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AK ONOS AT ONCE

Hepburn: I taught im how to lift- his style was <sup>poor</sup>horrible- and persuaded Joe, after a persuading session that left me with my tongue hanging out and completely dehydrated- to bring Doug to NJ and or NYC. Joe, even in those days <sup>label parting with a link</sup> he saw the immediate profit lying before him immediately... Getting back to Hepburn, one might say that thru him I indirectly trained Paul Anderson. After he had beaten Anderson- and the ONLY MAN TO DO SO- he and Doug corresponded quite a bit. What I advised Doug to do in his training- he wrote and told Anderson, and I understand- although in all fairness I must say I don't know for certain- that Anderson followed the exercise and training I had laid out for Doug. But who knows or cares. ~~Now.~~

I love classical music- Mozart <sup>Brahmson</sup> and Haydn are my favorites..

not a quote- but when Chas left (quit) Weider only four people were in the room- Joe, Chas, Barton Horwath (now living in FL) and Norman Strain, a layout man, now deceased. A 1985 letter from Weider to Chas reminds Chas that Chas quit, and was not fired as some would have you believe- the letter from Joe stating "remember Charlie, you left me, I didn't leave you."

Food: "...if itif it hadn't been for me Joe would have never gone into the food/~~business~~ supplement business, I had seen what Irving Johnson- aka Rheo Blair- had done with it. How he had advertised in Hoffman's mag, how Hoffman had obtained reports about Johnson's success, had blown Irving off and gone into it himself. I suggested to Joe that he do likewise, ~~and was immediately opposed by Bart(Horvath) who~~ opined ~~that~~/ it was a passing fad and wouldn't last. I pressed my argument and Joe finally decided to give it a three months run. Net of the first month-NIL. Net of the second month around one hundred bucks. Bart meanwhile laughing his head off and saying "I told you so". Net of the third month 400 bucks. Net of the fourth month TWO THOUSAND BUCKS and from then I was smiling. Joe enthused and we never did less than six or seven thousand a ~~month~~ of which at least 75% was sheer profit.

~~NOT A QUOTE~~

As for writing my history in one of your reports. This I don't object to at all. But I don't want it to be laudatory or have verbal laurels heaved my way. Just a plain statement of what I have done.

I can't recall the exact date I QUIT Joe..some time late 1957 or thereabouts. He tried some time after-six months or so, to get me to come back again, but I said nay since I thought ir best for both of us to stay apart. For one thing, too much personality conflict. For another, I am a great believer in giving credit where it is due and I know that Joe and I would have clashed over that little item, Joe wanting it ALL and me demanding my just dues.

on the mags: As for the photos. Joe kept a tight hold on this. He selected the men for the photos, told them to go to Lon or Forbes or whoever happened to be in his good graces at the time and say "shoot so and so thus and thus". I had the free hand only in the drawings by a guy named Peter Poulton and these I think MADE THE MAGS.

Weider has said he will try and visit me sometime this November(85)...he DID keep his promise to visit me some two or three years ago. When he left he had TEARS IN HIS EYES. HONEST.

Charles refers now and then to his "vast corps of spies and agents provocateur"- a network of people he corresponds with all over the planet. Literally.

As an example of how the modern bunch thinks and how little they know of the people and about the people to whom they are indebted more than they know, let me quote you what happened the other day. One of a bunch of students was up in the Collection ~~the other day~~ doing sme research for term papers. One of them held up and 8 by 10 gloosy to me and