



PHYSICAL CULTURES OF THE BODY II CONFERENCE

PROGRAM // JANUARY 14, 2022

An international conference on the symbolic and cultural importance of the healthy and active body with reference to issues of race, gender, injury, strength, performance, eugenics, and much more.

THE H. J. LUTCHER
STARK CENTER
FOR PHYSICAL CULTURE & SPORTS
The University of Texas at Austin

CONFERENCE SCHEDULE

8am

Mehul Agarwal, Dr. Pranta Pratik Patnaik, Screening Bodies: The Indian Male on Hindi Television Shows

Eduardo Galak, PhD, Body and Cinematographic Techniques: Teaching Physical Culture Through Argentinean Newsreel "Sucesos Argentinos" (1942)

9am

Rüstem Ertuğ Altınay, From Emaciated Orphans to an Army of Robust Children: Physical Culture, Theatre, and the National Utopia in Turkey

Paul Hendricks, Sport and Politics: The Double Standards Resolution and Non-Racial School Sport in South Africa

10am

David Edgar, Welcome to the Red Room: Industrial Fetish Aesthetics in London's "Bodyspaces"

Vanessa Mitchell, Exploring the Multiple Layers of Robben Island (RI) Sport History as Physical Culture

11am

Hendrik Snyders, 'Keeping A Saloon and Coining Money' - Tom Lees, Australian Physical Culture Entrepreneur and Managing Precarity in 19th Century South Africa, 1895-1898

Francois Cleophas, Johan Wassermann, Restarting Tromp van Diggelen's Worthwhile Journey

12pm

Airnel T. Abarra, Tamás Doczi, PhD, Bodybuilding and Functional Fitness Women Image and Identities: Insights from Selected Hungarian Women Athletes

Amanda Regan, Acquiring Fitness: Using Temporal Word Embeddings to Trace the Evolution of "Fitness" in Physical Education Journals

1pm

Conor Heffernan, Physical Culture, Censorship and Control in the Irish Free State

David Chapman, Searching for Beauty: Sex and Physical Culture at the Movies

2pm

Elaine Ewing, Sean P. Gallagher, The Art and Science of Contrology: Understanding How Joseph H. Pilates' Work Fits into the Physical Culture Paradigm

Tom Fabian, Games Within Games: The Presence of Traditional Games at Indigenous Multi-Sport Events

3pm

Emalee Nelson, Imua: The Cultural Impact of the YMCA of Honolulu

Ryan Murtha, William Buckingham Curtis & NYAC

4pm

Erin Crownover, Henry "Doc" Reeves

Jan Todd, The Measure of a Man: The Iron Game Contributions of Polymath David P. Willoughby

5pm

Rafael Hernandez, Modernist Protein: Physical Culture and Early 20th Century Dietary Supplements

Jason Shurley, PRE and Polio: Reshaping Rehabilitation in the Mid-Twentieth Century



Mr. Mehul Agarwal – Research Scholar, Department of Culture & Media Studies, Central University of Rajasthan, Kishangarh, Rajasthan, India
Mehul Agarwal is an M.A. in Mass Communication from St. Xavier's University, Kolkata, India who is currently pursuing his Ph.D. in Culture & Media Studies. He is working on the production and representation of masculinities in Hindi soap operas under the guidance of Dr. Pranta Pratik Patnaik.



Dr. Pranta Pratik Patnaik – Assistant Professor, Department of Culture & Media Studies, Central University of Rajasthan, Kishangarh, Rajasthan, India. Dr. Pranta Pratik Patnaik teaches in the Department of Culture and Media Studies, Central University of Rajasthan. He specialised in sociology of media during his learning years in Jawaharlal Nehru University (JNU, New Delhi) and University of Delhi. His areas of interest include cultural studies, globalisation, gender & sexuality, qualitative research, discourse studies, television and cinema studies. Recently, he published an entry titled, 'Gendered Representations in Media' in the Encyclopaedia to UN Sustainable Development Goals (2020, Springer).

Screening Bodies: The Indian Male on Hindi Television Shows

Muscularity has been one of the defining testimonies of masculinity with visual evidence of being 'male enough' arguably enhanced by 'gym-toned' bodies. Along with commercial cinema, television too has propagated such bodily ideal among Indian male masses. Being a family medium, television has immense reach and impact, although, scanty attention has been paid to the small-screen actors who exemplify the fact that such 'ideal bodies' can be attained by every average individual. Basing itself on Stuart Hall's theory of representation, this paper looks into the body as an agency that symbolizes self-worth, achievement, and social admiration and also into the visual development of 'the hero' of the show. We answer through this study what are the defining characteristics of Indian masculinity in Hindi Soaps and how the Indian male body, a subject of region, religion, caste, and class-based subjectivities seeks signification through muscularity. Implying a purposive sampling, this study on the 'gym-toned' male body of popular Hindi television actors, assesses the meanings generated around such displays of masculinity intended to arouse desirability and investigates how such presentations further the idea of muscularity as integral to masculinity, through a metaphorical analysis. The study aims to be a thorough investigation into the bodily ideal that is exemplified by the television actors in Hindi television shows. In conclusion, the study would take into consideration the relatively unattended phenomenon of male bodies on display and unravel its cultural significance in generating meanings on the idea of masculinity in its representation of the Indian male.



Eduardo Galak, PhD, is Physical Education Teacher, has a Master degree in Body Education and a PhD on Social Sciences, with postdoc in Educação, Conhecimento e Integração Social (UFMG -Brazil). He is currently an Adjunct Researcher at CONICET and a Professor at the Universidad Nacional de La Plata (Argentina). Is chief editor of the journal *Anuario. Historia de la Educación* and editor of *Educación Física & Ciencia*.

Body and Cinematographic Techniques: Teaching Physical Culture Through Argentinean Newsreel “Sucesos Argentinos” (1942)

Informative documentary cinema was the first mass media technology that put movement as its transmission axis, in the first half of the 20th century. Its exponential growth implied the circulation of homogenizing discourses reproducing ways of doing as ways of being.

The objective of the research consists of questioning the visual and narrative discourses developed in newsreels how moving images that show bodies in movements reproduced correct senses.

In this work, we analyse three classes of Physical Education shown by the most important Argentinean newsreel on history: “Sucesos Argentinos”. Between August and October 1942, three short films of around 3 minutes are exhibited in movie theatres, showing “sports technique lessons”. The teacher, Edmundo D’Acosta, explains in front of the camera different body movement techniques, combining different cinematographic techniques, such as slow motion or camera games, to project the good uses of physical culture, developed those. These images run through discourses on the body, on the educational, on the natural, on youth, on masculinity and femininity.

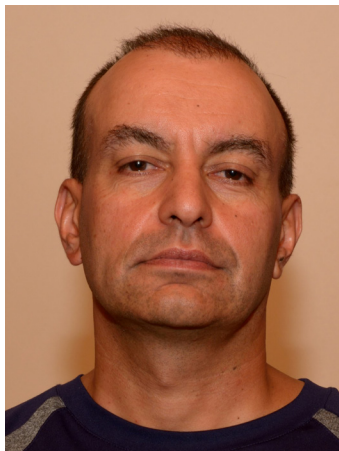


Rüstem Ertuğ Altınay obtained his PhD in Performance Studies at New York University. He is currently faculty at Kadir Has University, Istanbul, where he serves as the Principal Investigator of the European Research Council Starting Grant project “Staging National Abjection: Theatre and Politics in Turkey and Its Diasporas.”

From Emaciated Orphans to an Army of Robust Children: Physical Culture, Theatre, and the National Utopia in Turkey

When the Turkish War of Independence started in 1919, the ongoing wars, massacres, and genocides had resulted in a surge in the number of orphans in the land that would become the Republic of Turkey after 1923. Witnessing the plight of orphans and perceiving them both as a pending security threat and potentially utopian subjects who could create a powerful nation-state, the military general Kazım Karabekir (1882-1948) established what he called “the Army of Robust Children” [Gürbüzler Ordusu]. He recruited approximately six thousand children of diverse ethnic backgrounds and provided them with military and vocational training. The most striking elements of this training program were physical education and theatre. Karabekir provided the children, especially the boys, with an intensive physical education program and a comprehensive diet to transform their bodies, and he meticulously documented these processes. He also wrote and directed plays, where the boys’ strong bodies would be in the spotlight.

My presentation will analyze the theatrical performances of the Army of Robust Children in the light of multi-sited archival research. I will examine how children’s militarized physical training informed the aesthetics of theatrical utopianism. As I discuss how these artistic performances served as a site where the children rehearsed and performed a desirable Turkish childhood, which shaped their everyday performances as well, I will explore the crucial role of physical education in these processes.



Paul Hendricks is an independent researcher with an active interest in history, education, culture, and the visual arts. His writings focus on teacher politics and pedagogy in South Africa. This sphere of research forms part of a wider focus area that explores the issue of resistance in education and its connection with the uncovering of alternative educational discourses and practices.

Sport and Politics: The Double Standards Resolution and Non-Racial School Sport in South Africa

The South African (SA) liberation movement's shift to a more confrontational political strategy vis-à-vis the apartheid regime, found increasing traction by the early-1960s following the Sharpeville massacre. This distinctive oppositional politics emerged on the cultural front too, particularly in the realm of the anti-establishment sports movement of the 1970s and 1980s. School sport was the largest mass-based affiliate of the latter movement, embodied in the South African Council of Sport (SACOS).

The introduction of the SACOS Double Standards Resolution (DSR) in 1977, marked the turning point for non-racial sport in SA. Formulated in the wake of the historic 1976 student uprisings, the DSR drew an unequivocal line between apartheid and anti-apartheid sport. The adoption of this discerning policy intensified the international sports boycott, accelerating the isolation of SA sport from the late 1970s.

The politics of non-racial school sport, particularly from the mid-1970s, has not been adequately explored. This paper endeavours to address this shortcoming through merging primary evidence on the DSR, key material on non-racist sport, as well as social-historical accounts at the time.

Radical social theorists and a formidable body of community sports activists written and oral interventions, meaningfully impacted sports people at grassroots level during the period under investigation. These resources, which are in the realm of historical studies and critical social theory, form the key references that frame this paper.



David Edgar is an MPhil student in the anthropology department at University College London (UCL), a personal trainer, and marathon runner. Supervisor: Dr Aaron Parkhurst.

Welcome to the Red Room: Industrial Fetish Aesthetics in London's "Bodyspaces"

This paper examines the look and feel of a particular type of high-end fitness venue that has become popular in London in the past decade. Often dark, subterranean, and making use of iron, brick and cement, these spaces dialogue with 1) factories and other industrial spaces (one is named "The Foundry") 2) nightclubs (with club-quality sound systems and DJs) and 3) commercial sex venues (one branch of Barry's Bootcamp has a neon sign at its street-level entrance, pointing to the "Red Light Zone" below). Drawing on ethnographic fieldwork (comprising participant observation and interviews with users, workers, and owners) I trace the role and appeal of these "red rooms" and the implications of their visual and affective allusions to other "bodyspaces" in terms of selfhood, nostalgia and irony, and carnality in the late capitalist city. The paper builds on recent, politically-inflected work around affect (such as that by Sarah Ahmed) and makes novel connections with architectural theory in order to advance our understanding of contemporary fitness practices.



Vanessa Mitchell holds a Masters in Education, Diplomas in Education, Adult Education and Workplace learning and a Post Graduate Diploma in Sport, Development and Peace from the University of the Western Cape (UWC).

Vanessa Mitchell has an interest in education, heritage, sport and sport history as an academic discipline. She has acquired extensive proficiency, gathered through her experience in main stream teaching, and facilitation of heritage education at the Robben Island Museum (RIM) Education department. She designs and implements various tailor-made, heritage educational programmes with local and international participants. From 2014-2018 she managed the academic and internship programme of the UWC/RIM Postgraduate Diploma in Museums and Heritage studies.

Vanessa Mitchell is an experienced sports coach with a passion for sport history and sport social justice. Her current project is: The social-historical role that sport plays in political imprisonment: Robben Island as a case study, 1962-1990. Previous projects include: The role of sport in the struggle for social justice; Political prisoner Education and sport on Robben Island, 1960-1990.

Exploring the Multiple Layers of Robben Island (RI) Sport History as Physical Culture

Robben Island (RI), commonly known as The Island, is well-known as a former penal atoll and a place of banishment for patients with leprosy and a prison for colonial and Apartheid activists. It is, however, the recent use of the Island as a maximum security prison for political and common law prisoners under the Apartheid government between 1960 and 1991 that the Island gained its significance and importance as a penal island. In spite of its notoriety as a prison and banishment place, the Island and its tangible and intangible memories have become a symbol of the triumph of the human spirit over adversity and pain for those who were incarcerated there, as well as for those who had and continue to have a relationship with it. It is against this backdrop that the RI was declared a Museum in 1996 and a World Heritage site in 1999. The RI primary narrative - of political imprisonment and the inhumane treatment of prisoners – currently overshadows other narratives, such as sport and recreation. This paper intervenes in this vacuum by exploring the multiple layers of sport on RI with an emphasis on the Apartheid political imprisonment period 1960-1990. We suggest there is a link between the sport organised and played by political prisoners on RI to sport as physical culture defined as “the various activities people have employed over the centuries to strengthen their bodies, enhance their physiques, increase their endurance, improve their health, fight against aging, and become better athletes.”



Hendrik Snyders was formerly the Head of Department of History at the National Museum (Bloemfontein) and is now a Senior Researcher at the Centre for Military Studies, South African Military Academy, Faculty of Military Science, University of Stellenbosch, South Africa. His research focuses on race, sport, masculinity, memory, heritage, public history and colonialism. Hendrik graduated with a PhD (history) from the University of Stellenbosch. He has published extensively in peer-reviewed journals and edited volumes and has co-authored *Tries and Conversions: South Africans in Rugby League* with Peter Lush of London League Publishers (London, U.K.). His most recent publication is titled, *Blitzboks: A History of Rugby Sevens in South Africa, c. 1904- 2019* (Naledi - Published on 21 May, 2021).

'Keeping A Saloon and Coining Money' - Tom Lees, Australian Physical Culture Entrepreneur and Managing Precarity in 19th Century South Africa, 1895-1898

Boxing and its predecessor, prizefighting, are forms of precarious labour which formed part of a broader field of work that young itinerant men could participate in during the nineteenth century. Others included mining, seafaring, dock and shop work. Precarious work in colonial societies were often characterised by exploitative working arrangements. This, coupled with the brutality of boxing, increased the vulnerability of its practitioners and caused 'a welter of social casualties', inclusive of disability, disease and poverty. However, far from being helpless victims, those who operated under conditions of precarity, continued to possess a significant measure of agency – they continue to enjoy freedom of movement (exiting), the right to institute legal challenges, engage in collective workplace organisation and, lastly, become involvement in community activities and organisation. These 'moments of agency' are displayed throughout their lives and in its exercise, draw both on past experiences and transnational ties (where it exists), to navigate structures of power, assert their dignity, and deploy strategic survival strategies to build a sense of identity and economic security. Against this background, the proposed paper investigates the South African years of career of Tom Lees, a 19th century Australian boxer and physical culture entrepreneur.



Francois Johannes Cleophas is a senior lecturer at Stellenbosch University in the Department of Sport Science since 2011. He is a former national school athletic champion and junior record holder in the 400m. Both his parents were physical education teachers in economically oppressed schools and learnt first hand about the subject in these environments from an early age. He completed a Bachelor of Arts degree in Human Movement Studies in 1987 at the University of the Western Cape and a Teachers' Diploma at the University of Cape Town in 1988. He started a physical education teaching career in 1989 at a high school while at the same time completing a Masters degree in Educational Psychology at the University of the Western Cape in 1993. In 2002 he was appointed as a sport management lecturer at a tertiary college and returned to a high school to teach physical education in 2009. That same year he graduated with a Phd in Sport History at Stellenbosch University. His current interests are decolonizing sport histories. He has published over 40 articles in peer reviewed journals, 10 book chapters and two edited volumes. He has published numerous articles in *The Conversation* newspaper for which he received an award in 2019. He is currently working on his third edited volume and a monograph on physical education and physical culture history in the Western Cape, South Africa.



Johan Wassermann, D.Phil. (2005), is Professor of History Education and Head of Department of Humanities Education at the University of Pretoria. He has published widely in History Education and History, focusing on youth and history, history textbooks, controversial issues in history education, history of education and the experiences of minorities and the minoritized in Colonial Natal.

Restarting Tromp van Diggelen's Worthwhile Journey

This paper presents a social cultural overview of the life of the South African born strongman, Tromp van Diggelen by a social-political review of his autobiography, *Worthwhile Journey*. This understudied strongman was a complex character in the local, national and international landscape of physical culture leaving footprints in wrestling, weightlifting, motor car racing, deep sea angling, big game hunting, movie making and much more. Van Diggelen, thus conforms to traditional definitions of masculine physical culture that include the various activities people have employed over the centuries to strengthen their bodies, enhance their physiques, increase their endurance, improve their health, fight against aging, and become better athletes. In this paper we present a biographical sketch of a strongman, Van Diggelen, who has achieved world fame in all the aforementioned areas. We, however, present this sketch of Van Diggelen from within a South African socio-political context.



Airnel T. Abarra is a PhD Student at the Doctorate School of Sport Sciences at the University of Physical Education, Budapest, Hungary. His research topic is about women bodybuilders and physique athletes and identities. Before his PhD studies, he was the Grade School Sport Officer and Head Coach of the Track and Field Team of Ateneo de Davao University, Davao City, Philippines. He became interested in life and works related to women bodybuilders and physique athletes because of its unique subculture and quest for the ideal physique and strength.



Tamás Doczi, PhD currently works as an associate professor at the Department of Social Sciences, University of Physical Education. Tamás does research in sociology of sport, on topics such as sport and globalization, sport and national identity, sport and social inclusion, sport participation and fandom. He is member of the Advisory Board of the International Sociology of Sport Association. (ISSA)

Bodybuilding and Functional Fitness Women Image and Identities: Insights from Selected Hungarian Women Athletes

Bodybuilding and its related categories have their aims of presenting an ideal physique that showcases muscularity, definition, symmetry, and balance as an aspect of Physical Culture. Women practicing the sport are training to the fullest of their potential to present their bodies. Meanwhile, women athletes who are engaged in Functional Fitness, known for its common name CrossFit, perform a different set of fitness and strength exercises to showcase their capacities and limits in being the “fittest”. Although having a muscular and defined physique for women training for functional fitness is not a criterion in their events, it is initially seen that most of the women doing the sport manifest muscular and defined physiques. These similarities/dissimilarities of the two disciplines make it an interesting question for research to undertake in-depth analysis of the athletes engaged in these activities, to explore their narratives, motivations, and ideals. Our goal is to experience, observe, and determine the similarities and dissimilarities of these women in terms on their perceptions towards muscular and strong physique. Strategies includes the analysis of varied case studies based on ethnographic methods which includes “lived experience” situation of the author in the locale of the participants. It is aspired that through this study it can contribute to the body of knowledge about women in physique and strength sports especially in the Hungarian context and provide further discussion on this theme especially on the sociological aspect of women functional fitness and physique athletes especially in narrating forms of physical culture.



Amanda Regan is a Lecturer in the Department of History and Geography at Clemson University. She is a digital historian and studies women and gender in the late 19th and 20th centuries. Currently, she is revising a book manuscript on the state and fitness initiatives for women.

Acquiring Fitness: Using Temporal Word Embeddings to Trace the Evolution of “Fitness” in Physical Education Journals

The use of the term ‘fitness’ to describe the state of being “physically fit” first emerges in the late 19th century. However, as scholars of the body have noted, fitness was considered a mental, moral, and physical endeavor. Furthermore, what constituted fitness was wildly different depending on gender, class, and race. Conversations about the condition of “fitness” and how it should be achieved took place primarily in journals and magazines run by physical educators, medical professionals, and public health officials. However, what it meant to acquire “fitness” was not static and changed drastically over time – a phenomenon which can be seen in journals and magazines such as *Recreation*, *The American Physical Education Review*, and *Mind and Body*.

Digital technology has allowed historians to access and explore these publications in new ways. This paper uses concepts developed by data scientists, specifically a text mining methodology known as temporal word embeddings, to trace the evolution of the meaning of ‘fitness’ over time. A WEM is an ideal tool for such a task because the model explicates a word’s meaning purely through its position relative to other words. We can use such a model to trace the evolution of the idea of ‘fitness.’ This paper will use such technology to ask, how has fitness as an idea changed over time? How has it changed not only in general, but in relation to gender? How did significant social events such as the 1918 influenza, the Great Depression, and World War II shift the way the term was used in physical education publications?



Elaine Ewing is the owner of Rhinebeck Pilates, an Authentic Pilates studio fully equipped with apparatus designed by Joseph Pilates, including original apparatus and memorabilia produced and used by Joseph Pilates in his studio from the 1920's-1960's. Elaine has spent the last 10 years researching and finding documents and photographs that have changed the collective understanding of pilates history.



Sean P. Gallagher is the owner of The New York Pilates Studio®. He co-developed the first comprehensive pilates teacher training program and was instrumental in getting the Pilates method recognized and taught around the world. Mr Gallagher is the owner of the largest collection of Joseph Pilates' archival material. He has three published books on Mr. Pilates work.

The Art and Science of Contrology: Understanding How Joseph H. Pilates' Work Fits into the Physical Culture Paradigm

This presentation will provide the viewer an understanding of Joseph H. Pilates basic philosophy of health and system of physical culture he propounded in the USA from the 1920's to the 1960's. We will provide his theoretical and methodological approaches while discussing his invented apparatus, particularly the Universal Reformer. This one machine was used for a full body workout with springs, a moving carriage, and straps- and had over 70 exercises. The presentation will also discuss his specific use of springs, not weights, for resistance to build strength and the concept of less resistance equals more strength for certain functions in full body exercise. Lastly, the ideas of Body, Mind and Spirit as expounded by Mr. Pilates will be discussed. Bringing the source information as to how Mr. Pilates' ideas on health and physical culture are important today, as his name is used all over the world but often what is being taught using his name is not what or how he taught it.



Tom Fabian is a Postdoctoral Fellow at the University of Ottawa. Using both historical and anthropological methods, Tom's primary research focuses on traditional games and body culture. His current research projects examine how the revival of Indigenous games reflects processes of reconciliation in Canada, Australia, and Aotearoa/New Zealand.

Games Within Games: The Presence of Traditional Games at Indigenous Multi-Sport Events

Indigenous multi-sport events have been taking place since the 1970s. The Arctic Winter Games, Alberta Indigenous Games, and Mi'kmaw Summer Games (Nova Scotia) were all founded during this decade, leading to the eventual development of the North American Indigenous Games in 1990. In Brazil, the Indigenous Peoples' Games were founded in 1996 and led to the inaugural World Indigenous Games two decades later. Within this growing network of Indigenous multi-sport events (Games), athletes participate in both modern, Western, settler-colonial sports and traditional Indigenous sports (games).

Are traditional games considered 'traditional' or 'modern' in the context of Indigenous multi-sport events? What does the presence of these traditional games, within the broader event programmes, signify and symbolize to Indigenous groups? Are these games instrumental in efforts to bolster cultural heritage, truth and reconciliation, or Indigenous self-determination? What can we understand about Indigenous physical culture from the presence of traditional games at Indigenous multi-sport events? How does the modernization (or sportification) of traditional games, as necessitated by their presence within a modern sporting framework, affect Indigenous cultural agency?

This paper is about the meanings, symbolisms, and cultural markers of traditional games at Indigenous multi-sport events since the 1970s. A historical analysis of games programmes, newspaper articles, and official reports yield quantitative data to support anthropological theories about Indigenous games revival and reconciliation efforts within settler-colonial environments. The broader significance of this study points to the cultural agency of Indigenous stakeholders in the organization and continuity of traditional games.



Conor Heffernan is a Lecturer in the Sociology of Sport at Ulster University. In 2021 he published *The History of Physical Culture in Ireland* with Palgrave MacMillan.

Physical Culture, Censorship and Control in the Irish Free State

In the late 1920 and early 1930s, the newly independent Irish Free State officially censored several physical culture magazines owing to their lewd and pornographic nature. At a time of broader media censorship in Ireland, physical culture magazines, like Bernarr Macfadden's *Physical Culture* or the English periodical *Health & Strength* were routinely cited by clergymen and politicians rallying against what they deemed to be the import of foreign 'smut' into the country. Such censorship was held up for several years, and although easily circumvented in some cases, was nevertheless a blow to the burgeoning fitness movement within the Free State. This was especially the case given that the Free State's neighbouring country, Northern Ireland, had no such bans in place.

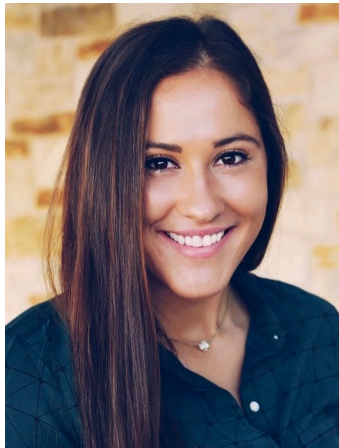
Studying the censorship of physical culture magazines in the Free State, the purpose of this presentation is twofold. First the presentation will discuss the nationalist and Catholic reasons given for such censoring within the Irish media while simultaneously discussing Irish contributions to these periodicals. Second, the presentation discusses the role of individual gymnasiums and networks in circumventing these bans. In doing so, the presentation sheds light on a previously unexplored aspect of print physical culture in Europe thus highlighting the challenges facing individual exercisers dependent on foreign media.



David Chapman is an independent scholar who has published extensively on the history of physical culture and bodybuilding. His latest book *Muscles in the Movies*, co-authored with Dr. John Fair, was published with University of Missouri Press in 2020.

Searching for Beauty: Sex and Physical Culture at the Movies

The Search for Beauty, a 1934 Hollywood comedy, explores the eternal connection of beautiful, physically fit bodies with those who pursue them for less than chaste motives. The film tells the story of three con artists who take over a failing physique magazine (unmistakably based on Bernarr Macfadden's Physical Culture), and turn it into a celebration of cheesecake, beefcake and confessions of girls who said yes when they should have said no. As one of the publishers describes it, their rag of a mag is "So hot you could fry an egg on it!" In order to promote their fictional publication Health and Exercise, they convince two champions of the 1932 Los Angeles Olympics (real-life athlete, Buster Crabbe and shapely Ida Lupino) to edit the publication. The two decide to hold a contest to find the most beautiful physical specimens from all over the "civilized" world. The resulting "Symphony of Health" resembled one of Macfadden's Physical Culture Shows combining synchronized exercises, scopophilia and scantily clad participants. The Search for Beauty also considers the consumers of this kind of sleazy journalism; not surprisingly, there are plenty of oversexed and overweight businessmen who pursue the pretty female gymnasts. Conversely, there is also a sense of female empowerment since women are shown to be every bit as aggressive in their pursuit of male physiques. The Search for Beauty is a cautionary (albeit light-hearted) tale about the way the czars of sport sometimes use and manipulate athletes.



Emalee Nelson studies issues of race, gender and class in sport in American culture and history, specifically women in sport. Her upcoming dissertation project will build upon her thesis, which discusses Cuban women who played in the All-American Girls Professional Baseball League. She can be reached at emalee@utexas.edu or on Twitter @emaleenelson.

Imua: The Cultural Impact of the YMCA of Honolulu

The Young Men's Christian Association (YMCA) has long been a staple in the history of recreation and movement in the United States. However, before the islands became a territory turned state, the YMCA found a home in the Kingdom of Hawaii in 1869. As Oahu would drastically change to reflect the trends of US imperialism during the late 19th and early 20th century, the YMCA would also shift to adapt to the needs of the increasingly diverse population of Kanaka Maoli, incoming immigrants from eastern Asian countries, and the increase of mainland Americans. This paper aims to understand the cultural impact of the YMCA through the years of Hawaii's drastic changes in the context of the larger history of recreation and movement in the United States. Textual analysis of Honolulu-based newspaper articles paired with photographs and historical documents will help illuminate the relationship between the YMCA, community recreation and Oahu's residents. Furthermore, the term "imua" is Hawaiian for "moving forward" or "to move towards a goal". This study will highlight the cultural contributions of physical culture on an island and in a community that has a long history of celebrating a rich culture of sport and recreational movement.



Ryan Murtha is a PhD student in the Physical Culture and Sport Studies program at The University of Texas at Austin. Originally from Philadelphia, Ryan did his undergraduate work at Villanova University. His most recent published work is on the history of backyard swimming pools, and he is hard at work on his dissertation on the history of American sports writing.

William Buckingham Curtis & NYAC

The New York Athletic Club was not the first organized sporting club. In fact, it wasn't even the first sporting club in New York. Despite its late start, however, the club managed to heavily impact the course of sport history—mainly thanks to one of its co-founders, William Buckingham Curtis. Curtis wore many hats in his lifetime—soldier, writer, athlete, and club president among them. In fulfilling these various duties, he has often appeared as a supporting character in others' stories. Yet the man himself deserves to be held up among the most influential figures in sporting history. Decades before the establishment of the NCAA, Curtis was the standard bearer for amateur athletics. He similarly pushed for the establishment of regular rules and standard weights in lifts, years before the births of Ottley Coulter, Dave Willoughby, and their generation of physical culturists. His role as a founding father of NYAC—and his position as editor of the *Spirit of the Times*—gave him a platform that he used to instill an agenda that would last long past his own time on earth. In this paper, I will make use of newspaper archives to reconstruct the life of Curtis, focusing on his time at the NYAC, to illustrate the scope of the impact of a figure who has not yet gotten his due.



Erin Crownover is a first year Ph.D. student in the Physical Culture and Sports Studies program at the University of Texas at Austin. She received a B.S. in Kinesiology from the University of Wisconsin-Milwaukee and an M.S. in Kinesiology at the University of Texas at Austin. Erin is currently a member of The Male and Female Athlete Triad Coalition group (student rep), Graduate Women in Science (Austin Chapter Treasurer), The American Physiological Society, and the American College of Sports Medicine. She is passionate about exercise and sport, especially the intersection of exercise science with physical culture and sport history.

Henry "Doc" Reeves

I will be submitting a paper that focuses on early athletic training (1881-1947) and particularly looking at Henry "Doc" Reeves from The University of Texas at Austin. Reeves was an African American man that worked with the university from 1895-1914. He was notably coined the nickname "water boy" for the football team, with duties that extended to first aid assistance to athletes. Reeves is an inducted member of the UT Athletics Hall of Fame, but there is not much known about his life. I have been discovering further information at the Briscoe Center on campus as well as the Austin History Center that are helping provide a little more context to Reeve's.



Jan Todd, the Roy J. McLean Centennial Fellow in Sports History, is a professor in the Department of Kinesiology and Health Education at The University of Texas at Austin. Todd founded and directs the PhD program in Physical Culture and Sport Studies and oversees both the graduate and undergraduate Sport Management programs at UT-Austin. She is the Director of the H.J. Lutchter Stark Center for Physical Culture and Sports.

The Measure of a Man: The Iron Game Contributions of Polymath David P. Willoughby

For more than sixty 60 years, David P. Willoughby was one of the most important figures in the evolution of the modern Iron Game. He helped organize the American Continental Weightlifting Association—the first governing body for weightlifting in the United States—he wrote a seminal series of articles in *Physical Culture* magazine in the 1930s that Mr. America John Grimek claimed became the veritable blue print for the sport of bodybuilding. Grimek called the series “a masterpiece.”

In that series of articles and in dozens of others that followed in later years, Willoughby discussed his ideas on what the goals of strength training should be and how important measurements were to judging one’s progress. It was a system that came to be known as The Willoughby Method. Willoughby’s interest in measurements came from his friendship with Al Treloar, famed director of the Los Angeles Athletic Club, who had been measured by Dudley Allen Sargent at Harvard. Willoughby’s other main contribution was his unearthing of the early history of the Iron Game. His magnum opus was the 665-page analytical history titled *The Super Athletes: A Record of the Limits of Human Strength, Speed and Stamina* he published in 1970.



Rafael Hernandez is a Visiting Assistant Professor at Oklahoma State University, where he studies the body in modernist fiction and visual culture. His current book project traces how 19th and 20th century medical and aesthetic discourses influenced modernist fiction. His articles on physical culture and disability studies can be found in *James Joyce Quarterly* and the forthcoming collection *Joyce Writing Disability*.

Modernist Protein: Physical Culture and Early 20th Century Dietary Supplements

During the period associated with modernism, while artists molded bodies on canvasses and authors penned them in pages, the everyman was busy sculpting his own. Exercise regimens having gained popularity in the late nineteenth century were newly matched by developments in manufactured health foods. It should come to little surprise that this period of intensified manufacturing, widespread commodity culture, and increased popularity of personal fitness is the same period that gave birth to the humble protein powder. These products, marketed to men in particular, regularly claimed to strengthen their bodies—and gumption—in an era of rich changes to individual, social, and political life.

This short presentation will explore the relationship between the moment of modernism and the manufactured foods that promised men virility and muscularity. In particular, it analyzes consumer products like *Sanatogen*, a protein powder derived from milk; *Plasmon*, another protein powder once endorsed by strongman Eugen Sandow; *Bovril* meat paste; and competing brands of “health” cocoa powder—*Dr. Tibbles’ Vi-Cocoa* and *Sandow’s Health & Strength Cocoa*—all purporting to increase virility, muscularity, and athletic performance. Notably, these products also served as agents of empire—from the visual rhetoric of their advertising campaigns to their role as military rations in multiple foreign wars. For the individual and the nation, protein powders addressed problems both real and perceived in the turbulent moment of modernism. The presentation draws from archival resources found in the H.J. Lutcher Stark Center for Physical Culture and Sports.



Jason Shurley is an Associate Professor of Kinesiology at the University of Wisconsin – Whitewater. Most of his work has covered the history of strength training; specifically, the history of strength and conditioning for sports. Along with Drs. Jan and Terry Todd, he is the author of *Strength Coaching in America: A History of the Innovation that Transformed Sports*.

PRE and Polio: Reshaping Rehabilitation in the Mid-Twentieth Century

Long before the COVID-19 pandemic shuttered entire nations, another virus struck widespread fear and caused periodic local or regional shutdowns. Known to many as the “the Crippler,” the polio virus was a dreaded disease in the first half of the twentieth century. Most infected individuals, if they had any symptoms at all, typically experienced the common symptoms of a viral infection, including fever, fatigue, and headaches. An unfortunate few, however, developed the the most dreaded symptom: paralysis. Proper rehabilitation for polio-related paralysis was hotly contested in the first half of the twentieth century, as physicians and therapists sought to balance rest and exertion. Until the late 1940s, most treatment protocols prescribed some combination of rest, casting, hot packs, stretching, and light exercise. In 1948, a pioneering young physician named Thomas DeLorme was invited to try his new “Progressive Resistance Exercise (PRE)” technique on patients who suffered from paralytic polio. The exercise protocol differed from its predecessors in that it called on patients to exert maximal, rather than light, contractions in affected muscles. The results were dramatic, as more than half of the partially paralyzed muscles doubled their power, or more, at the end of a four-week training period. Following this initial success, DeLorme’s PRE protocol was widely implemented as a component of polio rehabilitation, and played a key role in helping patients return to functional activities. This presentation will discuss the evolution of polio rehabilitation in the twentieth century and how PRE reshaped those protocols.