

Introduction

The idea for this special issue of the *Journal of Sport History* originated at the North American Society for Sport History's Annual Conference held at the University of British Columbia, Vancouver, in May, 1986. I organized a session titled "Sport, Exercise, and American Medicine" to provide a forum for those scholars actively researching in this area of sport history and to introduce the topic to NASSH confereees for the first time. A similar session devoted to "Sports Medicine" will be offered at the 1987 meetings to be held on the campus of Capital University in Columbus, Ohio, May 23-25.

The intersections of medicine, exercise, and sport have a long and interesting history. Early examples would include Galen as a physician for gladiators in Roman Asia Minor during the second century A.D. and the publication of Christobal Mendez's *Book of Bodily Exercise* in 1553, or Francis Fuller's *Medical Gymnastics* in 1704. During the nineteenth century, numerous physicians such as Edward Hitchcock, Dioclesian Lewis, George Windship, Dudley Sargent, Edward Hartwell, and George Fitz had professional careers devoted to health and physical training. Classic works such as R. Tait McKenzie's *Exercise in Education and Medicine* (1909), Charles B. Heald's *Injuries and Sport* (1931), and Augustus Thorndike, Jr.'s *Athletic Injuries* (1938) appeared in the early years of the twentieth century. More recently, we have witnessed a formalization of these intersections with the formation of societies and journals devoted to sports medicine, the establishment of sports medicine clinics, and the regular appearance of sport team physicians. Current interests in the prevention and treatment of sport-related injuries, methods of training for sport competition, and the general societal fascination with fitness have pushed the field of sports medicine to new heights.

Each of the following articles can be weaved into the mosaic of health, exercise, and sport and provide insights into some new and interesting avenues of inquiry. The essays by Vertinsky, Park, and Mrozek were originally presented as part of the NASSH session on "Sport, Exercise, and American Medicine." Jan Todd's article was chosen as the recipient of the NASSH Graduate Student Essay Award for 1986 and was read in a special session in Vancouver. Terry Todd's paper was also presented at the Vancouver Conference but in a different session. The "Research Note" by Roberta Park represents research in primary sources and because it deals with physician and physical trainer Edward M. Hartwell, is quite appropriate for this special issue.

Patricia Vertinsky analyzes both popular and medical nineteenth century views of women as being "eternally wounded" because of their reproductive functions, especially menstruation. Consequently, prevailing attitudes toward female exercise and participation in sport were effective agents of control

throughout the nineteenth century and to a certain extent, the twentieth century too. Vertinsky shows how “myth” and “science” depicted women as “chronically weak” and products of their own physiology. Park’s article, which covers some of the same time period, explains the professional interrelation between physiologists, physicians, and physical educators which resulted in not only concerns for good health but for the formation of good character traits as well. As a result, “hygiene” of the body as well as “education” of the mind evolved as worthy objectives for sport participation during the nineteenth century.

Jan Todd’s paper looks at the early twentieth century physique contests staged by physical culturist Bernarr Macfadden and shows that images of strength and body proportion were viewed by Macfadden as being as healthy for women as for men. In addition, a significant portion of the judging was based on athletic performance. Accordingly, through his contests and publications, Macfadden presented a role model of feminine form that was more healthy and athletic than ever before. The final two articles by Don Mrozek and Terry Todd, deal with issues of present national significance. Mrozek examines the American’s quest for fitness and an “ideal” body and shows how the appeal of a “quick fix” has been present for generations. Just as “quacks” and charlatans promote their wares today, Mrozek provides examples of similar individuals and their “scientific breakthroughs” from the nineteenth and twentieth centuries. Todd provides an historical overview of the use of anabolic steroids to enhance athletic performance and in so doing provides a significant perspective for an issue currently demanding the attention of both the educational and medical community.

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