

I also added that I would NEVER write anything that credited a man with something he was not entitled to be credited with--- in this case the training of Arcidi.

I also pointed out in his questionnaire that the Sheldon Somatotyping Theory was not accepted by anyone these days since it was the consensus that Sheldon had not conducted his experiments with any accuracy or objectivity.

I ended my letter with --- " WHERE'S THE SMOKED SALMON? "

In every letter but his last, he has promised to send me some and hasn't. Now I don't mind being taken for a ride if I am treated with some respect, but this prick seems to think I am a ninny and I just don't like it.

In his so called book MASS--- which is a load of bullshit--- he has one method therein which he calls the SUBTLE METHOD. This consists of showing saw washers on the bar instead of plates. I called him on this since this has been around since Christ knows when--- it was being used by POOR British lifters in the early thirties.

At first he tries to create the impression that it is his brain child, but finally admits he got it out of a 1960's IRON MAN but nowhere in the book does he credit IM at all.

Again I say don't trust this ^{Bloke} ~~bloke~~. He is a filcher of ideas and user of ~~ideas~~ ideas he steals.

I am not surprised you failed to get any quotes from the Reverend and spouse. I told you long ago he is mad at me for my catching him out in a lie over the Feder article. He didn't like it. What I really objected to in the episode was that he thought I could be manipulated. I couldn't. One of the reasons why I quit working there--- no pay and other stuff from spouse I didn't like. All water under the bridge now.

But I shall call him on it if and when we meet again. There was nothing to have prevented him from a four or five liner--- he just didn't want to take the trouble to give me any publicity.

I shall send you some more Brit mags as soon as I get some envelopes for them at the end of the month when I get my ~~Shopper~~ ^{Shopper} done for me. Your welcome.

The latest pile of bovine bowel movement from Wundekind in his latest FLEX makes one wonder why he thinks we are all bloody fools. In it he claims to have discovered that a new training principle is involved in ~~that~~ when one works up from 5 reps to 10 or twelve, one ADDS WEIGHT TO THE BAR. Whoopee and Shazamm. Marvellous. Bloody marvellous. Now why didn't I think of that.

He fails to realize that his so called Overload Principle has been going on and has been written out for 10, these more than 100 years.

He is now also claiming that he was the first to put out food and vitamin supplements. Bullshit! He very conveniently forgets that ~~the~~ ^{the} ~~herd~~ ^{herd} ~~Ersvath~~ ^{Ersvath} and I sat down around his desk debating whether or not he should get into the market AFTER Irving Johnson and Hattie had got into it and Hattie had booted Johnson out from his advertising pages. The man displays not only a pitiable need for approval but a psychotic one to boot.

As you say--- Tepper The Tepid boosted as the greatest writer and did all