the others oass way? The work wonders.

Bollocks is kidding mmself. Detibers ed of belfitte mesw engineers

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So long as I get any Brit mshe mags I will send mem to you. Oh how have the minty fallen. Though H&S never was a fully dived muscle mag, it did haveertain standars one of which included USING all the prominents of them days as is done now. No cange here.

VIGOUr was a fine little mag aswas Reg Park's mag for a while At I think Park Senior ruled the roost here and it is possible in screwed it pofor Reg Jr.

Ah Joseph I should be spoiled like you. I sit here dayafter dreary day talking to no one butsymelf --- and in that I must admit it is a change totalk to some with a little sens --- no one phones. No one comes around. I am LONEY. So how lucky YOU are.

Presently I am sittinghere typing sweating my polls off. It has been 103 for six days now and the humidty and meat factor hhasraised that reading will !! I have a horrible case of heatmash. I am overed all over my chest, arms and back. I can do nothing about it but itch. I can deep and if I could afford air conditioning it would be in prote if not faster.

Death sems a wonderul passage for tis world to whatever lies inwaiting. I am fed poto the bloody teeth. Fed up. 1 , and said the bloody teeth.

I met grin and bear it I guess.

I'l bet if La Todola wanted some info from you he d bash the typewriter fast

I can't get out of the house too get any beer and if I could I doubt if it could satisfy me any better than cold water.

Adios and to quote an old Maori hrases in the north list flags live

Kiadra, (Kia Ora-- be happy be haplthy)

I shall send you some more "Brit mags as soin as I get some envelopes for them at theend of themouth when I get my Soppas done for me. Your welcome The last pile of bov Rep Coverent from Wundekind in his latest FLEX makes one onder way no thin are all bloody fools. In it he claims to aved is covered that a new training or infiple is invloved in when one works up from 5 reps to 10 or twive, on ADDS WEIGHT TO THE BAK.

onewarks upirem 5 reps to 10 or twave, one have which to ins ban, whoopee asa Shawam. Marvellous. Bloody marvellous. Nawwby didnt I wink of

He fails terealise that his so calld Overload Prmciple has been ging on and has benwritten sout for Lo, these more than 100 years.

He is now also claiming mat he was the first to put out food and vitamin supplemts. Bullshitt He very committy forets that hexal dryath and I sat down aroud hisdesk deating whether or not he should get into the marketAFTEr Iring Johnson and office had got into it and Hoffic had booted Joson out from his adertising pages. The man displays of only a displaye for approval but a psynotic one to cot.

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