IRON GAME HISTORY

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Memories of Coach Darrell K Royal

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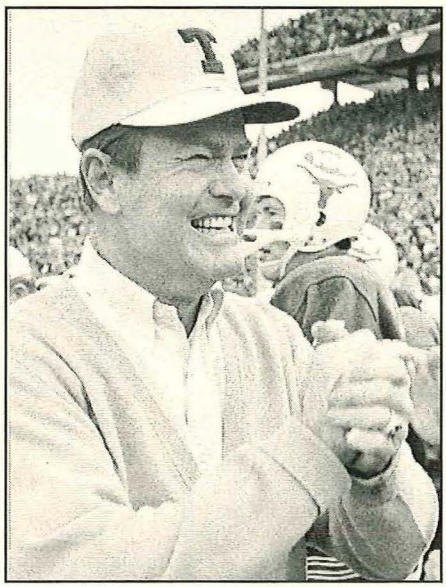
Early in the morning on 7 November 2012 Darrell K Royal—the iconic former football coach at The University of Texas, who had fallen under the dread sway of Alzheimer's a couple of years earlier—died as the result of a fall and a following heart attack. Hearing the news I fell a bit myself—as did many of the tens of thousands of Texans who had grown to think of "Coach" as Family. Royal and I were classmates of a sort, from the class of 1956. Coach came to the Austin campus in December of that year to take over a stalled football program. He was thirty-two years old. When he arrived I was already on the campus, having enrolled as a freshman in September. I was eighteen. I'd begun training with weights three months before, and even though I was an active member of UT's tennis team the weights had so imparadised my mind during the summer that I almost never missed a workout even though my tennis coach—the former Davis Cupper Wilmer Allison—quickly made it clear that he could tell just by looking at me what I was doing, and that he wanted me—required me, in fact—to stop doing it. But of course I didn't, although over the next couple of years I kept quiet about it. In the same spirit, when I began to occasionally enter weightlifting competitions I always entered under assumed names—Paul Hepburn and Doug Anderson being my favorites. (Doug Hepburn and Paul Anderson were the famous superheavies in weightlifting at that time.)



During the twenty years that Darrell Royal served as the head football coach at The University of Texas, he never had a losing season, with his teams boasting a 167-47-5 record; the best record in the nation over that period (1957-76). This photo was taken at the 1970 Cotton Bowl when Texas beat Notre Dame.

Time on the "Forty Acres" passed for Coach and me, and after two more years he'd put his team on a path toward the dominance they'd maintain over the next couple of decades and I'd decided to put down my racket and focus all my attention on weightlifting. By that time I'd grown to 240 pounds and become larger than every man on the football team but one, who weighed 245. This was only the late fifties, remember, and while I'd been assiduously doing the pulls, squats, and presses that gradually thickened my muscles the players on the UT football team were only running, doing calisthenics, running, and, of course

scrimmaging and playing games—and doing more running. It was no surprise that they grew very little on this routine, devoid as it was of the transformative magic of progressive resistance exercise.

By 1960 I weighed approximately 270-280 pounds. Meanwhile, after a terrific season in 1959 when they went 9-2 and ranked fourth in the nation the UT football team dropped to 7-3-1 in 1960 and fell to seventeenth by the end of the season. In any case, early in 1961 the word came down one day that Coach Royal wanted me to come to his office. "What fresh hell is this?" I wondered aloud to my training partners, one of whom joked that Coach probably wanted to check on whether I had any remaining eligibility. But of course that was not it. Instead, Coach shook my hand, asked me to sit down, and said he wanted to talk to me, "off the record." My nerves settled. Coach went on to say that he'd heard about me from some of his players, who were friends of mine, and that he'd watched me play tennis a couple of times. "You're an athlete," he said, "and what I'd like for you to do is to tell me why my players should be lifting heavy weights like you do. You probably know that the only weights our head trainer has our boys use are really light—never more than forty pounds in any lift and not very often."

I tried not to let Coach see how pleased I was by his

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question, and as calmly as I could I began to lay out the arguments that I'd absorbed from the pages of the "muscle magazines" I avidly read at that time, especially *Strength & Health*. I said that I believed multi-joint, heavy weight training was the very best thing his men could be doing as it would increase their bodyweight as well as their explosive power, and I explained that in my own case I was able to jump a little higher than I could when I began training with weights at about 195 pounds. Coach was listening carefully, and so I also told him about the many great athletes who trained with weights—the decathlete Bob Richards, the shot putters Parry O'Brien and Bill Nieder, the baseball player Jackie Jensen, the basketball player Wilt Chamberlain, and the All-American football players Stan Jones, Piggy Barnes, Jim Taylor, and Billy Cannon. "Cannon," Coach said, shaking his head, "I know they say he's been lifting heavy for years but when I saw films of him I couldn't believe his speed. Back when I played all my coaches told me that lifting heavy weights was the worst thing I could do—that they'd tie me up so I couldn't even comb my hair and that they'd make me stiff and slow. I'd like to have a slow boy like Cannon myself."

Encouraged, I then went on to explain how Cannon had begun his heavy work with weights with all his high school teammates in Louisiana during the summer before his senior year, how the team had gone undefeated that fall, and how Cannon in the spring had won state in the hundred-yard dash as well as the shot put—and that he'd gone on and done the same thing at LSU once Coach Paul Dietzel was convinced to put the whole team on a heavy program with the weights. Coach Royal had been listening carefully, but then he completely surprised me by saying that he had to be careful making any changes in his team's training program because the head trainer, Frank Medina, was dead set against lifting heavy weights. "Frank has a lot of support here on campus, and if I pushed for a complete change I know he'd push back. And if we did make a change and we had some injuries or a bad year it would all come back on me."

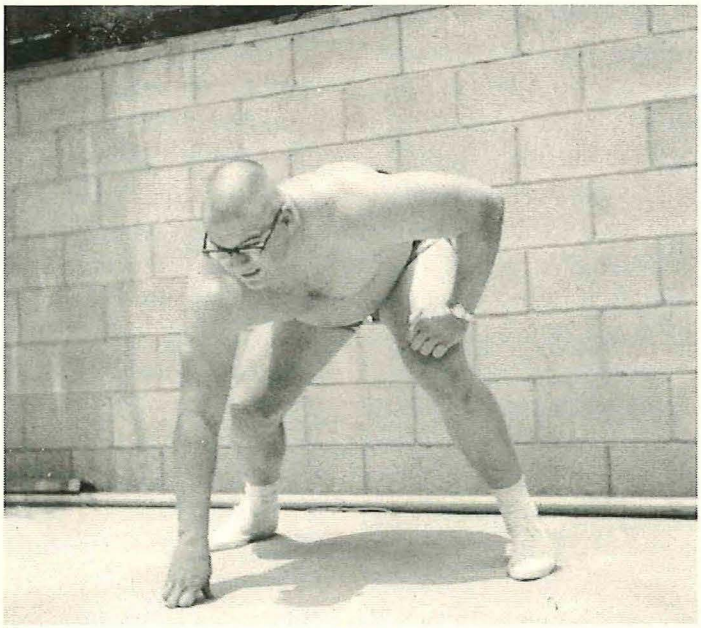
I could hear what Coach was saying, as I'd had a run-in with Medina myself a few years earlier when I went to see him about a back injury I'd sustained playing tennis in my sophomore year. The tennis players almost never visited the training room because we knew it was mainly for football, so when I walked in I introduced myself and my problem to Medina, who lacked two inches of being five feet tall. "I know who you are, Todd," he said with a scowl. "You're the weightlifter. No wonder you're having problems with your back. Just look at you. If you keep lifting it'll just get worse. So stop it and don't come back with any problems unless you stop lifting those weights." As evidence that Coach was truly leery of countermanding his head trainer, he didn't make the change to heavy training until several years later.

But once Coach made the move to a more modern approach to training football players the Longhorns solidified their status as a perennial power, winning three national team titles during the 1960s. During that period Charlie Craven, a young faculty member who to this day helps with the rehabilitation of injured UT players, had a central role as he gradually introduced heavier weights into the program. (Craven saw the change coming, and was the UT representative at the first organizational meeting in Lincoln, Nebraska of what became the National Strength and Conditioning Association.) Finally, in 1978—shortly after Coach Royal had stepped down as Head Coach and become the Director of Intercollegiate Athletics—UT hired their first full-time "Strength Coach," Dana LaDuc. A former Longhorn field event specialist, LaDuc, who had won the national collegiate championship in the shot put in 1976, began to oversee the weight program for football with the full support of Coach Royal, who spent most of his career as a skeptic of heavy weights for athletes before he realized that, in football, "heavy" was the light at the end of the tunnel.

As for Frank Medina, I interviewed him in 1984 about how things had changed since the days when I'd lettered at UT and he'd been in charge of all of the training done by the Longhorn players. When I visited him at his home that day, Medina had been retired for seven years, but I found him to be an unhappy and—where training theory was concerned—totally unreconstructed man. As we talked about the sea-changes which had taken place during his thirty-two years as the Head Trainer, I asked him what he thought of the about face. "We never used weights in my early days here," Medina recalled,

"...and I didn't believe in it...I still don't believe in all that heavy stuff. I always said that if God wanted a boy to be bulgy He'd have made him bulgy."

Having grown fairly bulgy myself by 1964, I left UT in the fall of that year to become managing editor of *Strength & Health* magazine. I didn't return for any length of time until 1983, when my wife, Jan, and I came back to UT and began to teach and build our library. Before I joined the faculty, I was teaching at Auburn University in Alabama and writing occasional articles for *Sports Illustrated* on subjects relating to strength. One of the articles—"Still Going Strong," published in November of 1970—was a profile of the All-Pro lineman Robert "Bob" Young, who was then starring for the Houston Oilers under Coach Bum Phillips. By that time Young, at the age of thirty-eight, was the oldest offensive guard in the National Football League and, two years earlier, had become the oldest man in NFL history selected to play in his first Pro Bowl. (This transformation occurred after Young had spent over a decade as a journeyman guard in the NFL without the benefit of any weight training at all even as it had begun to be used by almost all the down lineman in the league. Finally—spurred to train by the world powerlifting titles being won by his younger, smaller brother Doug—Bob began to work heavy in earnest, and the training plus his freakish natural strength quickly transformed him into the strongest man in football as well as into what Jim Hanifan, his line coach in St. Louis, said was the best offensive lineman in the NFL.) In an odd but interesting way, Young's college career had touched both my own career as well as that of Coach Royal and, as I was gathering information for the magazine article, I wanted to interview Coach—who years before had won the recruiting war for Young—about his recollection of those long gone days.



"Bob" Young was known as Robert back when this photo was taken, which was before he first entered the NFL. The shot was taken behind the old Texas Athletic Club in Austin, and it shows him at the age of either twenty-two or twenty-three—more than ten years before he began regular weight training, became the strongest man in the league, and finally made the Pro Bowl for the first time.

When I called to explain my assignment from *Sports Illustrated,* Coach said he'd be happy to speak to me about "Robert," adding that his memories were bittersweet. By then Royal had retired as the Texas coach, but he retained an almost mystical reputation on campus because of his remarkable successes as well as his character as a man—a reputation he retained throughout his life and which continues now that he's gone. When I sat down with him in his office, we exchanged recollections of those early days before the coming of weight training and of how profoundly the weights had changed the game itself as well as the size and strength of the men who played it.

But when the talk turned to Young, Coach said, "We've had a lot of young men here since I came, and I've seen some phenomenal athletes, but the only one either here or anywhere else I know of who had the same sort of God-given raw talent for the game of football was Earl Campbell. Robert and Earl had it all—strength, speed, quickness, size, balance, coordination, and an almost instinctive insight into the nature of the game. When we could motivate him I saw Robert do things I never thought I'd see a seventeen-year-old boy do. None of our varsity players was a match for him one-on-one. He was voted the outstanding freshman lineman in the Southwest Conference, but even then he never played up to his potential. Had he stayed eligible here and gotten serious, there's little doubt in my mind he'd have been at least a two-time All-American, an Outland Trophy winner, and a million or two dollars richer than he is now. One of the things I'm sorriest about is that we couldn't manage to keep Robert eligible."

I told Coach that I suffered some similar frustration

myself back then after Jack "Bronco" Woodson, a weight training friend of mine from Robert's hometown of Brownwood, begged me to come with him to a local gym and watch Robert being tested on the lift my friend revered over all others—the Push Press. I finally agreed to come but I told Bronco that if he wanted to really test the basic strength of a teenager who had never trained with weights it would be wiser to test him on the Deadlift, which didn't require the timing, coordination, and "knack" of a lift like the Push Press. However, my friend wouldn't be swayed and so we tested Robert's Push Press—"Not the Push Jerk, by God, the Push PRESS! No bending of the knees after driving the bar off the shoulders!"

Anyway, when we got to the gym and I met Robert, my conviction grew that he had no chance at all to Push Press a heavy weight because his shoulders and upper arms showed no evidence at all of any weight training. He was, however, very thick from his chest down through his thighs—rotund and portly, like a young, well-fed bear. However, as I watched Bronco show Robert how to do a "correct Push Press," and watched Robert begin to lift I went from being impressed to being shocked to being absolutely flabbergasted as the bar went up and up and up again—from 135 pounds in fairly small jumps all the way to 300 pounds. Three Hundred Pounds! I have little doubt that many seasoned lifters—especially weightlifters—will be convinced when they read the figures I've just written that after all these years I've simply forgotten. And some will think I'm trying to add to the Young Legend, since we became close friends later in life. Bronco's doing Push Presses on the Big Rack in the sky these days so he can't verify the lift, nor can easy-going old Robert, who died suddenly of a heart attack at the age of only fifty-two. But I saw him do it. And I'll never forget it.

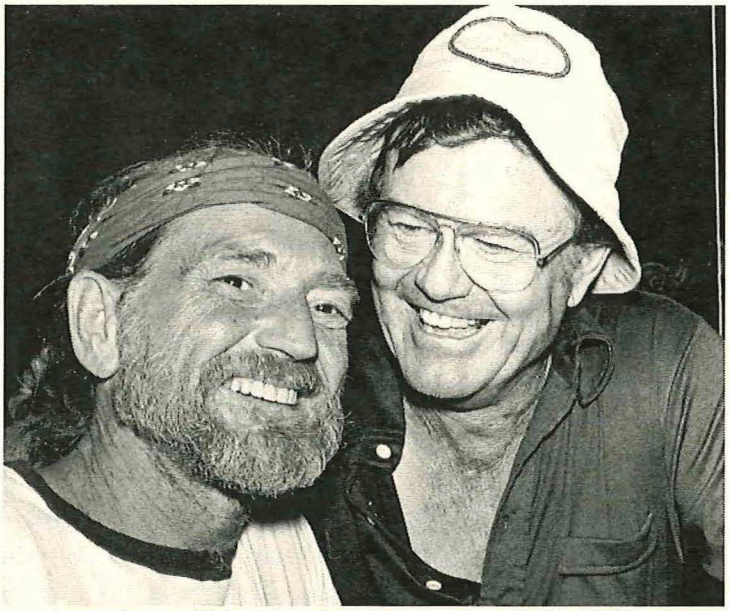
I should add that there was no "pressing" at all in Robert's Push Presses. He simply took the bar off of a squat rack, stepped back, bent his knees and then drove the bar overhead so fast that it never slowed down until it was essentially locked out overhead. Perhaps more amazing, Robert never lost his balance. Later, as I thought about what appeared to be a miracle, I realized that Robert had such prodigious explosive power in his legs, hips, and body that they drove the bar over his head, and such precise coordination that he could balance and control his body like a seasoned lifter. After having seen what he could do, I did everything I could to convince him to begin heavy training. I even promised I'd pick him up at his dorm, take him to the weight room, and take him back again. But although he went with me a couple of times he was just too interested in sleeping late, eating huge meals, and leaving his dorm in the early evening focused on fun. But both Coach and I knew a puredee phenomenon when we saw one.

The next direct interaction I had with Coach happened in 1984, soon after I joined the UT faculty and began to pay my respects to some of the people who had been here back when I left. The main reason I wanted to talk to Coach was that I already had hopes of creating a place on campus where artifacts of all sorts related to the rich history of intercollegiate athletics at UT, particularly football, could be showcased. As a varsity athlete myself I'd always believed that it would be a smart play for UT to build a museum in which it could honor the hundreds, even thousands, of young men and young women who poured so much sweat equity into the building of the Longhorn brand. (In the spirit of full disclosure, I should add that another one of my reasons for suggesting such a museum to Coach was that I thought it might also be a place where Jan and I could house our growing physical culture collection and share it with others.)

In any case, once I sat down to make my pitch to Coach for such a facility I soon reached the point at which I asked him if he had any items such as letters, photos, and tapes that he might be willing to contribute. At that moment his face clouded over and he began to shake his head. "I'm ashamed to tell you what I have to tell you," he said, "but back when the time came that I stepped down as the Athletic Director I wanted to clear my office out as soon as I could. So one day I asked my assistant to bring in some big trash cans." Trash cans. Those words chilled me, and I knew more bad news was coming. Sure enough, Coach went on to describe how he began to pull out the drawers of his long bank of filing cabinets and dump the contents into the trash cans. "I still can't believe I threw all those letters away," he said. "Most of them were from a long time ago and lots of them were from players and coaches. By then I had thousands of letters, and many's the day when I've wished I still had them."

Even so—in the strange way life has of sometimes reaching back, taking hold of a woof out of the past and pulling it through the warp of the here and now so that a fabric is made whole again—we were contacted early

last year by Jenna McEachren, a gifted writer and good friend of the Royal family. Jenna—who had by then just finished a manuscript of a recently-published book about Coach—explained to us that Edith Royal, Coach's wife for more than sixty years, had a large number of personal photo albums she'd accumulated over the years and that she and Coach might be willing to donate them to the archives of the Stark Center. We of course told Jenna we'd be delighted to see, care for, and display the albums, and we invited her to bring Mrs. Royal to visit the center. That visit began a series of meetings and discussions which led in time to the gift last summer of twenty-nine large photo albums covering the major aspects of the amazing life she and Coach had together. During one of our early visits I told Mrs. Royal about the meeting I'd had with Coach in 1984 when he revealed that he'd disposed of his vast collection of correspondence, and that he'd regretted it ever since. "Well," Mrs. Royal said, smiling, "that was a shame, but thank goodness I've always been a saver."



Coach Royal was a lifelong fan of country music, and when Willie Nelson moved to Austin and sparked a brand of country with raw edge, Royal and the Red-Headed Stranger became close friends and golfing buddies. Some of the Longhorn Nation were troubled by this relationship, but the Coach knew what he liked. Royal was a regular at Nelson's recording sessions and at Nelson's annual July the Fourth Picnics. Here they are together just after Willie had finished his opening set at the 1979 picnic held at Willie's recently-purchased Pedernales Golf Club outside Austin.

Here's how I see this story. Edith understood that even after the passing of the three decades since he emptied his filing cabinets—and even with the late onset of Alzheimer's disease—Coach would be pleased to know that some of the countless photos taken of him, his friends, and his family would wind up in a facility dedicated to the history of sports and fitness. However that might be, last summer Jan and I drove to the Royal's beautiful condo overlooking the Hill Country, boxed up those twenty-nine albums, carried them back to UT, and put them in a safe, secure, and climate-controlled part of the Stark Center where they'll remain until later this year when we mount a photo exhibit featuring this wise, charismatic man who during the twenty years he coached football here had the best record of any man in the country; the respect of US Presidents; and the friendship and love of rowdy, whisky-drinking singers and songwriters like Willie and Waylon and Jerry Jeff—artists who paid that love forward by sharing the stage with and befriending the long-haired, dope smoking, creative harbingers of a changing world and, in the process, laying the groundwork for what's now known from Belgrade to Borneo as the live music capitol of the world.

The foundation of Coach's fame flowed from his dominance in one of the most violent of sports, but early on he understood that everybody deserves to be treated with respect and that we'd all be better off if we'd just let one another be. One of the many things which speaks to Coach's character is his often-repeated admission that he should have integrated his football team sooner than he did. No one forced him to admit it. But he owned up to it even so, just as he admitted to me a half century ago that when he watched Billy Cannon light the grass on fire he knew that what his coaches had taught him and what he'd taught his players about lifting heavy weights was dead wrong. I felt honored that Coach called me in for a talk that day and I felt honored to share the truth my body told me. Now that he's gone on ahead—and thanks to Edith Royal's saving grace—I'm honored to have such a rich photographic record of their life together and honored to have it here, at the Stark Center, in a stadium which bears his name.

NOTE:

1. Jenna McEachern and Edith Royal, *DKR: The Royal Scrapbook* (Austin: University of Texas Press, 2012).

BOOK REVIEW

Managing the Body: Beauty, Health and Fitness in Britain

BY: INA ZWEINIGER-BARGIELOWSKA
NEW YORK: OXFORD UNIVERSITY PRESS, 2010

REVIEWED BY
JOHN D. FAIR, THE UNIVERSITY OF TEXAS AT AUSTIN

In the not-too-distant past, serious historical studies of the body hardly existed. At best they occupied a low tier on the academic pecking order. It was common for scholars working in traditional areas to sneer at colleagues doing research on health, beauty, and recreation, not to mention weight-lifting. These subjects were dismissed as frivolous and apt to be classified with the pejorative label of "popular culture." This *haute culture* perspective is exemplified, for instance, in F. M. Leventhal's massive *Twentieth Century Britain, An Encyclopedia* (2002) which omits mention of such popular icons as Tom Jones, Richard Burton, Twiggy, or the Rolling Stones. Equally evident is the short shrift given to subjects relating to the body or sports. It was as if the interests and concerns of the great mass of the British people did not matter. The slack has been taken up by the appearance of many inspired accounts by amateurs and buffs in muscle magazines, newsletters, and non-refereed (often self-published) books, but their lack of polish and pedigree has hardly helped the cause of scholarship. There has persisted an alienation or disconnect between professional historians and the public they profess to serve.

Times are changing, however, as scholars are increasingly recognizing the importance of everyday life, the concerns of common people, and the wealth of materials available to examine subjects relating to the use, function, and appearance of the body. Beauty, health, and fitness are no less critical to the public well-being than politics, diplomacy, and war. The North American Society for Sport History, which emerged in the early 1970s, has helped awaken scholars to these new interests. Likewise, the appearance of David Chapman's *Sandow the Magnificent* (1994), Jan Todd's *Physical Culture and the Body Beautiful* (1999), and Kenneth Dutton's more sweeping *The Perfectible Body* (1995) have laid a foundation for what is now being resurrected as the burgeoning field of physical culture. Ina Zweiniger-Bargielowska's study is the latest and arguably the most comprehensive addition to this genre. Although Bernard Semmel's *Imperialism and Social Reform: English Social-Imperial Thought, 1895-1914* (1960) and Geoff Searle's *The Quest for National Efficiency: A Study in British Politics and Political Thought, 1899-1914* (1971) provide contextual precedents, they are no more cognizant of the broader interests of the nation than Leventhal. It is Mary Lynn Stewart's *For Health and Beauty: Physical Culture and the Female Body in France* (2001) that serves as a kind of template for Zweiniger-Bargielowska's perspective. While Stewart deals exclusively with French women and suffers from limited accessibility to sources, *Managing the Body* is encyclopedic in coverage and brings to light many materials, archival and otherwise, heretofore untapped by historians. It marks a tipping point in bringing credibility to physical culture scholarship.

The author's focus on the body from 1880 to 1939 is driven by its association with modernism. Western societies in the late nineteenth century experienced an unprecedented change in the quality of life, leading to what historian J. H. Carlton Hayes famously called "A Generation of Materialism." It included the rise of

urbanized mass consumerism, more rapid forms of communication and transportation (including the motor car), advances in photography, print technology, and medicine, the beginnings of nutrition science, the extension of the franchise (to virtually universal manhood suffrage in Britain), greater access to education, wider employment opportunities, and an expansion of state regulation of public health. Managing the body (especially the male body) in such a way as to ensure maximal health and the functioning of modern society became the ideal. But according to Zweiniger-Bargielowska, "this vision of modernity in terms of progress and the belief that society and the human body could be improved or even perfected was tempered by deep pessimism about the implications of rapid social, political, and technological change" (p. 8). This cultural pessimism was exacerbated by economic and imperial rivalries, especially with Germany, and concerns about physical deterioration after Britain's dismal performance in the Boer War. These anxieties persisted through the Great War, leading to Prime Minister Lloyd George's famous declaration in 1918 that "Britain could not maintain an 'A1 Empire with a C3 nation'" (p. 10). Throughout the entire book, the author argues that physical fitness was viewed as essential to good citizenship and leadership of its empire.

Ettie Rout was a leading physical culturist who epitomized the image of modern femininity in the 1910s and 1920s and radicalized the women's fitness agenda during the interwar period.

What might surprise readers is that the author invokes the names of such iron game icons as Eugen Sandow, George Hackenschmidt, and Thomas Inch as leaders of this movement and *Health and Strength*, later the mouthpiece of the National Amateur Bodybuilders Association, as its major organizational component. It is not unsurprising that paradoxes abound in many of the incipient efforts to perfect the body—how ancient (Greek) wine could be poured into modern bottles, how science could be employed without disturbing nature, how health could be undermined as much by too little as by too much food, and how the physical training regimens could be limited to promoting health, beauty, and fitness without degenerating into the potentially destructive activity of military preparedness. Physical culture idealists sought a more perfect world of health, happiness, and universal brotherhood, yet paradoxically their notions of an interracial global fraternity could not obliterate concurrent social Darwinist attitudes of British racism and cultural superiority.

Sandow was a key figure in commodifying physical culture through his institute, courses, and magazine, and he helped internationalize it through his popular worldwide performances. We are reminded too of how Hackenschmidt inspired working class audiences, being undefeated in over 3,000 music hall wrestling matches. "While Sandow's system was guaranteed to build muscles of 'Iron,' Hackenschmidt forged the iron 'into the Finest Steel,'" notes the author (p. 43). Hackenschmidt, "The Modern Hercules," is also juxtaposed with Denmark's best-developed man, Jorgen Peter Muller, "The Modern Apollo," in a 1908 issue of *Health and Strength*. Eventually the Health & Strength League, conceived in 1906 by Hopton Hadley, facilitated the growth of virtually every physical culture activity and boasted a membership that approached 200,000 by World War II. Although physical culturists sought to manage their bodies in a modern way, it was Greek aesthetics and *mens sana in corpore sano* that framed their ideals.

Like the Greeks, the emphasis was on the male body, and this hegemonic masculinity coincided with links to other cultural forces, particularly during the Edwardian period. Eugenicist fears of racial degeneration from a higher fertility rate of the lowest classes and a lower fertility rate of the middle classes and concerns about the national physique stemming from the high rejection rates of military recruits in the Boer War provided a beginning. Subsequently the inability of British soldiers to cope with the rigors of outdoor life in South

Africa led to the formation of the Boy Scouts by General Sir Robert Baden-Powell, the "hero of Mafeking." It became Britain's most popular youth organization, claiming a membership of 150,000 by 1913. Its founder, explains the author, "vehemently condemned tobacco and alcohol" and "advocated personal cleanliness, oral hygiene, nasal breathing, daily bowel movements, and continence" (p. 83). No less important was the Empire Day movement, celebrated by an estimated nine million school children throughout the empire in 1913. Though designed to encourage patriotism and imperial unity, it encouraged youth to enjoy open air exercise. That the iron game was an integral part of this national regeneration is evident from Zweiniger-Bargielowska's coverage of Sandow's "Great Competition" at the Royal Albert Hall in 1901, often cited as the first bodybuilding contest.

The contribution of the modern woman to this fitness movement was predictably that of "race mother." Indeed Sandow claimed that women had as much right to health and strength as men and that beauty was impossible without health. The ideal of the age was Venus de Milo, whose measurements closely coincided with those of modern physical culturist Annette Kellerman, who was regarded by experts such as Dr. Dudley Allen Sargent as the "perfect woman." Hardly less entitled to this claim was Ettie Rout, a New Zealander who radicalized the women's fitness agenda.

> Rout refused to wear a corset and she sported sandals. She adopted other staples of the emancipated female dress reformer, including male sartorial elements such as men's overcoats, hats, and boots, worn with plain skirts. Rout experimented with knickerbockers but discarded them as 'too extreme for comfortable city wear' in view of the public response, although she used them for hiking at weekends. A tall energetic woman who gained a public profile as a campaigner for women's rights, Rout was also a vegetarian and free thinker. She was among the first women to cut her hair short and a pre-war photograph shows a confident Rout in a swimming costume epitomizing the image of a modern femininity.

Yet Zweiniger-Bargielowska contends that the "quest for a beautiful, healthy, and fit female body can only be understood fully within the context of contemporary debates about motherhood" (p. 124). Women in this context were not necessarily relegated to a separate sphere, however, especially when maternalism reduced the likelihood of infant mortality and provided an opportunity for eugenic feminists to promote greater legal and political equality for women. Furthermore, the emergence of the Girl Guides in 1910—as a complement to the Boy Scouts—administered by Baden-Powell's sister Agnes, placed girls on a trajectory to be efficient race mothers.

The 1920s witnessed an increase of state initiatives and voluntary organizations focusing on preventative medicine and life reform. Britain would become, in the wake of the most devastating war in history, "a fit country for heroes," declared Lloyd George. But it was future Prime Minister Neville Chamberlain who, as Minister of Health, took the lead by securing reform of the poor law and passage of a substantial package of social reforms that increased the role of the state in the health of the people and paved the way for the welfare state after 1945. Hardly less influential was Sir George Newman, a lifelong Quaker who served as Chief Medical Officer of Health from 1919 to 1935. It was Newman who formulated a national health policy based on hygiene, proper diet, fresh air, and exercise for the great mass of the people. Physical education was the key, and Newman worked assiduously to promote health consciousness in schools and to increase the availability of local clinics for medical treatment. Voluntary organizations included the Sunlight League to offset vitamin deficient diets and prevent so-called "diseases of darkness;" the People's League of Health which sought to eliminate alcoholism, slum conditions, and sweated labor; and the New Health Society, founded in 1925 by Sir William Arbuthnot Lane to transform Britain from a C3 to an A1 nation. Lane's society, according to Zweiniger-Bargielowska, saw the bowels as central to health and considered chronic intestinal stasis or constipation as the root cause of "all the troubles in civilized life" (p. 169). As a cure, Lane, a surgeon, performed hundreds of colectomies (colon removals). Less drastic measures, including a roughage diet, were advocated by the Manchester-based Vegetarian Society, whose needs were filled by an increasing number of health food stores. What made these body management nostrums

somewhat controversial politically was that they drew inspiration from the liberal ethos of self-help and character formation and less from socialistic ideas of state intervention.

Spearheading the post-war physical culture movement was *Health and Strength* and the Health and Strength League, which not only admitted women and girls in 1919 but contributed to a destabilization of traditional class hierarchies. Most members were lower-middle and working class youth who were drawn by its ideal of a "healthy mind in a healthy body" to become real men. Although Sandow died in 1925, Hackenschmidt, Thomas Inch, and Monte Saldo continued to serve as role models for athleticism and healthful living. Leaguers also gained a physical culture identity by sporting *Health and Strength* ties of old gold, maroon, and black and by purchasing pennants, blazer badges, sweaters, scarves and various other accoutrements. There was also a *Health and Strength Annual* that listed 413 physical culture clubs and gyms in 1930. But the high point of league activities was its annual display, which was endorsed by King George VI in 1938. It was attended by nearly 3,000 persons who witnessed exhibitions of weightlifting, strand-pulling, acrobatics, and folk dancing. Such mass spectacles, however, were sharply distinguished from the hyper-masculine rallies conducted by Sir Oswald Mosley's British Union of Fascists.

> The Fascist physical ideal exaggerated masculine features and it projected an image of violence and brutality which was rather different from the tempered masculinity of the good citizen. Fascism also embodied a politics permeated by an aggressive militarism based on internal and external enemies and a patriarchal gender order. The ideology exalted a male camaraderie which had to reconcile the imperative for action with the principle of discipline and guard against the dangers of homosexuality (p. 208).

Britain's physical culture community, on the other hand, led by *Health and Strength* and exemplified by Hackenschmidt, though espousing a disciplined body and loyalty to king and country, remained well within the political mainstream.

Although there was a disproportionate stress among physical culturists on the male body, women's fitness activities, based on Edwardian precedents, also generated a mass appeal in the interwar period, so much so that they threatened to destabilize traditional *gender* hierarchies. The body, states Zweiniger-Bargielowska, became "a key site for the construction of femininity. A modern, actively cultivated body was yet another aspect of women's liberation along with political emancipation, greater gender equality, and expanding employment opportunities after 1918. A sign of the times, coinciding with the men's dress reform movement, was a revolutionary transformation in women's wear—fewer, lighter, and looser-fitting garments—that enabled not only freer athletic movements but invited the male gaze and an erotic appeal unthinkable in Victorian times. It was most evident in a Ladies' Physical Excellence Competition launched in 1928 by *Health and Strength* which offered £100 for Britain's best-developed female. Subsequent competitions became one of the most popular features of the magazine. There were also men's competitions, and pictures of women and men dressed in swimming costumes, published on the same page, arguably helped to foster gender equality. Reducing inequalities was also the object of physical culturists and life reformers who advocated birth control and greater sexual knowledge for women. As an aspect of women's liberation, argues the author, the fitness culture "created a host of new careers and job opportunities, freed women from Victorian conceptions of modesty, and increased female access to public spaces and leisure facilities" (p. 278).

The 1930s are probably best remembered for Britain's failed foreign policy initiatives, but Zweiniger-Bargielowska contends that the government's domestic policies were relatively successful; the nation enjoyed high rates of economic growth with rising real incomes and mass consumption on an unprecedented scale. The British diet was "more plentiful and of a higher quality than ever before" (p. 288). Shorter working hours, more paid holidays, and greater disposable income enabled members of the middle class and a substantial portion of the working class to take advantage of such leisure activities as hiking, camping, cycling, swimming, and sunbathing. Public expenditure on parks, swimming pools, pleasure gardens, cricket pitches, and football fields increased dramatically. But there were still many pock-

Comedic actor and singer George Formby played a cowardly barber who overcame his fears in the ring—and life—in the musical feature film, *Keep Fit*, released in 1937. His costar was Kay Walsh.

ets of nutritional deprivation and health deficiencies, thus giving rise to the Leftist phrase of "Hungry England."

To counter this perception, the government under Neville Chamberlain launched its National Fitness Campaign in 1937 to shift the national focus from food to exercise. Despite the growing threat of Nazi Germany, the scheme rejected the notion of any quasi-military physical training and adopted the rationale of physical culturists that exercise should be pursued for its own sake, as a means to promote general health and happiness. Subsequent legislation allocated £2,400,000 to fund propaganda initiatives, train instructors, and improve recreational facilities. The highwater mark of the campaign was the hit film, *Keep Fit*, a George Formby comedy which included several hit songs. The lyrics of "Biceps, Muscle, and Brawn" embodied a well-worn physical culture motif.

> Why am I forgotten, by the girl I love,
> because my clothes hang on me like a sack.
> I know I'm not athletic and look a bit pathetic, and wear most of my chest upon my back.
> The nation's got an A1 plan, and I might turn into a man,
> If I'd biceps, muscle and brawn.[1]

Formby became the most popular male film star of the late 1930s and "an icon of Britishness during the war" (p. 326). Physical culture had entered the cultural mainstream.

Unfortunately the National Fitness Campaign had to be suspended upon the outbreak of World War II, but the efforts of social reformers, according to Zweiniger-Bargielowska, were validated by the emergence of a kindler and gentler masculinity promoted by *Health and Strength* and a nation more attuned to health and fitness. How much it countered competing images of hunger, unemployment, and poverty in the 1930s is debatable, but the author maintains an upbeat tone throughout her study, concluding that physical culture provided the grounds on which there was a modicum of consensus between Left and Right. That largely voluntary social reform measures were eventually superseded after 1945 by the more sweeping entitlements of the welfare state, however, should not diminish their importance. For physical culturists their legacy is no less significant. There is a tendency to regard training procedures and precedents prior to World War II as the dark ages and not relevant to the present. This account, however, brings to light a rich international tradition that is rooted in the late nineteenth and early twentieth centuries. Most importantly, *Managing the Body* helps us come to grips with the sometimes nebulous field of physical culture and endows sources, movements, and personalities heretofore regarded as unworthy of serious study with enhanced respectability. Encyclopedic, authoritative, and integrated with other forces shaping modern civilization, the book may be viewed by physical culturists as a tribute to their noble (albeit sometimes eccentric) efforts to achieve beauty, health, and fitness. Unfortunately the hefty price of the book at $115 will prevent most of them from buying it and thereby returning the favor.

NOTE:

1. www.lyricsfreak.com/g/george+formby/biceps+muscle+and+brawn_20795319.html).

The Science of Reps: The Strength Training Contributions of Dr. Richard A. Berger

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One set of ten or ten sets of one? Five sets of four or four sets of five? One hundred percent of 1RM or ninety percent? Or fifty percent? Dynamic or isometric? Slow or fast? Free weights or machines? One day per week or five times per day? Before practice or after practice? Out of season only or out of season and in season, too? Full moon or quarter? Boxers or briefs? These and related questions have been asked for as long as we have had written records, and they will no doubt persist as long as there are human beings to debate them. Training theories are a bit like certain body parts—everybody seems to have one. Some theories are preposterous, of course, some are commercially driven, and some are accepted simply—and simplistically—because the person recommending them is: 1) heavily muscled, 2) a good athlete, or 3) speaking with an Eastern European accent.

What we need in order to find our way through this briar-patch of conflicting information is research—fact-based, carefully designed research. Even though resistance training is hardly new (We have evidence from as far back as forty-five hundred years ago of men lifting heavy objects over their heads), systematic research into how best to train to build strength and athletic power only began within the last fifty years.[1] One of the first men to apply modern testing procedures and statistical analysis to some of the above questions was Richard A. Berger, now Professor Emeritus at Temple University. Beginning in the late 1950s Berger turned his agile mind to several of these questions, but he is remembered most for his probing analysis of the effect of varying sets, loads, and repetitions on the development of strength.

Berger grew up in Chicago, and as a boy he loved sports, particularly football. He played throughout high school and started at running back. Following high school Berger served a hitch in the Marines, and then returned home where he got together with John Hagen, a high school pal who had just finished his own tour of Marine Corps duty. Both young men had done a lot of exercise during their time in uniform, of course, but only Hagen had been introduced to something revolutionary—weight training. Hagen, in turn, made a revolutionary of Berger. Together, they built a place to train on the Hagen family farm, in an abandoned 6'6" x 6'6" chicken coop just barely large enough to accommodate their six-foot exercise bar. The coop was unheated, and that winter the two young men began every session dressed in many layers of clothing. "We took off more and more clothes as the training progressed and we gradually got warmer," Berger recalled with a laugh. "We trained hard, too—five days a week—because we were getting ready to try to make the Michigan State football team. We trained for about a year, and we actually over-trained because we just didn't know what we were doing."[2]

Over-trained or not, once at Michigan State, Berger made the team and, as he had done in high school, played as a running back. He continued to lift on his own in the off-season during his playing days at Michigan State, and even a bit during the season itself. He had to do it on the sly, however, in much the same way most other weight-trained athletes did back in the day when the myth of musclebinding held sway throughout the land.[3] In fact, he recounted an incident in which Biggie Munn, the legendary Michigan State coach, having heard that Berger was seen lifting weights, told him, "Berger, I don't want to hear about you doing any of that lifting. It's bad for you. I want you to get a summer job doing heavy construction work. That's what you need, not those weights."[4]

In any event, Berger left the team after two years as he had gotten married; he was working full-time, too. But he stayed in school and took a BA in Social Work in 1951. He remained at Michigan State through his Mas-

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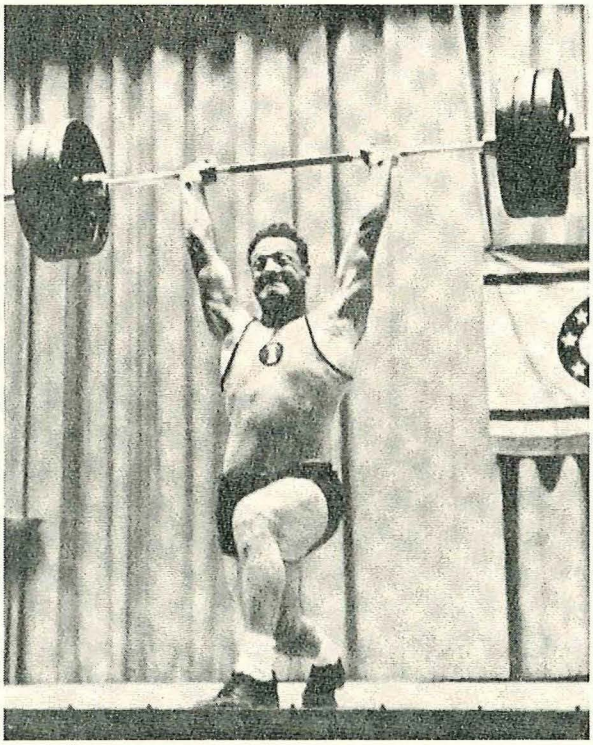
ter's degree, awarded in 1956, but he switched to the department of Physical Education. During most of those years he worked forty hours a week on a night shift job and also had a graduate assistantship in his department. Even with his job, his academic work, his assistantship, and a growing family that eventually totaled eight children, Berger somehow managed to get to the gym fairly regularly and lift weights. By that time he had been introduced to the strength sport that helped to shape his life—competitive weightlifting. As he said, "Olympic weightlifting added greatly to my interest in strength research."[5]



Professor Richard Berger came to the field of exercise physiology after having learned by personal experience during the 1950s and 1960s that progressive resistance exercise, done correctly, would increase a person's power and athletic ability. Berger came by these insights in the weight room and on the platform as an elite weightlifter, and this knowledge inspired him to focus on strength-related research.

When asked who might have influenced him as a researcher in this "new" field, Berger hesitated, then said that several of his professors at Michigan State and at the University of Illinois, where in 1960 he took his Ph.D., had influenced him through their work ethic, knowledge, and professional dedication. "They didn't share my enthusiasm for research into progressive resistance, however," he added. Then, almost as an afterthought, he said, "you know, the man who had by far the biggest influence on me in the field of strength research wasn't an academic. That person was Bob Hoffman, who owned the York Barbell Company, published *Strength & Health* magazine, and sponsored the York Barbell Club, the top weightlifting team in the U.S. I read every article Bob wrote in *S&H,* because he usually wrote either about competitive lifting or about how weight training would make you better at your chosen sport—my two main interests. Bob wasn't a scientist, but he had a remarkable memory and knew thousands of anecdotes about athletes who lifted weights, and I was a great admirer of his. There weren't many academics working in my field of study, and so I think I appreciated Bob even more, although with his non-stop talking and with those lifting medals all over his coat he was quite a character. I'd lifted weights myself to improve athletically, so I knew that what he was saying was correct, but it was always a big help to get new ammunition every month from his articles or from listening to him tell his stories at the lifting meets."[6]

By the time Berger was well into his doctoral work at the University of Illinois, he was a nationally ranked weightlifter, and he continued this pursuit after he graduated, did some post-doctoral work there, and took an Assistant Professorship at Texas Technological Institute in Lubbock, Texas, in 1962. At 5'8" and weighing in the 175 to 185 pound range, Berger's best lifts in competition were 300 pounds in the press, 275 pounds in the snatch, and 360 pounds in the clean and jerk. In practice, he managed a 375-pound clean and jerk and a 325-pound press off the rack. In the late 1950s and early 1960s, Berger was often a competitor in the National Weightlifting Championships. He tied for third place on two occasions in the 181-pound class to such elite lifters as Tommy Kono, nine-time world champion and Louis Riecke, one of the last American lifters to hold a world record in the sport.[7] Riecke, in fact, is connected to Berger in another way, as the Louisiana lifter was one of the first U.S. athletes to use anabolic steroids to enhance his performance. Under the tutelage of Dr. John Ziegler, Riecke began doing isometric contraction and taking methandrostenelone (Dianabol) in 1960 and made astonishing progress in the following months.[8] Competitive by nature, Berger was curious about this new wonder drug and hungry for the gains it promised. Thus it was that after much deliberation, he began taking Dianabol. But he only took it for a week. He says now that the more he thought about it the more it bothered him to be taking

it, and so he just stopped. "I'm glad I stopped, because I don't think I took enough to have hurt myself like some have done. I did seem to get a boost from it, but from what I've read I imagine the gains may've come from a placebo effect since all the guys in the gym had made such big gains by using it. I guess I'd have to say that those kinds of drugs didn't fit my views as a Christian. I just know that I felt a lot better about myself once I stopped."[9]

As a sport scientist, Berger understood that such things as anabolic steroids could confound the results of a training study, and so he was pleased to have gathered his data prior to the steroid era for the research that made him famous. The research was done at the University of Illinois and was the basis for his dissertation, "The Effect of Varied Weight Training Programs on Strength and Endurance." The research that fed the dissertation was important for several reasons. By the 1950s, it was of course common knowledge that the lifting of heavy weights would increase muscle strength, especially if the training loads were increased as strength increased. Prior to Berger's study, however, which hit the professional big-time in 1962 via an article in the *Research Quarterly* entitled "Effect of Varied Weight Training Programs on Strength," research designs did not clearly identify the independent contribution of sets or repetitions to increases in strength.[10] In contrast, Berger's study systematically varied the sets and repetitions in order to determine their effect, if any, on strength increases. What is more, previous studies failed to include statistical designs appropriate for the examination of the independent effects of sets and repetitions, as well as their interacting effects. Berger applied a factorial ANOVA to determine the effects of one, two and three sets, and two, six and ten repetitions (and their interacting effects) on strength increases (N=177).[11]

The statistical results showed that three sets and six repetitions were closer to the optimum combination than were the other variations studied in the development of strength over a twelve-week period among college males. The lift used was the free weight bench press because it was easy to standardize and simple to learn. The 177 subjects were freshmen and sophomores in nine weight training classes at the University of Illinois. The subjects were divided into nine groups and were designated both by Roman numerals (signifying sets) and Arabic numerals (signifying repetitions), so that the nine groups were: I-2, I-6, I-10, II-2, II-6, II-10, III-2, III-6, and III-10. Whenever a subject was able to perform one more rep than the number designated for his group, the training load was increased accordingly. Conversely, if a subject could not perform the required number of reps he would be assisted just enough by a spotter so that the appropriate number of reps could be done. Also, as Berger says in the article, "The loads were always intended to elicit maximum effort for a given number of repetitions." The subjects worked up to a 1RM effort once every three weeks.[12]

All nine of the groups made statistically significant gains in the lRM bench press, and all nine made significant gains in all four testing phases. However, by using analysis of covariance to test for significant interaction between sets and repetitions, Berger was able to demonstrate that the III-6 group, using three sets of six reps, "was more effective in improving strength than any other combination of sets and repetitions per set."[13] Berger continued to mine this particular field for several more years, and to publish his results in *Research Quarterly.*[14] His efforts increased our understanding of this increasingly important methodology in ways that were, we might be forgiven for saying, statistically significant.

Berger also made important and early contributions to the battle against the myth of the "musclebound lifter." His studies provided insight into the effects of strength training on performance, or showed the importance of strength as a component of physical prowess. In one study, college students in a beginning basketball course resistance-trained the muscles used to extend the arms in shooting baskets. After ten weeks, shooting accuracy at fifteen feet was significantly improved compared to a control group of students.[15] In another study of sixty-six college males, both static and dynamic tests of leg strength were significantly related to leg power with correlation coefficients, respectively, of R=.61 and R=.71[16] In yet another study, when forty-nine college males did barbell squats three times weekly for seven weeks, significant improvements occurred in vertical jumping.[17] Other studies by Berger have reported significant relationships between general body strength and the AAHPER youth fitness test, and Barrow's test of motor ability, which contains events such as sprinting, softball throw or medicine ball put, and agility run.[18] The logical implication provided by these studies is that an increase in strength should improve athletic performance.

Berger left Texas Tech in 1968 and assumed

similar duties at Temple University, where he taught for twenty-five years, retiring in 1993. During his teaching career at these two institutions, he was the main advisor for more than a hundred master's theses and doctoral dissertations. When Berger left Lubbock, where he could drive to the university weight room in less than ten minutes, and moved to Philadelphia, where it took him at least forty-five minutes to make the drive, he retired as a competitive weightlifter. This decision was also influenced by his growing responsibilities as a father of eight young, active children. He still trained with weights, lifting three times each week on seven exercises chosen from a group of fifteen that make up his basic program. Number of sets? Three, of course. His reps? Five or, usually, six, and occasionally as many as ten. For many years Dick also played a lot of handball and he won the intramural championship at both Texas Tech and Temple. He also went through a period when he ran ten miles twice per week, but then moved to fast walking in his neighborhood in order to stay fit for hiking trips.[19]

All in all, Dick Berger has had an enviable career. President of the Physical Fitness Council of the American Alliance for Health Physical Education and Recreation from 1973 to 1974 and an associate editor of the *Research Quarterly* from 1965 through 1968, he has published more than one hundred articles in strength research and its application to sports training, testing and measurement of physical performance, statistics, physical rehabilitation, personality, and work physiology. He also published three books—*Conditioning for Men* (Allyn & Bacon, 1970), *Applied Exercise Physiology* (Lea & Feibiger, 1982), and *Introduction to Weight Training* (Prentice-Hall, 1984). Berger is one of those lucky men who found a thing he loved to do and then found a way to make a living doing it. He loved strength training and he loved to think about it, and this combination forged his life's work. As he put it, "What I really like is to have the data in front of me and then to analyze them. I get a little high that way—to see what the data tell me. I have in my mind a hypothesis, and the data tell me if my hypothesis is correct, or incorrect, or if it needs to be modified. The answers are all in these numbers. That process has always been fun for me; the fun was part of the job I had."[20]

NOTES:

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17. Richard Berger, "Effects of Dynamic and Static Training on vertical jumping ability," *Research Quarterly* 34 no. 4 (1963): 419-425.
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20. Ibid.

Lifting the Iron Curtain:

Paul Anderson and the Cold War's First Sport Exchange

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On 15 June 1955, Paul Anderson, the 340-pound American heavyweight, lay on a couch waiting for his first attempt at a weightlifting competition in Moscow between the Soviet Union and the United States.[1] The event, held at the large, outdoor Zelyony Theater in Gorky Park, was the first of two contests being held as part of a goodwill trip authorized by the U.S. State Department.[2] During the contest, lifter after lifter warmed up backstage, pacing nervously between sets as they awaited their turn on the enormous stage festooned with Soviet and American flags. Anderson and his teammates—Tommy Kono, Chuck Vinci, Stan Stanczyk, Joe Pitman, and Dave Sheppard—had appeared on stage earlier that evening for the lavish opening ceremonies along with American officials Bob Hoffman, Clarence Johnson, and John Terpak. Since that time, however, the twenty-two-year-old Georgian had reclined on a couch in the back seemingly unperturbed by the historic nature of the evening. According to Arkady Vorobyov, one of the Soviet weightlifters who was there that evening, "when [Anderson's] turn came, he got up from the couch with all the elegance of an elephant and went straight out onto the platform."[3] He did not warm up.[4]

Although he appeared calm to those in the backstage area, Anderson claimed in a 1957 newspaper interview that he had been shocked by the popularity of weightlifting in the Soviet Union and by the large crowd that came out to see the lifting in Moscow. Weightlifting was "equivalent to baseball in the United States," he reported, going on to explain to the American reporter that in Russia it "arouses a tremendous interest."[5] There was certainly tremendous interest as to how the Americans matched up with the Soviet team that evening, for seated in front of the stage on which Anderson would lift were reportedly fifteen thousand fans—perhaps the largest live audience ever to witness a weightlifting competition.[6] Many more thousands of Soviet citizens followed the contest that evening on television and radio as announcers delivered a live play by play of the contest.[7] An argument can be made that no weightlifting tournament before—or since—has ever been the focus of such intense media interest.

One way to explain the unprecedented size of the audience that evening is that following World War II Russia—then a nation of approximately 180-million people—had begun a nationalized sports program aimed at producing Olympic champions, which created deep interest in all of the Olympic sports among Soviet citizens. According to weightlifting historian John Fair, there were approximately one-hundred-thousand registered, competitive weightlifters in the Soviet Union by the mid-1950s—far more than in the United States—and this also undoubtedly contributed to the turnout.[8] However, many of those in attendance on that chilly June evening were there as much out of political curiosity as they were out of fascination with the Iron Game. The Gorky Park event was a political contest; a test to see which nation—which system of government—produced the best and strongest men. Reported Anderson, "Every seat was sold. Crowds were standing around at the back and along the sides," and he recalled how strange it felt

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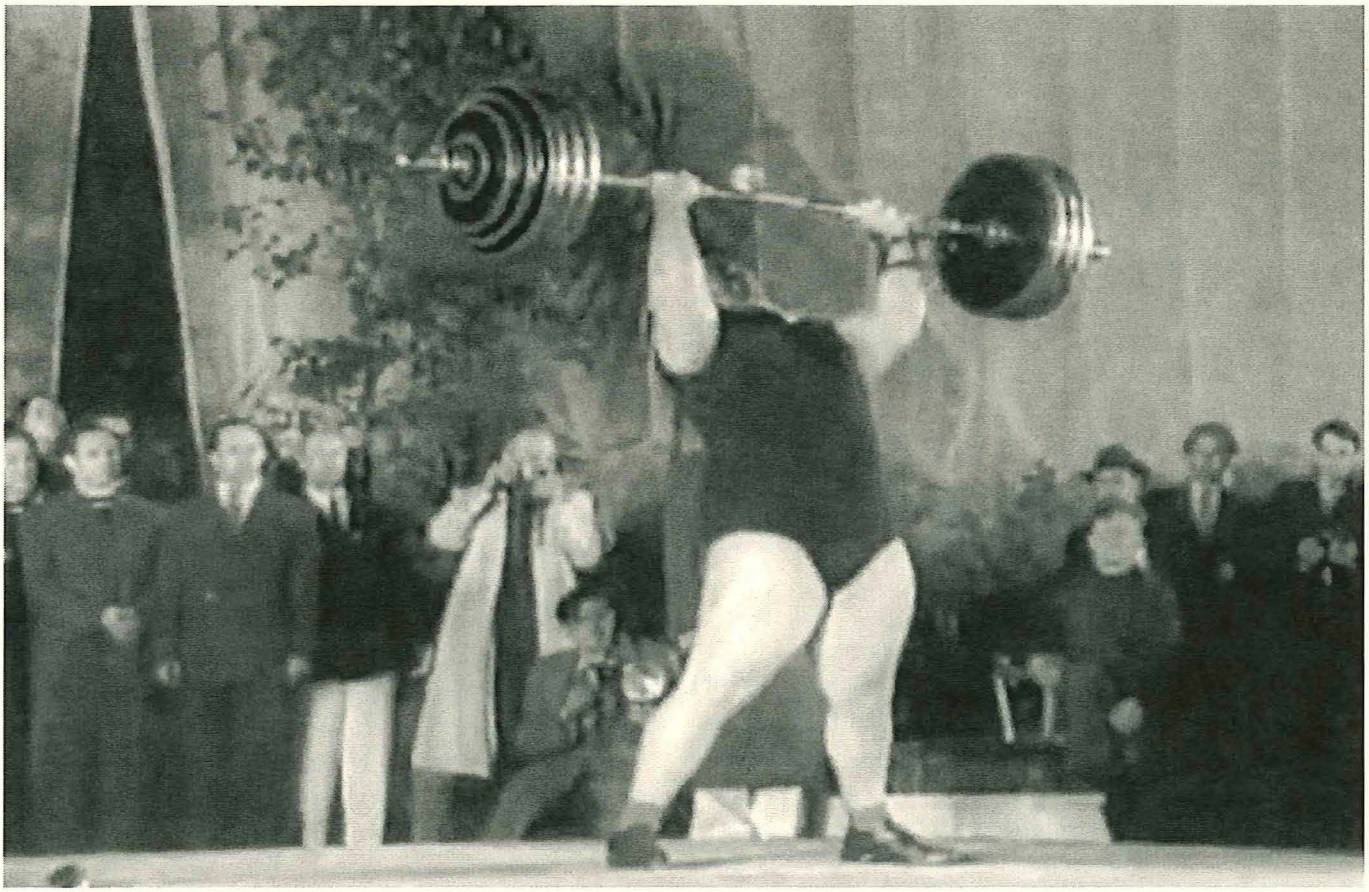


Anderson's second attempt in the press on the big stage at Gorky Park was with 182.5 kilos, which weighed exactly 402.41 pounds. This dramatic still photo is taken from the Russian newsreel footage of the lifting that evening and it shows how high he got with this attempt at the big weight before it stalled out. The bar appears in the film to have gotten too far forward. He then called for the same weight for his third attempt and managed to press it out.

when the Russian band played the "Star Spangled Banner" during the introductions.[9]

Sport scholars have given significant academic attention to the Cold War in recent years.[10] However, the majority of these studies focus on spectator sports such as American football, hockey, and soccer, or on the fight for medals in the Olympic Games. Surprisingly, although John Fair alludes to Bob Hoffman's anti-Communist sentiment in his work *Muscletown USA: Bob Hoffman and the Manly Culture of York Barbell*, no academic discussion of weightlifting or strength sports and the Cold War has appeared, except in relation to doping.[11] This is particularly surprising since the 1955 match in Moscow was the first "good will" sporting event held during the Cold War with the Soviets, and its success would prove to be a factor in the State Department's deliberations to plan other cultural exchanges between the USA and Russia, like the two track and field meets meets held in 1958 and 1959.[12]

Our purpose in this paper, therefore, is to both argue that Paul Anderson's performance in Moscow was a significant moment in the propaganda initiatives of the United States during the Cold War, and to "unpack" the events surrounding the American trip to Moscow and Anderson's quick rise to international fame. We pursue these specific goals because despite winning a gold medal at the 1956 Olympic Games, Anderson has remained a somewhat elusive historical subject. Although a few articles have been published about Anderson in scholarly journals, these have been—for the most part—either memoir pieces or research efforts which demonstrated that many claims made by Anderson (or by others for him) about the limits of his strength lack support.[13] While we will also examine some aspects of Anderson's 1975 autobiographical report on the Moscow trip, the intent of this essay is not to chal-

lenge Anderson's "faulty memory," but to place the man and this singular moment in the Cold War in proper historical context.[14] To quote *Saturday Evening Post* author Furman Bisher, Anderson's performance in Moscow was a "smashing international debut," and the good will tour—even though it was the first visit any American athletes had made behind the Iron Curtain since the Second World War—would have been only "calmly received on both sides of the political barrier if Anderson had not been in the party." Wrote Bisher of Anderson, "His . . . unique physique demanded world-wide attention. The Georgia mountain boy has pumped more life into the often ridiculed sport of weightlifting than it ever knew before. Previously confined to the back rooms of Y.M.C.A's and the back page of the sports section, Anderson pressed, snatched, and clean-and-jerked it out to the front page."[15]

Anderson's Lifting in Moscow

Because this first dual match between the Cold War adversaries was organized as a man-to-man contest, the event was run differently than most weightlifting meets. A rising bar method was used for all the competitors, regardless of weight class, and the weight was raised five kilos (eleven pounds) at a time. If someone wanted a weight as the bar moved upward, he would jump in and take it. If no one wanted it, then the bar was raised by another five kilos. This meant that before Anderson appeared for his *first* lift on the big stage, all the lifters in every weight class were completely finished with their three attempts. Alexey Medvedev, the reigning Russian heavyweight champion, who was pitted against Anderson, had succeeded with 325 pounds in the press, the first of the lifts contested that evening, and the Soviet crowd cheered heartily for him as his lift was a new personal best and tied the Olympic record.[16] It was not surprising, therefore, that the audience began buzzing when the American coach, Bob Hoffman, asked the spotters to skip going up five kilos at a time and to load an additional 25 kilos (55 pounds), bringing the bar's total weight to 172.5 kilos (380.29 pounds) for Anderson's first attempt. Surprisingly, Anderson never mentions this first attempt on the big stage in Gorky Park in his 1975 autobiography. Although the weight matched the world record then held by former world champion Doug Hepburn, Anderson's version of the evening begins with his attempt at 402.5. In that account Anderson disparages Hepburn by misstating the amount of Hepburn's world record and suggesting that he was not a complete lifter:

> The all-time world record by Doug Hepburn of Canada was just over 360 pounds. (Hepburn was a specialist who was mediocre in the other two lifts and could never even compete with Schamansky [sic] in world competition because his three lift total was bad. His record in the press was expected to stand for years.) [17]

[Editor's Note: Hepburn's record as noted earlier was 381 and Anderson's portrayal of him as a "specialist" is rather off the mark as Hepuburn won the World Weightlifting Championships in 1953 and actually defeated Anderson in their only head-to-head contest at the Junior National Championships that same year. Anderson's comment also fails to acknowledge the fact that Hepburn was born with a club foot, that his ankle on that leg was inflexible, and that his calf, in particular, was shorter than the calf on the other leg and badly withered.]

With the bar properly loaded to 380.29 pounds for his opening press, Anderson's time clock began to run, and as he emerged from the back of the stage, his rotund, approximately 5'9" body and distinctive, thick-legged gait made him look unlike anyone else who had appeared that evening.[18] In fact, to the uninitiated, including the reporter for the *New York Times* who attended, he looked fat, and some in the audience openly snickered as they saw Anderson in his brief lifting uniform and what appeared to be regular street shoes and dark socks.[19] At that time he was still virtually unknown to most of those in the audience. Hardly anyone outside the small world of U.S. weightlifting had heard of the massive man-child from Toccoa, Georgia. He had begun weightlifting only a few years earlier, and he had not yet appeared in a world championships, where he would have been seen by other international lifters. And so, as the spectators no doubt wondered at the temerity of this young upstart, Anderson approached the bar, lifted it to his shoulders with a quick squat clean, recovered, and then easily pressed it overhead.[20] As Arkady Vorobyov explained it, "Anderson was the absolute master of the platform. He performed his solo with complete calm.

The bar, heavily loaded with weights, was raised and then lowered without a murmur of dissension."[21]

Anderson then asked for 182.5 kilos (actual weight 402.41 pounds)—21.41 pounds more than Hepburn's world record.[22] According to Anderson's 1975 autobiography, *The Strongest Man in the World*, when he put in the request the officials "all but laughed out loud. . . . The crowd got a real kick out of my request as well."[23] Since the Soviets had not anticipated that such weights might be lifted that evening, the loaders scurried off the stage to bring additional weights from the warm-up area backstage. It is surprising that they didn't expect Anderson to call for four hundred, as he had pressed the weight twice before in sanctioned competitions that spring.[24] During the delay, the Soviet announcer explained that the officials were being particularly meticulous loading the bar because of the great weight involved.[25] And, even though it wasn't Anderson's first time to go over the four-hundred-pound barrier in the press—the lift regarded in the weightlifting community as the most emblematic of "true strength"—the Gorky Park lift was an important moment in the history of Cold War politics. As sport historian John Fair observed,

> For most of the twentieth century, the press was the standard means by which the strength of an athlete, especially in weightlifting, was measured. "How much can you press?" was the usual question directed by friends and fellow athletes to any young man who started training with weights. Therefore it was fitting that when weightlifting competition and rules became standardized at the Amsterdam Olympics in 1928, the press was adopted as one of the so-called "Olympic lifts" for international competition, along with the snatch and the clean and jerk. While the latter two movements, often called the "quick lifts," were regarded more as tests of an athlete's speed and agility, the two-hand clean and press was viewed as a true measure of overall strength—an essential ingredient in determining a weightlifter's worth.[26]

Iron Man editor Peary Rader similarly observed that "to most people the two arm press *is weightlifting.* They know little of any other type."[27] And early weightlifting advocate George Jowett argued that "the Two-Hand Military Press has always been accepted as the true test of the strength of a man."[28]

The weightlifting *cognoscenti* in Gorky Park that evening also knew what the press represented and so, in a very real way, if Anderson could succeed with this enormous weight he would demonstrate not just that he was the strongest weightlifter in the competition, but that American manhood and, by extension, the American democratic system, was superior. If he made the lift there was little question that he deserved to be called the "strongest man in the world." If he failed, Anderson risked appearing as someone with grand ideas that he couldn't fulfill, and America as a nation would be diminished in the eyes of the Russians. If he failed, Anderson *and* America would look boastful and egoistic, or, to use an old Texas expression, "all hat and no cattle."

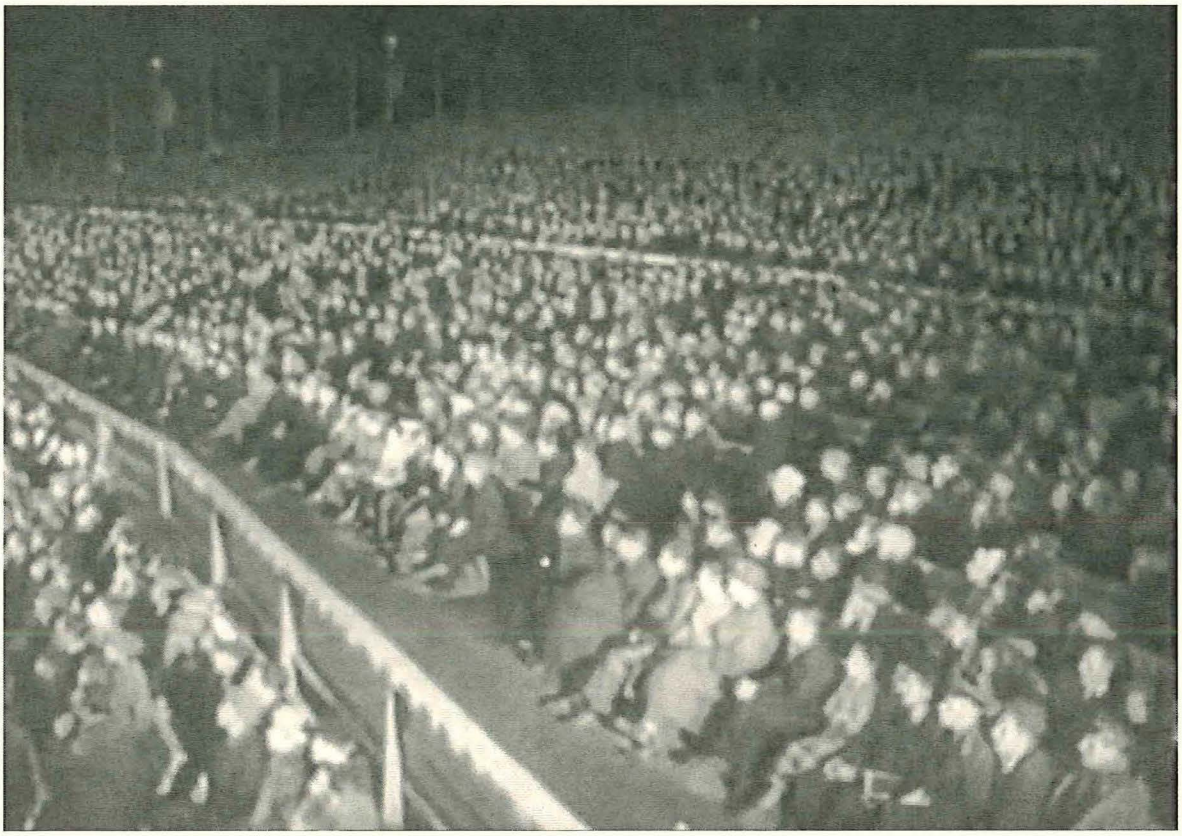
According to Anderson's autobiography, *The World's Strongest Man*, a "steady rain" had been falling in Gorky Park that evening, a rain that he contends impacted his first attempt at the historic 402.41.[29] Wrote Anderson in 1975:

> The rain kept coming. . . .Finally, the bar was loaded. . . . I dusted my hands with chalk as usual to get a good grip on the bar, and the people seemed to begin to realize that I was seriously going to attempt the ridiculous lift of more than 40 pounds over the existing world record.
>
> I lifted the bar to my chest with ease and waited for the official to clap, signifying that I had set long enough and could attempt to push the bar above my head. The crowd gasped, but as I started to push the bar, I realized I had forgotten to wipe it clean. The rain had made it slick and it began slipping from my hand. I had to move my feet to reposition myself, and this of course nullified the lift. I dropped the bar and it thundered

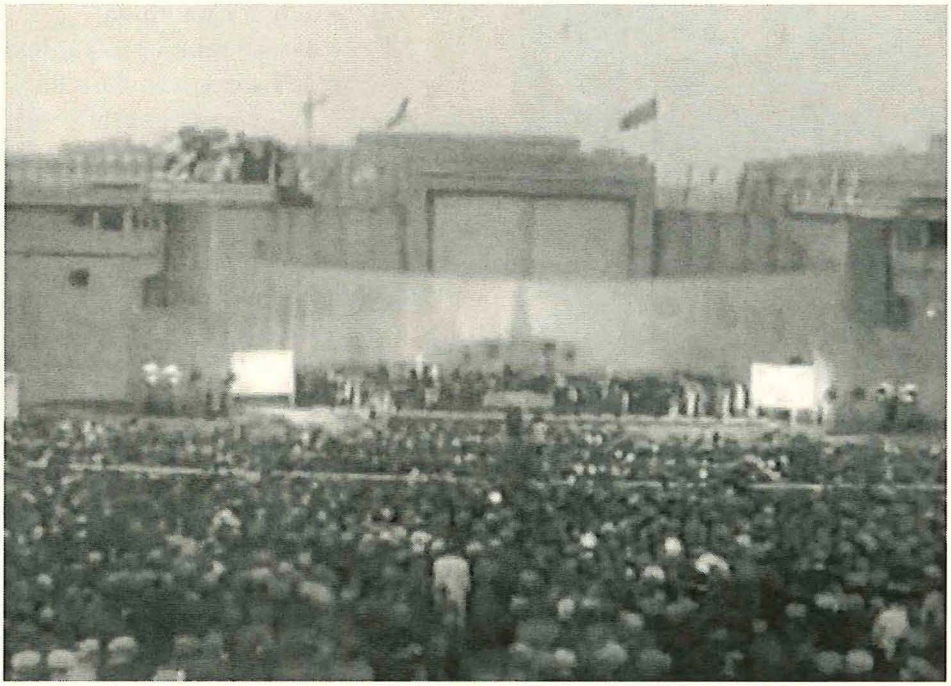
> to the floor as the judge's red light flashed and the crowd groaned with an I-knew-it note. I had a three minute wait before my second attempt.[30]

Several of Anderson's claims in this passage are at odds with the various journalistic reports of the event, with the Soviet newsreel footage from that evening, and even with the historic weather data for Moscow on that date.[31] Oscar State's report of the contest in *Muscle Power,* Bob Hoffman's report in *Strength & Health*, and the *New York Time's* story that appeared the following day, all mention that it was raining while fans were in line to enter the open-air arena but that the rain slowed to at most a drizzle by the time the competition began. The same *Times* article, the captions on Hoffman's article, and Tommy Kono in his "Foreward" to Randall Strossen's biography of Anderson, all use the term "drizzle" to describe the conditions that evening; none of the other 1955 reports on the Moscow lifting suggest that it was raining heavily during Anderson's time on the platform.[32] The newsreel footage from that evening is particularly telling as no umbrellas are in evidence in the audience and no one looks wet.[33] Admittedly, the weather was not ideal for lifting with the temperature hovering in the low fifties and a brisk wind at times moving the curtains on stage, but the closest weather station to Gorky Park reported "no measurable precipitation" for 15 June 1955.[34] It was certainly not a "driving rain" as Paul described it in later years when he recounted the story of the Moscow contest.[35]

To be fair, drizzle could certainly produce enough moisture to make someone's grip slip, especially as the bar is being pulled to the chest. However, Anderson claimed that it was in the press and not the clean that he lost his grip. Yet, in the surviving newsreel footage of his first attempt at the 402.41 pounds, Anderson quickly squat-cleaned the weight and assumed an upright position with the bar at the top of his chest. After the judge's signal to begin the second phase of the lift, Anderson began pushing the bar upward, but then hit a sticking point, or got a bit forward about half-way, and the bar fell back to his broad chest. In the film entitled *Soviet Sport 1955: № 06* shot that evening, there is no foot movement and no evidence to suggest that his hand was slipping.[36] The referees rightly nullified the lift as it was not close to lock-out, and Anderson called for the same 402.41 pounds for his third attempt. This time, again without any apparent strain, he squat-cleaned the weight and quickly rose to the stand-



As can be seen in this image captured from the documentary *Soviet Sport 1955: No. 6,* the enormous crowd that watched the lifting that evening is not holding umbrellas and there is no evidence of a pouring rain.



This image, captured from the 1955 Soviet Sports documentary *Soviet Sport 1955: No. 6,* shows the huge stage and part of the crowd of more than fifteen-thousand people that filled Zelyony Theater that evening.

ing position. The judge clapped, Anderson's thick arms pushed the bar upward, and this time the historic weight was locked out at arms' length in triumph. Anderson's account suggests that the press was done "without a quiver," but the video reveals that it slowed significantly as he got it past the midpoint in the press. Anderson further claimed, "no one, not even my teammates, could believe it. Then suddenly the place was in an uproar." He wrote, "Men stood shouting on chairs, some tossing hats into the air. I learned later that the Russians, who worship physical strength, were screaming, 'He's the strongest man who ever lived, he's a wonder of nature.'"[37]

While the surviving Russian newsreel doesn't show hats thrown in the air or even a standing ovation, and Bob Hoffman makes no mention of such an extravagant response in his eyewitness report that appeared in *Strength & Health*, there's no question that Anderson made a major impact that evening in Russia.[38] Clifton Daniels, reporting for the *New York Times*, wrote, "The crowd, sitting in a drizzle . . . was delighted with Anderson and the new records. 'Chudo prirody' (a wonder of nature), one spectator called him."[39] Weightlifting author Harry Paschall wrote after viewing a newsreel of the lifting several months later, "The spectators were absolutely numb . . . You could see the stark amazement, admiration and awe in their stricken faces—you could just imagine them wondering where this American youth came from—why no Russian could cope with such power."[40] Perhaps, as Anderson tells it, an elderly man even approached the platform with an interpreter after the lift and told him, "I can go home and die now. I have seen everything. I have seen the world's greatest feat of strength."[41]

In any case, by demonstrating to the Soviets via that 402.41-pound press that he was *far* stronger than the strongest man in Russia, Anderson's lift was, rightly or wrongly, said by some to be a victory for democracy and the American way of life. Nor was Anderson finished that evening. He further amazed the Soviet spectators in the clean and jerk with a lift of 425.25 pounds—another unofficial world record. When that record was added to his 336 pound snatch, and the 402.41 pound press, Anderson totaled just under 1164 pounds—another all-time best.[42] It should be noted that although all the lifts made at the contest were announced as "world records," and many writers refered to them as world records, they were not officially recognized as world records because the International Weightlifting Federation rules at that time required that at least three countries participate in a contest for world records to be set [43] However, Anderson did not just exceed world records in weightlifting that night in Moscow. By besting the Soviets in such an extraordinary manner, this twenty-two-year-old barrel of a man lifted the edge of the infamous Iron Curtain. At a time when the United States and the Soviet Union were both fearful of the might and power of the other, Anderson's lifting, and idiosyncratic personality, helped diffuse tensions during the geopolitical era known as the Cold War. It also brought enormous—albeit brief—attention to the sport of weightlifting back in the United States.[44] Famed journalist Jimmy Breslin profiled Anderson in November of that year in an article fitting-

Tennessee farmer and deadlift record holder Bob Peoples began helping Anderson with his lifting in the summer of 1952 in the primitive basement gym Anderson called "the dungeon." In this rare snapshot, Paul is benching 350 pounds on a very small bench.

ly titled, "Anderson Ups Muscle Sport from Depths of Obscurity: Making Nation Sit Up and Take Notice." According to Breslin, the major reason for America's growing interest in weightlifting was "Anderson's exploits in Russia."[45] As for Anderson, he showed no surprise in his interview with Breslin that he had emerged victorious in Moscow. "It was no contest," he told Breslin, "They have some good fellers in the lower weight classes, but in my class—heavyweight, you know —they didn't have anybody who could hardly make me take a strong breath."[46] *[Editor's Note: This is not hyperbolic. Not only did Anderson out-press Russia's best big man by a whopping seventy-seven pounds, his 402.5 pound press, although not an official world record, exceeded Hepburn's official record by twenty-two pounds. No other super heavyweight during the seventeen years before the press was eliminated ever leapfrogged the official world record by such a margin.]*

Becoming a Champion

The man who broke the four-hundred-pound press barrier was born on 17 October 1932 in Toccoa, Georgia. His father, Robert Anderson, stood 5'10 ½" tall and normally weighed around 180 pounds.[47] Robert Anderson worked during most of Paul's childhood on a variety of construction projects for the Tennessee Valley Authority, a government-owned electric agency that helped bring America back economically during the Great Depression by building dams and hydro-electric facilities in the Eastern United States.[48] During Paul's early childhood, his family moved frequently because of his father's work. His mother, Ethel Bennett Anderson, was 5'2" in height and had a somewhat stocky build.[49] As a boy, there was no sign that Anderson would become such a massive adult; photos taken in his childhood show him with knobby knees and a generally normal build. Many strength legends' life histories include tales of recovering from health issues as a child, and Anderson's tale is no different. At age seven he contracted the kidney ailment known as Bright's disease, a form of nephritis, and he barely recovered.[50] For the remainder of his life he had periodic bouts of kidney trouble that resulted in a kidney transplant in 1983 and eventually his death from kidney failure in 1992.[51] Anderson's sister, Dorothy, who donated one of her kidneys to Paul, remembered her brother as a handsome child who neither cared for nor abhorred school. As a teenager, he liked hunting with his dad, and riding horses. He was truthful, dependable, loving, and never shy. She said, "He was a sweet boy; of course, he wasn't an angel by any stretch of the imagination, just a little boy. Just a boy."[52]

But this "little boy" soon grew. Dorothy's husband, Julius Johnson, gave fourteen-year-old Anderson a set of dumbbells. Johnson was also a competitive weightlifter, and won his weight class in at least one contest in 1939.[53] Although Anderson trained a bit, he soon gravitated to football and played as a blocking back/guard weighing between 195 and 210 pounds.[54] Anderson's high school teammates recall him as being

exceptionally fast and agile, but no larger than other men on the team.[55] Harold Andrews, who played alongside Anderson at Toccoa High, recalled that all the team had been surprised at how, in his senior year, Paul began rapidly getting bigger. "His size came rapidly," Andrews recalled, "yet he still had tremendous agility." J. P. Hudgins, another teammate, recalled that before Paul's senior year, he "was small, but very quick. You would never pick him to be the World's Strongest Man."[56] During his senior year, Anderson lived with his sister and Julius Johnson as his parents had to move again because of Mr. Anderson's work. According to his football teammates, Paul also began "to show a lot of strength."[57] During that final high school season, Anderson reportedly played well enough to be offered a scholarship to Furman University in Greenville, South Carolina, where he became the starting guard on the freshman team.[58] According to Bisher's *Saturday Evening Post* article, after the football season ended Anderson went home for the Christmas break and simply never went back. "The story goes," Bisher reported, "that he complained to his family, 'They're starving me to death.'"[59] Anderson tells a different story in his 1975 autobiography, claiming that he didn't enjoy much about the Furman experience. "Everyone seemed to have a goal. They were working toward degrees in business administration or physical education. I didn't see much future in either area, so I didn't know what my future held. I was like a fish out of water and became very depressed. . . . School was a drag. I didn't seem to care about doing anything."[60]

During Anderson's short time at Furman, he became friends with Bob Snead, who invited him to come and lift weights with several other players on the Furman football team.[61] This small group met in secret because of the belief that lifting weights would make one musclebound, and Anderson recalls that they feared their coaches would find out and make them stop.[62] Snead, who was unaware that Anderson had done some lifting with his brother-in-law, Julius Johnson, told Anderson biographer Randall Strossen:

> We were lifting at the time 65-pound dumbells [*sic*] and doing alternate dumbell [*sic*] presses. Paul wanted to know if he could try it; I said, "Yes, go ahead." I just knew he couldn't handle those . . . He picked them up and just easily pressed them alternately, 10 times each arm . . . We were doing squats a little bit later; we had about 350 pounds on the bar, which was a lot of weight back in those days, at least we thought, and Paul wanted to try it. I said, "Paul, you better not try this, you've never lifted and you might strain yourself." I knew what the coaches would say if he got hurt or anything... Paul got up under the weight and squatted about ten consecutive times. I was aghast at that, and I said, "Paul, you don't know how strong you are. If you concentrate on lifting weights, it's hard to tell how far you could go with it."[63]

Despite the friendship with Snead, Anderson was clearly unhappy at Furman. Wrote Paul in 1975, "I had not learned any study habits, and here I was in a tough school, forced to keep my grades high enough for football. . . . I didn't care about anything."[64] So at some point in the winter or spring of 1952, Anderson moved to Elizabethton, Tennessee, where his parents had moved, and once again lived at home. Although he drifted for a time, and "kept pretty much to myself and enjoyed it that way," Paul soon "ran into some guys who lifted and who followed the weightlifting magazines."[65] Through these new friends, Paul began thinking seriously about lifting, began reading the magazines himself, and even created a sort of gym in a bedroom of his parents' home.[66] Short of funds as he had no job, Paul went to a junkyard and procured iron wheels, axles, and shafts creating a haphazard set of weights that he could load to approximately five hundred pounds, and he began to train regularly, especially on the squat.[67]

Although the timeline is now impossible to trace, it was not too long before Anderson's lifting friends took their new prodigy over to Johnson City, Tennessee, the adjoining town, to meet the rangy farmer Bob Peoples, holder of the "world record" in the deadlift at 725 pounds. It was the summer of 1952. Recalled Paul, "I was a little put back by his physique. His arms were unusually long and his hands were huge. I was certain that it was the killer deadlift that had stretched him out of shape, until I met his father, a non-lifter from whom Bob had obviously inherited his physique."[68]

In an interview for a 1992 documentary about

Anderson's life, Peoples recalled that the nineteen-year-old weighed about 260 pounds when they first met at his hilltop farm outside Johnson City. Peoples trained in his basement where he had built a special rack out of wooden four-by-fours for partial deadlifts and squatting, a rack that is generally regarded as the first "power-rack" ever built. According to Peoples, Paul later called the basement gym "the dungeon," and they went downstairs that afternoon to see what the young behemoth could do. When asked what he wanted, Paul said he'd start with five hundred pounds, which Peoples recalled, made him ask if he didn't want a lighter weight to start with. "No, load it up," was Paul's reply and to Peoples' astonishment Paul "did it with all ease." Paul then took 550 and again made two easy reps, at which point Bob went upstairs to find his wife, Juanita, and brought her down to the basement. Paul then squatted with the 550 again for her.[69]

Peoples admitted that he doubted some of the stories circulating in eastern Tennessee before Paul arrived for that first workout in "the dungeon." In an article for *Iron Man*, however, he reported that as soon as he saw Anderson, "I lost some of my former skepticism for Paul certainly had the appearance of a superman."[70] As the afternoon progressed, Peoples advised Anderson, who'd never had a coach, to focus on "heavy supporting work," in his training. Galvanized by this suggestion, Anderson trained faithfully for a month, including heavy partial lifts along with his favorite full squats, and at the end of those four short weeks "accomplished a perfect squat with over six hundred pounds."[71]

This marked the start of Anderson's rise to the top of the weightlifting world. With Bob Peoples' guidance, Paul began giving public exhibitions of his squatting power and then entering Olympic-style weightlifting contests. On 25 October 1952 Anderson squatted 610 pounds in an exhibition after the "World's Best Developed Athlete" contest sanctioned by the Amateur Athletic Union (A.A.U.) in Philadelphia, Pennsylvania.[72] Two months later, and with little experience in the Olympic lifts, Anderson won the Tennessee State Championships in weightlifting. He totaled 800 pounds with lifts of 275, 225, and 300 pounds in the press, snatch, and clean and jerk, respectively.[73] He also squatted 660 ½ pounds after the meet in an exhibition, which was considered a world record.[74] These accomplishments did not go unnoticed by the American strength world. The January 1953 issue of *Strength and Health* featured pictures of Anderson lifting and flexing accompanied by the caption, "A New Strength Discovery!" And in February, in *Iron Man,* Peoples recounted his own version of the young Anderson's rapid growth.[75]

Throughout 1953, as Anderson's lifting technique improved, so did his poundages. On 21 March 1953, he totaled 875 pounds in the Dixie Weightlifting Championships in Atlanta, Georgia, and at the Junior National Weightlifting Championships on 17 May of that year in Cleveland, Ohio, he totaled 940 with lifts of 300 in the press, 270 in the snatch, and 370 in the clean and jerk, weighing 292 ¾ pounds.[76] He then squatted 714 ¾ pounds at a Boys Club exhibition on the 30th.[77] These performances attracted more attention as the June 1953 issue of *Strength and Health* featured him in an article by Chattanooga gym owner, Rye Bell, who dubbed him the "Dixie Derrick" and predicted that Anderson "will push a number of lifting records to astronomical heights."[78] Bell concluded, "Fortunately for American weightlifting this promising prodigy is not likely to be lost to the Armed Services. Recently he was rejected by the Army. On what grounds? *Because they could not find a shirt large enough to fit his 22 ½-inch neck!*"[79]

Over the next year or so, Anderson continued to make progress toward the time when he would step onto the international stage. On 25 July1953, he pressed 330, snatched 275, and clean and jerked 375 pounds for a total of 980 pounds at Bill Colonna's strength-fest in Norfolk, Virginia. Anderson also gave a squatting exhibition as part of the day's activities and raised to everyone's amazement 762 ¼ pounds.[80] Jack Hughes, the 123-pound national champion for 1953 was in attendance at Colonna's outdoor weightlifting contest *cum* picnic, as were many other notables in American weightlifting who lived east of the Mississippi. What impressed Hughes most about Anderson that day was "how big he was. In those days you didn't see big men," Hughes continued, and "every time he lifted . . . everybody stopped talking . . . and he was not yet a national champion."[81]

In November of 1953, after a several month layoff because of a wrist injury, Anderson lifted 351 ½, 319 ½, and 405 pounds at the Bob Hoffman Birthday Show in York, Pennsylvania, increasing his total to 1,076 pounds.[82] On 16 January 1954, however, he broke his wrist while attempting to clean four-hundred pounds at the Middle Atlantic Open in Philadelphia, Pennsylva-

At Bill Colonna's picnic on 25 July 1953 Anderson emerged from obscurity and impressed the seasoned veterans who had gathered in Norfolk to lift weights, enjoy the summer sun, and socialize. In the Olympic lifts Anderson pressed 330, snatched 275, and then clean and jerked 375 pounds that day. He then gave a squatting exhibition with 762.25 pounds.

nia.[83] Although he could not adequately train the Olympic lifts with his injury, he continued to train the squat and other lifts by removing his cast and engineering a small brace.[84]

Anderson returned to competition on 15 May 1954 at the Eastern Division of the A.A.U. National Junior Weightlifting Championships in Norfolk, Virginia. He easily won his weight class with a total of 1030 pounds, with individual lifts of 350, 290, and 390 pounds.[85] But then, just before the Senior Nationals in the summer of 1954, Anderson was again injured. According to his autobiography, he and several friends were driving to attend a stock car race in a light rain when the car began to hydroplane, ran off the road, and struck a tree on the side where Anderson was seated. He broke several ribs and suffered some form of a hip injury, and with that accident lost his chances of competing at the 1954 Senior Nationals. The accident also cost Anderson his chance to make the American team for the World Championships in 1954 because he could not qualify at the Senior National Championships.[86]

Although Anderson suffered several injuries in 1954 that hampered his assault on the record books, he was never far from the mind of the weightlifting public. In an article for the British *Reg Park Journal*, published in July of 1954, author Charles Coster waxed rhapsodic about Anderson, writing in all capital letters, "PAUL IS ONE OF THE MOST SENSATIONAL THINGS THAT EVER HAPPENED IN THE WEIGHT-LIFTING WORLD."[87] In that article Coster quotes from two remarkable letters he received that year from weightlifting legend John Davis, whose claim to being the world's strongest man had been usurped by the Georgian Gargantua. Wrote Davis in February, 1954, "I've seen men do amazing things with weights in my time, but Anderson is positively the most astonishing creature I've ever witnessed. I say this without reservation and in complete respect of Louis Cyr and 'all the rest.'"[88] In a later letter to Coster, Davis also wrote:

> Paul Anderson writes to me regularly and tells me his wrist is out of plaster and he is now training regularly. Paul asks for training information and ideas from me and I feel somewhat ridiculous advising a man of his caliber. . . I cannot but recall a similar situation between George Gershwin and Claude Debussy. . . . Gershwin wanted to study music (theory and harmony) with Debussy. Debussy only laughed because he admired Gershwin's work so much that he felt he could not teach him anything. . . . Of course any information I have is

At John Terlazzo's strength show in April of 1955, Anderson set a new unofficial world record in the press with 403 pounds and totalled 1142.5 pounds. In this photo Terlazzo—in the suit–presents awards to Anderson, Norbert Schemansky, and Dave Sheppard.

> at his disposal and if he can make use of it he is perfectly welcome.[89]

By the late fall of 1954, however, Anderson was back in full training and stronger than ever. A letter from *Strength & Health* editor Jim Murray to Reg Park reported that Anderson told Murray he'd recently made personal bests (in training) with 820 in the squat and 750 in the deadlift for two reps—while wearing straps. Wrote Murray, "His best individual official lifts are 352 press (U.S. record, exceeding Davis' former mark of 342), 315 snatch, and 411 clean and jerk. His best official total is 1,065—the world's highest. Unofficially he has pressed 355 and snatched 319.5. Anderson has lifted an unofficial total of 1076.5 and his best official and unofficial lifts add up to a total of 1085.5"[90]

On 11 December 1954, "Anderson returned to action with a bang," reported *Strength & Health* magazine, winning his class at the All-Dixie A.A.U. Open in Atlanta with a 1070 pound total and an official national record in the press with 370 pounds.[91] At that meet Anderson snatched three hundred pounds, and clean and jerked four hundred pounds.[92] Just two months later, on 12 February 1955, Anderson made 375, 320, and 405 pounds at the Annual National Capitol Open Weightlifting Championships in Washington, D.C., thereby becoming the first man to total eleven hundred pounds. Anderson's total broke the record held by Olympic champion Norbert Schemansky, a man who was regarded in many circles as the "world's strongest" until Anderson appeared on the scene.[93] John Bradford, the Assistant Physical Director of the YMCA at which the meet was held, wrote that Anderson "electrified the huge crowd of spectators."[94] *Iron Man* magazine declared, "Paul is so young that his possibilities are almost beyond imagination."[95] Peary Rader then rhetorically asked, "What will Paul do in ten years at such a rate of progress?"[96]

At the "All South" contest in High Point, North Carolina Anderson continued his barrier-breaking rampage. Although the contest held on April 15-16 was part of a variety show consisting of a physique contest, tumbling, and judo exhibitions, Anderson was the highlight, and he drew a great ovation from the crowd by pressing 402 pounds. *Strength and Health* printed a picture of Anderson's lift in the July 1955 issue accompanied by the caption, "Here it is at last!...the 400-pound press!"[97] Anderson also snatched 315 pounds at the meet. Finally, with the crowd hoping for a new record in total poundage, he clean and jerked 425 pounds for an 1142 ½ pound total, which was not recognized as an "official" world record as the proper conditions related to judges and other international competitors were not available.[98]

Little more than two weeks later, Anderson was back on the lifting platform at John Terlazzo's Strength Variety Show on 25 April 1955.[99] At this event, weighing 331 pounds, Anderson "brought amazed gasps, then cheers from the capacity crowd as he totaled 1137 pounds."[100] This was slightly less than his last total, but only because he missed snatches at 315 and 320. His press and clean and jerk set new unofficial records at 403 and 434 pounds.[101]

Anderson's next competition was different. Whereas he felt little pressure in the past, the 5 June

1955 Senior Nationals in Cleveland, Ohio would determine who made the American travel squad for the trip behind the Iron Curtain the following week. According to Anderson's autobiography, Bob Hoffman, the American weightlifting coach, told Paul that he planned for Schemansky to fill the heavyweight slot on the team because he was a proven lifter on the international stage. This of course, caused great consternation and concern in the Anderson household. Anderson's sister, Dorothy, explained to an interviewer that they'd heard Hoffman planned to only take the "special ones that they wanted to take and Paul had not been around quite long enough to establish himself to the extent that they thought he was the right one to go on the trip."[102] Her husband, Julius Johnson, recalled, "I think that was one of the few times I ever saw Paul mad, I mean really angry. I remember him being on the phone talking to Hoffman and he said, 'Bob, I am going to make that trip.'" Continuing, Johnson explained that he believed Hoffman played favorites. If you're a Southerner, Johnson contended, you've "got two strikes against you before you ever start off, and all this crowd who have been working at York and are members of the stables, you might say, always have had the inside track. . . And here was this unknown down here . . . and although he appeared to be doing pretty well at the time, who could tell whether he was a splash in the pan or not."[103] According to Furman Bisher, another factor that played a role in all this was that Hoffman was also not pleased that Anderson had turned down his early overtures to move to York and join his team.[104] Although rebuffed by Hoffman, Paul decided he'd train and plan as if he were making the trip anyway. Because the men would fly to Moscow on June 6, the day after the Senior Nationals in Cleveland, Paul applied for a passport well ahead of time and took it with him to Cleveland so that he was ready to travel if he lifted well enough.[105]

In Cleveland, the pressure began to ease when Paul learned that Schemansky's back had been injured and he was not able to compete or to make the trip to Moscow. However, this did not mean Anderson became an automatic replacement as the AAU officials could have simply decided not to take a heavyweight lifter; Paul still needed to prove he was America's greatest heavyweight.[106] According to Larry Lawson of *Iron Man Lifting News*, Anderson did more than simply prove himself. Lawson wrote, "the sensation of the 1955 Senior Nationals was the world record breaking performance of the Dixie Derrick, Paul Anderson," who lifted 390, 320, and 435 pounds.[107] His clean and jerk set a new unofficial world record at its official weight of 436 ½ pounds.[108] Anderson's performance impressed everyone. *Iron Man* magazine's Peary Rader said of Anderson, "His lifts all appear easy. He has had no one to push him into fighting the weights. He does not know his true possibilities... One can't imagine another such superman coming along very soon."[109] The Associated Press reported, in an article that appeared throughout the United States the day after the lifting that "Paul Anderson, the 341-pound Dixie Derrick, broke two of his own national records . . . here tonight. Both exceeded the world marks, but cannot be counted as world records."[110] His great performance meant that the Georgia boy was on his way to the Soviet Union.[111]

Sport and the Cold War

The Cold War was a period of heightened political and military tensions between the United States and the Soviet Union and lasted from roughly 1946 to 1991. It was characterized, as scholars Stephen Wagg and David L. Andrews put it, by "high-level political wrangling, punitive and beneficent economic policies, competing propaganda initiatives and clandestine intelligence operations."[112] Historian Russ Crawford asserts that the Cold War was an international struggle that "offered the world a choice between two competing visions of what society should be."[113] Sport was one of several methods of propaganda utilized by both countries to advance their visions.[114] Wagg and Andrews argue, "the practice of sports diplomacy meant the competing factions in the Cold War may have avoided direct military conflict. However . . . sporting contests regularly became high profile public spectacles through which the respective merits of the competing social and political systems, ideologies and moral orders were contested in symbolic combat."[115] This cultural warfare through sport began in earnest in the late 1940s and early 1950s.[116]

The geopolitical emphasis on sport was not a secret. In the monthly Soviet periodical *Kultura I Zhizn*, an official government resolution was published in 1949 which stated, "The increasing number of successes achieved by Soviet athletes . . . is a victory for the Soviet form of society and the socialist sports system; it provides irrefutable proof of the superiority of socialist culture over the moribund culture of capitalist states."[117]

Moreover, the 8 March 1952 issue of *Soviet Sport* stated, "every record won by our sportsmen, every victory in international contests, graphically demonstrates to the whole world the advantages and strength of the Soviet System."[118] Sentiment toward sport in the United States was virtually no different. For example, President Eisenhower's proclamation on 16 October 1954 of the first annual National Olympics Day read, "The world will again be shown that in sports, as in education, in economics, in politics, in every realm of life, regimentation runs a poor second to free enterprise."[119]

Thus, to combat Soviet athletic success, the United States Information Agency (USIA) outlined a program in 1954 with two objectives: to promote American sportsmanship, international fellowship, and goodwill, and to prevent the Soviets from dominating world sports. The agency also claimed that the non-participation internationally of United States sports clubs and athletic associations was interpreted worldwide as a fear of being beaten. In reality it was due to the fact that our amateur sport programs were based more on a collegiate rather than club model, and because of a lack of funding.[120]

To address this, the Eisenhower administration created the President's Special Program for International Affairs in 1954. The program was a public-private hybrid to which Congress allocated five million dollars "for projects of all kinds that [would] demonstrate in a dramatic and effective manner the excellence of [the United States'] free enterprise system."[121] This money became known as the President's Emergency Fund for International Affairs, and approximately two hundred thousand dollars of it was allotted annually to international sports projects and demonstrations.[122] This initiative was one way of addressing Congress's recommendation that "the whole global scene should be surveyed and plans developed for getting the peoples of the world on our side through maximum use of sports."[123] Members asserted, "it is through cultural interchange and development, more than superhighways, science, and statistics, that the real answer to communism must be sought."[124]

The idea for an American weightlifting trip to the Soviet Union actually predated the creation of the USIA's cultural exchange program. According to Bob Hoffman, Constantine Nazarov, who was in charge of Soviet weightlifting, first suggested the dual meet at the 1953 World Championships in Stockholm, Sweden. A year later in Vienna, Austria, Hoffman reported, "many Russians were still enthusiastic about the proposed trip." According to Hoffman, it was the Russians who really pushed for the contest and it was they who contacted the A.A.U. and the State Department to see what arrangements could be made to bring the American team to Moscow.[125] Hoffman—a devotee of the P.T. Barnum school of public relations—was apparently not at all adverse to the idea of taking the American team to Russia. He knew there would be publicity—probably good publicity—and that the trip would provide the opportunity for plenty of copy for *Strength & Health*, his magazine.[126]

By 1955, the American government had sanctioned several other goodwill sport trips as part of their efforts to spread democracy around the world. Track and field teams had toured the Caribbean and South America; swimmers were sent as athletic ambassadors to Guatemala, Turkey, Finland, Egypt, and Italy; and tennis players gave a series of exhibitions and taught clinics in Ceylon—all for the sake of promoting democracy.[127] No American team had been to the Soviet Union, however, or to any other Eastern bloc nation, and so in the weeks leading up to the national championships in Cleveland, the State Department didn't immediately say "yes" to the request for the American team to visit. One of the big issues, of course, was the financial strength of the U.S. Weightlifting Committee. At least twenty thousand dollars was needed for the Americans to make the trip and with the world weightlifting championships scheduled for Munich, Germany later that same year, there simply wasn't enough money in the weightlifting committee's coffers to pay for both trips.[128] Finally, Hoffman went to New York City and met with AAU secretary/treasurer Daniel Ferris to see what kind of help could be acquired to fund the trip. Although Hoffman later claimed in his report of the trip in *Strength & Health* that the State Department contributed some of the funding for the Moscow trip, that was apparently not the case. A letter from Ferris to House of Representatives member Frank Thomas, Jr., which was read as part of a hearing before the House Sub-committee on Education and Labor in 1955 reported that "we financed that visit (to Russia) through funds contributed by friends of weightlifting in the United States."[129] The actual source of those funds is not completely clear. In his *Strength & Health* report on the trip, Hoffman mentions a "Middle East organization" that wanted the Americans to also visit that region, and

he also reports that by donating six thousand dollars so the trip could be made he had personally lost a bid to sell seventy thousand dollars worth of barbells to the Marines.[130] However it was financed, the trip wasn't paid for by the lifters, and it included a show in Leningrad after the Moscow contest, followed by exhibitions in Lebanon, Iran, and Egypt over the next several weeks.[131]

The public's interest in the trip proved to be extraordinary, and was emblematic of a growing concern felt by Many Americans related to how our athletes would compare with the Soviets in international competition. One of those voicing concern was Pulitzer Prize winning newspaperman, Arthur Daley, who in June 1955, wrote,

> The Russians will knock the ears off the Americans in the 1956 Olympic Games at Melbourne, Australia, next year. It isn't a pretty fact, but it's virtually an inescapable one. The worst of it is that we can't borrow the light-hearted English approach and give it the jolly well-done-old-boy treatment. The Red brothers will scream to the world that this is merely one more proof of how decadent the capitalistic system really is.[132]

Other Americans also voiced their concerns about the Soviet Union. Shortly after the 1952 Olympics, the *New York Times* announced the publication by the Soviet Union of "new athletic norms and standards of training rules, aimed at capturing the principal world records."[133] Additionally, an article from the *Los Angeles Times* on 21 April 1955 reported on the development of a rural sports program in the U.S.S.R. The author expressed a feeling of concern that "such a thorough hunt for talent [meant] that very few, if any, potential athletes among the Soviet Union's two hundred million population [would] escape the searching eyes of the nation's sports officials."[134] Even some politicians began to worry about the new "Red Menace." In House sub-committee hearings on cultural exchange programs, Dorothy Buffum Chandler told the members present that America needed to "propagandize—if we have to use that word—for more sports, not so much abroad but within our own country." Continuing, Chandler told of a recent trip she'd made to Russia and explained,

> I came home from Russia depressed about our own sports program . . . In our country we do not have sufficient appreciation of the Olympic games and the athletes representing us. They are sort of like second or third cousins that someone takes care of. People say, 'Oh yes; the Olympic games,' and turn to some variety show on TV. But when you are in Russia you see the preparation for the Olympic games; you see the men and women—young people, middle-aged people; everyone trying to make themselves as fit as possible, and the ones in the upper, more excellent brackets sportswise . . . they are determined they are going to win.[135]

The weightlifting community also expressed anxiety about their Soviet foes. In the May 1955 issue of *Strength & Health*, an article ran titled "How Can We Beat the Russians?"[136] In it, Eugene C. Shumate wrote, "If what happened to our Olympic weight lifting team at the hands of the Russians last October in Vienna is indicative of the 1956 Olympic games to be held in Melbourne, we face national humiliation."[137] He continued, "Obviously we are repelled by having our athletes act as pawns in the chess game of international power politics. Yet, we now find ourselves in this position."[138] Later in the article Shumate simplified the matter of East versus West by explaining that the weightlifters were symbols that represented "the best that the number one Western nation could pit against the East..."[139]

In the "Readers' Round-Up" section of the June-July 1955 issue of *Iron Man*—which had been set in type before the Moscow lifting—Peary Rader also reported on Soviet sport. Rader wrote, "Russia is busy preparing her athletes for the '56 Olympics in a gigantic sports program . . . There are 1200 stadiums in Russia and 55,000 other types of gyms and sports centers. They have 13 institutes for training coaches...and these institutes have 40,000 students."[140] Rader concluded, "With over five million weightlifters, ideal training opportunities and government support, our few lifters have a tremendous task ahead of them, for top Russian athletes have an even better opportunity to train properly than

any professional ever had."[141]

Lifting the Iron Curtain

The Americans flew from Idlewild Airport (now named for John F. Kennedy) in New York on 7 June 1955 and made stops in Gander, Newfoundland; Reykjavik, Iceland; Stockholm, Sweden; and then Helsinki, Finland where they spent two nights while waiting for the plane that would eventually take them into Russia.[142] From Helsinki they went first to Leningrad where they deplaned to eat lunch and then at long last to Moscow where the entire Russian team, a host of newspaper reporters, and several camera crews turned out to meet them.[143] When the images of Anderson and the Americans deplaning hit the Soviet and, later, the American airwaves, Anderson became the focus of an international media frenzy. The Russians were immediately curious about the colossal bear-like man.[144]

Anderson's lifting performance in Moscow only increased this curiosity and, in so doing, changed his life; his popularity skyrocketed. The day after the exhibition, Clifton Daniel wrote in the *New York Times*, "Muscovites had a new sports hero [that night]—an American."[145] He also relayed that "the crowd roared with delight" at Anderson's performance, which was "the main interest from the beginning," as opposed to team performances.[146] Anderson also garnered publicity for his exploits in publications such as *Life* and *Newsweek*.[147] His success seemed to provide hope that the United States could remain competitive athletically, despite the Soviet's focus on sport.

Much of the publicity immediately surrounding the Moscow trip acknowledged the Cold War connection between politics and sport. *Time* magazine reported, "Appropriately enough, it was Heavyweight Paul Anderson who made the biggest hit. The 22-year-old titan from Toccoa, Georgia looked for all the world like a living caricature of Humphrey Pennyworth, the comic-strip strongman. Here in the flesh was the giant of a capitalist fairy tale . . . Anderson toyed with the big bar bells and set two world records in the process."[148]

Americans have always loved things that are big and, in Anderson, the fact that he was himself larger than life meant that he captured the imagination of thousands of Americans in ways that a smaller man would not have been able to do. Peary Rader alluded to this when he wrote in *Iron Man Lifting News*, "[Anderson] has made America aware of the lifting game and our superiority to the rest of the world—at least in the heavyweight class."[149] Charles A. Smith made the same point in an article from the September 1955 issue of *Muscle Builder*. He wrote, "the most fantastic peaks of lifting have in my opinion been reached not in the diminutive bantamweight and featherweight classes nor in the two immediate higher divisions, but in the biggest bodyweight class of all . . . the *heavyweight class*."[150]

As this image from the 1955 Soviet documentary demonstrates, Anderson was in remarkable physical condition in June of 1955, showing little of the fleshiness he displayed in later years at a similar bodyweight. He's gathering himself here before taking his final attempt at 402.41 pounds.

Along the same lines, in his article in *The Washington Post and Times Herald*, Stewart Alsop wrote

about his experiences while visiting the Soviet Union, which included attending a reception given by the Section of Heavy Athletics of the Committee of Sport and Physical Culture of the U.S.S.R. in honor of the American weightlifters. "The most conspicuous American weight lifter" Alsop wrote, "was a prophet without honor in his own country." He went on to describe Anderson as "an amiable Gargantua, whose arms are so enormous that he carries them at a sharp angle from his vast chest."[151] Alsop then explained the state of weightlifting in both the United States and the Soviet Union by writing, "In the United States, weight-lifting is largely concentrated in the area of York, Pa., in the Soviet Union,--weight-lifting is highly popular, and the competition had drawn standing room only crowds."[152] Finally, he alluded to the importance of Anderson's achievements. "The Russians had won, but Mr. Anderson had saved the national face by breaking all known records."[153] Later in the piece Alsop acknowledged that the lifting in Moscow was also about "the world balance of power and the frightening difference between social systems."[154]

Anderson's return to the United States also demonstrated the impact of his feats. In the 8 October 1955 issue of the *Saturday Evening Post*, Furman Bisher wrote that upon Anderson's expected return, "Gov. Marvin Griffin declared July 5th, Paul Anderson Day in Georgia. Dignitaries converged on the Atlanta airport prepared to fill the air with glorifying words about him, a 100-car motorcade stood lined up, ready to escort him home to Toccoa, ninety-six miles away. There was only one hitch. Anderson didn't show on schedule. His overseas flight reached New York six hours late."[155] Despite this unavoidable incident, as Anderson said, "When everything finally was settled and I was able to relax, the honors poured in. I was given a key to the city and several trophies and plaques and was besieged with requests for pictures and interviews."[156] Additionally, in a story printed in multiple newspapers, Anderson told Jimmy Breslin that he had "to keep an appointment chart for newspaper people because so many people call . . . and make dates for stories."[157]

Members of government also hailed Anderson's feats. Lee Metcalf, a Representative from Montana, mentioned him in a 5 July 1955 Congressional hearing on various bills relating to awards of medal for distinguished civilian achievement and cultural interchange. In the midst of discussion about Soviet sport and American sports standouts, Metcalf said, "I do want to say that if the gentleman from Georgia, Mr. Landrum were here he would insist that Paul Anderson, the champion weight lifter, had also contributed a great deal to the world of sports, and especially by his triumphs in Russia."[158] Moreover, a few days later, on 11 July 1955, Senator Howard Smith of New Jersey cited an editorial titled, "People to People" from the *Christian Science Monitor*.[159] The editorial noted that "a huge young fellow, Paul Anderson, from Georgia, member of an American team of weight lifters, has made quite an impression in Moscow by raising a bar bell weighing over 400 pounds."[160] These mentions suggest that Anderson's performance in the U.S.S.R. was viewed favorably as a manifestation of the government's Cold War objective to "provide constructive and attractive alternatives to Communism."[161] They also show the importance of sport as a propaganda tool.

Even Vice-President Nixon expressed interest in the weightlifters' exploits. According to Bob Hoffman, who engineered a meeting at the White House after the trip, in the course of a friendly chat Nixon remarked, "The reports we have had of your team from our embassies in the countries you visited has been excellent. Apparently you have been able to build more goodwill in a few days than our officials have done in years. How would you like to go on a longer trip–say a trip around the world—to help create an interest in physical fitness and to make your country more favorably known"?[162] But Hoffman was known for bloviating.

Julius Johnson gave an alternate, perhaps more believable, account of the meeting. In an interview with Terry Todd, Johnson said that although there were a number of people at the White House that traveled to the Soviet Union, "the only one that interested Nixon was Paul. He talked to Paul privately and Hoffman and all the other folks were all gone out of the room and I was there because I was with Paul."[163] He said that Nixon "talked to Paul about going overseas to be an ambassador of goodwill . . . Hoffman was the leader, but he wasn't the man that [Nixon] was talking to. Nixon was talking to this kid, because he was the one that had captured everyone's imagination."[164] In any case, Nixon and others in government were clearly impressed with Anderson's achievements. They must have considered Anderson an effective weapon in the Cold War because the lifters soon departed for the second goodwill trip that Nixon reportedly mentioned to Anderson. The team left for this trip in early November 1955, only a week after returning

from the 1955 World Championships in Munich, Germany.[165] On this second goodwill tour, the team gave exhibitions in Iraq, Afghanistan, India, and Burma. They were greeted heartily at every stop, and set aside time to see the sights as well. Hoffman expressed his delight in the attention the team received, and the pervasiveness of physical culture in India. The trip lasted approximately four weeks, as the team returned in time for Hoffman to attend the 1955 AAU National Convention in Louisville, Kentucky on 2 December 1955.[166] The second tour, however, failed to capture the attention of the country in the same way the first tour had.

In the months that followed the trip to Russia, Anderson became a star in the Soviet Union. One newspaper article from *The Daily Reporter* in Spencer, Iowa declared the "Russian girls [were] nominating Anderson as their "Pinup Boy of 1955."[167] What's more, the foreign newspaper, *Soviet Sport*, "devoted an unprecedented full page in its eight-page Saturday edition to the American weight lifters."[168] According to the *New York Times*, the American team was so well received that "the heavy athletics section of the Soviet Committee for Sports and Physical Culture gave a farewell party for the United States weight-lifting team."[169] Also, an article from the *Milwaukee Journal* on 21 June 1955, relayed that Anderson said, "Russians had attempted to persuade him to wed a Russian girl after he gave a record breaking performance in the Moscow meet."[170] Additionally, a few months after the Moscow exhibition, Brendan Gill of the *The New Yorker* spoke with Anderson; with Julius Johnson, who had begun working as Anderson's manager; and with Karo Whitfield, chairman of the Georgia A.A.U. Weightlifting Committee in New York. Whitfield told Gill, "when the Russians don't like something, they don't boo, they whistle. Well, they might whistle at their own men, but they never whistled at Paul. Paul is the Babe Ruth of Russia."[171]

These assertions were apparently not media exaggerations. Dorothy Johnson, Anderson's sister, recounted that during the World Championships held in Munich, Germany a few months after the Moscow exhibition, the Soviet and American teams were not supposed to mix, but they slipped out and mingled anyway. She said, "At that time Paul was eating honey and when the Russians came they were all eating honey and that shows that they thought a lot of him."[172] Bob Hise, founder of the American Weightlifting Association, also attested to Anderson's celebrity in Russia. In the video *The Strongest Man In Recorded History: A Documentary on the Life of Paul Anderson*, Hise recalled his trip to the 1975 World Weightlifting Championships in Moscow. He said the competition was held in an ice rink surrounded by a corridor filled with pictures of outstanding weightlifters. Hise asserted that if numbers mean anything then Anderson was their idol as there were 144 pictures of Anderson on that wall.[173]

Although Anderson's impact was global, it was most potent in the American strength community. Most of the magazines that covered the strength sports recounted stories from the Soviet trip and the results of Anderson's exhibitions. In the November 1955 issue of *Muscle Power*, for example, Oscar State chronicled the Moscow trip. His article included the American weightlifters' sight-seeing excursions to Moscow Square and the Kremlin. He also reported on the team's workout at the Dynamo Gymnasium, during which Anderson squatted 606 pounds for ten repetitions and bent the bar. According to State, he left the Soviets in awe.[174] State's article also confirms that Anderson was "the center of interest" during his time in Moscow.[175]

In the October 1955 issue of *Strength & Health*, Bob Hoffman provided a version of the journey titled "Our Trip to Russia." This detailed account of the team's travels included commentary about the lifters' performances, and related anecdotes such as Anderson needing two seats on the airplanes.[176] Hoffman also recounted that the team saw an indoor circus, the highlight of which was a man diving though a circle of knives without being injured; attended a celebration for Walt Whitman, a poet loved by Stalin; and toured the agricultural exposition in Moscow.[177] However, Hoffman did not devote as much space in the article to Anderson as he did to others. This could be because Anderson was not on the York Team or, as historian John Fair speculates, because Anderson was one of the few lifters not deferential to Hoffman.[178] Even so, Hoffman praised Anderson, and in recounting Anderson's lifting that evening he wrote, "Medvedev, the young Russian heavy-weight, tried hard, but was as outclassed as a light panel truck trying to match the power of a big diesel . . . Paul evoked roars from the crowd as he muscled the weight overhead, and overnight became world famous."[179]

Other muscle magazine articles focused mainly on Anderson. The August 1955 issue of *Muscle Power* magazine, for example, printed an article titled, "Paul Anderson Amazes Moscow: American and Russians Tie

in Lifting Contest."[180] In it the author wrote, "An American boy from Georgia became a new Russian Sports hero on the night of June 15th when he amazed a crowd of fifteen thousand weightlifting fans during the first International Team match between the United States and Moscow."[181] The article went on to say that "Giant Paul Anderson" did not simply beat his opponent, but that "He licked Alexei Medvedev."[182] *Iron Man Lifting News* reported in that same month that "Paul Anderson was the big hero, for the Russians were amazed at this fabulous giant and his unbelievable performances. There is little doubt in the minds of most people who have seen him lift recently, but that he is the strongest man who ever lived."[183] The September 1955 issue of *Iron Man* magazine reported that Anderson was "feted and honored in Russia as a hero, where weightlifters are sports heroes comparable to ball players, fighters, etc. in the USA."[184] In his article from the September 1955 *Muscle Builder*, Charles A. Smith wrote, "Paul Anderson is, in a greater sense than you and I realize, a Weightlifting Pioneer. He is the man who has 'raised the curtain' on a fantastic weightlifting future . . . We can never forget that first man . . . that pioneer. We will never forget Paul Anderson, the pioneer of the 400 press . . . the pioneer of the 1100 total, the *first* man to exceed it and today's *first citizen of weightlifting*."[185]

Conclusion

Although Anderson's impact was significant, we cannot argue that it overshadows several other athletic events during the Cold War such as the miracle win of the 1980 U.S. hockey team over the Soviet Union, or the importance of the U.S. vs. U.S.S.R. track and field series.[186] Despite the publicity that Anderson garnered for the sport in 1955 and the further publicity he received upon his Olympic victory in 1956, weightlifting quickly reverted to being a comparatively minor sport in the United States. In fact, Hoffman noted in his account of the Soviet trip that Anderson "had to press 400 pounds in Russia to gain the attention of the American press, despite the fact that he had done 403 ½ in New York City two months earlier."[187] In the October 1955 issue of *Iron Man Lifting News*, Peary Rader similarly wrote, "As Harry Paschall says, weight lifting as a sport will always be a minority sport in the USA and will never draw the crowds or interest that other sports do. Is this statement true? We hope not . . . we also would like to see lifting as a major sport."[188]

It could also be that the U.S. lifters' trip to Russia has received comparatively little scholarly attention because it occurred early in the Cold War. Research cited previously demonstrates that by 1955 many Americans expressed anxiety regarding Soviet sport. Moreover, government documents reveal that some officials considered the situation to be dire even before 1955. For example, the infamous National Security Council "Paper 68" stated, "the Soviet Union, unlike previous aspirants to hegemony, is animated by a new fanatic faith, antithetical to our own, and seeks to impose its absolute authority over the rest of the world. Conflict has, therefore, become endemic and is waged, on the part of the Soviet Union, by violent or nonviolent methods in accordance with the dictates of expediency."[189] Cold War tensions were already high around the time of the Moscow exhibition.

Despite not receiving as much attention as did later Cold War sports affairs, the 1955 Moscow Weightlifting Exhibition was a pioneering, significant event in international sports history. At a time when Americans were engaged in symbolic battle with the Soviet Union, Anderson's strength—and his singular, tank-like appearance—became a rallying cry to all. By beating the Soviets, he symbolically demonstrated the superiority of the American way of life. His fellow Americans regarded him, for a very brief time, as a national hero. The press relayed the entire trip while extolling his world-record breaking performance. At the same time, these stories strengthened the East versus West narrative. Members of the U.S. government also recognized the contribution of his achievement to the Cold War, and sent the team on another goodwill mission a few months later.[191] What's more, Americans became much more familiar with the relatively obscure sport of weightlifting, through which they could strengthen themselves and, thus, the nation. Although Anderson did not have a circular shield or superhero tights, in the midst of the Cold War it seems the Soviet official was correct when he called Anderson "Mr. America."[191]

NOTES:

1. During Anderson's competitive years, the sport of weightlifting consisted of three lifts: the press, the snatch, and the clean and jerk. The highest weight successfully performed in each lift was then combined for the total and the highest total achieved in each weight class won the division. The press consisted of lifting the weight to the shoulders—usually in a squat clean—then, after a signal from the judge, pressing the bar from the shoulders to lock-

out without any body movement other than the arms moving upward. The legs cannot bend at the knees, the feet cannot shift, and the back cannot bend backward at the waist if one is properly performing the lift. The second competitive lift is the snatch. The snatch is performed by lifting a barbell overhead from the ground in one motion. The clean and jerk is a two step lift. It resembles the press, except lifters can bend their knees and drop under the weight to catch it as the bar moves upward off the chest, resulting in heavier weights being lifted compared to the press.

2. John D. Fair, "Bob Hoffman, the York Barbell Company, and the Golden Age of American Weightlifting, 1945-1960," *Journal of Sport History* 14, no. 2. (Summer 1987): 181–182.

3. Arkady Vorobyov, "Paul Anderson's Moscow Triumph," *Iron Game History, The Journal of Physical Culture* 4, no. 2 (October 1995): 21.

4. Oscar State, "American Lifters Tour Russia," *Muscle Power* (November 1955): 56.

5. Paul Anderson, "Paul Cites Power of Prayer," Windsor (Ontario) *Daily Star*, 12 March 1957. This article appeared in dozens of other newspapers throughout the United States and Canada during the spring of 1957.

6. Although Anderson claims in his 1975 biography: *Paul Anderson: World's Strongest Man*, (Wheaton, Illinois: Victor Books, 1975), 60, that 20,000 people attended the meet, all other accounts examined by the authors use either the figure 15,000, or in one case 12,000. Today, the Zelyony amphitheater is said to seat 10,000 and is frequently used for large rock concerts.

7. State, "American Lifters Tour Russia," 55.

8. John Fair, "The Tragic History of the Military Press in Olympic and World Championship Competition, 1928-1972," *Journal of Sport History* 28, no. 3 (Fall 2001): 345-346.

9. Anderson, "Paul Cites Power of Prayer."

10. Thomas M. Hunt, "American Sport Policy and the Cultural Cold War: The Lyndon B. Johnson Presidential Years," *Journal of Sport History* 33, no. 3 (Fall 2006): 273–297; Thomas M. Hunt, "Countering the Soviet Threat in the Olympic Medals Race: The Amateur Sports Act of 1978 and American Athletics Policy Reform," *International Journal of the History of Sport* 24, no. 6 (June 2007): 796–818; Nicholas Evan Sarantakes, *Dropping the Torch: Jimmy Carter, the Olympic Boycott, and the Cold War* (New York, NY: Cambridge University Press, 2010); Nicholas Bourne, Jan Todd, and Terry Todd, "The Cold War's Impact on the Evolution of Training Theory in Boxing," *Iron Game History, The Journal of Physical Culture* 7, no. 2 & 3 (July 2002): 26–30; Russell E. Crawford, "Consensus All-American: Sport and the Promotion of the American Way of Life During the Cold War, 1946-1965," *ETD Collection for University of Nebraska - Lincoln* (January 1, 2004), viewed at: http://digitalcommons.unl.edu/dissertations/AAI3131539; Allen Guttmann, "The Cold War and the Olympics," *International Journal*, 43, no. 4 (1988): 554–568; Thomas Michael Domer, "Sport in Cold War America, 1953-1963: The Diplomatic and Political Use of Sport in the Eisenhower and Kennedy Administrations" (Ph.D., diss, Marquette University, 1976), http://epublications.marquette.edu/dissertations/AAI7716755; John Massaro, "Press Box Propaganda? The Cold War and *Sports Illustrated*, 1956," *The Journal of American Culture* 26, no. 3 (2003): 361–370; Damion Thomas, "Around the World: Problematizing the Harlem Globetrotters as Cold War Warriors," *Sport in Society* 14, no. 6 (2011): 778–791; John Soares, "Cold War, Hot Ice: International Ice Hockey, 1947-1980," *Journal of Sport History* 34, no. 2 (Summer 2007): 207–230; Craig Nickerson, "Red Dawn in Lake Placid: The Semi-Final Hockey Game at the 1980 Winter Olympics as Cold War Battleground," *Canadian Journal of History of Sport* 26, no. 1 (May 1995): 73–85; Peter Beck, "Britain and the Cold War's 'Cultural Olympics': Responding to the Political Drive of Soviet Sport, 1945–58," *Contemporary British History* 19, no. 2 (2005): 169–185; Noel D. Cary, "Olympics in Divided Berlin? Popular Culture and Political Imagination at the Cold War Frontier," *Cold War History* 11, no. 3 (2011): 291–316; Mike Dennis and Jonathan Grix, "Behind the Iron Curtain: Football as a Site of Contestation in the East German Sports 'Miracle'," *Sport in History* 30, no. 3 (2010): 447–474; Paul Corthorn, "The Cold War and British Debates over the Boycott of the 1980 Moscow Olympics," *Cold War History* 13, no. 1 (2013): 43-66; James Riordan, "Soviet Sport and Soviet Foreign Policy," *Soviet Studies* 26, no. 3 (1974): 322–343; Nicholas Evan Sarantakes, "Moscow Versus Los Angeles: The Nixon White House Wages Cold War in the Olympic Selection Process," *Cold War History* 9, no. 1 (2009): 135–157; Chad Seifried, "An Exploration into Melodrama and Sport: The 'Miracle on Ice' and the Cold War Lens," *Olympika: The International Journal of Olympic Studies* 19 (2012): 111; Jeffrey Montez de Oca, "All-American Sport for All Americans: Collegiate Gridiron as Citizenship Practice during the Early Cold War" (Ph.D., diss, University of Southern California, 2006).

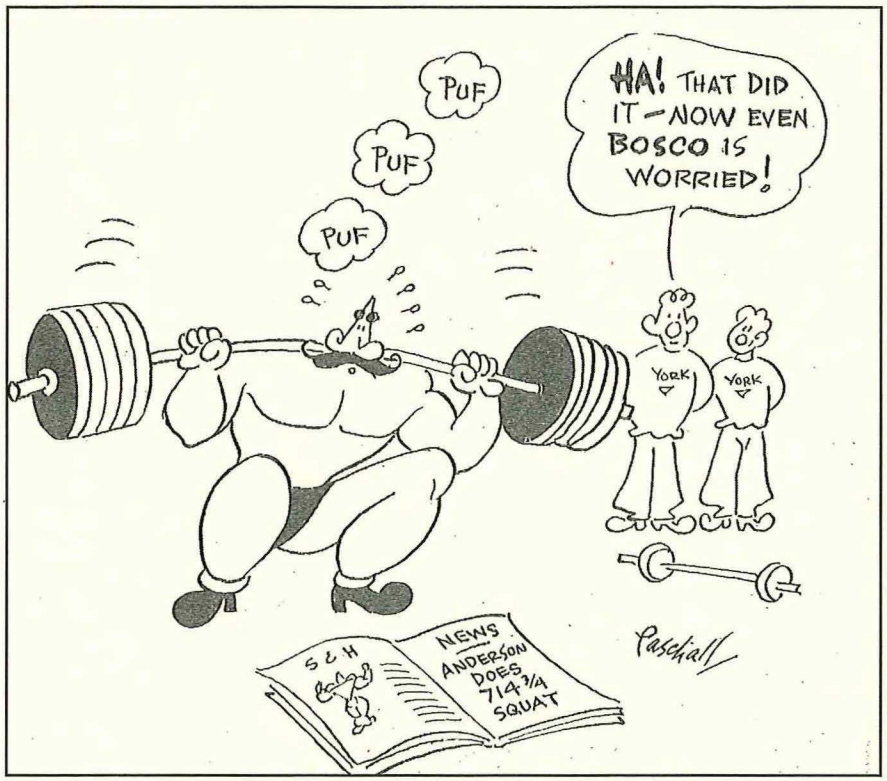
11. John D. Fair, *Muscletown USA: Bob Hoffman and the Manly Culture of York Barbell* (University Park, PA: Penn State University Press, 1995), 4, 147, 309; Thomas M. Hunt, *Drug Games: The International Olympic Committee and the Politics of Doping, 1960–2008* (Austin, TX: University of Texas Press, 2011); Thomas M. Hunt, "Sport, Drugs, and the Cold War: The Conundrum of Olympic Doping Policy, 1970-1979," *Olympika: The International Journal of Olympic Studies* 21 (2007): 19–42.

12. In 1956, the Senate Foreign Relations Committee held hearings on two bills aimed at "the promotion and strengthening of international relations through cultural and athletic exchanges," in which the trips of the American weightlifting team are mentioned. "Hearings Before the Committee on Foreign Relations, United States Senate, Eighty-Fourth Congress, Second Session on S.3116 and S.3172 . . . February 21, 1956," (Printed for the Committee on Foreign Relations, United States Printing Office, 1956), 24-25. See also: "A Shot at the Russians: The first-ever track meet between the U.S. and U.S.S.R. is an odd moment in history," *Sports Illustrated*, 28 July 1958, viewed at: http://sportsillustrated.cnn.com/vault/article/magazine/MAG1002591/index.htm. See also: Kat Richter and Jan Todd, "Jim Lorimer's Unexpected Path: From the Ohio Girl's Track Club to the Arnold Sports Festival," *Iron Game History, The Journal of Physical Culture* 11, no. 3 (January 2011): 20-31.

13. Vorobyov, "Paul Anderson's Moscow Triumph," 21; Jim Murray, "Paul Anderson: Superman From the South," *Iron Game History, The Journal of Physical Culture* 3, no. 5 (December 1994): 10–12; Terry Todd, "Paul Anderson: 1932-1994," *Iron Game History, The Journal of Physical Culture* 3, no. 4 (August 1994): 1–3; Roark, "Ironclad - Paul Anderson's 1953 Hiplift," 31–35; Roark, "Ironclad -

Paul Anderson's June 12, 1957 Backlift," 30–35; Roark, "Ironclad - Paul Anderson's Famous Safe," 30–33; David P. Webster, *Sons of Samson, Volume 2* (Nevada City, CA: Ironmind Enterprises, 1998).
14. Anderson recounts the story of his lifting in Moscow in *The World's Strongest Man*, 54-73, and in the revised edition, *A Greater Strength: The Real Power Behind the "World's Strongest Man"* (Old Tappan, NJ: Revell Publishing, 1990), 45-63.
15. Furman Bisher, "The Strongest Man on Earth," *Saturday Evening Post* 228, no. 15 (8 October 1955): 37.
16. Anderson, *The World's Strongest Man*, 61. See also: Peary Rader, "The U.S.A. Meets The Russian Team," *Iron Man*, September 1955, 1.
17. Anderson, *The World's Strongest Man*, 62.
18. Although most newspaper and magazine stories about Paul Anderson from the 1950s claim that Paul stood 5'10," he wrote in a letter to Tom Ryan in 1988, "I do not believe I have ever been five foot ten, and I don't think I have ever measured my height, but many people have just guessed at how tall I am. . . .I believe something like five foot eight or nine would be in the ballpark." Paul Anderson to Tom Ryan, 1 April 1988, Paul Anderson File, Terry and Jan Todd Collection, the H.J. Lutcher Stark Center for Physical Culture and Sports, The University of Texas at Austin. We chose to use five foot nine as his height for this article.
19. "Crowd Watches Weightlifters; Lifters See Only Their Barbells," *New York Times*, 9 September 1960.
20. See also: "American in Moscow Busts Hepburn's Mark," *Vancouver Sun*, 16 June 1955; and, "Peaceful Penetration—US Weightlifters Find Velvet Carpet in Russia," *The Spencer Sunday Times* (Spencer, Iowa, 19 June 1955), 10; and, "US Weightlifters Popular in Soviet," *Tuscaloosa News,* 21 June 1955.
21. Vorobyov, "Paul Anderson's Moscow Triumph," 21.
22. The actual weight on the bar was 402.41 pounds. Hepburn's record was 381 pounds according to "Events & Discoveries: Uplift in the U.S.S.R.," *Sports Illustrated*, 27 June 1955, viewed at: http://sportsillustrated.cnn.com/vault/article/magazine/MAG1129831/index.htm
23. Anderson, *World's Strongest Man,* 62.
24. Anderson, *A Greater Strength*, 51. See also: "Weightlifting News," *Strength & Health*, July 1955, 6.
25. Clifton Daniels, "U.S. Weight Lifter Amazes Russians: Anderson Hero in Moscow as He Sets 2 World Records," *New York Times*, 16 June 1955, 43.
26. Fair, "The Tragic History of the Military Press," 345-346.
27. Peary Rader, "Developing the Two Arm Press," *Lifting News*, July 1954, 8.
28. George F. Jowett, "How to Improve Your Pressing Ability," *Strength & Health*, January 1933, 6.
29. Anderson, *World's Strongest Man*, 60, 62.
30. Ibid, 62-63.
31. A Soviet newsreel entitled *Soviet Sport 1955 № 06* contains both of Anderson's attempts at 402.5 as well as a number of crowd shots in Moscow. It also shows Tommy Kono lifting in Leningrad, their second stop on the tour. The segment on the Moscow goodwill tour begins at 7 minutes 30 seconds into the video and can be viewed at: http://www.youtube.com/watch?feature=player_detailpage&v=WG0avHy3AYk.
32. State, "American Lifters Tour Moscow," 55. It is not clear from State's article if he was actually in Moscow, or wrote his report from other sources. Daniel, "U.S. Weight Lifter Amazes Russians." Daniel actually attended the meet. Tommy Kono, "Foreward," in Strossen, *Paul Anderson: The Mightiest Minister, x.*
33. Snippets of that footage can also be seen in the documentary film *The Strongest Man in Recorded History: A Documentary on the Life of Paul Anderson*, (Coleman Video Productions, 1992). See also: Daniel, "U.S. Weightlifter Amazes Russians," Hoffman, "Our Trip to Russia," *Strength & Health*, October 1955: 9.
34. "Daily Weather History for Moskva-June 15, 1955," found at: http://freemeteo.com/default.asp?pid=155&la=1&gid=524901&monthFrom=6&yearFrom=1955&sid=276120.
35. Bob Barnett and Bob Carroll, "The Uplifting Story of Paul Anderson," *Saturday Evening Post*, November 1988, 58. In John Fergus Ryan's article, "Paul Anderson Can Lift Eight of You," *Esquire*, July 1988, 127, he describes a framed resolution passed by the Georgia State legislature which begins, "Whereas, Paul Anderson, a native of Toccoa Georgia, did, in a driving rain, before fifteen thousand people in Moscow, Russia, set two new world records. . ." p. 127.
36. *Soviet Sport 1955 № 06.*
37. Anderson, *World's Strongest Man*, 63.
38. Hoffman, "Our Trip to Russia," 47.
39. Daniel, "U.S. Weightlifter Amazes Russians," 1.
40. Harry B. Paschall, "Strongest Man Who Ever Lived," *Iron Man*, January 1956, 20.
41. Anderson, *World's Strongest Man*, 63.
42. Daniels, "U.S. Weight Lifter Amazes Russians," 43.
43. Bisher, "Strongest Man on Earth," 94.
44. John D. Fair, "The Iron Game and Capitalist Culture: A Century of American Weightlifting in the Olympics, 1896–1996," *International Journal of the History of Sport* 15, no. 3 (1998): 24.
45. Jimmy Breslin, "Anderson Hoists Weight-Lifting From Obscurity," *Portsmouth* (Ohio) *Times,* 3 November 1955, 39.
46. Ibid.
47. Frank Litsky, "Anderson, Paul," *Superstars* (New York: Derbibooks, 1975), 21.
48. "From the New Deal to the New Century" at: http://www.tva.com/abouttva/history.htm.
49. Litsky, "Anderson, Paul," 21; and John Fair, "Paul Anderson: 1932-1994," *The New Georgia Encyclopedia*, viewed at: http://www.georgiaencyclopedia.org/nge/Article.jsp?id=h-738.
50. Bisher, "Strongest Man on Earth," 95.
51. Anderson died on 15 August 1994. His death was caused by complications related to kidney disease which had troubled him throughout his life. His sister donated a kidney to Paul in 1983 but even with the transplant he was never able to make a full recovery. Robert McThomas, "Paul Anderson Is Dead at 61; Was 'World's Strongest Man,'" *New York Times*, 16 August 1994.
52. Strossen, *Paul Anderson*, 3.
53. Bisher, "Strongest Man on Earth," 94.
54. Ibid., 95.
55. Interviews with Harold Andrews and J.P. Hudgin from the video, *The Strongest Man in Recorded History*.

56. Interview with J.P. Hudgin from the video, *The Strongest Man in Recorded History.*
57. Ibid.
58. Bisher, "Strongest Man on Earth," 95.
59. Ibid.
60. Anderson, *World's Strongest Man*, 36.
61. Ibid., 34-38. Anderson, *A Greater Strength*, 23–26; Strossen, *Paul Anderson,* 10.
62. Anderson, *The World's Strongest Man*, 37.
63. Strossen, *Paul Anderson*, 10.
64. Anderson, *The World's Strongest Man*, 37.
65. Ibid., 39.
66. Ibid.
67. Ibid., Anderson, *A Greater Strength*, 28. Anderson also trained at times in his family's garage.
68. Anderson, *The World's Strongest Man*, 40.
69. In Anderson's retelling of this meeting in his autobiography, he claims that he began with six hundred pounds—with no warmup. Anderson, *The World's Strongest Man,* 40. In Bob People's 1953 *Iron Man* profile of Anderson published shortly after the events, he recalled that Paul began with 500 and then went to 550. This is the same story he told in the video, *The Strongest Man in Recorded History*. Five hundred pounds is also the figure used in Charles Coster's article on Paul published in 1954. Charles Coster, "Paul Anderson: The Unknown Quantity," *Reg Park Journal*, July 1954, 30.
70. Bob Peoples, "Paul Anderson," *Iron Man*, February 1953, 36.
71. Ibid.
72. Before the advent of sanctioned powerlifting contests, heavy squats, deadlifts, and bench presses were often done as exhibitions at weightlifting and bodybuilding competitions, and so were often called "world records" as they were done in front of knowledgeable viewers. For more information on the early origins of powerlifting see: Jan Todd and Terry Todd, "Reflections on the 'Parallel Federation Solution' to the Problem of Drug Use in Sport: The Cautionary Tale of Powerlifting," in *Performance Enhancing Technologies in Sports: Ethical, Conceptual, and Scientific Issues* (Baltimore, MD: Johns Hopkins University Press, 2009), 44–88. See also: Clarence Johnson, "Schemansky C. & J. 408; Park Wins 'Mr. World,'" *Iron Man*, February 1952, 6, 9; "Weightlifting News," *Strength & Health*, August 1952, 7.
73. Ray Van Cleef, "Strongmen the World Over," *Strength & Health*, May 1953, 23.
74. Henry J. Atkin, "Morphologically Speaking," *Iron Man*, April 1953, 19.
75. "Weightlifting News," *Strength & Health*, January 1953, 8; Peoples, "Paul Anderson," 36.
76. Anderson did not win this meet. He came in second to Doug Hepburn who pressed 365, snatched 291 ¼, and cleaned and jerked 360 pounds for a 1016 ¼ pound total. Hepburn's military press of 366 3/4 pounds set an official world record. (The math is not correct in *Iron Man*.) Peary Rader, "Readers' Round-Up," *Iron Man*, September 1953, 36–37.
77. Ibid., 39.
78. Rye Bell, "Paul Anderson: The Dixie Derrick," *Strength & Health*, June 1953, 42.
79. Ibid., 43.
80. Historian John Fair wrote in *Iron Game History*: "Anderson was the sensation of the picnic and fulfilled everyone's expectations, especially with his squatting ability. After easily raising 700 pounds from a low position, all the weights available were loaded on the bar, and that too presented no difficulty. Afterwards Terpak weighed the assorted collection of iron at 762¼ pounds, a new unofficial world record. Anderson also won the best lifter award with a 975-pound total in the Olympic lifts and did an impromptu push-jerk with 420 pounds." John Fair and Jeffrey Wells, "Physical Culture Frolics in the Old Dominion: Bill Colonnas' Picnics," *Iron Game History: The Journal of Physical Culture* 9, no. 4 (May 2007): 12. See also: Jim Murray, "Paul Anderson—World's Strongest Man," *Strength & Health*, November 1953, 16; Strossen, *Paul Anderson*, 19.
81. Interview with Jack Hughes in *The Strongest Man in Recorded History.*
82. Anderson sustained this injury at Frye Institute's All-Dixie Meet. Rye Bell, "Weightlifting News," *Strength & Health*, January 1954; 32 and "Anderson Sets Record Total of 1,065 at York Fall Show!" *Strength & Health*, February 1954, 12.
83. Bob Hoffman, "Weightlifting Roundup," *Strength & Health*, July 1954, 10–11.
84. Ibid., 10; Anderson, *A Greater Strength*, 39–40; Peary Rader, "Developing Championship Power," *Iron Man Lifting News*, June 1954, 5; Jim Murray, "Paul Anderson's Power Training Routine," *Strength & Health,* April 1954, 12–13, 51–53. Originally cited in Strossen, *Paul Anderson*, 22.
85. "Weightlifting News," *Strength & Health*, September 1954, 8.
86. Anderson, *A Greater Strength*, 41.
87. Coster, "Paul Anderson," 30.
88. John Davis to Coster, quoted in "Paul Anderson," 31.
89. Ibid., 31, 38. Davis had a good singing voice and was a serious student of music.
90. Letter from Jim Murray to Reg Park, printed in "Latest News on Anderson," *Reg Park Journal*, July 1954, 41.
91. "Weightlifting News," *Strength & Health*, April 1955, 7, 66.
92. Ibid.
93. Schemansky was a decorated and enduring lifter who earned medals in the 1948, 1952, 1960, and 1964 Olympic Games, and won multiple World Championships. See, "Norbert Schemansky," *Olympic.org*, accessed December 8, 2012, http://www.olympic.org/norbert-schemansky; Richard Bak, *Mr. Weightlifting: Norbert Schemansky - History's Greatest Olympic & World Champion Heavyweight Lifter* (Wayne, MI: Immortal Investments Publishing, 2007); Fair, *Muscletown USA*. Anderson's 1076 total at the Bob Hoffman Birthday show in November 1954 did not break any records because it was not sanctioned by any official weightlifting governing body. John Bradford, "Paul Anderson Sets World Record Total," *Iron Man Lifting News*, March 1955, 3–4; "Weightlifting News," *Strength & Health*, May 1955, 7; Peary Rader, "Readers' Round-Up," *Iron Man*, May 1955, 35; "Weightlifting News," *Strength & Health*, June 1955, 6; Bill Wilson, "What's Your Best?," *Strength & Health*, June 1955, 17.
94. Bradford, "Paul Anderson Sets World Record Total," 3.
95. Peary Rader, "Readers' Round-Up," *Iron Man*, March 1955, 38.
96. Ibid.
97. "Weightlifting News," *Strength & Health*, July 1955, 6.
98. This was not an official world record because it was not an



Anderson's ability in the squat helped launch him to national prominence, even though powerlifting was not yet a recognized sport. Cartoonist Harry Paschall, for example, made Paul the focus of this Bosco cartoon for *Strength & Health* in September of 1953.

international meet with proper officials and sanctioning. Jack Nantz, "All South AAU Open Weightlifting Championships," *Iron Man Lifting News*, May 1955, 5.
99. "Weightlifting News," *Strength & Health*, May 1955, 65; "Readers' Round-Up," *Iron Man*, April-May 1955, 35.
100. "Weightlifting News," *Strength & Health*, August 1955, 8.
101. "Anderson Makes Records at Terlazzo Show," *Iron Man Lifting News*, May 1955, 3.
102. Typed Transcript, Terry Todd interview with Dorothy and Julius Johnson, no date, Terry Todd Personal Papers, H.J. Lutcher Stark Center for Physical Culture and Sport.
103. Ibid.
104. Bisher, "Strongest Man on Earth," 101.
105. Hoffman apparently asked for a delay in the trip when he learned that two of the men selected for the trip at the Senior Nationals (Yaz Kuzahara and Isaac Berger) could not get a passport in time to make the trip. The Russians were not willing to delay the meet. Hoffman, "Our Trip to Moscow," 10, 40.
106. Anderson, *A Greater Strength*, 44–45; Terry Todd Interview with Dorothy and Julius Johnson.
107. Larry Lawson, "Anderson Makes World Record at Sr. Nationals," *Iron Man Lifting News*, June 1955, 7.
108. "U.S. National Championships," *Strength & Health*, September 1955, 10.
109. Peary Rader, "Anderson Makes World Record at Senior Nationals," *Iron Man*, September 1955, 29.
110. "Anderson's Lifts Exceed World Marks," *Los Angeles Times*, 6 June 1955.
111. Biographical information about Anderson stops here. However, Anderson competed in the 1956 Olympics, in which he won gold. He then turned professional and worked as a strongman in Reno, Nevada, and briefly tried both professional boxing and pro wrestling. Anderson eventually established the Paul Anderson Youth home in Vidalia, Georgia, and he worked tirelessly giving strength exhibitions and lectures about his Christian faith as a means to raise money to support the home. His health began to decline starting in the late 1970s due to kidney problems, and he died on 15 August 1994. For more information on his later years see: Anderson, *A Greater Strength*; Anderson, *The World's Strongest Man*; Strossen, *Paul Anderson*; Todd, "Paul Anderson: 1932-1994"; Murray, "Paul Anderson: Superman From the South."
112. Stephen Wagg and David L. Andrews, *East Plays West: Sport and the Cold War* (New York, NY: Routledge, 2007), 2.
113. Russ Crawford, *The Use of Sports to Promote the American Way of Life During the Cold War: Cultural Propaganda, 1945-1963* (Lewiston, NY: Edwin Mellen Press, 2008), v.
114. James Riordan and Arnd Krüger, eds., *The International Politics of Sport in the 20th Century* (New York, NY: Routledge, 1999), 49–50; Riordan, *Sport in Soviet Society*, 162–166; Robert Edelman, *Serious Fun: A History of Spectator Sports in the USSR*, 1st ed. (New York, NY: Oxford University Press, 1993), 121–123; James Riordan, *Sport, Politics and Communism* (Manchester, England: Manchester University Press, 1991), 61–62; Crawford, *The Use of Sports*, 1–38; Wagg and Andrews, *East Plays West*, 1–9.
115. Wagg and Andrews, *East Plays West*, 4.
116. Ibid., 14.
117. *Kultura i Zhizn*, 1 November 1949, 5; cited in James Riordan, "The Impact of Communism on Sport," in *The International Politics of Sport in the 20th Century* (New York, NY: Routledge, 1999), 57.
118. *Soviet Sport*, 8 March 1952; cited in Domer, "Sport in Cold War America," 32, viewed at: http://epublications.marquette.edu/dissertations/AAI7716755.
119. Proposed Script for President Eisenhower's Proclamation of the First Annual National Olympics Day, 16 October 1954; Domer, "Sport in Cold War America," 54, viewed at: http://search.proquest.com/docview/302810320/citation?accountid=7118.
120. Domer, "Sport in Cold War America," 65–120.
121. *Eisenhower to Streibert*, 18 September 1954, Official File 116-B-B, Action Group Study of Funds, White House Central Files, DDEL; Cited in Domer, "Sport in Cold War America," 119; See also *The President to the Secretary of State*, 18 August 1954, Foreign Relations of the United States, 1952-1954, National Security Affairs, Volume II Part 2, Document 365, U.S. Department of State Office of the Historian, viewed at: http://history.state.gov/historicaldocuments/frus1952-54v02p2/d365; *The President to the President of the Senate*, July 27, 1954, Foreign Relations of the United States,

1952-1954, National Security Affairs, Volume II Part 2, Document 363, U.S. Department of State Office of the Historian, viewed at: http://history.state.gov/historicaldocuments/frus1952-54v02p2/d363.
122. Domer, "Sport in Cold War America," 119.
123. *Distinguished Civilian Awards and Cultural Interchange and Development* Congressional Hearing, 5 July 1955, 3, viewed at: http://congressional.proquest.com/congressional/result/congressional/pqpdocumentview?accountid=7118&pgId=353eb931-6637-4538-aa28-6be508099d3f&rsId=13AB8AEBBDF.
124. Ibid.
125. Hoffman, "Our Trip to Russia," 9; Bob Hoffman, "Untitled Manuscript," no date, found in the Bob Hoffman Papers in the H.J. Lutcher Stark Center for Physical Culture and Sport.
126. P.T. Barnum is often cited for saying there is no such thing as bad publicity, although the expression is not believed to be original to him.
127. Daniel Ferris to the Honorable Frank Thompson in "Hearings Before a Subcommittee of the Committee on Education and Labor, House of Representatives, July 5, 6, 1955; January 20, 26, 27, 1956," (Printed for the Committee on Education and Labor, United States Printing Office, 1956), 392. See also: Senate Committee on Foreign Relations, International Cultural Exchange and Trade Fair Participation Act of 1956, 84th Cong., 2nd sess., on S.3116 and S.3172, 21 February 1956, 25.
128. Hoffman, "Our Trip to Russia," 9. The Soviets covered all expenses once the team got to Moscow and also paid for the return airfares.
129. Daniel Ferris to the Honorable Frank Thompson in "Hearings Before a Subcommittee of the Committee on Education and Labor, House of Representatives, July 5, 6, 1955; January 20, 26 and 27, 1956," 392.
130. Hoffman, "Our trip to Russia," 9-10.
131. Ibid.; Bob Hoffman, "Strength Safari: Weight-Lifting 'Round the World, Part One," *Strength & Health*, March 1956, 8. See also: Fair, "Bob Hoffman, the York Barbell Company, and the Golden Age of American Weightlifting, 1945-1960," 181–182.
132. Arthur Daley, "Will the Soviet Union Sweep the Olympics?," *American Legion*, June 1955; reprinted in *Distinguished Civilian Awards and Cultural Interchange and Development*, 162–163.
133. The United Press, "Revision of Soviet Sports Aims at World Records," *New York Times,* 30 November 1952, S6.
134. "Russians Announce Rural Sports Plan," *Los Angeles Times,* 21 April 1955, 35. These and an abundance of other stories about U.S.S.R. sport, including skiing and chess, suggest Americans were vigilant of any Soviet moves. See for example, "Russian Sports Rise Amazes U.S.'s Brundage," *Los Angeles Times,* 1 August 1954, B11; "RUS-SKIS: Reds Hope to Snow Under U.S. Athletes," *Los Angeles Times,* 12 November 1954, 27; John T. McGovern, "We'll Lose the Next Olympics," *Los Angeles Times,* 16 May 1954, K7; "It's Checkmate as Russ Chess Team Arrives," *Los Angeles Times*, 13 June 1954, A9; "Visits of U. S. Athletes Sought Under New Policy of Soviet Union," *New York Times,* 10 February 1954, 39; "Weight-Lifters of U. S. and Soviet Get Together; Result: Ping-Pong," *New York Times,* 23 August 1953, S5; Jerry Cooke, "Sports in the U.S.S.R.," *Sports Illustrated*, 2 December 1957, viewed at: http://sportsillustrated.cnn.com/vault/article/magazine/MAG1133568/index.htm.
135. Quoted in "Hearings Before a Subcommittee of the Committee on Education and Labor," 308.
136. Eugene C. Shumate, "How Can We Beat the Russians?" *Strength & Health*, May 1955, 8–9, 44, 46.
137. Ibid., 8.
138. Ibid.
139. Ibid., 9.
140. Peary Rader, "Readers' Round-Up," *Iron Man*, July 1955, 36.
141. Ibid.
142. Hoffman, "Our Trip to Russia," 11.
143. Ibid., 39.
144. "Open Display of Friendship for Americans: American Team Mobbed by Crowds in Moscow Subways," *The* (Frederick, MD) *News*, 20 June 1955. Bisher, "Strongest Man on Earth," 94-96.
145. Daniels, "U.S. Weight Lifter Amazes Russians," 1, 43.
146. Ibid., 43.
147. "Weight-Lifting Hero," *Life*, 27 June 1955, 32; "A Handful of Boy," *Newsweek*, 27 June 1955, 30, 32, 34.
148. Anderson was actually twenty-one-years-old at the time, and his lifts were not official world records. "Sport: Moscow Marvel," *Time Magazine*, June 27, 1955, http://www.time.com/time/subscriber/article/0,33009,823827,00.html.
149. Peary Rader, "Editorial," *Iron Man Lifting News*, October 1955, 2.
150. Charles A. Smith, "Muscle Builder Salutes Paul Anderson," *Muscle Builder*, September 1955, 5.
151. Stewart Alsop, "Matter of Fact: Peace and the Weight-Lifters," *The Washington Post and Times Herald*, 24 June 1955, 31.
152. Ibid.
153. Ibid.
154. Ibid.
155. Bisher, "The Strongest Man on Earth," 37.
156. Anderson, *The World's Strongest Man*, 69.
157. Jimmy Breslin, "Paul Anderson Hoists Weight-Lifting From Obscurity," *Fort Pierce (FL) News Tribune*, 10 November 1955, 6.
158. *Distinguished Civilian Awards and Cultural Interchange and Development*, 309.
159. *Congressional Record - CR-1955-0711*, 11 July 1955, 10137, viewed at: http://congressional.proquest.com/congressional/result/pqpresultpage.previewtitle/$2fapp-gis$2fcongrecord$2fcr-1955-0711/Congressional+Record+Bound?accountid=7118.
160. "People to People," *Christian Science Monitor*, 5 July 1955, 18.
161. *Draft Statement of Policy Prepared by the National Security Council Planning Board*, 13 December 1954, Foreign Relations of the United States, 1952-1954, National Security Affairs, Volume II, Part I, Document 137, U.S. Department of State Office of the Historian, viewed at: http://history.state.gov/historicaldocuments/frus1952-54v02p1/d137.
162. Hoffman, "Strength Safari: Part One," 8.
163. Terry Todd Interview with Mr. and Mrs. Julius Johnson.
164. Ibid.
165. Hoffman, "Strength Safari: Weight-Lifting 'Round the World, Part One," 8–11, 53–57.
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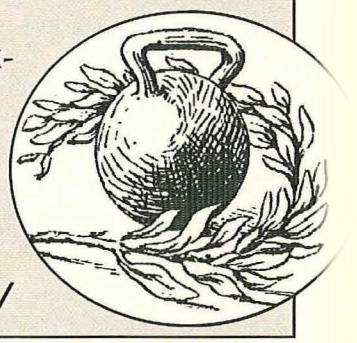

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