



Dear *IGH*,

In the August 1994 issue you had Bernd Wedemeyer's German bodybuilding article which was translated into English by Anthony Hayward. I think it should be made into a book or have *The Handbook of Physical Education* translated. Are there any books by the doctor in German which are available? Thank you for your time and trouble.

Frederick W. Bodlak
Chicago, IL

Dr. Wedemeyer is presently working on a book-length history of the German physical culture movement. Although it will be published in German, we will try to get sections of it translated for *IGH* after it is completed. Dr. Wedemeyer has an excellent article, entitled "Bodybuilding or Man in the Making: Aspects of the German Bodybuilding Movement in the Kaiserreich and Weimar Republic," in the current issue of the *International Journal of the History of Sport*. For a reprint, call 1-800-944-6190.



Dear *IGH*,

I certainly want to thank you for your recent issue of *IGH* containing the great article by Jim Murray on the fabulous Paul Anderson. They say a picture paints a thousand words, and we should all keep [in mind] the picture of Paul squatting all the way down with record poundage.

In your fine article on the incredible George Hackenschmidt, you mentioned the influence of philosopher John Dewey on his thinking. Dewey influenced me, too, not only as a former student of philosophy but as a lifter as well with his and George Herbert Mead's "Theory of the Reflex Arc." It maintains that all phases of an act are part of the same unit, not different mental and physical "stuff" and should be thought of as one. The mind is part of the body and the body part of the mind, so this business of "mind control" in a lift is not relevant unless all components are thought of as one process, with mind not some phantasm that floats over one's head. This concept is very close to what Doug Hepburn called a "contractual drive," where one does not cogitate about making a lift before attempting it, but just going ahead and doing it as almost a reflex action.

Al Thomas' article was wonderful and scholarly. I couldn't have agreed more about the fun being gone from our sport. Competition seems to have become the *sine qua non* of lifting and bodybuilding, with winning the only thing that matters. I remember when Bob Samuels returned to see his first powerlifting contest in many years. What disturbed him was the lack of fun, and particularly the heckling and insults exchanged between athletes. "They would

have tom up someone's AAU card years ago for that!" he moaned.

While I couldn't agree more with Laurie Fierstein's observations, I do not believe that the strength sports should be singled out for over-emphasis on winning. They merely reflect the very pathetic road *society* in general is taking. I really wish Ms. Fierstein the best and hope that she can turn something around in the strength game. Let things start here! I particularly enjoyed the picture of Doughdee Marie lifting a big man over her head. I particularly appreciate the big smile on her face, and the fact that she has gone back to a feat of raw strength that cannot be faked and is understandable to non-lifters because while they cannot appreciate the weight of the barbell they *can* relate to the weight of a person. She is obviously having fun, and that should be the bottom line on sports.

Allen Smith
New Orleans, Louisiana

As for Bob Samuel's reaction to the meanness he saw at a powerlifting meet, we have to say that we have not seen such things at the collegiate level of the American Drug Free Powerlifting Association.



Dear *IGH*,

This letter serves a dual purpose. I wish to renew my subscription to *IGH* which I read and enjoy immensely. My only regret is that it does not come out more frequently but I realize it is not a commercial venture and there are limitations implied in that concept. Nevertheless quantity should never be confused with quality and *IGH* possesses the latter without doubt.

I read with great interest the letter written by Norman Komich in the August 1994 issue. Although we have never met I feel I know him based on the numerous other letters he has written to *IGH* which I enjoyed. However I strongly disagree with his reasoning in which he cites heavy training (as in the case of Chuck Sipes and Joe Abbenda) as a cause for arthritic-like ailments in later years.

There are probably hundreds of thousands of people in the United States who are afflicted with arthritis and other forms of joint disease and who can't run due to knee pain or "wake up stiff" in the morning. It's safe to bet that the vast majority of them never lifted a weight or exercised in any meaningful way in their lives. For every lifter who develops pains in later years there are probably a thousand non-lifters who develop similar pains, and lifting is not to blame in their cases. In addition there are numerous older weight trainers who do not have crippling maladies, despite years of training. Exercise is considered medically therapeutic for joint disease and medical studies have proven the benefits of resistance exercise even in eighty year old invalids. Lifting is being unfairly blamed by Mr. Komich in my opinion.

Heavy training and sensible training are not mutually exclusive terms. In years past athletes in baseball were considered "old" at age thirty. Similar notions prevailed in other sports. Today these barriers have fallen and careers have been extended by years. Masters lifting and bodybuilding competitions have shown that such bar-

riers have fallen in the weight world as well. One can, in my opinion, continue to train and make progress, avoiding injury and inducing health in the process. This is not to say a man can be as strong at sixty as he was at thirty but that even at sixty he can look healthy, feel well, and be stronger than thirty year old non-lifters.

I am presently forty-two and train on a mixture of Olympic and power lifts. I have lifted since age sixteen but my best gains have occurred in the past four years, utilizing sensible, drug-free training but not shying away from "heavy" weights by any means. A six hundred-plus pound deadlift and five hundred-pound Olympic full squat are not world records but I am proud of them and look to improve on them while staying injury free.

Weight training for me is a lifelong commitment and has become more important as the years pass because of its healthful benefits. It complements a person's physical and emotional health, at any age. It should be welcomed as the trusted companion it is and not relegated to the fringes because of misconceptions.

Enclosed is my renewal but for a patron subscription in honor of the fine job you have done with *IGH*.

Robert Conciatori, MD.
Flushing, NY



Dear *IGH*,

Thought I'd drop you a line to tell you that I enjoy *IGH* very much. It seems to get better with each issue. I especially liked the articles on Grimek and Hoffman. If possible I would like to see articles in the future issues about the training and lifts of Bob Peoples, Harold Anson, William Boone, Jack Walsh, Claude Samson Champain, The Good Brothers, The Saxons, Steve Stanko, Apollon, and Herman Goerner. I would also like to see articles on the history of lifting and bodybuilding courses (Atlas, Leiderman, Good, Calvert, Berry, Siebert, Anson, Hepburn, Paschall, Jowett, Hoffman Weider, etc.) with example routines. It would also be very interesting to see articles on the history of exercise equipment, training methods and the lifters and authors who popularized them and the development of food supplements and steroids from the beginning to the present.

Charles Davidson
Camby, IN

Little by little, we hope to cover these areas. See Jan Todd's "History of Barbells, Dumbbells, and Indian Clubs" on page four.



Dear *IGH*,

It was lovely to speak with you on the telephone and thank you for the honor in allowing me to include your names as Patrons of the Oscar Heidenstam Foundation. As I explained, we are about to change the letterheads etc. from Trust to Foundation and enclosed is a photocopy of next year's advertisement for the Hall of Fame Dinner and Awards. Thank you also for offering to include me on your

mailing list for *IGH* which I shall publicize at every opportunity. I feel very strongly that your *excellent* publication should be seen in the UK & Europe. I plan to publish a similar style brochure under the heading of the *Health & Strength* magazine as public relations 'news' on behalf of the Foundation. I purchased *H&S* in November 1992 having been involved with this together with Oscar from the mid 1950s. I haven't yet decided exactly when, but this should be during 1995.

In this day and age, it seems that virtually all publications cover 'pure' bodybuilding when *physical culture* (which started it all) takes second place. Maybe we and all like minded enthusiasts can continue serving the cause encouraging younger minds to research their heritage!

Malcolm Whyatt
Hereford, England



Dear *IGH*,

I am sorry to report to you the death of Albert Tauscher. He was just a little over one hundred years old. Al was one of the legendary lifters prior to World War One. From 1913 to 1917 he lifted with Owen Carr most every day. Thinking that the more they lifted the stronger they grew, they lifted til failure three times a day, usually in two or three lifts. Later we learned that a day or two of rest between supreme efforts gave an athlete a rest, more muscles, and higher records. If they had followed this system I think they would have lifted more in each individual lift.

Tauscher was the second American to get three hundred pounds overhead—the first being Noah Young, a 240 pound pro boxer. In my memory I do not believe Al ever got double body weight overhead but he came close. He made 310 pounds at 160 pounds bodyweight—pretty good. He could one-arm jerk 210 pounds as well as two-arm snatch it. On several occasions he snatched his body weight—his best being 160 pounds at 157 pounds bodyweight. I think at that time that only Otto Arco & Maxick had done this and they were pros. In the world of strength athletes, Al Tauscher was a little giant truly a legend to go down in weightlifting history.

On another subject: Without ever saying one word about a new set of weight limits for lifters—we now have a new set. What is behind this? The old set of weight classes was not broken, not even bent, and they had stood the test of time since before 1920. Now we have two sets of records—no way to compare them—except by body weight. A scourge on the group who changed it. I can't see that the new limit serves any useful purpose.

Collister Wheeler
Portland, OR

The International Weightlifting Federation changed the classes two years ago for two basic reasons. First, they wanted to make it easier for world records to be broken, as the media like world records. Second, they wanted to call attention to what they said was an improved drug testing program. The change of classes was a tacit admission that drugs had inflated the records.