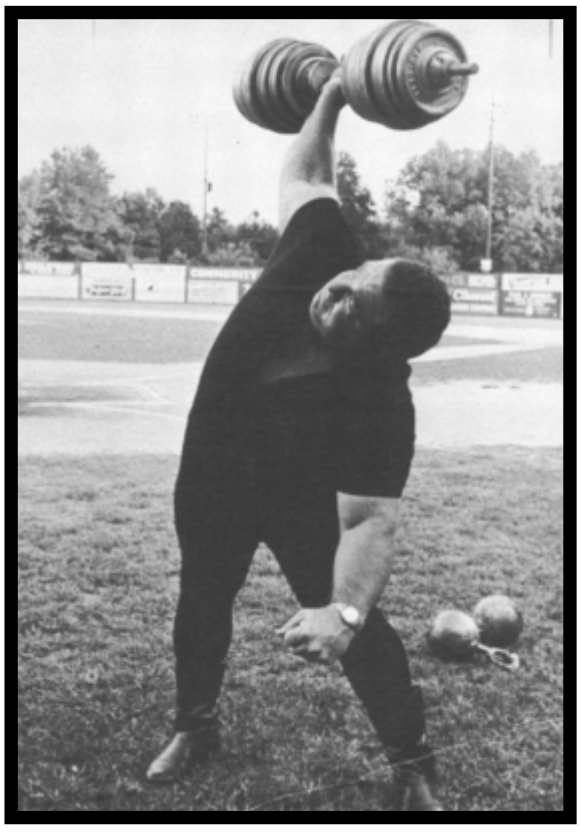
IRON GAME HISTORY

VOLUME 3 NUMBER 4 August 1994

PAUL ANDERSON

1932-1994

The first competition behind the Iron Curtain between athletes from the two superpowers after the Cold War began was held in 1955 in Moscow. The athletes were weightlifters. Ever since the end of World War Two and the resumption of international meets the American lifters had been dominant, and the soviets resented this dominance and were jealous of it. The political leaders of the soviet sports machine were very aware of the propoganda value of athletic success, and they badly wanted to be able to say to the world that their political system produced the strongest men. They were obsessed by the idea of beating the U.S., particularly in the superheavyweight class, the symbol of strength. Even then, almost 40 years ago, the top superheavy was widely recognized—at least in the media—as the strongest man in the world.



So there was a lot at stake that day in Moscow when an unknown twenty-two year old boy from the hills of north Georgia stepped onto the outdoor stage in front of twenty thousand curious Russians. The lifting conditions could hardly have been worse. It was cold and windy and there was a driving rain. And when the announcer told the crowd that Paul Anderson's first attempt in the press would be more than twenty pounds over the world record they began to laugh. They knew this was Anderson's first international competition, and that no-one in the history of the sport had ever had the audacity to open with twenty pounds more than the listed world record. But when the five foot nine inch, barrel-chested. three hundred and forty pound Anderson chalked his hands and strode to the platform the crowd got a good look at him and they became suddenly quiet. And when he pulled the bar to his shoulders and pressed it easily over his head they were so stunned that for a time they made no sound at all. But then they,leapt to their feet shouting, calling him. "chudo priyody"—wonder of nature.

This dramatic world record, coupled with Paul's unique appearance, caught the imagination of the public, and he was able to parlay the attention into a career as the most famous strongman of the modern era. When he returned home he appeared on many nationwide television programs—most notably the popular and influential Ed Sullivan Show—and later that year he won his first world championship. In 1956 he capped his brief but glorious amateur career—during which he established nine world and eighteen American record—by winning a gold medal at the Olympic Games. He then decided to become a professional strongman. and for a time he was a headline attraction in a Reno nightclub, doing heavy presses, hiplifts and challenging anyone in the world to match the "silver dollar"

squat he did each performance. But the days of vaudeville were gone and Paul was unable to make it work financially, so he tried his hand at several things—acting, professional wrestling, and even pro boxing, for which he was physically unsuited. Paul's body, however, was perfectly designed for heavy lifting.

The soviets were on the receiving end of this design in 1958, when their lifters made a reciprocal visit to the U.S. for a series of man-to-man contests against the best Americans. By then the soviets had nudged the U.S. out of the top spot and their prize possession was Alexander Medvedyev, the world superheavyweight champion. The first meet was held in Madison Square Garden, and when the chalk had settled the soviets had prevailed, winning four of the seven contests. Medvedyev had easily outlifted Jim Bradford, making a clean and jerk with 407 in the process. But after the "amateurs" had finished, the "Dixie Derrick" asked that seventeen pounds be added, then cleaned the 424 easily and pressed it twice, barely missing a third rep, to the delight and amazement of the audience. This story, of course, is well known to many iron gamers, but a lesser known incident occurred later that evening, after a big banquet honoring the lifters. It seems that as the evening progressed, and as more and more vodka was downed by some of the visiting lifters, the world champion 198 pounder, Arkady Vorobyev, began to stare across the banquet table at Paul, who had clearly stolen the thunder at the Garden. Vorobyev even then was a member of the Communist Party,

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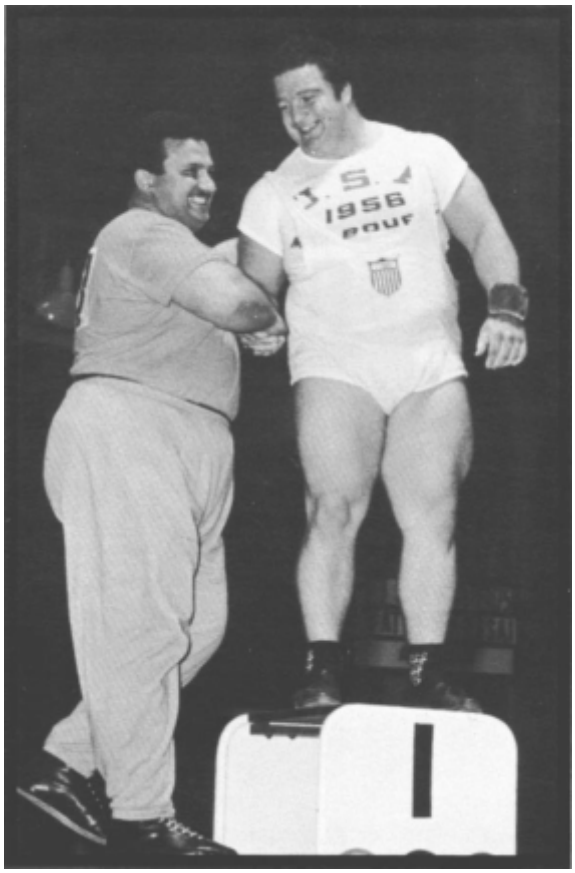
Contributions to the Paul Anderson Youth Home should be sent to: P.O. Box 5025, Vidalia. Georgia, 30474.

and he apparently resented what Anderson had done. In any case, after the banquet broke up and some of the lifters were in a hotel corridor on their way to their rooms, Vorobyev—who was walking just ahead of Anderson—turned suddenly and lunged at the larger man, grabbing him by the throat with both hands as if to choke him. Whereupon Anderson bent his knees slightly, grabbed Vorobyev by the lapels of his coat, and drove the Russian hard against the wall, dazing him. Vorobyev's fellow lifters immediately grabbed their shaken comrade, apologized, and hurried off. I've often wondered how much vodka Vorobyev must have drunk to have exercised such laughably bad judgement. Trying to choke Anderson's 23" neck would have been a lot like trying to choke a Hereford bull.

I met Paul in the late fifties when he came to Houston to take part in a pro wrestling match, but the first time I ever saw him lift was in Dallas in 1964, at a powerlifting meet. I had taken the heaviest lift of the competition—a deadlift with 700 pounds—but later on, Paul put the same 700 pounds on a bar and did eight reps in the squat. I still remember how easy they looked. The following year, also in Dallas, he did a squat in a public exhibition with approximately 930 pounds, which was almost 200 pounds more than anyone else had ever done. Paul did his squats wearing only a belt—no kneewraps, no supersuit, no bedsheets, and no tape. And make no mistake—his squats would have passed. I believe that had he worn the supporting gear available today he could have established an official record of between 1000 and 1100 pounds. When all things are considered—time, method of performance, and so on—Paul was the greatest squatter in superheavyweight history.

In later years I spent a lot of time with Paul. We collaborated on a monthly series of articles for John Grimek's ***Muscular Development*** in the seventies, and we got together every month or so. By then Paul had gotten what he believed was a call from God, and he and his wife Glenda were operating the Paul Anderson Youth Home for fifteen or twenty boys on the outskirts of Vidalia Georgia. From what I could see, it was a fine place for a boy to grow up. Set in a shady grove of pecan trees, the home had a swimming pool, a stable with horses to ride, lots of good country food and, of course, a weight room.

One of the things I remember most about Paul was how unconventionally he trained. I was down in Vidalia one summer morning sitting with him under a big pecan tree when he turned to me and said, "How about let's go to the gym." So off we went, Paul wearing nothing but cut-off bluejeans and a pair of lumberjack boots, rolling along in the characteristic walk of the true superheavy. To say Paul was massive is to understate the case. By then he weighed closer to 400 than to 300. His whole body was round and thick. He carried a lot of fat of course, but he also carried a world of muscle. He truly loved being huge, and I remember him saying one day when we were talking about his short career as a boxer. "You know, when I got down to 300 I felt like the least little breeze would give me a cold." Anyway, when we got to the gym that morning, Paul stepped over to a heavily bent bar loaded with a huge set of iron wheels. When I asked him how much it weighed, he said, "Oh, six hundred or thereabouts," and without bothering to put on a belt he did ten full squats, with absolutely no warm-up. None. "Man, that felt good," he smiled. then ambled on back to his big chair under the tree. Soon lunchtime came, but around three o'clock he said he felt like doing some more squats. This time, he slapped a pair of hundred pound plates on the bar and did five repetitions—once again with no warm-up whatsoever. Ten reps with six hundred at ten o'clock and five reps with eight hundred at three o'clock and that was his workout for the day. Paul's diet was even stranger, and sometimes he even drank blood from a local abbatoir in the belief that it gave him strength. Or he would put ground beef in a device that squeezed out all the liquid, which he drank. But milk was his mainstay in the early days, gallons of the stuff. In later years, he ate a lot of ice cream and drank an amazing amount of coca-cola, but he didn't eat as much traditional food as people expected.



A RELIEVED PAUL ANDERSON SHAKES THE HAND OF SILVER MEDALIST HUMEBERTO SELVETTI AT THE 1956 OLYMPIC GAMES. THE ILL ANDERSON WON ON BODY WEIGHT.

One key to Paul's success was his showmanship. He had his clothes tailored to make himself look even larger than he was, and he realized that lifting things like people and cars would make a bigger impression than lifting barbells. As the years passed, his colossal physique, his storied strength, and his flair for show business made him a legend. An important but sometimes overlooked aspect of Paul's career was that he introduced millions of people to the world of weights. During his life, he gave thousands of exhibitions all across the country to raise money for his boy's home and to spread his version of the gospel. Paul's health broke when he was in his late forties, but in his prime he was sustained by two powerful beliefs—that he was doing God's work and that he was the strongest man in the world.

Bernd Wedemeyer, Ph.D.

Bodybuilding in Germany in the Late Nineteenth and Early Twentieth Centuries

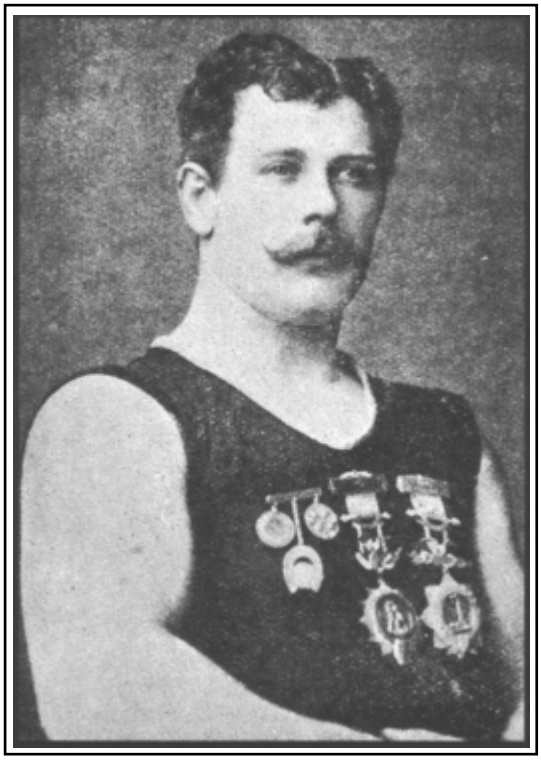
Translated from the German by Anthony Haywood

Ed Note: We would like to thank Dr. Arnd Kruger from the Georg-August University in Gottingen, Germany, for suggesting to Dr. Bernd Wedemeyer that he submit his history of German bodybuilding to *Iron Game History*

In the year 1924, the fourth volume of ***The Handbook of Physical Education,*** a general work edited by Carl Diem, founder of the German Academy for Physical Education in Berlin, appeared. This fourth volume was written by the Professor of Physical Education at Leipzig University, Hermann Altrock, and it included the fields of "wrestling and weightlifting."

Altrock was a specialist in his subject and dealt with it both thoroughly and comprehensively. He produced accounts of strongmen performing on-stage or in circuses who, especially by the middle of the nineteenth century, had gained increasing popularity through their displays of skill and strength. Altrock also looked at tournaments held in the nineteenth century, the training programs for which had increasingly incorporated exercises with dumbells and weights through the influence of philosophy professor, physical educationalist, teacher, and enthusiast of Greek antiquity, Otto Heinrich Jager (1828-1912). Altrock also provided an outline of German weightlifting and wrestling associations since their establishment in the 1880s. Due to a climbing membership rate, these associations were partly responsible for the inclusion of weightlifting as an Olympic sport in the 1896 Games. Altrock also dealt with the pentathlon, held in Germany since 1911 and comprised of weightlifting, shot-putting, hammer-throwing, weight-hurling, and tug-of-war. He also summarized exhibition bouts in wrestling, a sport gaining in popularity in the middle of the nineteenth century, and he provided a professional wrestler's training program incorporating use of dumbells and weights to attain increased strength. And finally, Altrock again described the rising popularity at the beginning of the twentieth century of the use of light dumbell exercises and bodybuilding for back complaints, the development of general robustness, or for toning and shaping the body.[1]

Training with weights to increase strength and achieve an attractive body had become remarkably popular in Germany, England, and America between the late nineteenth and the first three decades of the twentieth century. In contrast to today's thinking, the distinctions between weightlifting, bodybuilding, wrestling, and circus-strongman performances could not always be clearly drawn. The various disciplines were neither considered nor practiced separately and were sometimes even understood as an organic whole.



KARL ABS AT THE AGE OF THIRTY, DISPLAYING HIS LARGE ARM AND SOME OF HIS MEDALS.
PHOTO: TODD-MCLEAN COLLECTION

In this way the carpenter Carl Abs (1851-1895) of Hamburg first became recognized as a professional wrestler. In the 1880s he defeated a number of well-known wrestlers in exhibition matches and competed against the American wrestler William Muldoon during a visit to the United States. Abs, who became known as "The German Oak," achieved his strength largely through dumbell training, and he established several unofficial records for weightlifting, among other things. It was due in part to Abs' popularity as a weightlifter that bodybuilding gained recognition as a means of strengthening the body and that so many weightlifting associations were founded in the period that immediately followed his successes Abs worked as a professional athlete on-stage, where he twisted horseshoes, juggled tree trunks and, by the use of a frame, lifted elephants. Abs working simultaneously as a wrestler, weightlifter, and strongman-acrobat did not suggest a contradiction but rather represented the complement of three related disciplines.[2]

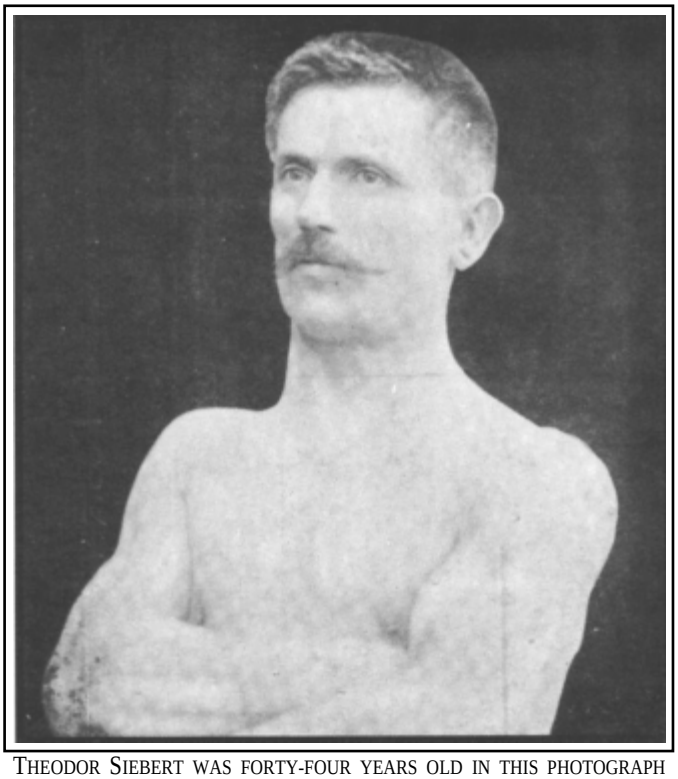
The strongman Bernhard Leitner (1865-

1959) first worked as a bank clerk in the local region of Elberfeld and was an active competitor in tournaments during his spare time. He then took up weightlifting and later apppeared in the circus. His most famous acts involved breaking out of chains or using his body and planks to form a human see-saw that supported dancing horses or a small musical orchestra in full swing. In 1890, Leitner founded an athletics club in his hometown, where he continued to pursue weightlifting systematically. Leitner was just as active in the association as a weightlifter as he was on-stage as a circus artist. In 1897, he put his experience as a strongman and weightlifter to use by producing a modest book about his life and training techniques. The book was reprinted several times.[3]

The bodybuilder Theodor Siebert (1866-1961) was initially employed in his hometown of Alsleben, near Halle, as a restaurant proprietor and bookseller, but he earned his living as a bodybuilder/writer/teacher after 1892. Siebert wrote several exercise handbooks between 1898 and 1923, began publishing a monthly magazine on bodybuilding in 1902, and in 1901 founded a school for physical education in which, with the assistance of a medical practitioner, he helped the ill and incapacitated and trained professional athletes such as George Hackenschmidt and George Lurich. Siebert's books provided specialized instruction for bodybuilders interested in overall physical development weightlifters training within associations for competitions, and professional artists demonstrating their strength and skill with stage tricks. In many ways, Theodor Siebert was the first bodybuilder to begin developing such an overall approach to the subject.[4]

Even the incommensurably more popular and well-known athletes Friedrich Mueller, who performed as Eugen Sandow (1867-1925): George Hackenschmidt (1878-1968); and Max Unger (1878-1973), who took the stagename Lionel Strongfort, worked as international stage artists, wrestlers, and teachers. They lifted weights and competed for records, held lectures, founded specialist magazines and wrote exercise handbooks which were subsequently translated into several foreign languages. They also established academies and gave momentum to the bodybuilding movement through the sale of equipment or photographs and films which depicted their bodies.[5]

Selling books, opening training schools and moving closer to established sports and medical gymnastics not only allowed a unified view of the body to develop, it also ranked as an attempt by the bodybuilding movement to climb out of a ghetto and attain more recognition as a "serious" activity. Despite their popularity, professional performers—and all "strongmen" and "strongwomen"—were still considered social outsiders during the nineteenth and early twentieth century because neither their occupation, lifestyle, nor appearance corresponded to the audience's own bourgeois conceptions. The result was that many professional performers tried to secure a place for themselves within bourgeois society by "scientizing" their knowledge, thereby escaping social stigmatization and, at the same time, improving themselves financially. This brought them in frequent contact with sports academics and physicians, tournament and gymnastics instructors, and wrestlers and weightlifters, all of whom, for their part, were keen to pick up on the idea. The above-cited description of wrestling and weightlifting provided by Hermann Altrock in 1924 clearly shows the reciprocal influences of this new direction, influences which were expressed in a wave of publications on the subject of bodybuilding.



THEODOR SIEBERT WAS FORTY-FOUR YEARS OLD IN THIS PHOTOGRAPH TAKEN IN 1909.

PHOTO: TODD-MCLEAN COLLECTION

Dozens of books appeared in Germany during the first three decades of the twentieth century, some reprinted in double figures, about wrestling, weightlifting, and bodybuilding. As was the case in America,[6] these books contained tips on training and improving strength as well as suggestions on the "correct" healthy way of life, especially in regard to nutrition, hygiene general well-being, and an aware lifestyle. A "bodybuilding ideology" increasingly took shape, displaying an intellectual relationship to other contemporary models developed by alternative health movements. These numerous ideas and models were brought together around the turn of the century under the general term ***Lebensreformbewegung,*** or "Life Reform Movement."

The German Life Reform Movement, which reached its zenith between the late nineteenth and early decades of the twentieth century, was originally a movement to counteract industrialization and its side effects, such as a drift to the cities, poor nutrition, the housing crisis, sedentariness due to the nature of industrial or administrative work, increased urbanization, pollution, epidemics, and diseases of civilization. But the Reform Movement also strictly rejected cinema, theater, variety shows, prostitution, sexual liberation, tight-fitting garments, alcohol, and drugs and indulgences such as coffee or cigarettes as "unnatural," amoral and, according to its own world-view, a hazard to people's health. This decidedly moralistic approach occasionally gave the Life Reform Movement a reputation for backwardness: the "Lemonade Bourgeoisie" was the most popular term used to disparage its members.

Those who followed the Life Reform Movement wanted to "get back to nature," and therefore embraced a "natural" lifestyle in rural settlements where they could indulge in fresh air, clothing which contained little or no synthetic fiber (or sometimes no clothing whatsoever), a healthy organic or vegetarian diet, natural remedies, and adequate exercise to ensure a strong and healthy body. Some of the movement's principles also gained a footing in industrial society: comfortable "reform" clothing became commonly available and a chain of vegetarian restaurants was established, as were sanitariums and ***kurorts*** for the chronically ill. Conditions of hygiene were improved in the cities and a popular nudist movement took shape. A lively exchange of ideas tied the Life Reform Movement to a new "body-cult" which was expressed by a general enthusiasm for sport and the development of a variety of exercise methods designed to tram and strengthen the body. In terms of aims, methods and ideas, the bodybuilding movement contributed to this approach.

The primary aim of the bodybuilding movement was to develop an athletically perfect and healthy body while also overcoming illness, incapacity, and lack of condition. In the late nineteenth century, the emphasis still lay on increased strength, but symmetry, bodily aesthetics, and overall robustness were granted almost equal importance. The causes for what bodybuilders saw as "incapacity" were conclusively found in urbanization, lack of movement, the "modern" sedentary lifestyle, and disproportionate intellectual forms of work performed by "modern" people. This, according to the refomlists' theory, caused atrophy and disturbed the balance between body, soul, and spirit. The only possible means of escape was a systematic development of the bodies of men, women and children.[7]

Training methods were developed by bodybuilders which were appropriate to the needs of men. women, and children. The doors of the gymnasium founded in London by Eugen Sandow were thrown open to both sexes, and special exercises were developed for women which were intended to strengthen back muscles affected by use of the corset and to restore power to joints and muscles in the legs. At this time, corsets were also strictly rejected by many doctors and a few Life Reformers as unhealthy, unnatural, and ugly, but, notably, also as too erotic and arousing. Theodor Siebert instructed men, women, and children in his gymnasium, ensuring that they received exercises appropriate to their needs, and even George Hackenschmidt was convinced of the necessity for women to carry out weight training.[8] Here, too, bodybuilders shared the same attitudes as the majority of body-cult adherents, some of whom demanded women's exercises for many of those reasons above.[9]

Nevertheless, bodybuilders proved to be different from other bodycult "believers" in that their exercise methods laid the foundations for "progressive training"—the use of heavier and heavier weights to increase robustness. Most supporters of other training methods had rejected heavy dumbells and heavy weights in general because they considered them too stressful and illness-causing. Such people were content with free-form exercises that were supposed to be performed only with light dumbells, if with any at all. A number of health advocates felt that a muscular body was ugly, disproportionate and a disfiguration. Furthermore, little logic was seen in developing strong muscles as they were socially unnecessary and therefore pointless. However, support for bodybuilders did come from physiotherapists and doctors, who were using progressive weight training techniques to increase robustness or restore muscular function in the war-wounded or in patients whose muscles had become weak.

AT 5'8" AND 180 POUNDS, MAX UNGER "LIONEL STRONGFORT" POSSESSED A SYMMETRICAL PHYSIQUE IN THE 1920s.
PHOTO: TODD-MCLEAN COLLECTION

Bodybuilders trained with a variety of basic dumbells, weights and expanders which applied pressure to individual muscle groups in isolation. This method, which could be seen as the precursor to present bodybuilding principles, subdivided the body into the regions of the chest, stomach, arms, shoulders, back and legs; and assigned specific dumbell exercises to each region. Such a system had already been developed in the nineteenth century through Scandinavian and German gymnastics.[10] Bodybuilders refined and enriched it in terms of using a progressive approach, and therefore brought about the possibility of specifically building up underdeveloped regions and consciously or methodically shaping the body. Not only should the body be enriched in terms of health, but it should also create an aesthetically worthwhile image: attractive, noble, and strong.[11]

Ancient statues of athletes provided the aesthetic model, but so too did figures from German heroic epics. Bodybuilders and weightlifters adopted stage-names such as Milo, Samson, Siegfried or

Goliath, and they posed for photographs dressed in leopard skins, armed with spears, naked in chains, nestled among anvils, or courting ancient statues.

But weight work alone was not enough to create a new human image. The entire lifestyle had to be transformed in accordance to the principles of the Reform Movement. The "bodybuilding lifestyle" incorporated nutrition, clothing and bodycare tips; offered suggestions on controlled breathing: and recommended relaxation exercises which were supposed to relieve stress and produce a calming effect.

Value was placed on the consumption of fresh or, whenever possible, raw foodstuffs, little meat ample vegetables, fruits and nuts, whole foods, and clean water. Spices, sugar, coffee, alcohol, and cigarettes were strictly rejected. This brought bodybuilders into line with the contemporary advice of doctors, natural therapists, and Life Reformers.

Clothing should be loose, comfortable, and manufactured from natural material; and apartments and bedrooms had to he spacious, bright and dry, and, if possible, the air ought to be unpolluted by industry. Bodybuilders seemed to consider a natural state of undress as the most appropriate. In general. then. they comprised part of the general alternative trends of the time.

The principle stipulating a moderate lifestyle also included sexuality. Regular sexual intercourse and excessive emotionalism were judged to he symptomatic of decadence and industrial civilization. Hackenschmidt believed in a correlation between sexual abstention and the development of strength, and therefore recommended exercising chastity. Siebert suggested a fourteen day abstinence from sex before carrying out any act of strength, and he approved of marriage as the correct channel for sexual intercourse. This brought the bodybuilders into line with general public views on sexuality. Abstinence was often called for out of a fear of immorality, venereal diseases, and the risk of hereditary damage.[12]

The "bodybuilder's lifestyle" also touched generally upon a principle of anti-civilization and was directed at presumed values of those past cultures which were thought to have encouraged a natural way of life. Through this, bodybuilders contributed to an ideology of non-industrialization while paradoxically matching the efforts of their colleagues in other areas to create new opportunities to live a healthy, conscious life in an age of industrialization. Furthermore, bodybuilders were already then of the opinion that the development of the body automatically encouraged the development of such characteristics as bravery, self-respect, and self-confidence: a stable mind, a positive approach to life, and a greater potential for happiness were said to be among the benefits of bodybuilding.

However, the power unleashed by bodybuilding also had to serve the public, the place of employment, and ultimately the Fatherland. It was argued that a healthy body functioned better, was better equipped to perform, and—in discourse before 1914—could make a decisive contribution to victory in the event of a large-scale war. The bodybuilders' condemnation of civilization therefore concurred directly with those interests of the modern industrial society in which they lived.

Bodybuilding's first phase of popularity, which resulted in a large number of books and the development of an ideological foundation, reached a high point in Germany between 1900 and 1930, thus corresponding approximately to the zenith of the German Life Reform Movement. But due to the fact that many bodybuilders worked outside the associations. headed individual training schools, worked independently, or were active internationally, they proved difficult to integrate into the interests of the National Socialist state.

Eugen Sandow lived in England and was dead by 1925, George Lurich (1876-1919) died of typhus during a tour of the Caucusus, Lionel Strongfort and George Hackenschmidt passed most of their years in America and France, and Max Sick (1882-1961) emigrated to South America in 1933. Under National Socialism, many weightlifters and wrestlers went back to working for the circus. thus going into a form of internal exile. It was only in the 1970s and 1980s that bodybuilding in Germany recaptured the height of interest it had reached decades before. This is the level it maintains today.

Notes:

1. Herman Altrock, ***Ringen und Schwerathletik*** (Berlin: 1924).

2. Lothar Groth, ***Die starkan Männer. Eine Geschichte der Kraftakrobatik*** (Berlin: 1985): 42-45; Carl Abs, ***Der unbesiegbare Meisterschaftsringer. Sein Leben und seine Taten. Nach Aufzeichnungen des Vestorbenen*** (Hamburg: 1885).

3. Bernhard Leitner, ***Wie wurde ich stark?*** (Dusseldorf: 1897).

4. Theodor Siebert, ***Katechismus der Athletik*** (Leipzig: 1898); Theodor Siebert, ***Der Kraftsport*** (Leipzig: 1907); Theodor Siebert, ***Der neue Kraft sport*** (Leipzig: 1923).

5. Eugen Sandow, ***Kraft und wie man sie erlangt*** (Berlin: 1904); George Hackenschmidt, ***Der Weg zur Kraft*** (Leipzig: 1909); George Hackenschmidt, ***Man and Cosmic Antagonism to Mind & Spirit.*** (London: 1935); Lionel Strongfort, ***Strongfortismus*** (Salzburg: circa 1928). See also: Terry Todd and Spencer Maxcy, "Muscles, Memory and and George Hackenschmidt," ***Iron Game History*** 2(July 1992): 10-15.

6. Robert Ernst, ***Weakness is a Crime: The Life of Bernarr Macfadden*** (New York: 1991); Doug Bryant, "William Blaikie and Physical Fitness in late Nineteenth Century America," ***Iron Game History*** 2(July 1992): 3-6.

7. Sandow, ***Kraft:,*** 5-12; Hackenschmidt, ***Weg:,*** 10; Siebert, ***Kraftsport,*** 11. See also: Josef Meiringer, ***Hochste Muskelkraft durch 12 Hantelubungen*** (Leipzig: 1900). 5.

8. Sandow, ***Kraft.*** 22; Siebert, ***Kraftsport,*** 119; Hackenschmidt. Weg, 27.

9. J.P. Muller, ***Mein System*** (Kopenhagen: 1904); Bess Mensendieck, ***Korperkultur der Frau,*** 6th ed. (Munchen: 1919).

10. Daniel, Gottlob Moritz Schreber, ***Artzliche Zimmergymnastic*** 6th ed. (Leipzig: 1859); E. Eiselen, ***Hantelübungen für Turner und Zimmerturner*** (Berlin: 1883); Moritz Kloss, ***Hantel-Büchlein fur Zimmerturner*** (Leipzig: 1858).

11. Leitner. ***Wie wurde ich stark?,*** 5.

12. Hackenschmidt, Weg, 34-42; Siebert, ***Kraftsport,*** 92-102; Leitner, ***Wie wurde ich stark?.*** 8; Seibert, ***Der neue Kraftsport,*** 3-7.

13. Sandow, ***Kraft,*** 7-11; Leitner, ***Wie wurde ich stark?,*** 17-18; Siebert, ***Kraftsport,*** 14.

Roy Hilligenn— The Smiling Superman

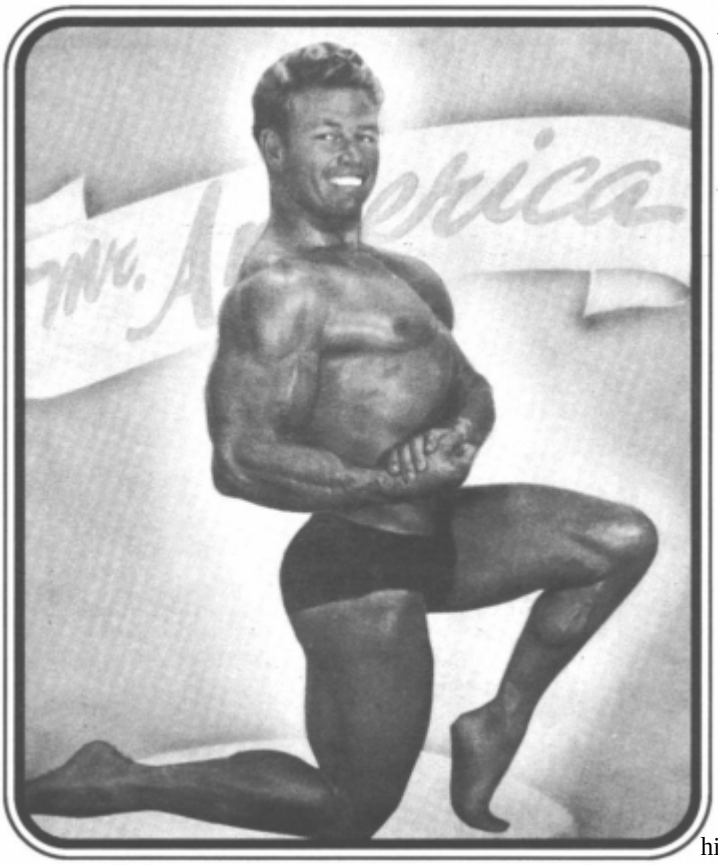
Jim Murray

One quiet day in the office of ***Strength & Health*** magazine in York, Pennsylvania, during 1951, the calm was shattered by a booming voice and the pounding of heavy footsteps climbing the stairs from the ground floor entrance.

"The gr-reat Hilligenn is here! He can do anything you can do, and he can do it better!" Accompanying this modest proclamation, the heavy clomping on the stairs suggested that someone with the general configuration of the legendary Paul Bunyan was about to burst through the door, perhaps without bothering to turn the knob.

Instead, the first thing to arrive was a gleaming smile—sort of like the Cheshire Cat in ***Alice in Wonderland.*** Surrounding the dazzling smile was a handsome, tanned face topped by wavy blond hair. The head was supported by a thick neck and a sturdy body a bit less than average height wearing a spectacularly colorful Hawaiian shirt. The brilliance of the smile and the shirt combined lit up the room!

This was my introduction to Roy Stanley Hilligenn, erstwhile Mr. South Africa and holder of the Mr. America title in 195l—one of the best all-around athletes to wear the Mr. America crown. (Incidentally, when I admired Roy's Hawaiian shirt, he insisted on giving it to me, despite my protestations. I'm six feet tall and then weighed about 210 pounds, with a 48" chest. The shirt fit nicely, thank you: I wore it for years. It also fit Roy, at 5'6" and 180!)



THIS PHOTO OF ROY HILLIGENN APPEARED ON THE COVER OF **IRON MAN** MAGAZINE FOR OCTOBER OF 1951.
PHOTO: THE TODD-MCLEAN COLLECTION

Actually, I had seen Hilligenn once before, at a big show John Fritsche staged in Philadelphia during the late 1940s. My wife and I attended and Jane was surprised to see that Mr. South Africa was a blond white man: she had assumed a representative from Africa would be black! During that visit to the US. Roy had developed a most unusual and very artistic posing display using two silver staffs as props.

Hilligenn had begun weight training in South Africa after incurring a serious injury in his work as an electrician. He fell four stories, with quite a bit of bouncing around, and suffered broken ribs, wrist, and fingers, all on the left side. After two years of convalescence, he began exercising at a bodyweight of 85 pounds. At Roy's height of 5'6". that was skinny!

Training primarily with calisthenics and wrestling, Hilligenn gained fifteen pounds by November 1941. His early weight training was done with a homemade barbell, a bar with two thirty-five pound trolley wheels at the ends. The total weight was less than 100 pounds, but Roy was so small himself that he had difficulty lifting it at first. He persisted, however, and when he gained access to adjustable weights his natural athleticism allowed him to progress rapidly. Three years after his serious injuries, he placed first in a novice weightlifting meet with 160 press, 160 snatch, and 240 clean and jerk in the 148-pound class. He also placed second in an accompanying physique contest and a pattern of dual lifting/bodybuilding training and competition was established.

Continuing to train hard, Hilligenn later won the Mr. South

Africa title the same year, 1943. He won Mr. South Africa again in 1944 and 1946, the same year he became the first South African to clean and jerk double bodyweight. His lifts in 1946 were 245 press, 255 snatch, and 321 clean and jerk.

Traveling to the United States, Hilligenn placed third in the Mr. California contest in 1949 and later won the Mr. Northern California and Mr. Pacific Coast contests. A year later, he placed third in the 1950 Mr. America contest behind John Farbotnik and Melvin Wells. Hilligenn also won the Pacific Coast weightlifting championship at 198 with 235-235-335.

The next year, 1951, Roy trained with an outstanding group of weightlifters and bodybuilders at Yarick's Gym in Oakland. His best training lifts improved to 255 press, 250 snatch, and 350 clean and jerk, but then he had a fall and sprained both wrists, which handicapped his training before the National Championships. He had been training on lifting Tuesdays, Thursdays, and Saturdays, and on bodybuilding Mondays, Wednesdays, and Fridays. When he eased off on training because of the sprains, he lost weight. He had planned to compete in the Nationals at 198 so he filled up on bananas and milk before the weigh-in to get his weight just over the 181-pound class limit As an overstuffed lightheavy, Hilligenn was still able to score 240-245-330, to place second to the world's best 198-pounder and future world heavyweight champion. Norbert Schemansky. And, on the same occasion, Hilligenn won the 1951 Mr. America contest.

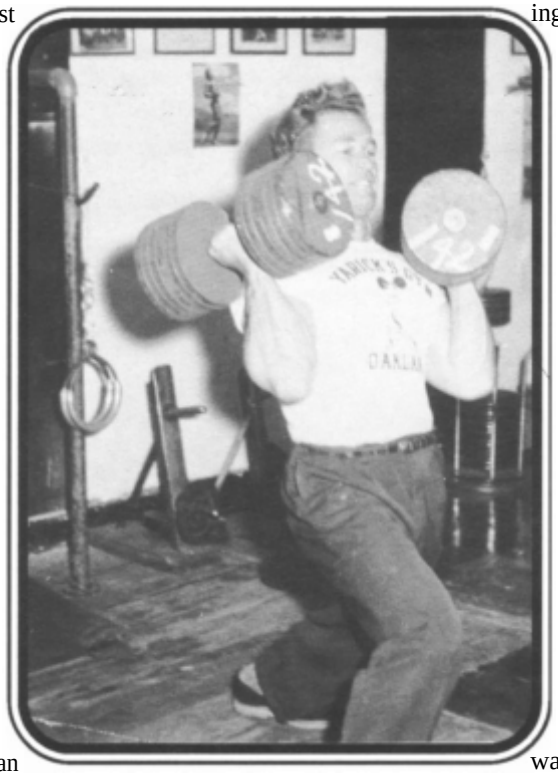
Later that year, on November 17, at one of Bob Hoffman's big birthday shows in York, Hilligenn pressed 264, snatched 253, and cleaned and jerked 342. He also cleaned 363, but missed the jerk. On that occasion he entertained the crowd after he finished lifting by doing a series of back flips across the stage.

The next year, 1952, Hilligenn reduced his weight to well under the 181-pound class limit and won the Jr. National Championship as a lightheavyweight (The Jr. Nationals at that time were open to anyone who was not a previous winner of that meet or the Sr. Nationals). His lifts were 240 press, 245 snatch, and 335 clean and jerk. On an extra attempt he cleaned and jerked 350 pounds, which was eight pounds more than double his bodyweight at the time.

In 1952 the York Barbell Club sponsored a dual contest: Mr. World and World's Most Muscular Man, held in Philadelphia. Planning to enter, Hilligenn stepped up his bodybuilding training, only to suffer an attack of appendicitis. In a typical Hilligennism, he decided to have a spinal anesthetic so he could stay awake and watch the surgeon at work—which he did. He said it was very interesting!

A couple of days after he got out of the hospital, with stitches still in place, Roy dropped in at Yarick's Gym for a little light exercise—which included squats with 300 pounds! Returning to the doctor's office to have his stitches removed, Roy was asked how he'd been feeling. He responded that he felt fine. The doctor asked if he'd tried any activity and Roy said he had. He proceeded to describe his "light" workout at Yarick's. The doctor expressed astonished disbelief, so Roy—always a man of exuberant action—gathered himself, bent his knees, and took off in a perfect back flip, landing exactly where he had started in the limited space of the doctor's office. A friend of Hilligenn's, who had accompanied him that day, said the doctor nearly fainted!

While Roy was training at York, in the final pre-contest days, he was following his usual practice of mixing Olympic lift training and bodybuilding. One day, as he was standing on the seven-foot square training platform, preparing to lift an Olympic barbell, I asked him if he could still do a back flip. He was wearing a sweatsuit and a pair of heavy work shoes with built-up heels, which was the usual footwear for squat style lifting in those days.



HIILLIGENN POSSESSED PHENOMENAL STRENGTH FOR A RELATIVELY SMALL MAN. HERE, HE CLEANS A PAIR OF 142 POUND DUMBELLS DURING A TRAINING SESSION.

PHOTO COURTESY JIM MURRAY

The Olympic lift training platforms in the old York gym — there were three of them — were just seven feet square. With the barbell resting across the center, that left 3 1/2 feet for Roy. Nevertheless, in that small space and wearing heavy shoes, he promptly dipped, launched himself into the air and back flipped to a perfect landing on the platform.

The physique contest? Jim Park, who was in top shape after winning the 1952 Mr. America contest, shaded Hilligenn by a half point in the Mr. World event (Jack Delinger, the 1949 Mr. America, was a close third). Hilligenn, however, won the World's Most Muscular Man title in that portion of the competition.

When Hilligenn was winning best-built-man titles during the 1950s he had the following measurements at a height of 5'6" and

body weight of 175-185 pounds: 17-l/2" neck, 48-l/2" chest, 31" waist, 17-3/4" arm 7-l/2" wrist, 24-1/2" thigh, and 16-1/2" calf. Note the heavy upper body structure. A wrist of 7-l/2" is quite large for a man 5'6" tall.

Throughout his career, Roy continued to mix bodybuilding and weightlifting training, exercising with an intensity that few people would be able to match. For example, a leg training session included squats with 325 x 12,350 x 12,375 x 10, and 400 x 8: front squats with 320 to 40.5, three reps per set; partial squats with live hundred to seven hundred, four sets of fifteen reps: leg curls with 130, four sets of fifteen reps; and calf raises with 250, five sets of about thirty reps (Not really counting carefully, but going for a "burn"). He also did other leg exercises, such as extensions and leg presses (450,525, and 575 for fifteen reps with each weight).

In his upper body training, Roy did a lot of presses, both with barbell and dumbells. For example, he would press 150 pounds twelve reps behind neck, then move up to twelve with 160 and ten with 170. He would perform several sets of alternate presses with a pair of eighty and eighty-five pound dumbells, twelve reps with each arm, then ten with nineties and sometimes six to eight reps with hundreds. For variation he would press the dumbells together and at best could handle a pair of 135 pounders. (At Yarick's he cleaned a pair of 142-pound dumbells, but did not press them). He followed presses with lateral raises in his workouts.

Other upper body exercises were pretty standard: pulls on the lat machine, one arm dumbell rowing, and a variety of curls and triceps extensions. One difference between Hilligenn's training in the 1950s and today's bodybuilding was that he put little emphasis on the bench press. He bench pressed 250 for twelve, 265 for twelve, and 280 for ten. His incline pressing with dumbbells was more demanding: twelve with a pair of 90s twelve with 105s, and ten with 115s.

Olympic lift training, done on alternate days from the bodybuilding, would go like this: A series of presses with 135, 155, 175, 205, 215, and 225, three repetitions with each weight. He would finish by pressing 235 and 240 for singles. Next a series of snatches, using the same weights and reps. In the clean he did triples with 225, 255, and 275; a double with 300; and singles with 310, 320, 325, and 330. Taking the weight from squat stands, he would jerk 225, 255, 275, and 300 three reps each: then 310, 320, and 330 for doubles; and singles with 340 and 350. After the actual Olympic lift training, he did a series of chest-high pulls, using a snatch grip, with from 300 to 400 pounds, and then—using a clean grip—more chest-high pulls with 350 to 500 pounds. Obviously, the heavier pulls didn't get as high as the lighter ones, but he was trying to accustom himself to pulling as high as possible with weights too heavy to snatch or clean.

Roy Hilligenn was truly one of the Iron Game's outstanding all-around athletes, able to give a good account of himself as a bodybuilder, weightlifter, or general strongman. His best training lifts were 280 press, 264 snatch, and 370 clean—these lifts by a man 5'6" weighing about 180 who was also putting himself through intense bodybuilding workouts that would send most people to a rest home. He also could do an old-fashioned deep squat with 510 pounds,using a stance about shoulder width and with no help from knee wraps or a specially designed "super suit."

Hilligenn also was an entertainer—very charismatic. When he asserted that he could do "anything you can do" and better, his smile was so friendly you didn't mind the bombast. Besides, he probably could do it better!

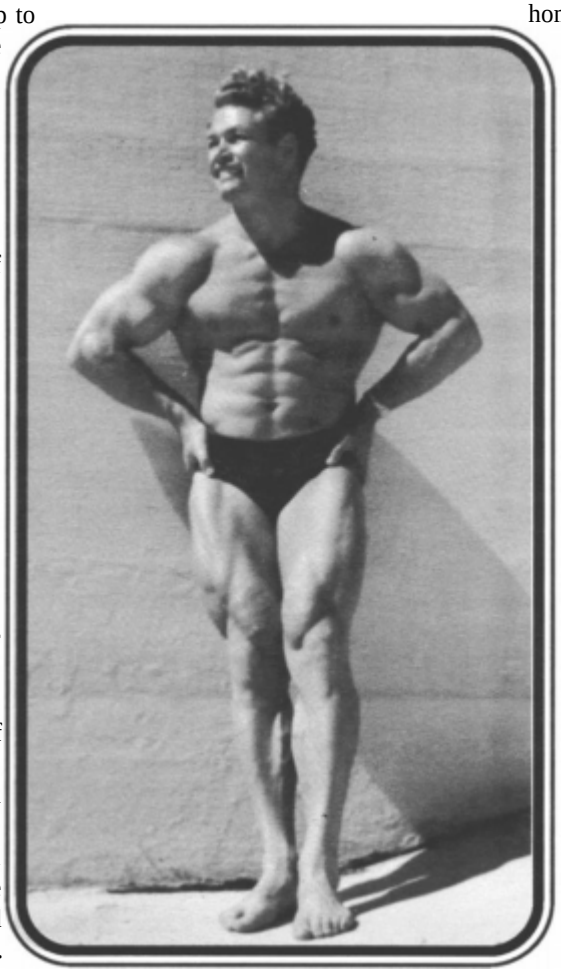


PHOTO COURTESY JIM MURRAY

[Editor's note: Roy Hilligenn, born November 15, 1922, is currently in a state prison in central Florida serving the third year of a seventeen year sentence for grand theft and attempted sexual battery. He served an earlier term in prison–from 1987 to 1989–on two counts of sexual battery and three counts of assault. Hilligenn was arrested in Corpus Christi, Texas earlier on a similar sexual battery charge but the case was dismissed. According to Jim Murray, who visited him in the middle eighties, Hilligen was involved for a time in the alternative health business and was performing colonic irrigations. His recreational supervisor reports that he still trains regularly. His address is: Roy Hilligenn (#108027), Hillsboro Correctional Institute, 11150 672, Riverview, FL. 3569-8402]

The Expansion of Resistance Training in U.S. Higher Education Through the Mid-1960s

Terry Todd, Ph.D.

he colleges of the United States offer an interesting picture of the early spread of resistance training in this country. For the first half of this century, it was rare to find any institutional support for weight training in U.S. higher education, either as a form of conditioning for athletics or as an "activity class" in physical training. The belief that resistance training would somehow bind the muscles of anyone who trained with weights was so widespread at that time among professional physical educators and coaches of varsity athletics that anyone who violated this taboo was considered either foolish or misinformed, usually both. Gradually, however—as the research journals in the field of physical education and sports medicine began to publish articles by people like Donald Chui and Peter Karpovich laying waste to the theory of muscle-binding, and as more and more young men followed the teachings of iron boosters like Bob Hoffman and Joe Weider and proved by their sports performances how valuable the weights could be—the walls of prejudice began to weaken and, in places, to give way. Finally, barbells, benches and squat racks began to appear on college campuses. This change, as usually happens in such cases, came in tits and starts, with certain institutions—even certain divisions of certain institutions—playing the role of pioneer. In any case, an examination—using the medium of the "muscle" magazines of that period—of the place of resistance training on a number of the nation's campuses as of the 1960s will illustrate the various ways in which the once-hated weights became a popular and well-accepted part of the college scene.

The University of Maryland

At the University of Maryland, weight training was introduced in 1951, as a physical education class. Soon the popularity of the activity made it necessary for the small weight training room to be kept open to allow students to take part more often. As time went by, additional classes in weight training were scheduled, and, in 1955, the weight training headquarters were moved to a new building where a spacious and well-designed room was provided. In 1958, six classes in the fall and ten in the spring were taught. Each class had an average of approximately thirty students, and the popularity of weight training as a physical education class at that time is attested to by the fact that the weight training classes were among the very first to be filled on a voluntary basis.

Another phase of weight training at the University of Maryland was the use it had in the adaptive and rehabilitative programs for injured or incapacitated students. A separate room was provided for this activity. Competitive weightlifting is another activity that was quite popular on the University of Maryland campus. The Olympic Barbell Club was a student organization which promoted competitive weightlifting on the campus. Athletic teams at Maryland which as of 1959 made use of weight training as a conditioning aid were track and field, basketball, wrestling, swimming, baseball, and football. There was also interest in resistance training in Maryland's Graduate School of Physical Education, and several theses and dissertations were done there in the fifties which dealt with the physiological effects of weight training.[1]

Springfield College

One of the first men to actively push the cause of weight training at Springfield College was Fraysher Ferguson, who enrolled as a freshman in 1938. Although the faculty was opposed to resistance training at that time, Ferguson energetically pushed the activity and formed a club that at one point had more members than the football coach had out for football. In 1940, Ferguson convinced the faculty to allow a demonstration by two of the most famous weightlifters in the world—John Davis, the world weightlifting champion, and John Grimek, the most famous bodybuilder in the world at that time. The sight of these hugely muscled men performing full splits, giant swings on the horizontal bar, and front and back somersaults was very influential in erasing the prejudicial views held by some members of the faculty, particularly Dr. Peter Karpovich, who was so astonished by what he saw that he began a series of research projects which became very influential in demonstrating the falseness of the claim that the muscles of weightlifters were bound, stiff and inflexible.[2]

In 1958, two rooms were set aside at Springfield for weight training, and these rooms were used from eight in the morning until ten in the evening. By 1959, weight training was used by Springfield's varsity athletes in the sports of football, track and field, basketball, and wrestling. Many scientific investigations into the physiological effects of weight training were done at Springfield, most of which were directed by Dr. Karpovich.[3]

The University of Nebraska

Although the University of Nebraska had facilities for extracurricular weight training for many years, weightlifting did not become a part of the actual curriculum until the late 1950s, at which time one hour's credit per semester was given to the students who engaged in this activity. In 1959, eight classes per semester, holding an aver-

age of sixteen men per class were offered. Separate classes were offered for beginners and advanced men.[4]

Stanford University

Weight training had its beginning at Stanford University shortly after the conclusion of World War II, but the program did not begin to flourish until 1955, when Dr. Wesley Ruff joined the faculty and began to spread the iron gospel. As of 1960, athletic teams at Stanford making use of resistance training included the track team, the football squad, and the basketball team-as well as the swimmers, wrestlers, and gymnasts. Weight training also played a prominent part at that time in the rehabilitation of injured athletes. But, although many students trained with weights under the athletic program, a far larger number used weights in the physical education program at Stanford. Class enrollment was limited to thirteen students per period, and weight training was offered seven periods a day, with classes meeting Mondays, Wednesdays, and Fridays. On Tuesdays, Thursdays, and Saturdays interested students and faculty could use the facilities of the weight room independently.[5]

Notre Dame

Weight training on the campus of Notre Dame University owes its existence almost entirely to the famous strongman-priest, Father B. H. B. Lange. Father Lange started the gym in 1935, and he operated it until 1960 without school support. Lange personally built or bought virtually every piece of athletic equipment in the extremely well-equipped gym. and from 1935 to 1960, he enrolled an estimated six thousand regular trainees in his gym.[6]

With his support, competitive weightlifting played an important role at Notre Dame, and in 1953, Notre Dame won the National Intercollegiate Weightlifting Team Championship. Although Father Lang's weight training gym had at that time no official connection with the athletic department, many varsity team members from various sports took weight training instruction there. Many of the coaches sent their men to Father Lange for training. Even Knute Rockne, who was a close personal friend of Father Lange, sent some of his athletes there for training. Each year Father Lange awarded a number of beautiful hand-curved trophies he made to the young men who had worked the hardest under his supervision. Notre Dame University, and the weightlifting world in general, both owe much to the great dedication of the late Father B. H. B. Lange.[7]

STRONGMAN-PRIEST B. H .B. LANGE, OF NOTRE DAME, PLAYED A PIVOTAL ROLE IN THE DEVELOPMENT OF RESISTANCE EXERCISE IN AMERICA'S UNIVERSITIES.

Temple University

Weight training at Temple University had its inception in 1955 and, for the next ten years, the activity enjoyed exceptional growth and popularity. By 1960, every athletic team at Temple University used weight training as part of their conditioning regimen. The weight training activities on the Temple campus were divided into four main areas: (1) an extra-curricular or recreational activity for both faculty and students, (2) a classroom-physical education activity for physical education majors and liberal arts and teachers college students, (3) a training and conditioning medium for varsity and intramural athletes, and (4) a rehabilitative medium for injured athletes.[8]

The University of Iowa

In 1943, the late Dr. C. H. McCloy and Dr. Arthur J. Wendler decided to personally test a hypothesis of theirs. which was that weight training resulted in reduced flexibility and poor coordination. Although both men felt this way at the beginning of the program, after the study was finished they changed their minds and became lifelong disciples for the cause of resistance training. This early interest on the part of these faculty members led to a great deal of valuable research at the University of Iowa. All of this research substantiated the empirical findings of Drs. McCloy and Wendler. In the required physical education program, eight classes in weightlifting were offered, and students were graded on the basis of their competence in the three competitive lifts in use at that time—the press, the snatch, and the clean and jerk, sometimes called the Olympic lifts. Students suffering from general muscle weakness, physical handicaps or recent operations were assigned to a special program of adaptive physical education.

Beginning in 1948, an all-university weightlifting tournament was held as a part of the University of Iowa intramural program. Further evidence of the popularity of the activity is that even though the weight room was kept open several days a week for several hours to allow enthusiastic students extra time to train, on several occasions the door to the weight room was smashed from its hinges by over-zealous young weight trainers. By 1960, varsity athletes from the football, baseball, bas-

ketball, track, swimming, and wrestling teams all trained with weights regularly before the season, during the season, and after the season.[9]

Louisiana State University

There was some activity in weight training at Louisiana State University as early as the 1930s but only since 1946 did it grow steadily and well. By 1960 every athletic team at LSU used resistance exercise in its conditioning and all of the coaches were highly enthusiastic about this form of training. A fully equipped weight room was provided by the Physical Education Department, and classes were taught there during all the morning hours. The varsity athletes had a separate weight room provided by the athletic department. Competitive weightlifting was also an important facet through the years at LSU and, in 1948, the United States Junior National Team Championship was won by the school. Research in resistance training was carried on at LSU both by the faculty and the graduate students, and many worthwhile contributions in the field have been made by this school, chief among these being the phenomenal success of the 1958 weight trained national football champions led by All American running back Billy Cannon, who had learned to lift under the supervision of Al Roy at Baton Rouge's Istrouma High School. [10]

A unique and pioneering aspect of weight training activity on the LSU campus was that by 1960 each of the men's dormitories had a fully equipped weight room. Students desiring to use the facilities of these weight rooms paid the nominal fee of $1.00 per semester. This plan had the full backing of the administration, and the rooms were in almost constant use. [11]

The University of Illinois

As of 1960, the University of Illinois enrolled approximately four hundred students per semester in various sections of the physical education course in weight training. More students signed up for this course than for any of the thirty-two courses offered in the physical education program. Every hour of every school day the weight room was in use. At the end of the school day, when regular classes were over, the room was used by students and faculty interested in lifting independently. At the end of the semester, students taking weightlifting entered a sports fest held by the Physical Education Department. There was competition in all sports, including weightlifting, and the top three men in each weight division received medals.[12]

Graduate students at Illinois during those years did research for theses and dissertations with titles such as: "Changes in Physical Fitness Associated with Weight Lifting," "The Effect of Weight Training on Total Reaction Time," "The Effect of Squat Bending upon Various Athletic Abilities," and "The Relationship of Weight Lifting Performances to Certain Measures of Body Structure." By that time many of the school's athletes practiced weight training at the campus weight room, and the barbell program had the full support of the athletic department.[13]

East Carolina College

Back in the 1950s a student entered the office of the Director of Physical Education at East Carolina College and asked permission to bring some of his personal weights to the gymnasium. He was given a small comer in a storage room, but in a matter of days there was such a demand for this activity by other interested students that it was obvious to the administrator that the activity would either have to banned or supported. They chose the latter and the weight training program at East Carolina College has grown steadily since that time. An excellent 30' X 90' room was set aside for the program and equipment was procured. Shortly thereafter, all of the coaches of the athletic teams at East Carolina College began advocating the use of barbells to their teams. Regular periods through the day were scheduled for members of the various athletic squads to work out in a supervised manner in the weight room. Physically handicapped students were handled by a specialist in corrective therapy. Course credit in regular weight training classes was offered, and—as at Illinois—the activity was the most popular in the program. [14]

Stonehill College

In 1961, Stonehill College had an enrollment of approximately six hundred students, and it had had a weight training program for about fifteen years. Weight training on the campus was on a completely voluntary basis, and yet a large percentage of the student body took advantage of the well-equipped facilities. Many of the varsity athletes at Stonehill trained with weights in an effort to improve their ability at their chosen sport, and an annual weightlifting contest was held at Stonehill for students interested in competition.[15]

Wake Forest College

In 1956, Wake Forest provided a large weight training room in their new gymnasium, and from that time on all aspects of resistance work have prospered and grown. Varsity athletes on the baseball team, the football team, the basketball team, the swimming team, and the track and field team all participated in carefully supervised weight training programs. Every athletic coach on the campus was high in his praise of the benefits to his athletes in terms of fewer injuries and increased ability.[16]

The Wake Forest Department of Physical Education sponsored an active program in resistance training, a unique feature of which was that every male student enrolling there as a freshman was exposed to six weeks of weight training. After this period of initiation, the students who were interested had elective courses in weight training from which to choose in both the fall and spring semesters. Another outstanding feature of the resistance training program at Wake Forest was the adaptive and rehabilitative program. In this program, many young men who, because of their physical limitations, had been relegated to the role of scorekeeper or equipment manager in junior high and high school got a chance to participate in physical education on a level suited to their ability and need.[17]

Eastern Washington College

Weight training had its inception at Eastern Washington College in 1954, when one class in this activity was taught to a group of young men. The program since then has thrived, and at least six regular sections (four for men and two for women) were offered each quarter. An unusual aspect of weight training on the Eastern Wash-

ington campus was the great deal of interest shown in this activity by women students. In 1959, a class was started with twelve women participating, but in the next semester the number had jumped from twelve to fifty. By 1961, each women's class offered in weight training always filled to capacity.

Another important aspect of weight training on the Eastern Washington campus involved the training of students with particular physical needs. In addition, many of the top athletes on the campus also took advantage of the excellent instruction and facilities to condition themselves for their sport. Also, a group of enthusiastic students at Eastern formed a coed barbell club, whose members were interested in the areas of bodybuilding, competitive weightlifting, and athletic conditioning. The Physical Education Department offered several courses in weight training to students who were preparing for careers as teachers. One course dealt with proper techniques in handling resistance training classes in junior and senior high school. This course was co-educational and involved programs for both boys and girls. A graduate course stressing the value of progressive exercise in physical therapy training was also offered.[19]

Michigan State University

Organized weightlifting began in 1948 on the campus of Michigan State when a group of interested students pooled their weights and formed a weightlifting club. By 1956 the club boasted thirty members and, by 1961, 175 paid-up members were taking part in this popular activity. By l961, besides its two weightlifting rooms, the Michigan State campus offered an adaptive sports room for men and another adaptive and weight training room in the women's gym. The weightlifting club was comprised of students interested in lifting competition as well as students training to improve their physiques and health. The club had the active support of the athletic and intramural departments. The main weight training room was open on a supervised basis for at least six hours each day, every day of the week.[20]

Starting in 1960, a class in the Physical Education Department in weightlifting was taught. The class had approximately forty students, and the Olympic lifts formed the basis of the class work. From 1956 to 1961, the barbell club through dues and exhibitions raised over $4,500, all of which they invested in equipment. Clinics in weightlifting, featuring outstanding athletes in a variety of sports were also held on the MSU campus. Many of the school's top athletes took advantage of the weight training facilities to condition themselves for competition.[21]

The University of California at Berkeley

As of l961, the University of California at Berkeley offered, through the Department of Physical Education for Men, regular instructional classes in weight training. Besides this activity, the well-equipped weight training room was used extensively by other students and faculty in extra-curricular training. For some time that single room was all that was available to meet the increasing needs of the Physical Education Department, the extracurricular trainers, and the varsity athletes. Then to relieve the strain, separate facilities were provided for the athletes, and the athletic weight training room serviced men from all varsity sports on the campus. Carefully planned routines of exercise were designed for each player based on his individual physiological needs. The coaches at Berkeley became so enthusiastic about weight training that they subscribed to the following statement: "Up until a short time ago, it was a distinct *advantage* for a coach to utilize weight training methods in conditioning and developing his athletes. Now, however, it is recognized as an *absolute necessity* if a team is to compete on a par with its opponents.[22]

San Jose State College

The official status of progressive resistance exercise on the campus of San Jose State College commenced in 1961, and by that time numerous classes in basic weight training techniques were offered as part of the physical education program. Some of these classes were rehabilitative in nature, as many of the freshmen who failed the basic physical fitness test administered at the first of the school year were placed in a weight training class. Most of the top athletes in the various varsity sports at San Jose State also took advantage of the facilities and instruction in resistance training. Another important aspect of the total weight training picture at San Jose State was the two-unit course in progressive resistance exercise which was offered to graduate students.[23]

Mount St. Mary's College

Barbell training failed to gain a foothold at Mount St Mary's College until 1963, when an enthusiastic group of students pooled their equipment and received the backing of Father Hugh Phillips. From then on the club rapidly expanded, moving into more spacious training quarters and acquiring additional equipment. Shortly after this move, the club membership had soared to well over 150 students, who named their club *Societas Vires et Salus.* Some of the members were interested in competitive lifting, although bodybuilding was the interest of the majority. The weight training club quickly became one of the most popular activities on the small, but vital campus of Mount St. Mary's College.[24]

The U.S. Naval Academy

In the fall of 1961, "Operation Shape-Up" was initiated at the United States Naval Academy. At that time only three hundred pounds of weights were available to the thirty midshipmen who voluntarily took part in this program. Results indicated increased physical fitness and a high level of interest, and gradually more equipment was added. By 1963, several thousand pounds of weights were available to midshipmen interested in this activity. Although two weight rooms were in use shortly after initiation of the program, they were insufficient to meet the needs of the eager midshipmen. Thus it was that an additional room was provided especially for out-of-season training by varsity athletes. Static or isometric contraction training was stressed at the Academy, since space and equipment are always at a premium on board ship. The midshipmen were also instructed in the physiological bases of resistance exercise so that they would be able to intelligently plan the exercise routines for themselves and the men under them after their graduation. Not only were the weight rooms of the Naval Academy campus popular with the

midshipmen and the varsity athletes, but the faculty as well made use of these facilities on a regular basis.[25]

Marist College

In 1961, Marist College administrators realized the need for organized physical activity to supplement crew and basketball, the two varsity sports on the campus. The administrators wanted a program that would combine a minimum of expenditure with a maximum of physical benefits, and their solution was to introduce weightlifting. Securing an adequate room and a small collection of barbells and equipment, the program got under way and soon was being used by virtually the entire college community. In 1963, a weightlifting coach was appointed and better quarters were acquired A student club was formed and its members began to take part in competition in the area, as well as sponsor meets on the Marist campus. By 1964, varsity sports at Marist included wrestling, track, basketball, and crew; and the majority of the athletes making up these teams were also included in the supervised weight training program. An interesting sidelight of the weight training picture at Marist College is that the members of the weightlifting club maintained scholastic records well above the average.[26]

Bloomsburg State College

Bloomsburg State College initiated a program of resistance exercise on their campus in the early 1960s but great strides were made in a few short years. By 1964, every varsity athletic team on campus used resistance training as a means of pre-season conditioning. The coaches of the football, basketball, wrestling, and track and field teams all gave high praise to barbell training as they felt it had added greatly to their successes in recent years. Not only were the coaches at Bloomsburg behind resistance training for the students, but the college president and the dean of students both felt that lifting had a great deal to offer in terms of result, and economy of time.

Oregon State University

By 1965, the campus at Oregon State University boasted two modern, well-equipped weight training rooms. One of these rooms was used every day from eight A.M. until six P.M. for the activity classes and recreation program. The other room was maintained by the athletic department and was solely for the use of the school's varsity athletic teams. Well-organized academic classes in beginning weight training were also offered by the Physical Education Department. In those courses not only did the students learn basic weight training techniques; they learned also the fundamentals of anatomy, physiology, and nutrition in order that they would better understand the scientific bases of progressive exercise.[28]

Advanced weight training classes allowed each student to assist in the planning of his own exercise routine, and provided instruction in the technique of the Olympic lifts. ***Strength & Health*** magazine served as required reading for students in the advanced classes. A professional techniques class in weight training was also offered to physical education majors and other interested students who were planning to become teachers. This course consisted of instruction in teaching techniques, acquiring equipment, and class organization. By 1965, the very successful varsity athletic teams at Oregon State University in the sports of wrestling, swimming, track and field, and football all used resistance training in their conditioning regimen. Rounding out the excellent resistance training program on the campus was the existence of a competitive weightlifting team.[29]

Wesleyan College

Weightlifting was initiated at Wesleyan College in Connecticut in 1953, and it increased steadily in popularity. When the small weight training room became inadequate, another area was provided in which a circuit training course was set up. The circuit program consisted of twenty stations with four levels of difficulty at each station, and when a student reached the point at which he could successfully perform the circuit at the fourth level, he moved to the heavy, free-weight room for his workouts. As of 1965, approximately 250 students worked out weekly on the Wesleyan campus. This figure included many of the outstanding athletes in the varsity athletic program. Athletes in varsity sports such as baseball, basketball, soccer, swimming, track, lacrosse, wrestling, gymnastics, tennis, golf, and squash made use of both the circuit training course and the more heavily equipped weight room. Approximately half of the 250 students who trained weekly at Wesleyan received physical education credit while the other half trained on their own.[30]

The University of Texas

When Major L. Theo Bellmont left Houston, Texas, in 1913 to become the Director of Physical Training and Athletics at The University of Texas, he brought with him a pair of 25-pound dumbells. H. J. Lutcher Stark visited the campus nearly every weekend that same year to lift dumbells with Major Bellmont. Stark was a multimillionaire from Orange, Texas, who, after graduating from UT, spent many years as a member of the Board of Regents of his alma mater. Stark remade his physique under the teachings of Alan Calvert, of Philadelphia, and he became an avid devotee and promoter of weight training. In 1914, Roy J. McLean enrolled at The University of Texas as a freshman. To help pay his expenses, he worked part-time for Major Bellmont as a secretary and from Bellmont and Stark young McLean learned the value and pleasure of progressive resistance exercise. During his undergraduate career McLean lifted weights regularly with Stark and Bellmont, added twenty-five pounds of muscle to his frame, and became one of the best wrestlers and handball players at the University. During this period, the dumbells and barbells of the athletic department were kept and used in the north wing of the Old Main Building where the Tower made famous by the Whitman sniper killings now stands. In 1919, McLean became a member of the faculty, and he initiated a credit-bearing class in weightlifting at The University of Texas in the fall of 1920, perhaps the first such class ever offered in the U.S.[31]

At that time, the coaches of the various varsity sports forbade their athletes to even touch the weights, but McLean, through tests and measurements at the beginning and end of the semester, proved to the satisfaction of his department and his students that barbell training produced measurable and desirable results. Word spread of this activity on the Texas campus and soon the demand increased

for classes in this new activity. These early classes were taught in a wooden barracks building which was one of three that had been vacated by the military service in 1919. By 1929, when Gregory Gymnasium was built, interest and activity in weight training had advanced and ten classes were offered each semester. One of the facilities in the new Gregory Gymnasium was a spacious, amply ventilated room which was for the exclusive use of the classes in weightlifting.

Under McLean's direction, the weightlifting program continued to flourish. From 1929 through 1966, the weight training classes in the Required Physical Education Program proved to be consistently the most popular offering of the department. In the fall of the 1965-1966 school year, for instance, over 1400 students elected to take weightlifting to satisfy their requirement in physical training. No less than thirty-six sections were offered in this activity, some of which were advanced. Two rooms were provided for these classes, one of which featured a floorspace which was, itself, a lifting platform. The platform was probably the largest in the world at the time—approximately 120' x 40'.[33]

Another excellent weight training facility on The University of Texas campus was located in Memorial Stadium and was for the exclusive use of varsity athletes. In this well-equipped room, athletes of all the University's major sports underwent conditioning, training, and, when necessary, work of a rehabilitative nature. Between the athletic facilities and the facilities at Gregory Gymnasium, approximately thirty sets of Olympic Standard Barbells were available to The University of Texas students as of 1966. This number was, at that time, probably without parallel in Untied States higher education.

From the mid-fifties to the mid-sixties—no doubt in part because of the excellent facilities—U.T. has consistently produced a competitive weightlifting team distinguished by its success throughout the state and nation. Another important aspect of resistance training at The University of Texas was the rehabilitation laboratory. This program offered training systems for all students having other than an "A" health rating. Barbells. dumbells and many other forms of resistance apparatus were used in this excellently equipped and operated laboratory.[34]

From this partial survey of resistance training activity in U.S. higher education through the middle 1960s, it can be seen that once weights were given a chance, they quickly became a popular form of exercise. In the two decades following World War II, the barriers of prejudice that had kept the weights off all but a few campuses were gradually broken down and a new era began in which weight training was seen by almost everyone as the remarkable, result-producing activity iron gamers had always known it was.

Notes

1. W. M. "Doc" Ely and H. W. "Hap" Freeman, "Barbells on Campus—The University of Maryland," ***Strength*** & ***Health*** (June 1959): 44-46.
2. Dave Baillie, "Barbells on Campus—Springfield College," ***Strength*** & ***Health*** (December 1959): 34-35.
3. Ibid., 51-54.
4. Peary Rader, "Weight Training at University of Nebraska for Student Body," ***Iron Man*** (March-April 1960): 18-19.
5. Dr. Wesley Ruff, "Barbells on Campus—Stanford University," ***Strength & Health*** (March 1960): 25, 59.
6. Capt. George Otott, "Barbells on Campus-Notre Dame," ***Strength & Health*** (April 1960): 36-37.
7Ibid., 55-57.
8. Sidney H. Glauser. "Barbells on Campus—Temple University," ***Strength & Health*** (May l960), 28ff.
9. Ibid., 52.
10. For the full story of the use of weight training by the L.S.U. football pmgram, see: Terry Todd, "Al Roy: Mythbreaker," ***Iron Game History*** 2(January 1992): 12-16. See also: George W. Ritchey, "Barbells on Campus Louisiana State University," ***Strength &Health*** (July l960): 36-37.
11. Ibid., 59.
12. William Hottinger, "Barbells on Campus—University of Illinois," ***Strength & Health*** (January 1961): 36-37.
13. Ibid., 50-52.
14. Dr. N. M. Jorgensen, "The Development of Weight Training at East Carolina College," ***Physical Power*** 2(November 1961): 5, 30.
15. Brother Joseph Faul, "Barbells on Campus—Stonehill College, ***Strength & Health*** (March l96l), 34-36.
16. Gene Hooks, "Barbells on Campus—Wake Forest College," ***Strength & Health*** (November 1961): 28-29, 49-50.
17. Ibid., 51.
18. Jack R. Leighton, "Barbells on Campus—Eastern Washington College of Education." ***Strength & Health*** (December 1961): 34-35, 50.
19. Ibid., 50-52.
20. Pat O'Shea and G. I. Strahl, "Barbells on Campus—Michigan State." ***Strength & Health*** (January 1962): 36-37, 51-52
21. Ibid.. 53-54.
22. John Neumann, "Barbells on Campus—University of California." ***Strength & Health*** (February 1962): 40.
23. Ray Van Cleef, "Barbells on Campus—Weight Training at San Jose State." ***Strength & Health*** (March 1965): 28-29,45-46.
24. John C. Grimek, "Barbells on Campus—Mt. Saint Mary's" ***Strength & Health*** (November 1963): 16-17.
25. Lt. Joe Fournier, "Naval Academy Turns to Weightlifting," ***Strength & Health*** (March 1964), 16-18.
26. Frank Swetz, "Barbells on Campus—Marist College." ***Strength & Health*** (December 1964): 24-25.
27. Joseph Figliolino, "Barbells on Campus—Bloomsburg State College," ***Strength & Health*** (March 1965): 16-18.
28. Patrick O'Shea, "Barbells on Campus—Oregon State University," ***Strength & Health*** (August 1965): 28-29.
29. Ibid.. 76-77.
30. Stan Plagenhoef. "Barbells on Campus—Wesleyan College of Conncticut," ***Strength & Health*** (December l965): 16-17.
31. Roy J. McLean and Karl K. Klein, "Barbells on Campus—The University of Texas." ***Strength & Health*** (January 1960): 33-35, 53-54.
32. Ibid., 53.
33. Interview with Roy J. McLean. 10 March 1966, Austin, Texas. See also: Terry Todd. '"The History of Strength Training for Athletes at the University of Texas," ***Iron Game History*** 2(January 1993): 6—13.
34. McLean and Klein, 'The University of Texas." 56.

Dear *IGH:*

The cover story—"Another Big Man Gone"—in the April 1994 issue of ***IGH*** touched on a very sensitive concept of the Iron Game: use of steroids aside, exactly *when* does intensive training (heavy weights, forced reps, forced feeding. etc.) pass over the threshold of building one's self up and enter into the area of overloading the body to the point of permanent damage.

Many years ago as a seventeen year old ninety-eight pound weakling who had just been bitten by the Iron Bug, I had my father take me into the Huntington YMCA in Boston to observe an Olympic weightlifting meet. Bob and Gary Bednarski competed, so there were some commendable poundages being lifted. We sat in front of two older gentlemen, and I can vividly remember one of them commenting to the other about the effect of such heavy weights on the joints and the physical suffering that would come in later life. In spite of my neophyte status with weightlifting, observing the stress and straining occurring on the platform that day made what he said very plausible, and it left a lasting impression.

Over the years I have experienced and observed that the plausibility was in fact reality. Arthur Jones based his concept of "pre-exhausting" the thighs with leg extensions before jumping to the squat rack, specifically because he felt that the human body was simply not made to handle the heavy poundages that could be achieved in squatting alone. Chuck Sipes told me that after he turned fifty, he began to wake up very stiff and it would take him some time just to "get moving" in the morning. Two years ago, I met Joe Abbenda, one of my early idols, at the annual Oldtimers reunion in New York. I told Joe that I had been particularly impressed with his feat of doing forty reps with three hundred pounds in the squat. He was grateful for the compliment, but he jokingly commented that he wanted to run now but could not because of pain in his knees and said that it might have been that fortieth rep he was paying for today.

The motivation to lift heavier and heavier weights probably has some atavistic roots back to our heritage where the strong survived; the stronger you were, the more likely you were to survive. Today, while survivability is not an issue, recognition certainly is and the stronger you are, the more recognition you receive. There is also the individual reward of daily or periodic feelings of accomplishment and fulfillment as new barriers of poundage are passed; in fact there are few endeavors I can think of that can provide such satisfaction and reward so quickly, easily and by oneself as the progress achieved in lifting weights. The motivation and hype to push oneself to higher and higher limits is definitely there.

However, there *will* come a time when the law of diminishing returns eventually takes over and the passing of previous barriers happens less and less and progress becomes more and more of an effort. As with many athletic endeavors, there are mental barriers to overcome as well as physical barriers (Weider's theory of "MOMISM"). Differentiating between the two goes back to my original question of how does one know when he is pushing himself beyond what his body can absorb and still recover.

The question is not unique to lifting weights. Running had its great following because it allowed almost anyone to become competitive by covering greater and greater mileage, even if at a slower and slower pace. Now everyone could "compete" by proudly responding to the question, "What's your weekly mileage?" with a higher and higher number. However, running also suffered from the "too much" syndrome with stress fractures and joint problems, and this has no doubt contributed to the current interest in cross training. In any case, the search for fulfillment and recognition *can* push athletes to a point at which they are injured, perhaps permanently.

Let me emphasize that my question here is *not* being raised to advocate light weights only. Some of the fondest memories in my entire life are of personal records broken, barriers passed (four hundred pound squat, etc.). and camaraderie at the weight room. What I'm asking is how can one tell when he is approaching that threshold of "too much" with its immediate chance of injury and subsequent chance of problems later in life. Does the current state of the art in coaching and training allow this distinction to be made? And if it does, it covers the athlete with a couch or trainer, but what about all those individuals training unsupervised with someone screaming "No Pain, No Gain!" in their face as they grunt out yet another rep or new record single. With the passing of the original ***Iron Man,*** who is left to speak to them about such things when such things do not make money: people typically do not spend to be told what they cannot do, only what they can.

As a final note, I just finished reading the book ***Muscle*** by Samuel Wilson Fussell (Avon Books, 1991, ISBN: 0-380-71763-8). It is a vivid description of the motivation to succeed in the bodybuilding game as well as a chilling account of the role drugs are playing in the game today. It is very entertaining but also carries a powerful message of what is wrong with our sport today.

Norman Komich
Beverly Massachusetts

The questions raised above are difficult, perhaps impossible, to answer with accuracy. They have to do with personal choice, ego, fear of aging, cultural expectations and probably even barometric pressure. A broader, more basic question was once addressed by the eighteenth century poet William Blake, who wrote, "You never know what is enough, unless you know what is more than enough!"

On the matter of a training magazine with a conservative philosophy, try Stuart McRoberts, *The Hard Gainer.* A one year subscription costs US $25.00, the address is: CS Publishing Ltd., P.O. Box 6365, Louisville, KY 40207 for new North

American subscribers; or CS Publishing Ltd., P.O. Box 8186, Nicosia, CYPRUS for other subscribers and renewals.

Dear *IGH:*

By pure coincidence I was given a copy of the January 1994 issue of ***Iron Game History*** here in Puerto Rico.

I was very impressed by the amount of information and nostalgia, especially since I haven't heard many of the names mentioned since ***Iron Man*** magazine changed hands.

But I was most impressed by the article in "The Iron Grapevine" by Dr. Ken Rosa. I felt I was there walking around the Heisman Room, listening to Terry Todd speak and rubbing shoulders with John Grimek. I even got excited at Laurie Fierstein's attractive strongwoman body. I could even see Al Thomas changing to Captain Marvel (through the years I read many of Al Thomas' fine articles in ***Iron Man).***

I hope that you will keep up the good work and continue to have articles by Ken Rosa. I met Dr. Rosa back in the early sixties here in Puerto Rico. He played a dynamite piano.

Serafin Santana
Santurce, Puerto Rico

Dear *IGH:*

Enclosed is a check for a Patron subscription to ***Iron Game History.*** I learned about ***IGH*** from Alton Eliason, who brought me a copy.

I bought my first barbell set in 1930 from the Milo Barbell Company in Philadelphia, a two hundred pound set for twenty four dollars, but never achieved anything unusual, except good health. which at my age now (79) is of the ultimate importance.

I read the **Hard Gainer, Milo** and **Iron Master** and I think all seem to be carrying the same right message about weight training.

Sincerely, and hoping for an ever-increasing interest in prop er weight training.

John J. Roche
New Haven, Connecticut

Dear *IGH:*

In response to your request for subscriptions, I have enclosed a bank draft for $25.00 in U. S. funds. Having completed my second statistics book last year, I was ready to return to academia, but there were no opportunities in the States. Consequently I am visiting the University of Newcastle in Australia for a few years. I have been here for about five months.

Bill Clark called me a couple months ago when he was in Australia for baseball scouting work. As you probably know, he had his right hip and knee replaced in January, and had a major bout with infection shortly thereafter. He is still full of vinegar as he approaches age sixty-two and speaks of making a thousand kilo harness lift. I see from his last newsletter that his deadlift is back up around 400—no small feat for a man with two artificial joints.

I was in decent shape last December, having reverse pressed 192 for three easy reps, and side pressed a 106 pound dumbell for three reps.

About a year earlier I experimented with training three times a day about every two weeks but only doing one lift. I amazed myself by eventually being able to work up to six sets of three with 2055 on presses (two sets in each workout). I had never done any type of endurance training before, so I was surprised that I got that far.

I also tried that with squats, but squatting three times a day is a bit rough on an old man. It also took my legs quite a while to recover from a three-workout day.

Presumably my size and strength will soon be what they were in December. I would certainly be satisfied with that since my next birthday will be number 50.

I very much enjoyed Terry's remembrance of Bob Hoffman in ***IGH*** a few issues ago, and the similar article by Jim Murray was also entertaining.

Keep up the good work and try to stay healthy.

Tom Ryan
Adamstown, New South Wales, Australia

Dear *IGH:*

Sorry I have not been able to re-subscribe until now—I have been in Australia for two months. Hopefully you can begin my new subscription with Vol. 3 #2, but if not, I understand. I have a question that perhaps you can answer for me. In the most recent issue of ***Iron Man,*** Arthur Jones stated that a man named Gustav Zander built exercise machines that were precursors of the Nautilus concept (re: cams) back around 1850. Are there any old time publications (books, magazines, etc) in which Zander's devices were shown or described? Were his inventions patented here in the United States?

I have an interest in this subject because it is the fast time Arthur Jones ever admitted someone was sharper than he is. . . and over a century before him to boot!

Herb April
Chicago, Illinois

Yes, Zander did produce machines similar to the Nautilus devices, but then so did several other physical culturists. Anyone who makes a careful study of the history of exercise equipment and training theory comes away amazed by the age of many supposedly "new" things.

Dear *IGH:*

Your last issue with the article on John Grimek by Jim Murray was excellent. Hope to see more of these in future issues.

Richard Kajiyama
Honolulu, Hawaii

Dear *IGH:*

Thank you for preserving all of the "classic" texts and records of real strength. I hope you are having great success with your collection.

Stephen Duncan
Mount Hermon, California

Dear *IGH:*

I received your flyer regarding ***Iron Game History.*** I am enclosing $20.00 for a six issue subscription.

Currently I am a professor in the Department of Health and Physical Education at California State University, Sacramento. One of the courses that I teach is "Analysis of Weight Training." It is a teacher preparation course and I cover some history of the Iron Sports. I believe your journal would be beneficial to me. I also work with several athletic teams in the weight room and coach a competitive club that competes in USWF meets.

In 1977, I completed my doctoral dissertation on the History of Weightlifting in the United States. (Brigham Young University). My main source of information was ***Strength & Health*** magazine. I was able to secure all issues dating back to 1932. To be honest I had no way of knowing how accurate all of the records were because it was very difficult to dig up past records. I talked to John Terpak and others associated with York Barbell Co./USWF but really did not get a lot of information. At any rate, I did record as well as possible all of the Senior Nationals, World Championships, and Olympic results from 1932 to 1976. I am very interested in being able to verify my records and will look with interest at what you have in your journal.

Bill Kutzer
Sacramento, California

By contacting the International Weightlifting Federation's Historical Committee accurate records can be obtained. However, *Strength & Health* should be basically accurate for the big meets, except for the occasional typographical error.

Dear *IGH:*

It was nice to see you at the National Weightlifting Championships. Congratulations on Mark Henry. Most people didn't expect him to do so well after leaving Colorado. Richard's **[Ed. Note: Fred's son Richard has been several times the national weightlifting champion, just like his dad, making them, to our knowledge, the only father-son pair to have accomplished the feat.]** last clean and jerk was something to talk about. I think he handled it well. Clyde Emrich called the other day. He seems very interested in lifting yet. I told him about the Olde Time Barbell and Strongman Association, etc. I really think he deserves to be honored by that group. Emrich was the first man under two hundred pounds bodyweight to clean and jerk over four hundred pounds, and he held multiple national titles as well. He looks great—just remarried. Anyway, keep up the great work with ***IGH.***

Fred Schutz
Mount Prospect, Illinois

Dear *IGH:*

Each issue that I receive is like a visit from old friends. I have known most of the old-timers personally or by reputation. I preached and taught the benefits of graduated weight training in the late thirties and early forties and ever since I pioneered the use of resistive exercises for medical rehabilitation and the application of weight training for certain sports.

I am enclosing a patron subscription for $100.00.

Bruce Conner
Conner, Montana

Thanks, Bruce. One of our main reasons for beginning *IGH* was to celebrate and satisfy people like you, people who laid the foundation for our beloved game. Thanks for both your support and your pioneering work.

THE ROARK REPORT

A History of the Mr. Universe and Mr. World Competitions Before 1950

Part One: Mr. Universe 1947

In 1947, John Grimek, who had been a member of the International Weightlifting Congress for one year, sided with Dietrich Wortmann in the decision "to have physique contests staged with each world's weightlifting championships." Their idea was met with roaring approval, and the first such contest, titled "Mr. Universe, was held that year at the 15,000 seat Convention Hall in Philadelphia, in connection with the world weightlifting championships, which was staged for the first time in the United States.

The two day affair, September 26 and 27, did not require such a large venue: empty seats of 12,000 the first day and 10,000 the next seemed as cold a welcome as the unmoving barbells. Nonetheless, ironfolk have never depended on the non-exercising to become exercised about love for lifting, and the greater attendance for the second day may be attributed to the heavier classes thrusting their stuff and the bodymen showing their stuff.

The judging system which was established—but ultimately not employed due to the midnight imposition of a Pennsylvania blue law which forbade activities to continue into Sunday morning—was:

Six points for muscular development
Six points for body proportions
One point for posing
One point for general appearance, posture and "etc.," what ever those may have been
One point for teeth, skin, and facial appearance
A total of fifteen points possible.

But with the strike of twelve looming, the fate of the seventeen contestants was decided by each of the nine judges writing his choice for the victor on a slip of paper. The voting was, therefore, anonymous.

Much was made of the fact that Bob Hoffman of the York Barbell Club did not allow himself to be a judge—indeed while he and Jack Liberatore had emceed the lifting portion of the weekend, Jack was the only emcee for the physique section.

The nine judges were: 1) Larry Barnholth of the USA. founder of the American College of Modern Weightlifting and coach for Pete George; 2) John Bans of England, editor of ***Vigour*** magazine, who noted, upon eating a large steak while here in America, that the portion was more than that allotted per *month* in England at the time: 3) Robert Cayeaux of France: 4) Julio De Cespedes, coach of the Cuban weightlifting team; 5) Emmett Faris of the USA, a judge at the 1946 Mr. America contest: 6) Art Gay of the USA, who also judged the 1946 Mr. America contest: 7) Bernard Mendonca of British Guiana: 8) Bruno Nyberg, coach of the Finnish weightlifting team: 9) Karo Whitfield of the USA, an Atlanta gym owner who was a judge when Steve Stanko won the Mr. America contest in 1944.

In alphabetical order, the seventeen competitors were:

Jules Bacon: Mr. America 1943, whom many in the audience had seen grace the covers of ***Strength & Health*** magazine (April 1941, October 1941, September 1943 and March 1944). Indeed, even Weider's ***Your Physique*** had brought home the Bacon with a cover in March 1943, and the ***Chicago Bodybuilder*** magazine led with Jules in February 1947.

John Bavington: Canadian

Keeval Daly: from British Guiana, who had been living in America and was a Mr. New York winner.

George Eiferman: who, hard to believe from today's vantage point, had appeared on no physique magazine covers prior to the time of this contest but who would win the Mr. America the following year. He was the current Mr. Philadelphia.

John Farbotnik: still three years away from becoming Mr. America but a physique familiar to fans via his covers of September 1946 and January 1947 on the ***Chicago Bodybuilder*** and ***Your Physique*** (June 1947) and ***Muscle Power*** (July 1947).

Orlando Garrido: 165 pound class lifter from Cuba.

Josef Hantych: Czechoslovakia

Joe Lauriano: who as of this writing is still walking an hour every day and lifting weights for forty-five minutes every day as he nears age seventy-seven. His cover appearances were on ***Strength &Health*** for March 1946 and December 1946.

Rene Leger: The current Mr. Canada seen on the front/back covers of ***Muscle Power*** for September 1946.

Henri Moulins: 123 pound lifter from France.

Muniz

Eric Pedersen: edged out by Steve Reeves at the Mr. America earlier that yearm he appeared on the cover of ***Strength & Health*** (April 1947). ***Muscle Power*** (August 1947) and ***Your Physique*** (August 1947).

Steve Stanko: Mr. America 1944. ***Strength & Health*** covers on January 1939. October 1940, October 1943, September 1944 and March 1947.

Joe Thaler: USA.

Juhani Vellamo: Finland

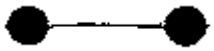
F. Vieira: British Guiana.

Kimon Voyages: of the USA who appeared on the cover of ***Your Physique*** (August 1942) and ***Strength & Health*** (June 1945).

Three months earlier, on 29 June 1947 in Chicago, Illinois, at Lane Tech high school at the comer of Western Avenue and Addi-

son Street, (2400 west -3600 north), the AAU Mr. America contest was held. Steve Reeves won. Interestingly, five of the top six men in the Mr. America were also competitors in Philadelphia at this premier Mr. Universe contest. Reeves, however, who was present and talked into coming on stage, removing his shirt, and hitting some poses, was not in the contest. It was said that he was under contract to make a film and, therefore, could not compete. Go figure.

Anyway, the other placers at the Mr. America event who were not under contract were: Eric Pedersen (second), Joe Lauriano (third), John Farbotnik (fourth), George Eiferman (fifth), Kimon Voyages (sixth), and Joe Thaler (tenth). Please take a moment to notice how Eiferman placed, and who was judged better than he at the Mr. America.



Steve Stanko was still a teenager when he watched the 1936 Senior National Weightlifting Championships in Philadelphia at this same Convention Hall and saw John Grimek win a berth on the 1936 Olympic team.

Steve's dad passed away 27 November 1942, knowing of his son's wonderful lifting successes: national heavyweight champion for 1938, 1939 and 1940; and world champion—1940. As of 1941, Steve could sprint 100 yards in street clothes in 10.8 seconds. The days would come, however, when that distance required almost ten minutes to traverse because of phlebitis, a painful leg condition which would shadow him for the rest of his life.

Within a year and a half of his father's death, Steve won the Jr. Mr. America and the Senior Mr. America title for 1944, and in the latter was designated as possessing the best arms, back and chest.

Strength & Health magazine noted in December 1945 that due to a leg injury Steve would never lift again, but three months later, on March 16, 1946, he posed at a strength show in Philadelphia at the Kensington Labor Lyceum at Second and Cambria Streets.

By the time of the first Mr. Universe contest Steve was still on the record books for the USA with a 381 pound clean and jerk. ***Strength & Health*** (November 1947, page 50) shows Stanko with two women, one of them Gene Jantzen's wife, Jantzen would write the coverage of the Mr. Universe for Weider's ***Your Physique.***

As midnight and the blue law time limit approached, the judges cast their single votes, resulting in:

Steve Stanko	3
John Farbotnik	2
Eric Pedersen	2
George Eiferman	1
Rene Leger	1

Another vote was then taken to break the tie between Pedersen and Farbotnik for second place. This vote went in Farbotnik's favor. Two versions about the popularity of this decision appeared in print following the contest:

Strength & Health for February 1948 (p. 11) contained a letter from Larry Barnholth, one of the judges, to Bob Hoffman, the editor/publisher. "Say, Bob," Barnhoth wrote, "what is all the mysterious whispering for in regard to the 'Mr. Universe' contest? The Canadian magazine is to expose the 'Mr. Universe' scandal. The 'Iron Man' says of the contest, 'The least said the better.' The 'Bodybuilder' avoids the contest, merely saying the greatest thrill they got in the show was the fact that John Farbotnik almost won."

Hoffman replied: "This is the first news we had that there was anything mysterious about the selection of Steve Stanko as Mr. Universe." Those present just before midnight on 27 September 1947, however, were well aware of the controversy.

As soon as George Eiferman was allocated fourth place, as Gene Jantzen explained in his coverage for ***Your Physique*** (April 1948), the audience response was antagonistic.

"Of all the contestants to appear on the stage, George Eiferman was the most popular with the audience. . .When George Eiferman was the first of this group of four [Farbotnik, Stanko and Pedersen] to be asked to leave the stage, the large audience nearly went wild with booing and shouting. Even after he left, and throughout the time that the judges were selecting the first three places out of the three men left the audience still continued to shout for Eiferman."

Whereas Hoffman's response to Barnholth indicated that he thought the great majority of the audience favored Stanko, who worked for Hoffman, Jantzen wrote: "To most of the people the whole show looked like some sort of farce with our good friend Steve being made the goat."

Steve's leg condition was painful and it was impossible for him to adequately train his legs at all, to say nothing of the intensity required for the Mr. Universe event. There were no best bodypart subdivisions at this contest; had there been it may be safe to suggest that Stanko's legs would have been in seventeenth place.

The International Federation of Bodybuilders (IFBB) was created in 1946, but had not yet sanctioned a contest. The newness of the organization is evident when copy editors at ***Your Physique*** allowed Jantzen's reference to the cub organization as the "IFOBB" just before he informed us: "It will take time before the International Federation of Bodybuilders is big enough to tackle this job [Mr. Universe] but it is growing rapidly and the time will surely come. Certainly you will agree that it would be better to wait ten years and do a decent job of it than to rush in with some half-baked ideas and run a Mr. Universe contest which has become the laughingstock of bodybuilders the world over." (Indeed the first IFBB Mr. Universe was not held until 1959. It was won by Eddie Sylvestre.)

Stanko was not without redeeming muscle. Jantzen notes: "Anyway, Steve Stanko won the Mr. Universe title, and believe me, he looked more surprised than anyone else." Jantzen explains that had there been a best arms subdivision, Stanko would have won it, and that Steve's arms, shoulders and upper back were amazing, but that he lacked pecs, lats and abs (in addition to legs).

Jantzen summed up the feelings of many who witnessed the first Mr. Universe contest when he wrote, 'The contest was run in an orderly fashion and with a definite sense of timing but it could not hold a candle against many city or district physique contests I have had the pleasure of watching."

At that point in history, September 1947, the IFBB was one year old, NABBA had not yet been formed, and a small Austrian youngster named Arnold had just turned two months old.

An Evening to Remember:

The 1994 Heidenstam Memorial Trust and Hall of Fame Awards

Ken "Leo" Rosa, D. C.

March 17, 1994. After the most severe and disgusting New York winter in my memory I was overjoyed as I flew Virgin Atlantic to attend the third annual Oscar Heidenstam Memorial Trust and Hall of Fame Awards which would take place in England on 19 March 1994. The honorees were scheduled to be the legendary Steve Reeves of the USA as well as Mr. and Mrs. Bert Loveday and Mrs. Zena Platten of England. Slightly ahead of schedule I arrived at Heathrow where the weather was much better than that which I had left behind. There's just something special about the reunions in England that makes one look forward to them each year.

March 19th. I was looking forward to the nighttime gathering but in the early afternoon my body was demanding a workout. So I went to Maximum's Gym to pump up my anatomy so I'd be raring to go at the dinner later. That evening, we had the entire Commonwealth Room to ourselves with open bar giving a choice from water to the black gold from the tap called Guinness Stout. There was wonderful Steve Reeves memorabilia in abundance to be auctioned off. And nice soft music during dinner.

The Oscar Heidenstam Memorial Committee—Dr. Ian McQueen, Dr. Tom Temperley, Clifford Leaistre, Colin Norris and Malcolm Whyatt—carefully plan the annual proceedings which are normally flawless. It was anticipated that John Grimek, Reg Park, Dave Webster, and Ian McQueen would be present. Unfortunately, they were all unable to attend, and their presence was sorely missed And yet we had the largest gathering so far. There were at least 166 people present including the incredible feminine muscle of 1990 NABBA world champion Bernice Price. The very personable Dave and Rosemary Gentle were seated next to me, and Dave told some entertaining Steve Reeves stories. The number of adoring Italian fans present gave testimony to the fact that Steve Reeves' popularity is scarcely diminished in Italy where he was Hercules in the movies four decades ago.

Colin Norris spoke briefly to open the ceremonies, then turned the microphone over to Malcolm Whyatt who acknowledged the sad loss of Jack Delinger, Ed Jubinville, Jon Paul Sigmarsson, John Pegler, John Farrow and Rueb Martin during the past year. A posthumous award to Rueb Martin is planned in 1995. Malcolm then informed the audience that "we have a surprise. I have no idea what the gentleman is going to say. He's a very good friend of the Trust and he's asked if he could say a few words to you all. He's Dr. Ken Leo Rosa from America." I had been secretly planning a surprise for Malcolm since the previous year and now was my moment to reveal it I took the microphone and said. "it's a pleasure to be back here again this year. It all seems like yesterday. But it wasn't yesterday. It was 1947 when I was at the Sig Klein show in New York City. Steve Reeves was Mr. America. I remember seeing Steve standing in the back of the auditorium wearing a trench coat and he had the widest shoulders anybody had ever seen and the narrowest waist anybody had ever seen. I also remember 1965 when I wrote to Oscar Heidenstam to ask him if he would allow me to enter the 1965 NABBA Mr. Universe contest. Oscar wrote me back, and he said, 'you know, we have standards here (there was a burst of laughter), so would you submit a photograph?' So I did, whereupon he wrote back telling me that I was welcome to enter. Oscar Heidenstam is very dear to me. He allowed me to enter the 1965 NABBA Mr. Universe where I found the judging to be the fairest I had ever seen. I was treated better there than I had ever been in my own country. That contest was the high point of my bodybuilding career. Since then I have attended the first, second, and now the third Oscar Heidenstam Memorial Trust gatherings here. I've also gotten to know Malcolm Whyatt and I appreciate this gentleman perhaps more than he realizes. Because of that I want to surprise Malcolm with something right now." I held it high and there was a round of applause as the photographers and television people drew in close to capture the moment. Last year I had given Malcolm a brochure containing photographs of several of the works of superlative physique sculptor Adolofo Robles, and Malcolm, in an off hand remark indicated which of the statues he liked the best. I had met Adolfo in Madrid the year I was training for the 1965 NABBA Mr. Universe, and so when I visited him in Florida I asked him to give me the statue which Malcolm liked. Adolfo did, and it was that Sandow-like statue which I presented to Malcolm, saying, "Malcolm, it's yours."

There was a great burst of applause and cheering as Malcolm arose to accept the gift. He appeared to be quite moved. "I really didn't know this was going to happen," he said. "The only thing I can say is I used to look like that statue. . ." The room filled with good-natured laughter as Malcolm added, "many years ago." "Thank you very much for that kindness" he continued. "This Trust can not be run without everybody."

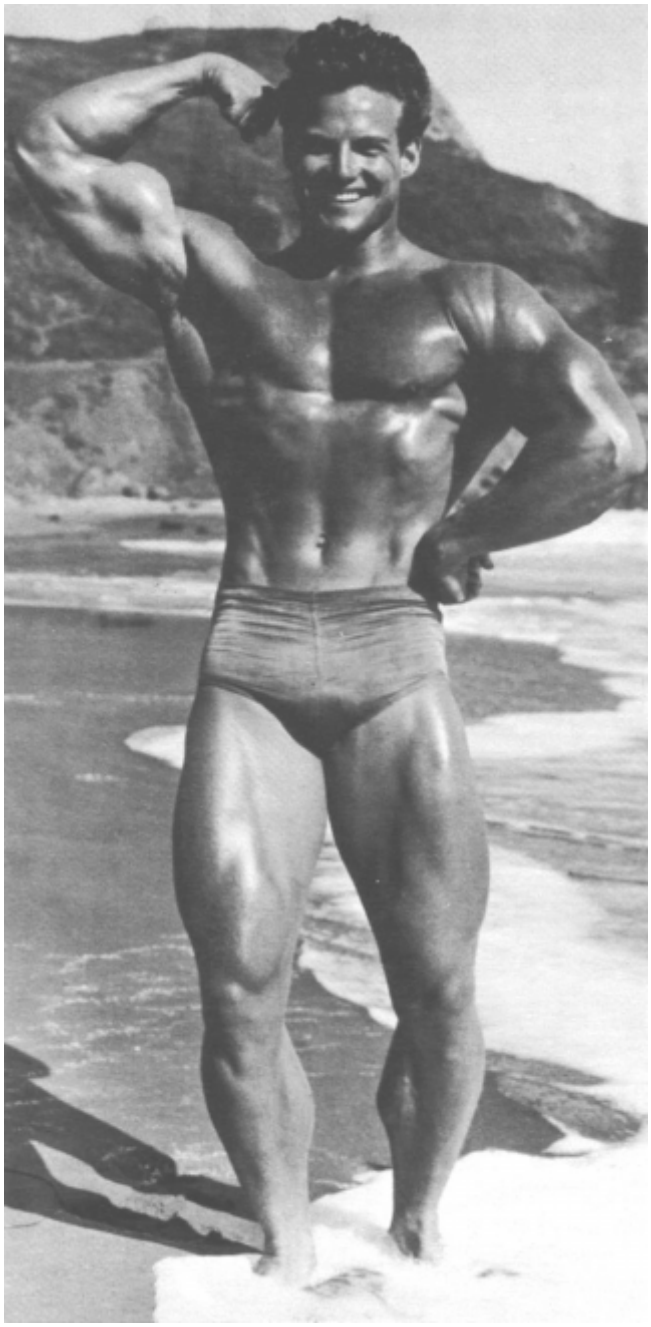
Then Malcolm, with a sort of sheepish expression, continued. "And this is a total coincidence. We give special awards for certain people each year. And it just happens (laughter started

throughout the room) that the recipient is Ken Leo Rosa." Now the laughter and applause was tremendous. "Leo Rosa has been most generous to the Trust and so without further ado as a small token of appreciation I present him with an Oscar Heidenstam Memorial Trust memento, keepsake." Now it was my turn to be totally surprised. I now was speechless, as happy as I could be and yet just a little sad when I thought about how I had always been treated so well by the English while bodybuilders were being victimized in the 1950s by a feud back in the USA. But this evening was marvelous enough to help wipe away any remaining bitter memories of so long ago.

The Trust also recognizes the accomplishments of outstanding people in other fields of athletic and artistic endeavors, and in keeping with that laudable policy a special award was presented to vivacious Mrs. Zena Platten, Malcolm informed us that she has been teaching and helping people in gymnastics for 69 years. She has been a national coach, a ladies national judge, and the honorary vice-president of the London Gymnastic Federation in 1991. She was doing gymnastics in 1925 and is still coaching youngsters in gymnastics. As the award was presented amid thunderous applause one had to be amazed and impressed by the slim, erect, still youthful appearance of this incredible woman.

Dr. Tom Temperley was now called upon to introduce the next honoree who was the 1939 Mr. Britain, a physical training instructor in the RAF during World War Two, the British weightlifting team coach after the war, and an outstanding squash player well into his 70's. Tom said, "Bert, this is your Life" as he presented the award to the fit and distinguished looking Loveday, who thanked the Trustees and all those present.

And now the eagerly anticipated main event as Malcolm Whyan said, "Ladies and gentlemen, Mr. Steve Reeves and his fiancee, Deborah." The applause was deafening. Malcolm continued, "I'm going to speak from the heart. Everybody here knows as much about the legendary Steve Reeves as I do. He's inspired thousands upon thousands in this country and abroad. John Grimek, Reg Park, and Steve Reeves helped to form bodybuilding as we know it. They were twenty years ahead of their time. Steve was a natural who courted fame and fortune wherever he went. Steve Reeves is one of a kind. Steve, this is your first public appearance in the U.K. since you won the NABBA Mr. Universe in 1950 and now you've honored us with your presence. Thank you very much."



TAKEN IN 1947 BY RUSS WARNER, THIS PHOTO OF STEVE REEVES PROVIDES GRAPHIC EVIDENCE OF HIS UNPARALLELED SYMMETRY.
PHOTO: TODD-MCLEAN COLLECTION

A standing ovation as Steve Reeves acknowledged Malcolm's words. People seemed to want to climb over tables to get Reeves' autograph. Dr. Tom Temperley presented the award inducting Steve Reeves into the Hall of Fame. After more applause Steve Reeves was handed the microphone and spoke glowingly about his late friend Oscar Heidenstam. He recalled when they both went to France in 1948 to enter the Mr. World which Reeves won. The inspiring Reeves personality was evident, as he thanked everybody to another standing ovation. The photographers took what seemed to be millions of shots and then a line of almost everybody in the room formed so that the faithful could all have a chance to get the coveted Steve Reeves autograph,

What a fabulous evening. After the official proceedings were over many of us wended our way to the posh lounge where I, of course, gravitated to the gorgeous grand piano. As I played song after song Colin Norris and his good-looking daughters sang along. All of this brought more people around the piano to make requests, joining in until the wee hours of the morning.

Each year that I travel to England I look forward to seeing now-familiar faces and to making new friends. The Oscar Heidenstam Memorial Trust is a very special cause in remembrance of a special person and attendance produces an exceptional *good time feeling.*