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power rack: I am ~~mentioned~~ also mentioned several times in letters by Jowett to Coulter. Jowett wondering why I had written a letter to Weider praising him- I have a copy here incidentally in which Joe admits it was I who came up with the Power Rack aka Multi Power Machine idea

oly lifting: if it hadn't been for me and my constant nagging at the Wunderkind in his early and most productive days- from 1950 up to when I left- excuse me while I cough significantly- there never would have been a scintilla of stuff about Olympic lifting in his mags. I pushed and pushed way at him until, finally he gave way, and later on even had an entire section devoted to Olympic lifting. Pray for me, pray.....Olympic lifting is to all intents and purposes a dead issue and getting deader by the day, and, sad to relate, no one seems to care or be willing to stop the rot. For this of course- purely in my personal opinion, we have Hoffie to blame.

pl: I think too, that powerlifting will go the way of Olympic lifting- not soon but in the future. There are too many splinter groups in the mill now and some of them formed because they don't like the ban on steroids or the testing for them.. Again powerlifting is becoming commercialised like Hoffie and Wunderkind did to Lifting and Boobybuilding- and then you now have not only the use of steroids but as I have previously stated, the use of special tops to help increase your bench, special bottoms to help improve your squat, and dead lift, so it seems to me that a block and tackle will- ~~this has~~ possibly become a sine qua non. Foolishness breeds on foolishness and grows bigger in doing so.

1925 IN THE Apollo COURT
pl: from a letter to Jowett by Coulter: in one section of the course, Jowett via ~~Bob~~ Ottley- the material was typed on Ottley's typewriter- tells how to do a new style of dead lifting- what they now call the SUMO style- and touted by powerlifters as new. Legs wide apart and hands gripping the bar inside the thighs.

TRW \$ JOE
jw: I was having articles published by Weider long before I went to work for him on a regular basis. In fact, here is the TRUE story of how I came to work- that is to have him publish my articles before going to work for him regularly as his editor. He had copied, word for word, one of the articles I had in Rader's mag. This was around 1947. True, my name headed the article. But I had been paid nothing for it by ~~The Honest Man~~, who GAVE WEIDER PERMISSION TO USE MY ARTICLE. I shot off a letter to Weider complaining bitterly. He sent back a letter with A FIVE DOLLAR CHECK IN IT, and asked me if I'd like to write for him regularly. I did so and got twenty bucks and article. Since I was earning only \$135 a MONTH in a NYC bank, this \$20 meant a lot to me. But until the 1960's, ~~The Honest Man~~ never paid me a penny for the many articles I wrote....when working for Joe there'd come up the chit chat of an article on arms and whose name we'd put to it. Joe would say "Use Reeves" or use Ross or use Delinger or some such and since he had these men "with him" out would go an article with their names on it or whatever.

opinion: the game is indeed in a load of trouble with certain men running it, it was bad in the old days, but never like it is now. We seem to be populated by men and women with a permanent cases of the hots. That Partly

food suppl: the story of as to Hoffie's getting into food supplements is an oft told tale, the credit, if one can call it, is due to the late Rheo H Blair, nee Irving Johnson. Irving advertised a lot in Hoffie's mag and kept it up, until Hoffie got the idea that Johnson wouldn't continue such if he wasn't making money. So, Hoffie investigated, found out what Johnson was scoring each month. Got his own line of products together and then refused Johnson and further advertising. Nice Bloke, Hoffie.

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quit T/McLean: re the situation at the collection. It is thus. I am no longer there. Last Wednesday, July 8, 1987 I wasn't feeling good at all.

Hepburn jug: that ceramic do of Hepburn's which he gave me after winning the world's championship was a Swiss WINE Jug and originally had red and white silk ribbons around it. They have long gone- Vera, when a little girl, around two years- no five years- taking them off.