

As for me, I have been in physical culture now for 70 years, since I was 8 years of age, swimming at first, then my old man buying me a pair of 2 lb Sandow spring dumbbells and acnest ~~exp~~ <sup>exp</sup> ~~anger~~. That was my start, although I have been in so many sports or athletic activities I can hardly name them, among them swimming, on the British National team in 1931 and a prospect for the 1932 Olympics--- never made this, ear ~~it~~ <sup>it</sup> ~~tion~~--- wrestling, arery, boxing you name it I did it.

Served over 6 years COMBAT duty in the Royal Navy, volunteering at the outbreak of war in 1939 and serving until March 1946. Decorated ~~seven~~ <sup>seven</sup> times and in some of the worlds ~~ma~~ <sup>ma</sup> ~~naval~~ <sup>naval</sup> battles, including three Arctic Convoys. Saw action in the North Atlantic, South Atlantic, Mediteranean, Indian Ocean and Pacific and came out of it all, including FIVE major naval engagements without a physical scratch. Was in the Burma Campaign, the North African Campaign, the Battle for Crete, the Battle of Matapan, the Battle of Tarant, the Discay Bay Battle in which my ship, the cruiser Glasgow took on all German destroyers, sank three and drove the others off. In the 1940 Norwegian Campaign. In fact the only stuff I missed was Dunkirk. SO I have had more than my fair share of adventure and killing.

As for that Goerner article by Leo, I feel sure he is mixing me up with someone else, but who I dont know. I cant tink of anyone.

I never forced my children to do anything they wanted NOT to do. I also never insisted they go to Sunday school or attend church. I, at the same time, never forced my beliefs on them, but allowed them, within reason to make their own minds up.

Paradoxically, I was pleased when my oldest daughter indicated an interest in attending church, feeling that it was better for her to do this, and join a church youth group than spend her time in teenage hang outs.

Both girls thought me some sort of a monster because I wouldnt let them date or wear make up before the age of 16. It was not to deprive them of life's enjoyment but to get them to realise how precious childhood is and to savour every second of it and not cast it aside too soon without thought.

As for me, my future is certain. Every day now is a gift, every minute gravy. I have tried to do my best to help every lame dog over a stile. But, alas, I am afraid, that like every other pioneer, I will be left unforgotten and without honor on my own turf.

So ask away. Send me a lot of questions you want answered and I'll do my best to answer them. I think you will agree that some of the stuff I have written above is not for publication. Doing so would accomplish nothing and open old sores and allow them to fester once more.

The years since have taught me much. I can forgive the way I was treated but I cant forget. This will always be memories that rankle and I ask "why" all the time. I guess he just couldnt help it and was shoved along by forces he himself didnt understand and still doesnt.

AMJ CREDITABILITY

Without shame and with a great deal of pride I say I did more for him in his days when he needed recognition and acceptance more than anything else, than anyone else I can think of in his prganisation. If it hadnt been for me he would never, at that time, gone into the food supplement business. And THAT is a story in itself. I invented the MULTI POWER MACHINE and the SHORT RANGE POWER TRAINING PRINCIPALS, which he now has grabbed for himself and as his own" inventions, " and this is another of his faults. In fact I wouldnt be surprised if one day he didnt claim to have invented condoms.