

balance between the parts as well as a balance between muscle-size and bone structure.

This aesthetic formula can be better understood by looking at photographs of strength athletes prior to 1960, which is more or less when the steroid era began. These early strongmen and physique athletes were blessed by nature, but they gave nature a helping hand by using progressive resistance to fully realize their genetic potential. As these photos are studied, it can be seen that the men are not carbon copies of each other. It can be seen that they vary widely in appearance, just as the ancient statues vary. It can also be seen that a heavier bone structure accounts for and permits greater muscular girths.

Finally, by examining photos of a representative group of post-steroid bodybuilders we can see that these powerful hormones have allowed men with average bone structures to produce muscles so large and thick that the aesthetic informing the idea of male beauty for over 2500 years has been cast aside. Perhaps this is why so many people outside the subculture of bodybuilding feel a sense of unease or even disgust when they look at modern bodybuilders whose muscle girths are packed onto bodies that were not designed to support them. Perhaps this response is nothing more complicated than a reaction against a standard that Aristotle and Michelangelo would have dismissed as being unnatural and therefore lacking in beauty.

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Embodying Normalcy: Narratives around Somatotyping

Until recently disability has been the missing term in the race, class and gender triad – the bodily state that dare not speak its name in professional circles. This paper looks at the construction of particular notions of disability through the development of categories of normalcy around body form and function related to exercise and physicality. In particular, I will investigate how the development of norms around body size, shape and physical capacity have led to the stigma of disability which has affected modes of self discipline, social regulation and institutional approaches to the management of health and fitness. My discussion will focus upon an elaboration of W.K. Sheldon's

detailed schemes of body somatotyping during the 1940's and 50's, which I believe have maintained a strong influence upon health professionals and their prescriptions on how the healthy "normal" body should look and be trained.

Through Sheldon, the reign of mesomorphy and symmetrical body proportions in North American society, and its educational systems reached (still reaches, I argue), insistently toward the unlikely goal of a god-like '172' - a perfect somatotype "with no trace of softness or weakness" that he believed displayed the legendary masculine ideal of nearly all combative and dominating peoples. Said Sheldon, "they (the masculine 172's) are well able to command the environments their bodies so forcefully occupy." The many bodies Sheldon studied clustered around hierarchies running from bad to good (depending on their distance from the center [norm] or the poles of his scheme); and the equations he drew between body features and proportions, and temperament and intellect, became prescriptions for whole populations. Correct taste in body form and function has thus become increasingly modeled around measurements of the norm and is intolerant of departures from a generic, regular appearance.

This paper explores the historical underpinnings and practical workings of W.K. Sheldon's body somatotyping and examine some its more pernicious effects upon professional attitudes and approaches toward health, fitness and the normal body. This will be followed by a discussion of how notions of dis/ability (distance from the norm) and impairment emerging out of the work of Sheldon and others have been institutionalized in training programs, curricula and popular attitudes toward the schooling of a fit and healthy body.

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The Myth of 'Mountain Men' and 'Mountain Mommas': A Historical Examination of Canadian Mountaineering and Gender Construction

In May of 1986, Canadian Mountaineer Sharon Wood climbed to the top of the world. She became the first North American woman to summit Everest and the only woman to ever summit the most difficult route, the west ridge. Wood not only summited the greatest peak in the world but also appeared to re-