

I think now it was John Grimak

✓ 3
I never finished the book. You might use this as a follow thru.

asked "Who's this, Mr. Smith?" I replied, "Marvin Eder". "Oh", she said, "just another one of those bodybuilders." Words failed me. I seriously thought of going out and becoming a hatchet murderer. The tragedy of it is that in their ignorance of the past, these kids are robbing their future.

Weider Research Clinic: No there weren't any men doing research. That Clinic was so in name only. How it started was ^{phrases of} he and Bart and I would get together and shoot the breeze about training problems and then translate these chats into articles and call it "From The Weider Research Clinic", so if there wasn't in reality a "clinic" there was one ⁱⁿ of those informal get togethers and hashing out what problems ^{in 1950} they had and how to solve them.

Chas lifts: I was better at repetitive lifts- that is my reps were always more notable than my limits, and this perhaps is a reflection of my swimming days when I was a middle and distance swimmer. Frinstance(sic) I could easily do twelve reps in the hang clean with 220. But my best ever clean-and I never practised it much was only 250. Yet I could squat thirty times with 300. So there is nothing remarkable about what I have done. By the way Weider was present when I did the 390 bench press and the one hand dead lift of 420, the latter in a contest with Marvin Eder who dropped out at 410. A cambered bar was used, the same bar that Bruce Randall did his ~~half arsed~~ good morning exercises on.

regarding Prof. John Fair's observation: a dramatic change in the Weider image from the moment Chas started to work for him...

concerning attending the old timers dinner in 1986: I was not only surprised but touched at the number of guys who came up and thanked me for the way in which I had helped them. Aload of fellows from the Bronx Y where I set up the first lifting class and club were also there and remembered me with a lot of warmth.

on strictness in lifting: The last contest in which good presses were performed was the 1936 Olympics when the military press rules were stuck to: feet together, toes turned out at 45 degree angle and the weight pressed fom the shoulders with NO backbend whatsoever.

FEBRUARY 1989

ifbb award: Last Tuesday, the 23rs was it?, comes the award. I can't believe it and am still singing the song of the goldfish. It is a large plaque, very well done, 18 x 14 with a large 3 inch medallion at the top of the plaque and it says it is given to Charles A. Smith for his outstanding contributions to sports and fitness on an international scale and as former editor of MUSCLE AND POWER. Someone had to screw it up with the "and".

on his writing: Ah, writing. I do appreciate your kind remarks. But, oh to be one of the stature of and have the expertise of a Dorothy Parker, an H.L. Mencken or Alexander Woolcott. I'm just a hack and not a very good one at that. I have never fooled myself and have always been aware of my limitations and what I could or could not do. My writing is much too jerky to suit me. I know it.

parents: mother passed away in 1935 at age 45; father in the late 1950's at age 68.

own birth": I was born at 3 pm March 27, 1912 at 10 Alma Road, Bermondsey, the latter a London borough, south of the river. My birthweight was 7 odd pounds.