

1962 February 10(2) *The Australian Weightlifter*. A.S. Newey and Son Printers. LIC 17(2) February 1969.

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 March/April. *Chuck's American Bodybuilder Journal*. Published by Chuck Sipes in Cedar Ridge, California. Only issue in collection.

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

- 1963 March *Health Vigor: A Guide to Nutrition/Fitness*. Published by Joe Weider. LIC 2(5) December 1965.
- 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 AU 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 January *Muscular Development*. Published by The York Barbell Company and edited for many years by John Grimek. The York Barbell Company sold the magazine in 1988 to Twin Labs Corporation. Last issue published in York is 26(2) February 1989. Twin Labs Vitamin Company takes over publishing with 26(3) March 1989. Current
- 1964 Spring *The New Bodybuilder Magazine*. Quarterly published by The Bodybuilder, Inc., of New York. LIC 1(3) Fall 1964.
- 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.
- 1967? *Blair Report*. Published by Rheo H. Blair. Nutrition and bodybuilding information. Only issue in collection.
- 1968 N.M. *Power*: The Official Journal of the Bullworker Club. Edited by David Prowse. British. Monthly. LIC 3(2) August 1969.
- 1968 *Medicine and Science in Sports and Exercise*. Published by The American College of Sports Medicine. 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 June N.V.(1) *Male Pix: Photographic Art of the Male Physique*. Published by Tomorrow's Man Publishing, New York, New York. LIC N.V.(6) April 1970.
- 1969 October *Family Health*. Published by Falmily Health Magazine Company. LIC 6(12) December 1974.
- 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
- 1971 July *Weightlifting Journal*. Edited by Bill Starr. Final issue 1(7) January 1973.
- 1971 July *Physical Fitness Research Digest*. Published by The President's Council on Physical Fitness and Sports. Quarterly. Edited by H. Harriuson Clarke, Ed.D. LIC 9(4) October 1979.
- 1973 June *The Physician and Sportsmedicine*. Monthly. Published by McGraw Hill, Incorporated. "A peer reviewed journal of the medical aspects of sports, exercise and fitness." It has reported a number of studies related to strength training. Current.
- 1972 March *Powerlifting News*. Published by Dan Dewelt. Through 2(1) 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? *Slim News*. Newspaper published by Uplift, Inc., Brooklyn, N.Y. Only issue.
- 1973 May 1(8) *Powerman*. Published by Les Cramer. LIC 3(1) December 1975.
- 1973 June *Feminine Fitness*. Published by Daisy Publishing Company, Encino, California. Only issue in collection.
- 1973 July *Shape-Up*. Published by Joe Weider. This magazine incorporates *Mr. America*. LIC 1(7) October 1974.
- 1974 N.M. *The Powerlifter*. Published by Tony Fitton. British. Mimeographed single issue.
- 1974 January *International Olympic Lifter*. Published by Bob Hise. Current.
- 1974 Spring *Journal of Sport History*. Published three times per year by the North American Society for Sport History. Current
- 1974 July 2(7) *Bestways*. Published by Norman Bassett. Health and Nutrition monthly. LIC 3(12) December 1975.
- 1974 Fall *Muscle Mag International*. Published by Bob Kennedy Brampton, Ontario, Canada. Current. Kennedy also published *Muscle Mag International Annuals* during 1977-1981.
- 1976? *The Arm Bender*. The Official Journal of The World Armwrestling Federation. LIC 3(8) Summer 1979.
- 1976 January *The Body Forum*. Published by A.G. Braswell, Atlanta Georgia. Women's magazine scheduled for six issues per year. Only issue in collection.
- 1976 March 5(1) *Canadian Powerlifting News*. Published by Bill Gvoich in Hamilton, Ontario. Only issue in collection.
- 1976 July *Muscle Digest*. Monthly. Published by Donald Wong.

Series ended with 8(6) June, 1984.

1976 October 91(10) *Life and Health*. Published by Review and Herald Publishing Company, Washington, DC. Edited by Don Hawley. Conner states that this magazine is in its ninety-second year. Only issue in collection.

1976 December *WASP.: Women's and Strength Periodical*. Early issues have no volume or publisher listed. In January 1981, number 60 is entitled *W.S.P.: The Women's Strength and Physique Publication*. Published in Ho-Ho-Kus, New Jersey. Last issue by this title is #84, January 1983. Bill Jentz is listed as the publisher of this issue. In February of 1983, name changes to *Women's Physique Publication*. Current. Latest issue is number 170 July/August/September 1990.

1977? *The Florida Bodybuilder*. Published by John Meese. It is not known when this publication ended.

1977 N.M. *Powerlifting*. Published by The Sportsman Barbell Company. Six issues per year. LIC N.V. "Xmas issue" 1977.

1977 June *Looking Good* Edited by Cal Smith for Hercules Promotions in Burnaby, Canada. Only one issue of this bodybuilding magazine in our collection.

1977 June *Powerlifting USA*. Published by Mike Lambert in Camarillo, California. Monthly. Current

1977 June 2(9) *Bodybuilding* Monthly. British magazine edited by Dave Williams. LIC 12(5) February 1989.

1977 July *Southwest Powerlifter & Bodybuilder News Review*. Published in Fort Worth, Texas by Marvin Meinstein. LIC 1(3) 1977.

1977? *The Bodybuilding and Powerlifting News*. Published by Bill Reynolds. It is not known when this publication ended.

1978? N.V.(15) *The Female Lifter World Report*. Published by Tina Woodley, Bonaire, Netherland Antilles. Powerlifting and bodybuilding news. Only issue in collection.

1978 April *Health Science: The Journal of American Natural Hygiene*. By 4(4) June/July 1981, the title includes the phrase: "Incorporating Hygienic Review." Edited by Alan J. Smith. LIC 6(6) November/December 1983.

1978 August 1, 2(3) *National Masters Weightlifting Newsletter*. Published by Bill Clark in Columbia, Missouri. Current.

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

1978 December *The National Strength Coaches Association Newsletter*. Title changed to *National Strength and Conditioning Association Journal* with 3(3) June/July 1981. Bimonthly. Current.

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 in 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*.

1978 Winter *Physical Fitness/Sports Medicine*. Published by The President's Council on Physical Fitness and Sports. "A bibliographic service encompassing exercise physiology, sports injuries, physical conditioning and the medical aspects of exercise." LIC 9(4) 1986.

1979 February *Powerlifting Missouri Valley*. Edited by Nate Foster. Changes to *Powerlifting Missouri Valley and Region Eight Newsletter* with 2(1) January 1981. LIC 3(3) April 1982.

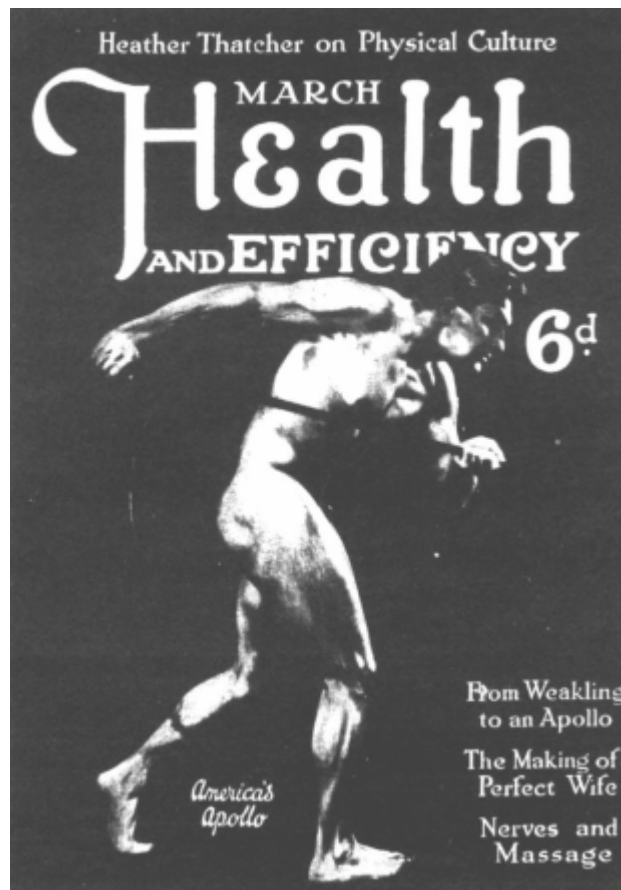
1979 Summer *Nautilus Magazine*. Published by Arthur Jones of Nautilus Sports/Medical Industries. Quarterly. Switches to bimonthly format with 3(1) February/March 1981. LIC 5(3) July 1983.

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.

1979 November *The Bodybuilder*. Published by Charlton Publishing in Derby, Connecticut Edited by Alan Paul. Title changed to *Muscle and Bodybuilder* with 3(8) January 1981. Originally bimonthly it became quarterly with 6(24) September 1984. LIC 7(28) Winter 1985.

1980 January *National Masters Powerlifting Newsletter*. Edited by Thomas W. Eldridge. LIC 1(5) September 1980.

1979 November 1(9) *The Health Crusader*. Newspaper, published monthly by Church of Human Life Science, Yorktown Texas. Edited by T. C. Adelhardt. Only issue in collection.



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.

1980 December *The Powerlifter*. Edited by Joe Zarella and Jan Todd. Official Journal of the United States Powerlifting Federation. Final issue 1(7) July 1981.

1981 January *Bodypower*. Published by Reginald Taylor. British. LIC 8(3) March 1989.

1981 March *Power and Fitness: For Every Body*. Published by Family Publications, Inc. Bimonthly. Edited by William Kumagai. LIC 1(5) November 1981.

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 April *Body & Power: The Art and Sport of Women's Bodybuilding*. Published by Family Publications. Edited by Steve Wennerstrom. Series ended with 3(1) May, 1983. There are 13 issues in a complete collection.

1981 September *Shape*. Women's health and fitness magazine published by Joe Weider. Monthly. Current

1981 September *Fit*. Published by Runner's World Inc. of Mountain View, California. Quarterly. Women's health and exercise. LIC 3(12) May 1984.

1981 October *Natural Bodybuilding*. Published by Chet Yorton and Mike Dayton. Series ends with 2(7) April 1983.

1981 October/November 3(7&8) *Health Fitness S.P.A. News*. Published by Doris Barrileaux and A.F.W.B. LIC 4(12)/5(1) March & April 1983. Series probably ended with July of 1983.

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 April 2(3) *Slimmer*. Published by Ritter/Geller Communications. Women's exercise and nutrition. Bimonthly. LIC 8(2) June 1987.

1982 April/May 1(3) *International Powerlifter*. Edited by Dennis J. Unitt. LIC 6(8) October 1987.

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

1982 June *Region VI Power News*. Edited by Pat Malone. Single issue in collection.

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

1983 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

1983 August/September N.V. *South African Powerlifting*. Published by Roelf van der Berg. LIC N.V. November/December 1983.

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 January *Strength Training for Beauty*. Runner's World Publications. Edited by Laura Dayton. Final issue 3(5) October 1986. 17 issues in a full set

1984 February 3(2) *Healthful Living*. Published by T. C. Fry. Monthly. LIC 3(3) March 1984.

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 October *The University of California, Berkeley, Wellness Letter: The Newsletter of Nutrition, Fitness and Stress Management*. Monthly. Current.

1984 November *Power Digest*. Published by Ron Modra, Adelaide, Australia. Name changed to *International Power Digest* with 1(4) N.M. 1985. LIC 1(5) N.M. 1985.

1984 November *Muscle & Power*. Published by Stanley Harris. Series ends with 1(2) February 1985. Only two issues in a complete collection.

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 N.M. N.V.(5) *Muscle and Co*. Edited by Peter McGough of Muscle and Co. Publications, London. This publication is subtitled, "The Official Journal of the European Federation of Body Builders." It is believed to be 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. 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 February *Home Gym and Fitness*. Bimonthly published by Werner and Werner, this magazine offered advice on choosing health club and home gym equipment. LIC 3(3) May/June 1987.

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

1985 June *Musclesearch: The Roark Report*. Published by Joe Roark, St. Joseph, Illinois. Bimonthly newsletter of iron game history. Final issue was 1(27) October 1989.

1985 Summer *Superfit*. Published by Rodale Press of Emmaus, Pennsylvania. Quarterly. LIC 2(3) Fall 1986.

1986 N.M. N.V.(31) November/December *Muscle Australia*. Published by Rocco Oppedisano. Fitness information for men and women. LIC N.V. (32) March/April 1987.

1986 March *World Powerlifting: Official Magazine of the International Powerlifting Federation*. Edited by Heinz Vierthaler, IPF President in Verstaten, Germany. Last issue: 1(4) January 1987.

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

1987 January *Nautilus Training Mentor*. Published by Nautilus Sports Medical Industries in Dallas, Texas. Final issue 1(3) N.M. 1987.

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 August 5(8) *Mayo Clinic Health Letter*. Monthly. Current

1987 September *The Bodybuilding Woman: Exploring Muscular Symmetry as both Sport and Art*. This newsletter was published by Lisa Rogak of Symmetry Publishing, Inc., New York. Last dated issue was 2(5) May/June 1989. A final undated and unnumbered issue was also published in 1989.

1987 September *N.P.C. News*. Edited by Jim Manion for The National Physique Committee. Bimonthly. Current.

1987 September/October 4(24) *Powerlifting Canada*. Edited by John Sarich. Only issue in collection.

1987 November *Florida Muscle News*. Published by Algebraic Productions, Incorporated, Archer, Florida. Edited by Jeannette Peters. Current.

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

1988 January 20(1) *Health* Published by Family Media, Incorporated. Current.

1988 January/February/March *Powerlifting Today: The Official ADFPA Newsletter*. Edited by Donna Wicker. Bimonthly. With 1(2) April/May/ June 1988, title changes to *Powerlifting Today: The Journal of Drug Free Powerlifting*. Early issues of this magazine are approximately 6 x 6 inches in size. With 3(4) July/August 1987. It then changes to a newspaper format, and is again subtitled "*The Official ADFPA Newsletter*." The volume and numbers begin over with 2(1) November/December 1988. Volume 3(6) September/October 1990 was the last issue published by the Wickers. Gary Morrison of Wyoming, Michigan is the current editor. His first issue is entitled *Powerlifting Today: The ADFPA Newspaper*. It is erroneously marked "3(6)" though it appeared in December of 1990. 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 April *Natural Body and Fitness*. Bimonthly. Published by Dave Kirk at Natural Body and Fitness, Inc., New Britain, Pennsylvania. Edited by George Schneider. Current.

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

1988 November *Natural Physique*. Chelo Publishing, Incorporated. Bimonthly. Current.

1988 Fall *H.I. T.—High Intensity Training*. Originally edited by Ken Leistner, more recent issues of this newsletter are edited by Ted Lambrinides and Brad Bates. Devoted to strength training for athletics. Current.

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 July *The Hardgainer*. Published by Stuart McRobert in Nicosia, Cypress. Current.

1989 September 10, U.S. *All-Round Weightlifting Association Strength Journal*. Published by Bill Clark. Current.

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 May *Men's Workout*. Published by Harris Publications of New York. Current.

1990 June 1(3) *Pan American Weightlifting Confederation Newsletter*. Published by Murray Levin of Miami, Florida. 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.

1990 December *Bodybuilding Lifestyles*. Published by Vince McMahon of the World Wrestling Federation. 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 Baptiste.

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 Tanny's journal.

1970? *Esthetic*. Edited by Georges Dardenne.

1970? *Rep-Gazette 7 Pie-Ayune*. Edited by Everill Taggart? 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?

1981? Don Crain's powerlifting and bodybuilding magazine.

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

Halterofolia—Spain

Hantel Sports—Switzerland

Health and Energy—China

Kepes Sport—Hungary

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*.

[Ed. note: The authors would like to thank Hal Weiss for providing information about the titles of some of the lifting-bodybuilding publications and student volunteers Tronya Logue, Jennifer Baugher, Stacey Kempenich, Gus MacLellan and Kim Beckwith who assisted with the cataloging of The UT Magazine Collection.]

THE ROARK REPORT

This issue's Roark Report continues cataloguing the important dates in the history of the iron game. If any of these events strikes a memory in our readers, perhaps information such as newspaper clippings or personal correspondence could be shared with us. Please help by writing to *Iron Game History* or to me, Joe Roark, P.O. Box J, St. Joseph, IL 61873.

September 1:

1873 Dr. Dudley Allen Sargent was appointed at Harvard as "Director of the Gymnasium and Assistant Professor of Physical Training"

1909 Karl Swoboda "continentalled" & jerked 387.113 pounds.

1932 Hermann Goemer curled 110 1/4 pounds in each hand.

September 3:

1945 Bill Reynolds born.

September 4:

1951 Casey Viator born

1965 First National Powerlifting Championships.

September 5:

1952 Kurt Saxon died. Born March 11, 1884.

September 8:

1909 John Dawe born.

September 9:

1900 George Lurich set record in "belly toss" of 443 pounds.

1927 Joe Greenstein, "The Mighty Atom," began his vaudeville act.

September 12:

1851 Karl Abs born. Died Feb 18, 1895.

1876 Dr. George Barker Windship died. Born Jan 3, 1834

1896 Max Dauthage performed 50 squats with 220 1/2 pounds.

1907 Josef Steinbach jerks from shoulders 347.22 pounds for seven reps.

September 13:

1907 Maspoli performed a one arm snatch of 207 3/4 pounds.

1940 Bob Gajda born.

1949 John Davis cleaned & jerked the Apollon wheels.

September 14

1860 Emile Bruyere, known as "Limousin", is born. Died

September 26, 1910.

September 15:

1919 Sieg Klein got his first barbell.

1924 Sieg Klein met (his future bride) Grace Attila.

September 16:

1927 Doug Hepburn born.

1983 Arnold Schwarzenegger became an American citizen.

September 17:

1978 Robert B. Snyder died. Born Feb 16, 1897.

September 19:

1905 Tony Sansone born. Died Jan 13, 1987.

1909 Walter Podolak born. Died Feb 16, 1984.

September 20:

1952 Dietrich Wortmann died. Born Jan 11, 1884.

September 21:

1989 John McCallum died.

September 23:

1967 Sanislaus Zbyszko died. Born Apr 1, 1880.

September 24:

1957 Harry Barton Paschall, author of the "Bosco" books, died.

September 26:

1916 Jack LaLanne born.

1972 Joseph Curtis Hise died.

September 28:

1849 Dudley Allen Sargent born. Died July 21, 1924.

September 29:

1863 Oscar Matthes born. Died Mar 23, 1950.

September 30:

1902 Frank Miller born.

October 1:

1888 Louis Cyr backlifted 3536 lbs. Approximately the same poundage was lifted by Minerva on April 15, 1895. One month later, on May 27,

1895, Cyr set his all-time record in the back lift-approximately 4300 pounds-at Austin and Strong's Museum in Boston.

1989 Chester Teegarden died.

October 3:

1943 Ellington Darden born.

October 6:

1925 Charles Rigoulot turned professional as he beat Parisian strongman Ernest Cadine in a 10 lift match.

1936 Bruno Sammartino born.

October 7:

1901 Meeting took place which later resulted in the forming of the British Amateur Weight Lifting Association.

October 8:

1961 Ben Cote deadlifted 750 pounds.

1977 Joe Greenstein died. Born July 15, 1893.

October 10:

1924 Siegmund Brietbardt died.

October 11:

1863 Louis Cyr born. Died Nov 10, 1912 (See the April 1990 *IGH* for a story on Louis Cyr.)

October 12:

1955 Bernarr Macfadden died. Born Aug 16, 1868.

October 14:

1925 Eugen Sandow died. Born Apr 2, 1867.

1954 Norbert Schemansky cleaned the Apollon wheels on his first attempt and jerked them three times.

October 16:

1948 Edwin F. Townsend died. Born Dec 18, 1877.

October 17:

1909 Peary Rader born.

1932 Paul Anderson born.

October 18:

1928 Louis Uni (Apollon) died. Born Jan 21, 1862.

October 20:

1891 Louis Cyr defeated Cyclops and Sandowe.

1935 Tom Sansone born. Died October 16, 1974 (one of the first deaths in the iron game said to be related to steroid use).

1940 John Grimek wed Angela.

October 21:

1921 Larry Barnholth began the American College of Modern Weightlifting.

October 25:

1866 Prof Theodore Siebert born. Died Apr 12, 1961.
1948 Ronald Walker died. Born Dec 22, 1909.

October 26:

1909 Maxick arrived in London as a professional strongman.
1923 Clancy Ross born.

October 27:

1906 Dick Bachtell born. Died 1990.

October 29:

1899 Louis Attila and Sandow jumped the stage and defeated Cyclops.
1916 Les Stockton born.
1954 Henry Gray carried the 340 pound Dinnie Stone 18 yards.

October 30:

1892 Charles Atlas (Angelo Siciliano) born. Died Dec 23, 1972.
1948 Sam Loprinzi opened his gym in Portland, Oregon.

October 31:

1930 Bill Pearl born.

November 1:

1907 Warren Lincoln Travis lifted 667 pounds with his middle finger, back-lifted 4140 pounds, harness-lifted 3985 pounds and reached 1778 pounds in a hand-and-thigh lift in an exhibition at the Brooklyn Athletic Club, Brooklyn, New York
1921 Ed Jubinville born.

November 3:

1903 Charles Rigoulot born. Died August 22, 1962.
1925 George Eiferman born.

November 4:

1911 Karl Swoboda lifted 409.18 pounds in a continental and jerk.
1968 Earle Liederman died. Born December 12, 1886.

November 6:

1879 Emile Schweitzer born.
1943 Ken Patera born.

November 7:

1944 Paul Von Boeckmann died. Born January 20, 1871.

November 8:

1948 Paul Baillargeon bent pressed the Rolandow dumbbell on his first attempt.
1968 Sieg Klein closed his gym for the first time in 40 years in order to attend Bob Hoffman's 70th birthday party.

November 9:

1898 Bob Hoffman born. Died July 18, 1985.
1917 Vince Gironda born.
1935 Don Howorth born.
1959 Lou Ferrigno born.

November 10:

1912 Louis Cyr died. Born October 10, 1863.

November 11:

1977: Jan Todd featured in *Sports Illustrated*. Fit powerlifter, male or female, to be featured in America's largest sports magazine.

November 13:

1933 David Gentle born.

November 14:

1922 Richard K. Fox died.

1947 Sieg Klein's first Stars of Strength show.

November 15:

1898 Edgar Mueller born.
1922 Roy Hilligen born.
1951 Mike Mentzer born.

November 16:

1936: Isaak Berger born.
November 20:
1937 John Davis' first weightlifting competition.

November 22:

1935 Tony Terlazzo became first American to make an International Weightlifting Federation world record.

November 23:

1878 Lionel Strongfort born.

November 27:

1897 Harry Paschall born.
1952 Gregory Paradise died.

November 29:

1883 Wilfred J. Diamond born. Died January 28, 1969.
1922 Joe Weider born.

December 1:

1913 Emile Bonet born.
1949 WGN television showed "The Mr. Tavern Pale Physique Contest." This contest was won by Leo Lederer.
1951 Norbert Schemansky became the third man to clean and jerk 400 pounds under official conditions.

December 6:

1940 G.W. Rolandow died. Born May 6, 1874.
1963 National AAU Convention voted to not reinstate Paul Anderson as an amateur.

December 8:

1927 Jim Park born.

December 10:

1870 William Bankier born. Died in 1949.

December 12:

1860 James Walter Kennedy born.

December 16:

1868 Pierre Gasnier born. Died in December 1923.
1917 Frank Gotch died.
1934 Edgar Mueller took Goerner's measurements.
1946 Mac Batchelor twice defeated Earl Audet in arm wrestling.

December 18:

1877 Edwin F. Townsend born. Died October 16, 1948.
1892 Apollon versus the Rasso Trio.

December 19:

1936 Sieg Klein and Bob Harley each bent press the Cyr dumbbell.

December 20:

1920 John Terry born

December 23:

1891 George Jowett born. Died July 11, 1969.
1899 Larry Barnholth born. Died May 23, 1975.
1941 Serge Reding born. Died June 27, 1975.

December 25:

1901 Joe Bonomo born. Died March 28, 1978.
1943 Harold Poole born.

December 26:

1989 Kimon Voyages died. Born January 2, 1922.

December 27:

1952 Paul Anderson's first weightlifting contest. Anderson won with lifts of 275-225-300.

December 28:

1903 Luigi Borra's first performance under the name of Milo Brinn, the Cannonball King.

December 31:

1978 Steve Stanko died.

January 1:

1917 Henry Holtgrewe died at age 54.

1938 Terry Todd born in Beaumont, Texas.

1950 Charles A. Smith began working for Joe Weider.

January 2:

1953 Bruce Randall started lifting at the Norfolk Naval Air Station.

January 3:

1834 Dr. George Barker Windship born.

1980 K.V. Iyer died at age 82.

January 4:

1951 Zabo Koszewski arrived at Muscle Beach.

1960 Cory Everson born.

January 5:

1893 Karl Norberg born. Died 1983. On this same date, in 1973, at age 80, he bench pressed 300 pounds for three repetitions.

January 7:

1920 Harold Sakata born. Died July 29, 1982.

1942 Vasily Alexeev born.

January 11:

1893 Antone Matysek born. Died November 8, 1863.

1955 Fire destroys York Barbell foundry.

January 12:

1921 John Davis born. Died July 13, 1984.

1939 Bob Hoffman bent pressed the Rolandow dumbbell.

January 14:

1866 Luigo Borra born. Died January 19, 1955.

1970 Father Lange of Notre Dame died.

1977 Dave Asnis died.

January 15:

1937 Josef Steinbach died. Born March 21, 1879.

January 16:

1921 Leo Robert born.

1926 Charles Rigoulot deadlifted 621.7 pounds.

January 17:

1930 Arthur Dandurand shouldered a 400 pound Ford engine.

1983 David P. Willoghby died. Born March 17, 1900.

January 18:

1892 Louis Cyr lifted his famous dumbbell (273 1/4 pounds) overhead with one arm.

January 21:

1926 or 1927 or 1928 Steve Reeves born.

1952 Katie Sandwina died. Born May 6, 1884.

January 22:

1913 Sam Loprinzi born.

January 25:

1890 First article on any professional strongwoman—"Mademoiselle Victorine"—appears in *The National Police*

Gazette.

January 27:

1965 Jack Kent died at age 52.

January 30:

1897 St. Petersburg (in Russia) Athletic Club founded.

1941 Joe Bednarski (Ivan Putski) born.

January 31:

1913 Chester O. Teegarden born. Died 1990.

February 1:

1924 Ben Weider born.

February 2:

1961 Hoerman Saxon died.

February 3:

1940: Floyd Odom born.

February 4:

1937 Bill March born.

February 5:

1878 Wiliam Pagel born.

February 6:

1924 Edna "Connie" Rivers born.

February 9:

1899 Henry Milo Steinborn died. Born March 14, 1893.

February 10:

1736 Thomas Topham, then age 26, put on a strength exhibition in Derby, England.

February 11:

1897. Roy J. MacLean born. Died December 6, 1986.

February 13:

1942 John Farbotnik began exercising with weights at Fritsche's gym.

February 15:

1861 Martin "Farmer" Bums born.

1944 Joe Dube born.

February 16:

1936 Grimek bent pressed the Rolandow dumbbell.

1984 Walter Podolak died. Born August 19, 1909.

February 18:

1895 Karl Abs died. Born September 17, 1851.

February 19:

1898 Ernest Edwin Coffin born. Died June 28, 1954.

1960 Paul Anderson's unsuccessful boxing debut.

1968 George Hackenschmidt died. Born August 2, 1978.

February 20:

1904 Bob Jones born. Died March 21, 1974.

February 21:

1876 Warren Lincoln Travis (Roland Morgan) born. Died July 13, 1941. On this same date in 1941, Travis celebrated his sixty-fifth birthday by lifting 1000 pounds 1000 times in thirty-nine minutes in his specialty, the harness lift.

February 26:

1898 Sandow "jumped the stage" on Saxon,

1906 Louis Cyr and Hector Decarie have a lifting contest.

February 28:

1964 Professor Adrian P. Schmidt died. Born March 4 (or 5) 1872.

1960 Al Treloar died. Born May 11, 1873.