

# Journal Surveys

## I. United States

I-1 Todd, Terry. "Al Roy: Mythbreaker." *Iron Game History*, 2, no. 1 (January 1992), 12–16.

Physical educators, sport scientists and coaches believed for years that weight training made athletes muscle bound. A pioneer in changing that view was Alvin Roy. While working with the U.S. weightlifting team, he realized that lifting improved strength and flexibility. After studying the sport he opened a gym in Louisiana and began training a high school team that went undefeated. He accomplished the same with a college team, and later worked with the San Diego Chargers who went to the Super Bowl. Based on primary and secondary sources; 42 notes.

—Mary Lou LeCompte

I-2 Bryant, Doug. "William Blaikie and Physical Fitness in Nineteenth Century America," *Iron Game History*, 2, no. 3 (July 1992). 3–6.

Bryant provides insights into nineteenth-century American culture as he examines three aspects of Blaikie's book *How to Get Strong and Stay So: Techniques, Health Benefits, and Attitudes Toward Women's Exercise*. The daily program of training with hand apparatus required 30 minutes per day, in addition to walking, running or other activities for cardiovascular fitness. The benefits included preventing tuberculosis and curing neurasthenia. Blaikie believed women could benefit from this program as much as men. Based on secondary sources; 26 notes.

—Mary Lou LeCompte

I-3 Todd, Jan. "The Legend of Pudgy Stockton." *Iron Game History*, 2, no. 1 (January 1992). 5-7.

Abby (Pudgy) Eville Stockton had an enormous impact on women's weight training, helping abolish the myth that weights made women large and masculine. Her photos in mainstream magazines such as *Life* reached a mass audience. She worked with dumbbells, performed professionally, and wrote a column for *Strength and Health Magazine*. In 1948 she helped organize the first women's weight-lifting contest in the United States. Although she held only one title, her influence endured long after her retirement. Based on primary and secondary sources; 19 notes.

—Mary Lou LeCompte

- I-4 Todd, Jan. "The Origins of Weight Training for Females in North America," *Iron Game History*, 2, no. 2 (April 1992). 4–14.

Weight training began with Dio Lewis whose 1862 publication *New Gymnastics for Men, Women, and Children* was widely used. His activities were often required before women were allowed to participate in sports. In the twentieth century, Bernarr MacFadden's shows, and publications such as the *Police Gazette*, publicized women's achievements. Lifter Ivy Russell and publisher Bob Hoffman continued the trend. In the 1950s, female athletes began using weights to prepare for Olympic Sports, a practice that was commonplace by the 1970s. Based on primary and secondary sources; 72 notes.

—Mary Lou LeCompte

- I-5 Thomas, Al. "Bob Peoples: Deadlift Champion, Strength Theorist, Civic Leader," *Iron Game History*, 2, no. 4 (November 1992). 3–5.

John Robert Peoples, a Tennessee native and self-taught weightlifter, made many contributions to sport and community. He devised numerous pieces of apparatus, including America's first power pack. On 15 March 1949, he deadlifted 725.5 pounds, ranking among the four greatest lifts through 1970. He held many other records and coached the great Paul Anderson. Peoples also served many public and charitable causes from board of education to Salvation Army, and was inducted into two halls of fame before his 1990 death. Based on primary and secondary sources: 18 notes.

—Mary Lou LeCompte

- I-6 Riess, Steven A. "Only the Ring Was Square: Frankie Carbo and the Underworld Control of American Boxing," *The International Journal of the History of Sport*, 5, no. 1 (May 1988), 29–54.

Boxing easily fell prey to underworld control because it long operated outside the law and was subsequently governed by corrupt state organizations. Gangsters entered the game in the twenties and thirties before Frankie Carbo made it a full-time career. He used the same techniques gangsters used to control labor and other activities. Carbo controlled fighters and managers alike until tried, convicted, and imprisoned in 1961, though that did not end the underworld influence on the sport. Based on primary and secondary sources; 46 notes.

—Mary Lou LeCompte

- I-7 Berdan, Marshall S. "The Spa Life: Taking the Cure in Antebellum Bath County," *Virginia Cavalcade*, 40, No. 3 (Winter 1991), 110–119.

While Saratoga Springs, New York, became the northern social centre for "taking the waters," Virginia's various thermal springs attracted a Southern clientele. By the early nineteenth century, the area known as the Warm Springs Valley had a number of spas that seemed to offer some hope to the

chronically ill. Some felt extended periods of immersion could cure rheumatism, dyspepsia, and gout. Thomas Jefferson was a patron. However, the pre-Civil War secession movement saw these spas “doomed to be among the war’s first casualties.” Railway access in 1892 did not save the spas and only Homestead and Greenbrier survive today. Based on primary and secondary sources; no notes; three black-and-white photographs and five paintings showing, among other scenes, an early tennis court, a women’s bathhouse, and a spa patient carried in a sedan chair.

—Scott A.G.M. Crawford

I-8 Sumner, Jim L. “Eppa Rixey, Southpaw—A Virginian in the Major Leagues.” *Virginia Cavalcade*, 40, No. 3 (Winter 1991), 133–143.

A biographical study of Eppa Rixey, a gifted “southpaw” pitcher who graduated with two degrees from the University of Virginia. He was remarkable, going straight into the major leagues without a slogging apprenticeship in the minor leagues. He began his career with the Philadelphia Phillies in the 1912 season. Cincinnati sportswriter Bill Phelon gave Rixey the sobriquet. “Eppa Jephtha.” Rixey retired as a Cincinnati Red on February 16, 1934, with 266 wins and 251 losses in his career. In January 1963, he was inducted into the Baseball Hall of Fame and a month later died. Based on primary and secondary sources; no notes; accompanied by a superb collection of nine illustrations/photographs highlighted by color artwork from *Corks and Curls* magazine published by the University of Virginia in the early 1900s.

—Scott A.G.M. Crawford

I-9 Click, Patricia. “The Ruling Passion: Gambling and Sport in Antebellum, Baltimore, Norfolk and Richmond,” *Virginia Cavalcade*, 39, No. 3 (Winter 1990). 100–105.

The second in a two-part essay; the first was abstracted in the *Journal of Sport History*, Winter 1990 issue. Attention is drawn to the role played by gaming relationships in bringing about class solidarity and ameliorating social agitation. Click examines the paradox of an upper class creating a public anti-gambling sentiment while “continuing to support its own gambling habits in private.” Contrasts between Virginia and Maryland are discussed. In the former, the social elite avoided involvement in horse racing. In Maryland there were those who wanted regulation and control, resulting in the Maryland Jockey Club and Baltimore’s Pimlico Course. Based on primary and secondary sources; no notes; one black-and-white photograph of a painting and two color photographs of paintings by Woodville (1846) and Troye (1857).

—Scott A.G.M. Crawford