



Dear *IGH*:

I finally got around to reading the Mar 05 issue of *IGH*. I was delighted to read of the Weiders' magnanimous contribution. It should do a lot to help you enhance your collection and preserve for posterity the memories that would otherwise extinguish.

I particularly enjoyed reading "The Conversion of Dr. Peter Karpovich." I trained in Fraysher Ferguson's gym between 1952 and '56, and he told me a lot of Karpovich anecdotes and his concept of musclebound. In 1952 I was a freshman in dental school and Dorland's Medical Dictionary was one of the books I had to buy. I was surprised when in it I saw that musclebound was listed as a medical term. Its definition indicated that it was a condition where muscles due to their large bulk had caused joint movements to become slow and inflexible. I then wrote to the chief lexicographer and explained to him that based on my empirical observations of some of world's most muscular men such a concept was physiologically false. He wrote back, thanked me for my observation, and assured me that the definition would be deleted in all subsequent editions.

I, of course, was aware of the "Schwartz Formula," but I had no idea who Lyle H. Schwartz was. He was active a little after my competitive days. I was very impressed to learn that he was the former chief of basic research for the US Air Force. Enclosed is a check for the renewal of my subscription and a CD of a record that John Davis and I made after the world championships in Sweden in 1953. I thought it might be worthy of a footnote in the history of the Iron Game.

Dr. Pete George
Honolulu, Hawaii



Dear *IGH*:

Great issue as always. Congrats on \$1,000,000 endowment; you deserve it. And a very special thanks to Joe and Betty Weider. What a wonderful and noble thing for them to do! I heard Joe was having some health problems. Don't know if I'll make it to the AOBs in

June. I would like to see him inducted ASAP. Again thanks for *IGH*.

Fred Schutz
Mt. Prospect, IL

Joe underwent lengthy and complicated back surgery early in the year and, as he was rehabbing, his back became infected. He is doing much better now.



Dear *IGH*:

Although this check is overdue somewhat, my heart has always been in the right place. The uncluttered honesty is what I find most worthwhile in *Iron Game History*. A departure from the adolescent slant of the...magazines of our time. Along with the two years renewal I clipped a very good article, in which you are mentioned, from the Philadelphia newspaper. I was meaning to send this the day I cut it out. Wow, October 20. I suppose I could find work writing for you judging from our tardiness. I could have gone all night and not said that. Seriously, keep up the good work and write honestly, warts and all, and you have a lifetime subscriber here.

John McCarthy
Waretown, NJ

Noted.



[Ed. Note:] Those of you interested in the early connections between weight training and athletics will no doubt be interested in Graem Sims' new book: *Why Die: The Extraordinary Percy Cerutti—Maker of Champions*. Cerutti was one of the earliest track coaches to recommend lifting and during his long career he worked with a number of Olympians. He was also friends with George Hackenschmidt and adapted some of the Russian Lion's philosophy on training for his track athletes. The book came out last December and copies can be ordered through Amazon.com on-line or through your local book store. The ISBN number is 0734405405.