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4008 Ramsey Avenue, Austin,
Texas, 78756 USA,
July 11th, 1989,
512- 452- 0537.

Dear Joe,

Thanks for yours dated July 8th arriving yesterday the 10th--- saaaams also for the enlosures MR's and the shots. Aw, you shuddna have. And by priority mail already, st.Oy, and likewise yey.

Sorry to learn that MR or RR will be phased out sometime. A pity this since, though its appeal was limited, it did serve--- ~~ADY~~ DOES serve a very useful purpose. That is bring TRUTH to lighten the paths of those who would tread the strength way.

I think you are needed. Here's why.

In the latest edition of FLEX, there is an article allegedly written by Fraño Columbu. I doubt it. His writing this piece of creative prose.

The " piece" is titled THE OVERLOAD PRINCIPLE and it is said to be a reprint from a 1978 MUSCLE BUILDER AND POWER.

It is the most arrant, blatant piece of bullshit I have ever read. and I am left wondering if Joe hasnt more than a few spiders in his spire. Now he claims to have INVENTED the principle of ADDING WEIGHT TO A BARBELLO INCREASE RESISTANCE. The opening paragraph is a gigantic chuckle since it speaks of MONSIEUR BANKS & fasting magic pitions onto the gullible public.

It covers the old stuff that, when you have wached twelve reps with a weight, you UP that weight by 5% and drop the reps. This, as you know has been going on since the early days of the Game.

This is so stupid that I wonder where Joe has packed all his marbles.

You say in a very recent letter that you are affaid of a law suit coming from what you write in your news letters. I doubt this unless it calls a person bad names and tells an outright lie about him. And, you can always avoid legalaction in a piece you may be suspect of, by avoiding the mention of an name.

I think Joe would hesitate ten times ten thousand before he sued you. Can you imagine what a skilled attorney would do to him on the witness stand, starting with his TRAINER OF THE CHAMPIONS ENCE 1936 ~~pp~~ hauling into the witness stand those he has " grieved " over the years--- including little old me ?

Talking of charlatanism, the other day I got mail from the Smoked salmon King. This ~~stake~~ is a bloody menace. He has no creative brains of his own and purloins the brains of others. His letter was a pip.

First it was headed FROM THE DESK OF THE SOKED SALMON KING. Then it contains a ten page insert with 58 questions which he says he will be obligex if I will answer for him. he says " THIS CAME ACROSS MY DESK THE OTHER DAY. " Sad to say the type face on it is the same as his letter. One of the questions is WHAT DO YOU THINK A MAN CAN GAIN. This in itself is crazy since the gains possibly depend on so much--- former activity, genetic heriage etc etc. But the piece derestance is his remark that " After YOU have answered the questions