

A Briefly Annotated bibliography of English Language Serial Publications in the Field of Physical Culture

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One of the major problems encountered when an attempt is made to study the history of physical culture is that libraries have so seldom saved (or subscribed to) even the major lifting, bodybuilding and physical culture publications, let alone the minor ones. Because of this, researchers have had to rely for the most part on private collections for their source material, and this has limited the academic scholarship in the field. This problem was one of the major reasons behind the establishment of the Physical Culture Collection at the University of Texas in Austin.

Over the last several months, we have made an attempt to assemble a comprehensive listing or bibliography of the English-language magazines (and a few notable foreign language publications) in the field of physical culture. For the purposes of this bibliography we have included in our definition of a "physical culture" publication any magazine which contains information on resistance exercise, general exercise to improve the physique or health of the body, nutritional information related to health improvement, and information about natural methods of preserving and regaining health. We have, of course, also included those publications dealing more narrowly with the weight sports—bodybuilding, weightlifting, and powerlifting. We have also included the major professional journals which, from time to time, deal with strength training for athletes or with historical studies related to this broad field.

We realize that the list which follows is arbitrary in nature and in many ways incomplete. We realize that we have very likely left unlisted many magazines which should be included. We also know that some of our entries are incomplete because we were forced to work, primarily, from our own collections. In other instances, however, our accuracy was hampered by the fact that some weight training publications, in particular, have been very careless through the years in assigning volume and issue numbers to their publications in a consistent (i.e. chronological) pattern. But we also felt the task should be begun, and we have done our best, using the materials at hand, to trace the publishing histories of these magazines.

We urge you to help us fill in the gaps. Please send to us the name, publisher and related information about other magazines we may have overlooked. Also, please let us know of any corrections regarding the dates, volumes or numbers in this bibliography. Finally, you will find at the very end of this bibliography a list of publications for which we were unable to find enough bibliographical information to do a complete listing. If you own any of these magazines, please take a moment and send us the pertinent information so that we might make this list as accurate and complete as possible. Thanks, in advance, for your help. We will publish all additions and corrections in a future issue.

How To Use The Bibliography: How All magazines are listed chronologically by their starting date. Magazines which undergo a name change but which continue the same volume and issue numbering system will be described as part of the original citation.

If the date appears, followed by the title of the journal, as in the first entry below, then we know, definitively, that volume one, number one, of *The Journal of Health* appeared on September 9, 1829.

If, however, the opening line looks like the entry for *The Dietetic Reformer*—"1869 January 4(33) *The Dietetic Reformer and Messenger*,"—then we know that volume four, number 33 appeared

in January of 1869 and that we were unable to verify the actual starting date of the magazine.

"N.D." means that the issue did not carry any sort of date. "N.M." means no month was listed. "N.Y." means no year was listed. "N.V." means that no volume was listed. "N.N." means that no issue number was assigned. A question mark (?) beside a date means that we are estimating when the magazine began, based on photos or other evidence.

The designation "Current" means that, as of press time, the magazine was still being published on a regular basis. You will also note the designation "LIC." This stands for "Last in Collection." This simply means that the last copy of the magazine we have on hand here at the Physical Culture Collection at the University of Texas is the one noted. This does not mean that later copies were not published, only that this is the last one we can verify based on our holdings. Again, we urge you to help us determine when the final issues of these publications were printed. Almost 2000 hours were required to assemble this initial list, and we hope that serious students of physical culture will not only agree that the task was worth beginning, but will help us complete it.

1829 September 9, *The Journal of Health*. Published by an association of Philadelphia physicians. Volume one has 24 issues—most dealing with questions of health and hygiene. With 4(1) September 1832, the title changes to: *The Journal of Health and Recreation*. Volume 4(12) August 1833 is the last issue of this publication which reportedly had several thousand subscribers.

1837 N.M. *Library of Health and Teacher on the Human Constitution*. William A. Alcott, editor and publisher. LIC 4(12) December 1840. Nutrition, medical and moral advice.

1837 April 4, *The Graham Journal of Health and Longevity*. Published in Boston under the auspices of dietary reformer Sylvester Graham, the *Graham Journal* urged lifestyle reform via improved nutrition, temperance and adherence to the "laws of life." Graham was one of the first to argue for natural foods and wholegrain flours—hence Graham flour and Graham crackers. LIC 2(25) December 15, 1838.

1840 N.M. *Health Journal and Advocate of Physiological Reform*. LIC 1(38) N.M. 1841.

1843 November 1, 1(4) *Boston Guide to Health and Journal of Arts and Sciences*. Edited by Dr. J. S. Spear. Only issue in collection.

1845 October 11, 1(5) *The National Police Gazette*. Although the early issues have no weightlifting material in them, once Richard K. Fox took over the magazine in 1877 the pages are filled with information about professional strongmen and strongwomen, athletes he featured regularly until his death in 1922. From September 1930 through February 1932, this magazine was simply known as *The Police Gazette*. It reverted to its former title with the August 1933 issue. No issues were published between February and August of 1933. LIC 172(10) October 1967.

1845 December 1, *The Water Cure Journal and Herald of Reforms* launched by Dr. Joel Shew for Fowler and Wells Publishing Co. Originally semi-monthly, this magazine included information on water-cure, nutrition, exercise, dress reform, and temperance. In July of 1861 with volume 32(1), the name changed to *The Water Cure Journal: A Guide to Health Devoted to Physiology Hydropathy and the Laws of Life*. In volume 34(1) July 1862, the title changed to *The Hygienic Teacher and Water Cure Journal*. In January of 1863, Fowler and Wells sold the magazine to Dr. Russell T. Trall who began over with volume 1(1) and changed the name of the publication to *The Herald of Health and Water Cure Journal*. In volume 1(3) of the new series, (March 1863) the name changed to *The Herald of Health*. With volume 8(3) September 1866, the title again changed this time to *The Herald of Health and Journal of Physical Culture*. In January 1873, with volume 21(1) the magazine became known as *The Herald of Health: Devoted to the Culture of Body and Mind*. LIC is 28(2) April 1877.

1846 January 1, *The Monthly Miscellany and Journal of Health*. Published in Boston by W.M. Cornell. Changed name to *Journal of Health and Monthly Miscellany* with 1(2) February 1846. LIC1 (12) December 1846.

1853 *The New York Clipper*. Published by Frank Queen, New York, New York. This weekly sporting/theatrical publication carried information about professional strongmen and weightlifting exhibitions. It merged with *Billboard* magazine on July 14, 1923. The first issues of this publication are simply called *The Clipper*. It is not known when the title shift occurred.

1858? *The Laws of Life*. Edited by Harriet N. Austin and Dr. James C. Jackson, M.D. This magazine promoted water-cure, nutrition, exercise, dress reform and temperance. Later issues are sub-titled in order of appearance during the next several decades, *Women's Health Journal*, *Journal of Health* and *A Family Health Journal*. Not able to tell precisely where titles change due to incomplete run of magazines. UC 36(12) December 1893.

1858 February 15, *The Letter Box*. Edited by Dr. Harriet N. Austin and Dr. James C. Jackson. Water-cure, nutrition and hygiene. Primarily composed of correspondence from their patients at the Dansville water-cure. UC 2(12) December 1859.

1862 June 2(6) *Lewis' Gymnastic Monthly and Journal of Physical Culture*. Monthly. Published by Dr. Diocletian Lewis. Boston. LIC 2(7) July 1862. Lewis was an advocate of light dumbbells, barbells and rhythmic exercises.

1867 March 2(9) *The Gospel of Health and Journal of the True Healing Heart*. Published by Dr. Russell T. Trall, New York. Only issue in collection.

1869 January 4(33) *The Dietetic Reformer and Messenger: A Quarterly Record of Moral and Physical Progress*. British. Index states that each year begins with a new volume number which suggests that the Journal probably began in 1865. LIC is N.V. (122) February 1882.

1872 July *The Science of Health*. A monthly devoted to the "Restoration and preservation of health on hygienic principles."

Published by Samuel R. Wells of New York. Six issues per volume. LIC 8(6) June 1876. This last issue notes the consolidation of this publication with *The Phrenological Journal*.

1873 January 8(1) *The Health Reformer*. Published in Battle Creek, Michigan by James White. Subtitled "Our physician—Nature: Obey and Live." LIC 8(12) December 1873.

1878 May *The Herald of Health*. Published by C.R. Park in Bloomington, Illinois. This is not the same publication as the *Water-Cure Journal and Herald of Health*. Only issue in Collection.

1881 May 4(1) *Health: A Journal of the Nutritive Cure*. Robert Walter, M.D. editor "Devoted to the Development of the Highest Manhood." With volume 5(5) February 1883, the title changed to: *Health: A Journal of Hygienic Science*. LIC 57(11) November 1907.

1884 January 3(4) *Outing and The Wheelman*. Published in Boston, Massachusetts, this magazine became simply *Outing* by 6(1) April 1885. Although *Outing* carried only occasional articles on weightlifting and physical culture, it was an important magazine in encouraging participation in sport, outdoor exercise and "right living."

1885? *Life and Health: The National Health Magazine*. This magazine was still being published in 1976. LIC 91(10) October 1976.

1887 January 1 *The Journal of Hygeio-Therapy: Devoted to A Correct Method of Living, and a Scientific and Successful System of Treating the Sick Without the Use of Drugs*. Dr. T.V. Gifford, Kokomo, Indiana publisher. LIC 16(5) May 1902.

1888 January 3(1) *The Dietetic Gazette*. By 8(1) January 1892, the magazine was called, *The Dietetic and Hygenic Gazette: A Monthly Journal of Physiological Medicine*. Gazette Publishing Company, New York. LIC 26(12) December 1910.

1893 2(8) *Illustrierte Athletik Zeitung*. Published in Munich, Germany. It is not known when this publication ended.

1894 *The Billboard*. Published by W.H. Donaldson of Cincinnati, Ohio. Although *Billboard* contains no current information about strongmen or weight training, early issues contained news of the strength world and the various vaudeville circuits in which some strength athletes made their living. Current.

1894 *Mind and Body: A Monthly Journal Devoted to Physical Education*. Published by The Mind and Body Publishing Co. This magazine reportedly ended in February 1936. LIC 29(308) May 1922.

1894 July *Health: A Journal of Practical Hygiene*. Changed name to *Health-Culture* with volume 1(2) Oct/Dec 1894. Hyphen dropped from name in December 1911. Published by Health Culture Publishing Company. With 19(2) February 1913, magazine switched to a smaller, six by nine inch size and dropped the subtitle from its cover. With 60(1) January 1953, it became known as *Health Culture: The Family Health Magazine*. It was edited in succession by Elmer Lee, M.D.; Arthur Vos, M.D.; Rasmus Alsaker, M.D. and in the 1960s by Dr. Harry Clements. LIC 71(4) April 1964.

1895? *Macfadden's Magazine* begins in England. Macfadden travelled

to England in approximately 1895 where he toured the country selling a cable exercise machine modelled after the Whitely Exerciser, He published a series of four page flyers to advertise the device and in approximately 1898 expanded the flyers into a full magazine. One year later, Macfadden sold out his share of the magazine to his business partner Hopton Hadley so that he might return to America and start *Physical Culture*. Hadley changed the name of the magazine to *Health and Strength* in 1899. The original issues were five by seven inches in size and printed on ivory stock

By 1917 (exact date not known due to incomplete collections) *Health and Strength* had changed to newsprint and was issued on a weekly basis. In the early 1930s, it switched to a bimonthly format. Between September 1941 and December 1946 it was published on a monthly basis. It then returned to a bimonthly format until 1969 when it again became monthly. Besides Macfadden and Hadley, the magazine was edited by D.G. Johnson (1928), George Kirkley (1948) and William Pullum (1956). *Health and Strength* ceased publication in 1984.

1895 January N.V. (205) *The Herald of Health*. British magazine edited by C. Leigh Hunt Wallace. Monthly. Estimated to have begun in 1878. LIC N.V. (340) December 1897.

1895 April *Food, Home and Garden*. Published monthly by the Vegetarian Society of America in Philadelphia, Pennsylvania. This issue, the only one in the collection is described as 1(1) of the new "enlarged series." It is number 74 of the previous series. It is not known what the antecedents of this magazine were.

1899? *Amerikanische Kneipp-Blatter And Gesundheits Rathgeber*. Volume 6(1) is dated January 1901. Monthly journal of water-cure, homeopathy and nutrition published in German by Dr. Benedict Lust of New York. By 8(1) N.M. 1903, the name had changed to *Der Naturopath and Gesundheits Rathgeber*. Last issue in German was 12(12) December 1907. Following that issue, *The Naturopath and Herald of Health*, Lust's English language version of this magazine carried both English and German articles for several years.

In January 1900 1(1) of an English language version appeared entitled *The Kneipp Water-Cure Monthly*. In January of 1902, with Volume 3(1) the name changed to *The Naturopath and Herald of Health*. LIC 50(10) October 1945.

1896? *L'Athlete*. French. Edited by Professor Edmond Desbonnet. Weightlifting, bodybuilding, etc. It is not known when this publication ended.

1896 September *American Physical Education Review*. This was the official journal of the American Physical Education Association. First in our collection is 13(7) July 1908. LIC 34(10) December 1929. Edited in the 1920s by James McCurdy.

1898 July *Physical Culture*. Published by Eugen Sandow in London, England. Sandow's magazine contained exercise information for men and women, short stories, training information on a variety of sports and beautiful illustrations. By volume six January-June 1901, the magazine's name had changed to *Sandow's Magazine of Physical Culture*, and later that same year with volume seven, July-December 1901 to *Sandow's Magazine of Physical Culture and British Sport*. In 1902 and thereafter, it was simply called *Sandow's Magazine*. *Sandow's Magazine* became a weekly in July of 1904. It ended on July 25, 1907.

1899? *Vitality and Health Culture: A Magazine Devoted to Mental and Physical Vigor*. Edited by Jonathan Nicholson, Health Culture Publishing Company, London, England. Monthly. Official organ of the Health Club League. LIC 6(6) September 1905.

1899 March *Physical Culture* begins. Bernarr Macfadden, editor with Physical Culture Publishing Company. Volume one has seven issues, volume two begins in October, 1899. *Physical Culture* contained dietary advice, weight training information, and an incredible collection of health related articles. With 85(1) January 1941, *Physical Culture* adopted the subtitle, "Beauty and Health." In October of 1943, 88(1), the magazine changed to a smaller format and renamed itself, *New Physical Culture*. *New Physical Culture* was published by V-Production Corporation of New York. Bernarr Macfadden is listed as president. The magazine returned to a traditional 8 x 11 inch size with 91(1) January 1947. With 94(2) March/April 1950, the tide changed to *Bernarr Macfadden's Health Review*. The publisher is listed as the Bernarr Macfadden Foundation. With 95(1) February/March 1951, the magazine is again renamed. The new title is *Macfadden's Vitalized Physical Culture*. In November of 1953, the magazine switched volume numbers: September/October of 1953 is 97(7). November of 1953 is 9(8). There is no explanation offered for this shift LIC 10(2) Spring 1954. In July of 1955 (N.V.) a new series of *Physical Culture* begins. Publisher of this series is Felix R. May, of Branford, Connecticut who uses Macfadden's name on masthead. Offered bimonthly, no photographs. With the January/February issue of 1959, May changes the format to that of an eight page newsletter entitled *Physical Culture: Personal Reports for Your Better Mental and Physical Living*. LIC N.V. February 1961.

1899 June 44(6) *Omega: A Radical Health Magazine*. This magazine, edited by Charles A. Tyrrell and Dr. M.L. Holbrook in New York claims to be a consolidation of *Dr. Holbrook's Journal of Hygiene and Herald of Truth* (from which they have assumed the volume and issue numbers), *The Health Magazine* of Washington, D.C., and *The Million Medical Magazine* of New York. It is believed that this magazine began publication in 1897 and ended in 1900. LIC 44(12) December 1989.

1899 November 14(11) *Pacific Health Journal*. Published by California Medical Missionary and Benevolent Association, St Helena, California. General health and physical culture information. LIC 15(11) 1900.

1899 December *Medical Talk for the Home*. Edited by C. S. Carr, M.D., for Medical Talk Publishing Company, Columbus Ohio. LIC 7(4) January 1906. This magazine appears to have been incorporated into *Health* magazine.

1900? *Health and Efficiency*. Edited by George H. Wales, Health Promotions Ltd. London, England. The N.V. (250) January 1922 issue is entitled *Health and Efficiency: Incorporating Health and Vim*. The cover of a 1941 edition of this magazine states that it was established in 1900. With 11(8) August 1941, title changes to *Health and Efficiency: Incorporating Health and Vim and The Sunbathing and Health Magazine*. UC 22(5) May 1952.

1900 May *A Stuffed Club* launched by J.H. Tilden, M.D. This small monthly journal attacked the medical establishment's conventional prescriptions, arguing instead for nutritional therapies, exercise and other natural cures. In May 1915, with volume 16(1) the title changed to

Philosophy Of Health. LIC is 30(2) June 1929.

1900 May *Woman's Physical Development*. This is the first magazine devoted exclusively to the "cultivation of physical power and beauty in women." Bernarr Macfadden was the publisher and editor. By 6(3) June 1903, title had changed to *Beauty and Health: Women's Physical Development*. LIC 13(1) April 1908.

1901 *Health and Vim*. Published in London from 1901 to 1916. This magazine was concerned with general physical culture and some weight training. It was later incorporated into *Health and Efficiency*.

1901 May 1(2) *Physical Development*. British version of Macfadden's *Physical Culture*. LIC 23(3) December 1909.

1901 October *The Alimentary Review*. "A medical journal devoted to food, diet, and good digestion as the keys to health." Published by the American Ferment Co., Jersey City, New Jersey. LIC 1(6) February/March 1903.

1901 November *Physical Training*. Martin I. Foss, editor. Published by the Physical Director's Society of the YMCA of North America. Monthly. Last issue: 24(10) June 1927.

1902 *L'Education Physique*. Professor Edmond Desbonnet, publisher. *L'Education Physique* is believed to have ended in 1904.

1902 May 1(4) *Nature Cure*. Published by August F. Reinhold of New York. Only issue in collection.

1903 January 3, 1(9) *The Cry for Justice: Macfadden's Weekly*. Published by Bernarr Macfadden, this magazine dealt with censorship, libertarian issues and "free thought" Name changed with 1(5) February 14, 1903 to *Fair Play: Macfadden's Weekly*. Final issue was 2(1) May 9, 1903.

1903 January *Vim*. Edited by Paul Von Boeckmann. Vim Publishing, New York. This magazine is described as concerning physical culture, health, philosophy and mental freedom. Reportedly published from January 1903 through June 1905 on a monthly basis. It merged with *Health* when it ceased publication in 1905.

1903 January *Sandow's Magazine*. Published in Boston Massachusetts. Apparently only four issues of this American version of Sandow's magazine were ever published. Last issue 1(4) April, 1903.

1903 June *Apollo's Magazine of Strength, Skill and Sport*. Begun by "The Scottish Hercules," William Bankier. British. By 1910 the magazine was called *The Apollo Magazine of Strength, Skill and Sport* with Percy Longhurst as the editor. LIC 9(2) February 1911.

1904? *La Culture Physique*. French. Edmond Desbonnet, publisher. LIC #690, July 1950.

1904 April *C.B. Fry's Magazine of Sports and Outdoor Life*. LIC 2(N.N.) March 1905. British. This magazine contained a broad variety of sport, nutrition and exercise articles.

1906 February *Vital Culture*. Edited by Julian P. Thomas, M.D., for Vital Culture Publishing Company. In July of 1906, a second issue of

Vital Culture appeared also designated volume one, number one. This edition opens with a long letter from Dr. Thomas attacking Bernarr Macfadden as a charlatan. In October of 1905, a third issue appears which bears no volume or number. Only three issues in collection.

1906 July 15, 6(2) *The Athlete: An Up-to-Date Periodical of Physical Culture and Journal of Athletic Sports for Prince or Peasant* British. Issued every two weeks. Publisher not listed. Only issue in collection.

1907 November *Nature Cure Magazine: Devoted to Manbuilding on the Physical, Mental and Moral Planes of Being*. Published in Chicago by Harry Lindlahr, M.D. LIC 2(12) October 1909.

1908 *Athletik Illustrierte Wochenschrift fur Sport und Korperflege*. Published in Frankfurt. It is not known when this weekly publication ceased. Last known issue is January 28, 1915.

1908 January/February/March *Power and Poise*. Edited by Virgil P. English, M.D., for Power and Poise Publishing Company of Cleveland, Ohio. Only issue in collection.

1908 June 8(6) *Kraft and Schonheit: Zeitschrift fur Korperkultur*. Published in Berlin, Germany. LIC 8(7) July 1908.

1908 July 1(5) *Deutsch-Amerikanischer Naturarzt and Krankenfreund*. Published by Johannes Glaeser of Hazlewood, Ohio. In German. UC 1(7) September 1908.

1909 (First in collection) *Health and Strength Annual*. Published once a year by *Health and Strength* magazine. LIC 1954.

1909 December 44(12) *Good Health: The Organ of the Health and Efficiency League of America*. Edited in 1909 by John Harvey Kellogg, M.D.. Subtitled with 60(12) "The Battle Creek Journal of Health and Personal Hygiene." Volume 71(9) September 1936, is entitled *Good Health: Devoted to Hygiene and Race Betterment and the Development of an Aristocracy of Health*. With 75(1) January 1940, the journal was entitled: *Good Health: Official Organ of the Race Betterment Foundation*. LIC 87(2) February 1952.

1910 March *The Nautilus*. Published by Elizabeth Towne of Holyoke, Massachusetts. Free thought, exercise and health reform. LIC 29(2) December 1926.

1911 *The Hygienist* Edited by R.R. Daniels. LIC 12(12) December 1922. Early issues have no dates or volume numbers.

1911 July 15, *La Santa Par Les Sports*. This French publication is unquestionably the most beautifully illustrated of the early publications. Edited by Professor Edmond Desbonnet, this publication was dedicated to rational hygiene, physical development and natural medicine. It is a particularly rich source for information about women athletes, giants, European strongmen and wrestlers. In 1924 *La Santa Par Les Sports* combined with *La Culture Physique*. LIC 24(52) January 1920.

1912 June *Brain and Brawn*. Edited by Harry Ellington Brook. Monthly. Volume 1 contains 18 numbers, Volume 2 begins in June 1913. Devoted to nature cures, hygiene, nutrition and exercise. Subtitled: "A magazine for those who think." LIC 16(5) October 1917.

1914 October *Strength*. Published by Alan Calvert of the Milo Barbell Company. Other editors of the magazine were Ralph Hale, T. von Zuekorsch, Carl Easton Williams, George F. Jowett and Mark Berry. With 15(3) May 1930, its title changed to: ***Correct Eating and Strength***. In May of 1932, with 17(3), its name changed again to ***Arena and Strength***. Last issue published was 19(19) February 1935. 194 issues in a complete collection.

1919 June 3, ***Deutsche Athletik Sport-Zeitung***. Published in Stuttgart Germany by the South German Athletic Alliance. Edited by Alfons Berger. Monthly.

1919 September ***Strongfortism: The Science of the Normal***. Title changed to ***Strongfortism: A Magazine Devoted to Physical Culture*** with 1(4) December 1919 and to ***Strongfort's Monthly: Devoted to Physical and Health Culture*** with 1(6) February 1920. With volume 2(2) the format changed to that of a four page flyer. This magazine was mainly a vehicle to promote Strongfort's mail order business. LIC 2(6) N.M. 1921.

1920 May-June 4(2) ***The Scientific Natureopath: A Popular Health Magazine***. Published by Natureopathic Publishing Company, Hartford Connecticut Official Organ of the National Society of Natureopaths. LIC 9(2) May/June 1925.

1922 June ***Health and Life***. Bernard Bernard editor, for Health and Life Publishing Company of Chicago, Illinois. This magazine included a regular section on the American Continental Weightlifters' Association. Published monthly. By 5(2) date unknown, the title had changed to ***Health and Happiness***. Table of contents notes that this latter magazine is "incorporating ***Health and Life***." LIC of ***Health and Happiness*** 5(2) N.M. 1926.

1923 February ***The Strongman***. Published and edited by W. A. Pullum in London, England. Publication ended with 3(12) December 1925.

1923 April 1(2) ***Hygeia: The Health Magazine***. Published by the American Medical Association. LIC 28(2) February 1950. Title changes to ***Today's Health*** with 28(3) March 1950. LIC of ***Today's Health***, 52(7) July 1974.

1924 February 1(2) ***Health First***. Published by the Western Health Foundation, San Francisco, California. Edited by B. Stanford Claunch. Only issue in collection.

1924 March ***Muscle Builder***. This magazine was begun by Macfadden

to compete with Alan Calvert's ***Strength***. Edited by O. J. Elder, it contained many articles dealing with strongmen and feats of strength. Last issue was 5(5) July 1926. Twenty-nine issues in a complete set.

1924 June 10, ***Illustrierte Kraftsport***. Published in Berlin, semi-monthly. Following the N.V. (29) July 25, 1926 issue the title changed to ***Kraft and Sport***. Last issue by this title is N.V.(12) December 1926.

1924 November ***Correct Eating***. J.W. D. Giant Company. Monthly. This magazine combined with Alan Calvert's ***Strength*** in issue 15(3) May 1930. LIC of ***Correct Eating*** alone: 3(2) February 1926.

1924 December 6(63) ***Mental, Physical, and Moral Fitness***. Published by Lionel Strongfort [Max Ungerl. Editorial states that previous issues were called ***Physical Fitness*** and that the name had changed with this issue to avoid being sued by Macfadden. Subtitled, "The home magazine devoted to health promotion, strength and muscle mastery." LIC 7(64) January 1925.

1925 January ***Fitness First: An Illustrated Monthly Magazine Devoted to Drugless Healing, Hygiene and Physical Development***. Published by Maxalding, London, England. Editor Alfred M. Saldo. Official organ of the Maxalding Debating Circle. LIC 1(3) March 1925.

1925 April N.V. ***Body Moulding***. Published by Alan Calvert in Philadelphia, Pennsylvania. First issue of this publication is believed to have been called ***Broad of the Back***. It had no numbers or volume. The third issue was July 1925; however, it was marked volume one, number one. It is believed that fourteen issues were published in all. Though

Calvert's name is well known in weightlifting circles, this magazine was devoted to promoting the Checkley system of posture and body control.

1925 May 1(3) ***The Iron Man***. Published by L.H. Cunningham for the Atlanta Weightlifting Club of Atlanta, Georgia. It is not known when this publication ended.

1925 July ***Nature's Path***. Edited by Dr. Benedict Lust ***Nature's Path*** is a supplementary magazine to ***Naturopath and Herald of Health*** which Dr. Lust began in 18%. ***Nature's Path*** is subtitled: "A monthly Journal of approved methods for gaining, renewing and maintaining superb health and power of body and mind." LIC 68(1) Winter 1964.

1925 September 1(2) ***Athlete and Sportsman***. No discernible publisher. only issue in our collection.



1926 N.M. *Your Body: Devoted to the Welfare of the Human Body*. Quarterly, published by Experimenter Publishing Company. LIC 2(3) summer 1929.

1926 March 1(3) *Dr. Tilden's Health Review and Critique*. LIC 15(12) December 1940.

1926 July? *The Trevor Bulletin*. Published by Charles T. Trevor. Volume 1(2) is dated August/ September 1926. Issues were free until 1(4) October/November 1926. Name changes with 1(9) April 1927 to *Trevor Bulletin of British Physical Culture*. LIC 3(2) April 1929.

1927 July *Body Beautiful* Published by Harry Paschall of Columbus, Ohio. Nine pages on weightlifting and bodybuilding. It is believed that this is the only issue ever published of this magazine.

1928 December *The Arena*. Monthly. With issue 17(3) May 1932, it becomes *The Arena and Strength* and changes from Arena Publishing Company to The Milo Publishing Company. LIC of *Arena and Strength* is 19(10) February 1935.

1929 January/February 3(3) *How-To-Eat*. Published by How-To-Eat Publishing, Co., Chicago, Illinois. Arthur William Scott editor. Only issue in collection.

1929 February 4(4) *How to Live for Health and Strength*. Dr. J. A. Felton, publisher, Wauchula, Florida. LIC 20(3) January 1945.

1930s? *Man Power*. Published in Philadelphia, Pennsylvania. 1(1) has no date, Jim Londos is on the cover. Jowett may be the editor however, he is not listed. Table of contents notes that it is "published irregularly". Published by American Athletic Appliance Co., Philadelphia. Only two issues in collection, 1(2) is also undated.

1930 January *The Journal of Health and Physical Education*. Still being published on a monthly basis as *The Journal of Health, Physical Education, Recreation and Dance (JOHPERD)*. *JOPERD* is the major professional journal in the field of physical education. Published by the American Alliance for Health, Physical Education, Recreation and Dance in Reston, Virginia. It has, on occasion, carried articles related to resistance training and the strength coaching profession. Current.

1930 January 1, *Health and Physical Culture*. Published by Briton Publications, Incorporated. LIC 13(5) September 1, 1941.

1930 March 1(6) *The Olympian Magazine*. Published by The Olympian League. Changes name to *The Olympian* in March 1931. LIC 2(7) May 1934.

1930 March *The Research Quarterly of the American Physical Education Association* Published by the American Alliance for Health, Physical Education, Recreation and Dance. As the name implies, *The Research Quarterly* is a refereed journal containing reports of experimental studies. As with *JOHPERD*, its sister publication, it only occasionally contains information on resistance exercise. Presently called the *Research Quarterly for Exercise and Sport*. Current.

1930 October *The Superman Magazine*. Edited by J. P. Muller and T.W. Standwell for Link House Publications, London, England. This

magazine merged with *Health and Strength* as of the June 21, 1941 issue of *Health and Strength*. Last issue of *The Superman Magazine* alone is 11(10) July 1941.

1931 January 2(1) *The Monthly Health Review*. Edited by Rasmus Alder, M.D. LIC 2(12) December 1931.

1931 June *The Strongman*. Edited by Mark Berry and published monthly. Last issue published was 3(4) N.M. 1934. Volume 2(6) says "Combined with Klein's Bell." There are 16 issues in a complete collection.

1931 June *Klein's Bell*. Published by Siegmund Klein from his famous gymnasium in New York City. There are 19 issues in a complete set of this publication. Volume 2(7) December 1932 was the final issue.

1932 December *Strength & Health*. Published by Bob Hoffman and the York Barbell Company of York, Pennsylvania. Hoffman's magazine had the largest circulation of any weightlifting magazine in America until the late 1960s. He was a tireless promoter of Olympic weightlifting, weight training for sports enhancement and for the use of resistance exercise by women. Managing editors of the magazine have included George F. Jowett, Gord Venables, Jim Murray, Ray Van Cleef, Harry Paschall, Bob Hasse, John Grimek, Terry Todd, Tommy Suggs, and Jan Dellinger. George Jowett was the leading force in editing the magazine at its inception. With 54(3) May 1986, *Strength & Health* ceased publication.

1933? *Let's Live*. Published by Norman Bassett. Health and general fitness information. Formerly *Health News*. First in our collection 10(12) June 30, 1942. LIC 53(2) February 1985.

1933 November 7(6) *Health for All*. Edited by Stanley Lief in Great Britain. LIC 46(1) June 1972. A 1972 issue says "46th year" making it likely that *Health for All* began in 1926.

1934 January *The Key to Health*. Edited by Rasmus Alsaker, M.D. LIC 5(12) December 1938. The magazine discussed nutrition, alternative medicine, and exercise as medicine.

1934 September *The Amateur Athlete*. Information about amateur sports, including occasional articles on weightlifting. Published by the AAU. LIC 21(8) August 1950.

1934 October *Physical Education, Health and Recreation Digest*. Published by Charles D. Giaouque, Boston, Massachusetts. Monthly. Condensations of research articles. LIC 3(6) July 1937.

1935? *Journal of Living*. Edited by Leonard M. Leonard. With 20(11) May 1955, the title changed to *Journal of Lifetime Living*. LIC 25(8) February 1960.

1935 N.M. *Physical Training Notes*. Published by Mark Berry and the Berry Barbell Company. Monthly. LIC 2(5) N.M. 1937.

1936 June *The Bodybuilder*. Edited by George Jowett Last issue 2(4) May, 1937. There are 10 issue in a complete set.

1936 July *Physical Fitness*. Edited by L. E. Birger. LIC N.V. N.N. October/November/December 1940.

1936 August *Super Physique*. Edited by Peary Rader of Alliance, Nebraska. This is the first issue of what became, with 1(2) October 1936, *Iron Man* magazine. The first issues of *Iron Man* are mimeographed on 5 x 7 inch sheets. Last issue of the magazine to be published by Rader is 46(1) November 1986. From 46(2) January 1987, *Iron Man* has been published by John Balik of Marina Del Rey, California. Current

1936 September/October 1(2) *Body Beautiful*. Published bimonthly by Beauty Publications Company, Mount Morris, Illinois. Jean Francois, editor. Women's diet and exercise advise. Only issue in collection.

1936 September 3(9) *Health Digest*. American Health Publishing. Edited by Dr. J. F. Montagu. LIC 8(3) June 1938.

1936 November *The Physical Culture Exchance (sic) Bulletin*, Jim Evans, editor. Name changes to *The Weightlifter and the Home Gym* with 1(2) December 1936. In July 1937, 1(4) is entitled simply *The Weightlifter*. Volume 1(6) September 1938 returns to the title *The Weightlifter and Home Gym*. This mimeographed publication is primarily an advertising sheet for Evans' gym equipment company. In approximately 1940, Evans issued a new series entitled, *The Weightlifter*, which were numbered one to nine. There are no dates on this later series. These later issues primarily contain information about books and magazines Evans has to sell. Approximately 1,000 of these later issues were run each time.

1938 January *The Bulletin*. Published by William Oliphant, of the Oliphant Academy of Physical Culture, Toronto Canada. One earlier, undated and unnumbered edition of this journal has also been reported. It is not known when publication ceased. Oliphant was one of the foremost weight trainers in Canada.

1938 May 4(2) *The Health Clarion: The Health Magazine* with a *Punch!* Monthly. Published by Healthful Living Inc. of New York Samuel Rosenbloom, editor. LIC 5(1) September 1938.

1938 July *Health and Physique Quarterly*. Edited by Harry L. Good. Publication ceased with 3(2) October-December 1940.

1938 October (N.V.) *Nature's Path to Health: Australia's Health Magazine*. LIC N.V. June/July 1949.

1939 N.M. NV(10) *Diet and Health Digest*. Edited by Gayelord Hauser. Described as a "health, beauty and personality magazine." LIC NV(21) N.M. 1944.

1939 January *Super Physique: The Orient's Foremost Health, Physical Culture and Athletic Journal*. Published in Singapore, Malaya by Syed Alsagoff. In English. LIC 3(11&12) November/December 1941.

1939 July *Physical Fitness: The Guide to Health, Strength and Physique*. Edited by Les Birger. Quarterly. LIC 2(2) October/December 1940.

1939 August 10 *The Barbell*. This four page newspaper was reportedly published by the Bur Barbell Company and edited by Dave Hall and Mark Berry from August 10, 1939 to October 1939.

The first issue in our archive carries no volume or number. The October

10, 1939 issue is noted as #2 though, again there is no volume number listed. A subheading says it was "published every two weeks." A third non-dated issue in the Physical Culture archives has written on it in Ouley Coulter's handwriting, "September 1945" This issue discusses the fact that the company can once again manufacture barbell equipment now that the war is over. We are unable to determine whether the paper was published during the war years and/or when it finally ceased publication.

1939 September *Dr. Shelton's Hygenic Review*. Monthly. Dr. Herbert M. Shelton, editor and publisher. LIC 41(9) May 1980.

1939 October *Health Foundation*. Published by George Jowett It is believed that there was only one issue ever published by this title.

1939 November 6(11) *Health: Builds the Body, Mind and Spirit*. Percy T. Magan, editor. Changes with 8(7) July 1941 to *Health: A Doctor's Magazine for Everybody*. LIC 9(7) July 1942.

1940 February *Vim: The Vital Magazine*. Roger Eels, editor, in Columbus Ohio. *Vim* ends with 2(6), June 1941. There are 18 issues in a complete collection

1940 August *Your Physique*. Joe Weider, editor and publisher. Originally published in Montreal, Canada. The very first issues of this magazine are dittoed— not regularly printed. Last issue of *Your Physique* was 17(4) July 1952. Also associated with the magazine in an editorial capacity were George F. Jowett, Frederick Tilney, Earle Liederman, David P. Willoughby, E.M. Orlick, and Barton Horvath. Without changing the volume or number, Weider soon issued a new magazine: *Mr. America: A Man's Magazine* which says on the title page of the first issue 17(5) August 1952, that it now incorporates *Your Physique*. In January of 1953, Weider rolls back the volume and numbers to 1(1) and subtitles the magazine, "For the man with a future." Weider's editorial in this issue explains that this is now a completely revamped *Mr. America*. LIC by this title is 1(5) August 1953, subtitled "the magazine with the impact of a hurricane." [See also 1958 for a later Weider publication by the same name, and 1955 for *Jr. Mr. America*.]

It appears that with the demise of *Your Physique*, Weider actually launched two magazines based on *Your Physique's* volume and issue numbers. *American Manhood* also appeared in August of 1952 and was labelled 17(5) just as *Mr. America* was. According to our records, these were the first issues of either magazine. *American Manhood* is described as dealing with adventure, sports, bodybuilding, *exposes* and crime. LIC of *American Manhood* 19(3) July 1953. In August of 1953 19(5) the series continued under the new title of *Fury*. This magazine was subtitled: "Exciting adventures for men, including sports and fitness." Final issue of *Fury* was 21(4) December 1955.

1940 August *Healthkeeping: The Self Betterment Magazine*. Published by Joe Bonomo. (Only issue in collection.)

1940 December *All-American Athlete: Organ of the All-American Athletic Association*. Published by Bill Panzen of New York. In 1(10) October/November 1941 editor changed to Sandor Kaufman. LIC 1(10) October/November 1941.

1941 May *The Health Builder*. Paul C. Bragg, editor. With 25(1) NM 1954, the magazine shifted to a newsprint stock. LIC 73(1) N.M. 1973.

- 1942 January 50(1) *The Human Culture Digest*. Edited by John T. Miller. This magazine describes itself as the successor to The *Character Builder* founded in 1902 by Dr. John T. Miller. It also combined with the *Vegetarian Equalitarian-Humanitarian* (established in 1909) and seven other human culture magazines from 1887 to 1909 according to its title page. LIC 62(1) January 1954
- 1944 August *Vigour*. British. Edited by John Barrs and Henry J. Atkin. Official Journal of The British Amateur Weight Lifting Association. LIC 11(12) December 1955.
- 1945 January/February N.V. *The Naturopathic Review*. Edited by M. T. Capanella. Bimonthly until October 1945, monthly thereafter. LIC N.V. April 1949.
- 1945 N.M. *Power-Plus*. Published by Joe Bonomo's Culture Institute, New York. Only issue in collection.
- 1945 N.M. *Your Figure*. Published by Joe Bonomo. Listed as a quarterly publication. Volume 1(6) N.M. 1945 is entitled *Your Figure Radiant*. Bonomo changed the title in 1946 to *Beautify Your Figure*. LIC 2(3) June/July 1946.
- 1945 January-June 2(1-6) *The Naturopathic Journal*. Published by American Naturopathic Association. This copy is numbered as if it is six separate issues. Only copy in collection.
- 1945 October/November *Muscle Power*. Edited by Earle Leiderman. Published by Joe Weider for Muscle Power Publishing Company of Montreal, Canada. Volume 1(2) is dated December 1945/January 1946. With 20(8) November 1957, the name changes to *Muscle Power and The Weightlifter*. LIC of this title is 20(10) January 1958. This magazine was then incorporated into *Mr. America* [See *Mr. America* citation in 1958.]
- 1946 May *Muscles*. Published by Henri Garsou in Brussels, Belgium. LIC 3(21) August 1948. Reportedly ended in 1960.
- 1946 June *Body Moderne*. Published by Walter Baptiste in San Francisco, California. LIC NV October/November 1949.
- 1946 July *Chicago Bodybuilder*. Published by Norbert Grueber. In April, 1947, name changes to *The Bodybuilder*. LIC 5(9-12) September-December 1950
- 1946 October *Sante et Force*. Published by Ben Weider in Montreal Canada. Quarterly. LIC is 24(1) June 1973.
- 1946 December 1(3) *Apollon*. Published by Marcel Rouet in Brussels, Belgium. In 1948 June *Apollon* becomes *Apollon-Venus*. It is not known when this magazine ended.
- 1947 January *The British Amateur Weightlifter & Bodybuilder*. Edited by D. G. Johnson. In January of 1951 the title changes to: *The Weightlifter & Bodybuilder*. In April of 1952, it changes to: *The Bodybuilder*. LIC 1(9) September 1952. In April of 1956, 10(4) *The Bodybuilder merges with Health and Strength*.
- 1947 August *Plaia's Physical Culture Bulletin*. Published by Joseph Plaia. This four page magazine had only two issues. It ceased publication with 1(2) September 1947.
- 1947 September N.V.(N.N.) *Lackzoom Hi-Lites*. By Syndicate Publications. A monthly Journal advocating better living through natural foods. LIC N.V. October 1956.
- 1948 May 1(6) *Health and Vitality*. Monthly. Edited by D. M. Lewis. The "personal improvement magazine." LIC 3(5) August/September 1950.
- 1948 June 11(6) *Health for You*. Published by Health for You Publishing, Salt Lake City, Utah. LIC 11(9) September 1948.
- 1948 August *Naturopathic Magazine*. Published by Dr. George Floden, Santa Monica, California. LIC 1(3) October 1948.
- 1948 October/December 1(2) *Listen: A Journal of Better Living*. Edited by J. A. Buckwalter. Quarterly. LIC 5(2) April-June 1952.
- 1949 March-April *Acrobat*. Published by Glenn Sundby and edited by Ray Van Cleef. Last issue of this magazine was May-June 1950.
- 1949 May *Northern Fitness Parade Illustrated*. Published by Richard H. Arnott, Bradford, Yorkshire, England. Monthly. Only issue published.
- 1949 June *Body Culture*. English magazine published by Henry Atkin. Last issue 2(3) March 1951. Fifteen issues in a complete collection.
- 1949 October *California Weight Lifting Association Bulletin*. Published by Chester O. Teegarden, secretary and editor. This two page newsletter is believed to have ended in September, 1950.
- 1949 December *Prevention*. Published by Rodale Press of Emmaus, Pennsylvania. Monthly. Current.
- 1950s? *Man Power*. This pictorial magazine has no month or year. Publisher unknown. LIC 1(2) N.M. N.Y. One collector has attributed this publication to George Jowett
- 1950s? *Male Power*. "Published for the artist and sculptor by E. B.W." No date, month, year or volume. John Farbotnik is featured.
- 1950s? 1(N.N.) N.D. *Male Body and Camera* Pictorial published by Physique World Publications, Jersey City, New Jersey. Rocco V. Signorille, editor. Single issue.
- 1950s? *Strive*. Published by Style Printing of Newark. Last known issue 1(3) N.D.
- 1950s? *Male Art Photography*. Published by Man's World Publishing Co., Ltd. British. Only issue. No year, month or volume.
- 1950 2(N.N.) N.M. *Healthful Living*. Published by Faulkner and May. This publication has an erratic volume and number schedule. LIC 32-33(N.N.) N.M. 1959.
- 1950 *May Life and Vision*. Australian health magazine edited by Mary E. Foley. Only issue in collection.
- 1950 August/September 5(49) *L'Halterophile Moderne*. This French

newspaper was published by Jean Dame. In May of 1975, a magazine by the same name (number 316) notes that the publication is in its 30th year. It is not known when this publication ended

1950 February *Here's Nature's Path to Health*. Edited by F.G. Roberts in Melbourne, Australia. LIC N.V. March 1950.

1950 August *Acre-Chat*. Published by Glen Sundby in New York, New York. Bimonthly. This magazine dealt with acrobatics, hand balancing and resistance exercise. Last dated issue was 1(2) November 1950. A later, undated issue was also published.

1950 August/September 1(3) *Lutte*. In French. Wrestling magazine Published by Ben Weider in Montreal, Canada. Name changes to *Lutte et Boxe* with 2(8) December 1951. LIC 7(12) July 1956.

1951 January *Wrestling*. Published by Joe Weider. Last issue of *Wrestling* is September 1951. In November of 1951, the name changed to *Boxing and Wrestling*. LIC of *Boxing and Wrestling* 8(7) April 1958.

1951 May 1(10) *Health and Vision: A Health and Cultural Magazine Devoted to Vital Living*. Australian. Published by Life and Vision Publications. LIC 1(13) October/November/December 1951.

1951 November *Muscle Culture* edited by Jim Mills British. LIC N.V. (6) May 1952. This magazine contained information on bodybuilding, weightlifting and gymnastics.

1952 March *Mr. Universe*. Published by Joe Weider with Reg Park as managing editor in Leeds, England. The final issue by this title is December, 1952. There are eight issues in a complete set. It is this publication that becomes the *Reg Park Journal of Physical Culture* and then, in January 1954, *The Reg Park Journal*. The series ends with N.V. December 1959 when it incorporates with Man's World magazine.

1952 May 7(5) *Natural Herald*. Published by Ivan A. Brovant. "Official Organ of Natural Communities, Incorporated and The Southwest Sunbathing Conference." LIC 7(6) June 1952.

1952 September *Muscleman*. Published by Reg Park. LIC N.V. December 1953. Sixteen issues in a complete collection.

1952 December *Tomorrow's Man*. Edited by Irvin Johnson of Chicago, Illinois. LIC 19(1) April 1971.

1953 May 3(2) *Physique Pictorial*. Published by A. M. G. Quarterly. LIC 11(4) May 1962.

1953 May *Man's World* (incorporating *Body Sculpture*) begins. British. Edited by J.L. Richards and George Greenwood. Early issues are 8 x 11 format. In 1954, it changes to a pocket size format. In July of 1957 N.V. the covers note that the magazine now incorporates *Popular Man*. In January of 1959 N.V. its title changes to *Man's World and Reg Park Journal* In January of 1963, it incorporates *Modern Man*. In September 1966, the magazine changed back to an 8 x 11 format. LIC N.V. November 1969.

1953 August *Muscle Builder: The Magazine of the Champions*.

Published by Joe Weider. In 1958, the volume numbers are reset to 1(1) and the cover announces that the magazine now incorporates *Muscle Power and The Weightlifter*. In January of 1959, volume switches to 10(3). Numbers and volumes continue to be erratic through July of 1959 which is designated 9(9). Following July, numbers are more or less accurate until March 1967 when the series is reset to 9(1). With 9(7) February 1968, the title changes to *Muscle Builder/Power*. There is another shift in the volumes in this series with the January/February 1979 issue being labelled 40(1). With 40(6) in June 1979, the title changes to *Muscle: A New Body Image for You*. In July of 1980, 41(7) the title changes to *Muscle and Fitness*. Current

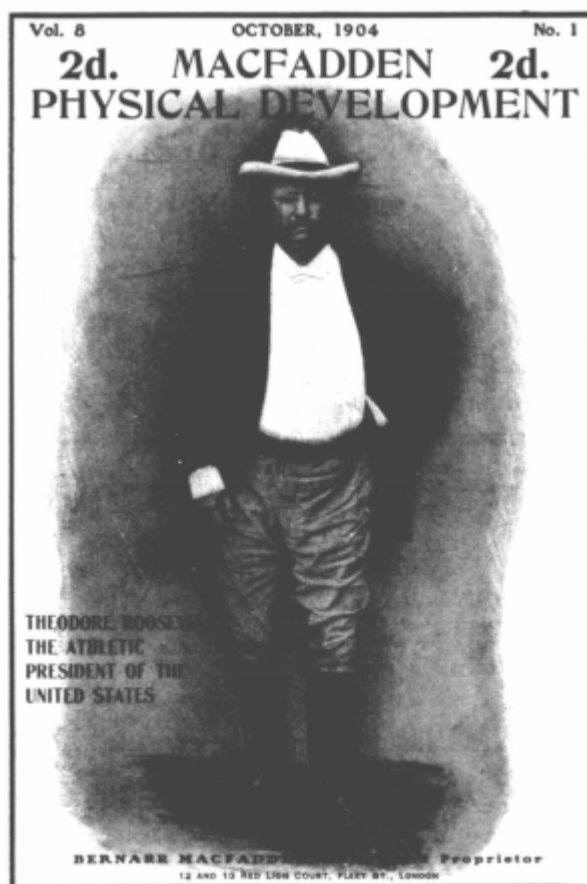
1953 September/October 2(1) *Bonomo Banner*. Published by Bonomo Culture Institute, New York. Editorial cites circulation of this newspaper at over 100,000. Only issue in collection.

1953 November/December *South African Body Culture*. Edited by

Bennie Ossher. Bimonthly. Tide changes with 3(6) September/October 1956 to *Body Culture*. LIC 5(5) July/August 1958.

1953 December *Animal Life*. Published bimonthly by Joe Weider. This was not a physical culture publication, but an outdoor adventure magazine for men. It is included in this bibliography because its publisher, Joe Weider, has had such an enormous impact in the physical culture field. Last issue by this title was 1(8) June 1955. In August of 1955 2(2) is entitled *Animal Safari Combined with Animal Life*. LIC 2(5) January 1956.

1954? N.V., N.D. *Today's Male*. Physique pictorial "Published for the Artist and Sculptor by E.B.W." New York. Single issue in our collection.



1954? 1(N.N.) *Physique Photography*. Published by Rocco V. Signorile of Physique World Publications. Only issue in collection

1954 1(3) *Physique World: For Bodybuilders, Models and Art Students*. Published by Rocco V. Signorile of Physique World Publications. LIC 1(11) N.D.

1954 N.M. *Muscular Health*. Published by Rocco V. Signorile. Physique World Publications, New York. Physique pictorial. LIC 1(3) N.M. 1954.

1954 N.M. *Splendour*. Published by Physique World Publications, New York LIC 1(2) N.D.

1954 N.V. N.M. *Grandeur*. Published by Physique World Enterprises of New York. This 5 x 7 inch magazine is primarily a nude pictorial of male physiques. Volume 1(7) N.D. changes to *Grandeur Combined with Splendour: for Bodybuilders, Models and Art Students*. LIC 1(7) N. D.

1954 N.M. *Natural Food and Farming*. Published by the Natural Food Associates. Monthly. LIC 21(1) June 1974.

1954 January *Acrobatics*. This bimonthly publication was edited for the Association of Acrobats by Ralph P. H. Samuels. British. Although the primary focus of this publication was on hand-balancing and other acrobatic stunts, it did include occasional articles on resistance exercise. It is not known exactly when this magazine ended but it was still being published as late as 1968.

1954 May *Vim*. Published by Victory Printing, Chicago, Illinois. Monthly. LIC 7(6) September 1960.

1954 June *Iron Man Lifting News*. Edited by Peary Rader. Monthly. Last issue 15(2) January 1969. There are 142 issues in a full set This magazine covered competitive weightlifting and powerlifting.

1954 September *Journal of Natural Hygiene*. Edited by Christopher Gian-Cursio. In February of 1957 with 3(1) the title changes to *Natural Hygiene: The Journal of the American Natural Hygiene Society*. Eleven issues per year. LIC 4(10) June 1959.

1954 November *Body Beautiful: Studies in Masculine Art*. Published by Joe Weider. LIC 7(1) March 1958.

1954 December *Adonis: The Art Magazine of the Male Physique*. Published by Joe Weider. Bimonthly. LIC 7(1) March 1958.

1955 December *Junior Mr. America* Edited and published by Joe Weider. Bimonthly. LIC 1(3) May 1956.

1956? N.M. 1(N.N.) *The Male Figure*. Published by "Bruce" of Los Angeles, California. There is no date on the first issue, but the designation "1956" appears in Ottley Coulter's handwriting. LIC 17(N.N.) N.M. 1960 or 1961? Final issue has a picture of Mr. California 1960 in it.

1956 N.D. *The Male Form: The Bodybuilder's Guide*. Published by N.A.F. Publications. Pictorial. First issues have no volume, number or date. Final issue is 1(9) N.M. N.Y.

1956 January N.V. *Figure and Beauty*. Bimonthly magazine published by the Beauty and Health Institute of Jersey City, New Jersey. Only issue in collection.

1956 February *American Beauty*. Published by Joe Weider. It is not known when this women's magazine ended. Only one issue in our collection.

1956 December *Hercules: The Body Beautiful*. Published by Nova Publications. Only known issue.

1957? 2(N.N.) *Male Pix: Beefcake*. Published by Studio Publishers of New York "1957" and "1958" written in hand by Ottley Coulter. LIC 3(N.N.) N.M. 1958.

1957? N.D. *Muscle Man*. Published by Barton R. Horvath. Volume 1(1) has neither month or year on it but includes a photograph of Miss America Health Studios for 1957. Only issue in collection.

1957? N.D. N.V. *American Physique*. Published by Style Printing Company of Newark, New Jersey. Bimonthly. Volume 1(3) contains a photo of Mr. America for 1957.

1957? *Body Perfection: Muscle Digest* Florenz Publishing Company, Inc. Forest Hills, New York Only issue in collection. Male physique pictorial.

1957 N.M. *Fizeek*. Published by Fizeek Publishing Company in Hollywood, California. Bimonthly. LIC 1(19) February 1963.

1957 January *Skill The Journal for the Indoor Athlete*. Bimonthly British magazine featuring news on weightlifting, gymnastics, boxing, handbalancing and the circus. Edited by Ken Woodward. With 2(9) November/December 1958 the title changed to *Skill: The Journal of Athletic Technology*. Issue 5(4) September 1961 is the last to carry a volume number. November 1961 is designated number 38. LIC N.V. (79) N.M. 1970.

1957 Spring 4(N.N.) *Male Physique*. Published by Bruce of Los Angeles. It is possible that this may be a continuation of Bruce's earlier publication, *The Male Figure*, although the volume and numbers do not match. Only issue in collection.

1957 August *Popular Man*. This was an American/Canadian edition of Man's World. Published by Man's World Inc., Surrey, England. Only issue in collection.

1957 September *Modern Man*. Edited by George Greenwood. British. Quarterly. Volume 1(2) is dated October/November 1957. LIC N.V. Summer 1962.

1957 September *Muscle Sculpture*. Published by Barton R. Horvath. Bimonthly physique magazine. LIC 3(5) October 1960.

1958 January *Mr. America: The Magazine of the Champions*. The editorial in this issue explains that this new magazine was formerly *Muscle Power*. Over the next decade and a half, this publication goes through a number of name and volume changes. In February of 1958, the cover tide is *Mr. America: For the Young Man Who Wants To Improve His Body-Mind-Personality*, "but the table of contents page

says that the title is *Muscle Power and The Weightlifter*. With 6(2) August 1963, the title changes to *All American Athlete: Mr. America*. It returns to *Mr. America: The Magazine of the Champions* with 6(4) December 1963, and is called *Muscle Building the Mr. America Way* with 6(5) February 1964. With 6(8) August 1964, the title changes to *Young Mr. America*. The following year, 7(2) January 1965, the cover returns to *Mr. America*, although the Table of Contents continues to say *Young Mr. America*. The Table of Contents returns to *Mr. America* with 7(8) August 1965. With 9(5) July 1967, the title changes to *Mr. America: All American Athlete*. In April 1968 with 9(12) it becomes *Mr. America: The Illustrated Muscle and Power Building Magazine of the Champions*. With 10(5) October 1968, it is subtitled *The Illustrated Guide to Physical Fitness*. With 10(10) May 1969, it is subtitled *The Fitness Magazine for Virile Men*. With 12(9) March 1971 it is subtitled, *The Magazine for Today's Virile Man*. LIC 14(1) March 1973. In July of 1973, Weider launches a new magazine entitled *Shape-Up* and numbered 1(1). The cover notes that this new magazine now incorporates *Mr. America*. LIC of *Shape-Up* 1(7) October 1974.

1958 July 1(7) *Trim*. Published by Trim Enterprises of Washington, D.C. This physique pictorial notes in this issue that it will no longer be a monthly publication. Only issue in collection.

1958 September *The Young Physique*. Published by Joe Weider. Edited by Hal Warner. This magazine incorporates *Adonis and Body Beautiful*, two earlier publications. LIC 3(6B) February 1962. There was also an annual published under this title in 1962.

1958 December *Brawn*. Published by Brawn Enterprises, Brooklyn, New York. Believed to be a single-issue publication. Physique pictorial.

1959 March *Zing: Photos and Articles on the Art of Physical Training*. LIC 1(10) February 1960.

1959 March *Allied Gym*. Changes to *Gym* with 1(3) June 1959. This bodybuilding magazine was published by Victory Printing and Publishing of Chicago, Illinois. LIC 1(10) September 1960.

1959 April *The New MANual: The Bodybuilder's Manual*, Date written in Ottley Coulter's hand. Title changes in August 1959 to *MANual* Physique pictorial.

1959 April *The Strength Athlete*. Published by George Kirkley in Britain. Last issue published by Kirkley is number 151, November/December 1975. Kirkley is replaced as publisher by Dave Williams. Wally Pullum also served as editor of this publication for many years. Pullum was replaced in 1987 by Geoff Evans. *The Strength Athlete* ended in November 1989.

1960? *Mighty*. Published by Co-Ed Publications. Physique pictorial. Only known issue.

1960? *Dynamic*. Published by Co-Ed Publications. Physique Pictorial. Only one known issue. Tom Sansone is on cover.

1960? *Physical Development*. Published by Co-Ed Publications. Physique pictorial. Only one known issue. Jack Dellinger is featured in an interior photograph.

1960? *Power*. Published and edited by Barton Horvath in Weehawken,

New Jersey. Only issue ever published.

1960? 1(2) *Titan*. Edited by Barton Horvath and "Incorporating *Muscle Sculpture*." Only known issue.

1960? *Young Champions*. Published by Co-Ed Publications. Physique Pictorial. Six by eight inches in size. Only known issue.

1960? *Muscular Marvels*. Published by Co-Ed Publications. Physique Pictorial. Only one known issue.

1960? *Girls in Combat: Exciting Photos of Girl Wrestlers and Boxers*. Published by Skill Publications, England. Only issue.

1960? 1(15) *Encore*. Published by Clarence R. Holocher, Dearborn, Michigan. Only issue. Male pictorial.

1960 January/February *Physical Power*. Edited by Walt Marcyan for Physical Power Publishing Company. Bimonthly. Original issues measure approximately 5 x 9 inches. Magazine size changed to an 8 x 11 inch format in with 6(1) January/February 1965. LIC 6(6) December 1965.

1961 N.M. *Keep Fit* Published by Ray Van Cleef. Newspaper. Only issue in collection.

1961 N.M. *Fitness: The Official Organ of the IFBB Asian Division*. Issued quarterly. Published by Tom Ortega in Manilla, Phillipines. This magazine reprinted many articles from the various Weider publications. LIC 2(3) March-May 1962.

1961 March *Demi-Gods*. Published and edited by Joe Weider. LIC 2(3) May 1962.

1961 July/August *Triumph! Muscular Development, Physical Symmetry, Health and Vitality*. Published by Triumph, Inc. of Chicago, Illinois. Only one issue was ever published.

1962 N.M. *Physique Illustrated*. Mark-One Publisher and photographer from Quebec, Canada. Physique pictorial. It is not known whether there were other issues of this publication.

1962? Missouri Valley Weightlifting Federation Newsletter. Edited by Bill Clark, Columbia, Missouri. Published irregularly. Changed name to *Missouri Valley AAU Weightlifting Newsletter*, then to *Region 8 Weightlifting Newsletter* and, later, to *Region IV Weightlifting Newsletter*. LIC 29(6) December 30, 1989. Current.

1962 February 10(2) *The Australian Weightlifter*. A.S. Newey and Son Printers. LIC 17(2) February 1969.

1962 February *The Michigan Iron Booster*. Jackson Chandlee, editor and publisher from Fenton, Michigan. 11 issues per year. It is not known when this magazine ceased publication.

1962 March/April. *Chuck's American Bodybuilder Journal*. Published by Chuck Sipes in Cedar Ridge, California. Only issue in collection.

1962 June *Big*. Published by Walsim Enterprises. This male pictorial was a bimonthly publication. LIC 3(4) November 1964.

- 1963 March *Health Vigor: A Guide to Nutrition/Fitness*. Published by Joe Weider. LIC 2(5) December 1965.
- 1964 N.M. *Face and Physique*. Published by Mark-One of Quebec, Canada. Male pictorial. Only issue in collection.
- 1964? *The Florida Weight Man: Devoted to AU Phases of Weight Training*. Edited by Donne Halle. There are no years or months listed on these issues, though 1(1) includes photos of the 1964 Mr. Florida Contest. Name changed with 3(1) to *The Weightman*. LIC 3(3) year unknown.
- 1964 January *Muscular Development*. Published by The York Barbell Company and edited for many years by John Grimek. The York Barbell Company sold the magazine in 1988 to Twin Labs Corporation. Last issue published in York is 26(2) February 1989. Twin Labs Vitamin Company takes over publishing with 26(3) March 1989. Current
- 1964 Spring *The New Bodybuilder Magazine*. Quarterly published by The Bodybuilder, Inc., of New York. LIC 1(3) Fall 1964.
- 1964 July *Iron Man News*. Published by Peary Rader of *Iron Man* magazine. It is believed that there were only two issues of this publication. LIC 1(2) September 1964.
- 1965 November *Muscle Training Illustrated*. Published by Dan Lurie. Current.
- 1967? *Blair Report*. Published by Rheo H. Blair. Nutrition and bodybuilding information. Only issue in collection.
- 1968 N.M. *Power*: The Official Journal of the Bullworker Club. Edited by David Prowse. British. Monthly. LIC 3(2) August 1969.
- 1968 *Medicine and Science in Sports and Exercise*. Published by The American College of Sports Medicine. Current.
- 1969 N.M. *Powerlifting News* Published by Tony Fitton. British. LIC 1(3) N.M. 1969. Based on meet entries included in these issues, it appears that 1(1) probably appeared in April or May and 1(3) appeared in either September or October.
- 1969 May *Peak: Fitness, Form, Physique*. Published by Wag Bennett in England. Tide changes to *Peak Muscle Maker* with 1(11) N.Y. Bimonthly. Last issue is 3(4) N.M. N.Y. Probably 1974. 28 issues is a complete collection.
- 1969 June N.V.(1) *Male Pix: Photographic Art of the Male Physique*. Published by Tomorrow's Man Publishing, New York, New York. LIC N.V.(6) April 1970.
- 1969 October *Family Health*. Published by Falmily Health Magazine Company. LIC 6(12) December 1974.
- 1969 November, *Denis Reno's Weightlifting Newsletter*. Published by Dennis Reno in Cambria, Massachusetts. This newsletter contains a number designation only. Number 169 is January 4, 1991. Current
- 1971 July *Weightlifting Journal*. Edited by Bill Starr. Final issue 1(7) January 1973.
- 1971 July *Physical Fitness Research Digest*. Published by The President's Council on Physical Fitness and Sports. Quarterly. Edited by H. Harriuson Clarke, Ed.D. LIC 9(4) October 1979.
- 1973 June *The Physician and Sportsmedicine*. Monthly. Published by McGraw Hill, Incorporated. "A peer reviewed journal of the medical aspects of sports, exercise and fitness." It has reported a number of studies related to strength training. Current.
- 1972 March *Powerlifting News*. Published by Dan Dewelt. Through 2(1) March 1973, the issues of this journal were individually bound as are all regular magazines. That issue, however, was the last published by Dewelt until December 1974 at which time he began mailing out unbound sheets, with three holes punched along the side. There are no volumes, numbers, or dates on these mailings. From postmarks, however, it appears that the magazine continued through the remainder of 1975.
- 1973? *Slim News*. Newspaper published by Uplift, Inc., Brooklyn, N.Y. Only issue.
- 1973 May 1(8) *Powerman*. Published by Les Cramer. LIC 3(1) December 1975.
- 1973 June *Feminine Fitness*. Published by Daisy Publishing Company, Encino, California. Only issue in collection.
- 1973 July *Shape-Up*. Published by Joe Weider. This magazine incorporates *Mr. America*. LIC 1(7) October 1974.
- 1974 N.M. *The Powerlifter*. Published by Tony Fitton. British. Mimeographed single issue.
- 1974 January *International Olympic Lifter*. Published by Bob Hise. Current.
- 1974 Spring *Journal of Sport History*. Published three times per year by the North American Society for Sport History. Current
- 1974 July 2(7) *Bestways*. Published by Norman Bassett. Health and Nutrition monthly. LIC 3(12) December 1975.
- 1974 Fall *Muscle Mag International*. Published by Bob Kennedy Brampton, Ontario, Canada. Current. Kennedy also published *Muscle Mag International Annuals* during 1977-1981.
- 1976? *The Arm Bender*. The Official Journal of The World Armwrestling Federation. LIC 3(8) Summer 1979.
- 1976 January *The Body Forum*. Published by A.G. Braswell, Atlanta Georgia. Women's magazine scheduled for six issues per year. Only issue in collection.
- 1976 March 5(1) *Canadian Powerlifting News*. Published by Bill Gvoich in Hamilton, Ontario. Only issue in collection.
- 1976 July *Muscle Digest*. Monthly. Published by Donald Wong.

Series ended with 8(6) June, 1984.

1976 October 91(10) *Life and Health*. Published by Review and Herald Publishing Company, Washington, DC. Edited by Don Hawley. Conner states that this magazine is in its ninety-second year. Only issue in collection.

1976 December *WASP.: Women's and Strength Periodical*. Early issues have no volume or publisher listed. In January 1981, number 60 is entitled *W.S.P.: The Women's Strength and Physique Publication*. Published in Ho-Ho-Kus, New Jersey. Last issue by this title is #84, January 1983. Bill Jentz is listed as the publisher of this issue. In February of 1983, name changes to *Women's Physique Publication*. Current. Latest issue is number 170 July/August/September 1990.

1977? *The Florida Bodybuilder*. Published by John Meese. It is not known when this publication ended.

1977 N.M. *Powerlifting*. Published by The Sportsman Barbell Company. Six issues per year. LIC N.V. "Xmas issue" 1977.

1977 June *Looking Good* Edited by Cal Smith for Hercules Promotions in Burnaby, Canada. Only one issue of this bodybuilding magazine in our collection.

1977 June *Powerlifting USA*. Published by Mike Lambert in Camarillo, California. Monthly. Current

1977 June 2(9) *Bodybuilding* Monthly. British magazine edited by Dave Williams. LIC 12(5) February 1989.

1977 July *Southwest Powerlifter & Bodybuilder News Review*. Published in Fort Worth, Texas by Marvin Meinstein. LIC 1(3) 1977.

1977? *The Bodybuilding and Powerlifting News*. Published by Bill Reynolds. It is not known when this publication ended.

1978? N.V.(15) *The Female Lifter World Report*. Published by Tina Woodley, Bonaire, Netherland Antilles. Powerlifting and bodybuilding news. Only issue in collection.

1978 April *Health Science: The Journal of American Natural Hygiene*. By 4(4) June/July 1981, the title includes the phrase: "Incorporating Hygienic Review." Edited by Alan J. Smith. LIC 6(6) November/December 1983.

1978 August 1, 2(3) *National Masters Weightlifting Newsletter*. Published by Bill Clark in Columbia, Missouri. Current.

1978 November *Physique World*. Published by Glenn Price of San Marcos, Texas. LIC 1(2) 1979 January

1978 December *The National Strength Coaches Association Newsletter*. Title changed to *National Strength and Conditioning Association Journal* with 3(3) June/July 1981. Bimonthly. Current.

The NSCA Journal has also given birth to two other publications. *The National Strength and Conditioning Bulletin* is published on a monthly basis. Bulletins alternate each month being included inside the covers of the *NSCA Journal* or in being printed independently. Volume 1(1) of the NSCA Bulletin appears in 1(5) of the *NSCA Journal*. Volume 4(1) is the first independent issue. *The Journal of Applied Sport Science* also began inside the *NSCA Journal's* covers and became independent only with volume 3(2) April/May 1989. Both publications are current

In addition, some state NSCA associations have published their own Bulletins such as *The Texas Division Clinician*.

1978 Winter *Physical Fitness/Sports Medicine*. Published by The President's Council on Physical Fitness and Sports. "A bibliographic service encompassing exercise physiology, sports injuries, physical conditioning and the medical aspects of exercise." LIC 9(4) 1986.

1979 February *Powerlifting Missouri Valley*. Edited by Nate Foster. Changes to *Powerlifting Missouri Valley and Region Eight Newsletter* with 2(1) January 1981. LIC 3(3) April 1982.

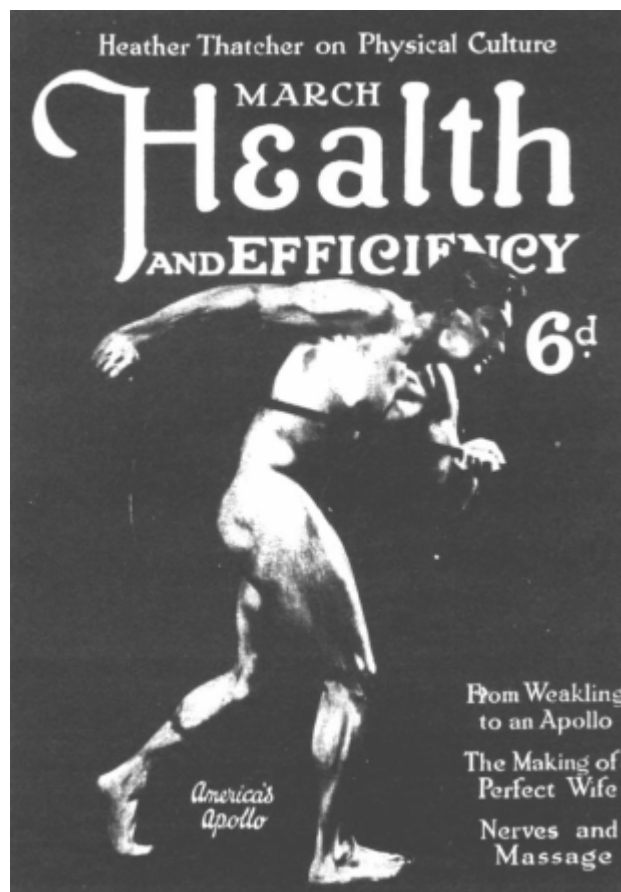
1979 Summer *Nautilus Magazine*. Published by Arthur Jones of Nautilus Sports/Medical Industries. Quarterly. Switches to bimonthly format with 3(1) February/March 1981. LIC 5(3) July 1983.

1979 October *Muscle-Up*. Published by Charlton Publishing in Derby, Connecticut. Edited by Alan Paul. This magazine ceased publication with 7(34) Fall 1985. There are 34 issues in a full set.

1979 November *The Bodybuilder*. Published by Charlton Publishing in Derby, Connecticut Edited by Alan Paul. Title changed to *Muscle and Bodybuilder* with 3(8) January 1981. Originally bimonthly it became quarterly with 6(24) September 1984. LIC 7(28) Winter 1985.

1980 January *National Masters Powerlifting Newsletter*. Edited by Thomas W. Eldridge. LIC 1(5) September 1980.

1979 November 1(9) *The Health Crusader*. Newspaper, published monthly by Church of Human Life Science, Yorktown Texas. Edited by T. C. Adelhardt. Only issue in collection.



1980 September *Muscle World* Published by Charlton Publications in Derby, Connecticut. Final issue was 3(11) May 1982. There are 11 issues in a full set of this magazine.

1980 December *The Powerlifter*. Edited by Joe Zarella and Jan Todd. Official Journal of the United States Powerlifting Federation. Final issue 1(7) July 1981.

1981 January *Bodypower*. Published by Reginald Taylor. British. LIC 8(3) March 1989.

1981 March *Power and Fitness: For Every Body*. Published by Family Publications, Inc. Bimonthly. Edited by William Kumagai. LIC 1(5) November 1981.

1981 March/June 5(2&3) *Southwestern Olympic Lifter*. Published by Joe McCoy. LIC 5(4) July/August 1981. This magazine changed to *The American and World Olympic Lifter* with 5(5) 1982. This is also believed to be the last issue.

1981 April *Body & Power: The Art and Sport of Women's Bodybuilding*. Published by Family Publications. Edited by Steve Wennerstrom. Series ended with 3(1) May, 1983. There are 13 issues in a complete collection.

1981 September *Shape*. Women's health and fitness magazine published by Joe Weider. Monthly. Current

1981 September *Fit*. Published by Runner's World Inc. of Mountain View, California. Quarterly. Women's health and exercise. LIC 3(12) May 1984.

1981 October *Natural Bodybuilding*. Published by Chet Yorton and Mike Dayton. Series ends with 2(7) April 1983.

1981 October/November 3(7&8) *Health Fitness S.P.A. News*. Published by Doris Barrileaux and A.F.W.B. LIC 4(12)/5(1) March & April 1983. Series probably ended with July of 1983.

1981 November 18, *Power Hotline*. Published by Mike Lambert, as a supplement to *Powerlifting USA*. Current.

1981 November *Powerful Times: A Newsletter for the Network of Women in Weight Training, Bodybuilding, Powerlifting and Weightlifting*. Published by Michelle Greenspan in Boston, Massachusetts. A second issue bearing the designation 1(1) appeared in April 1982. Last issue 1(9) Fall 1983. 10 issues in a complete set

1982 April 2(3) *Slimmer*. Published by Ritter/Geller Communications. Women's exercise and nutrition. Bimonthly. LIC 8(2) June 1987.

1982 April/May 1(3) *International Powerlifter*. Edited by Dennis J. Unitt. LIC 6(8) October 1987.

1982 May *New Body: Fitness and Health for Men and Women*. Published by Carnegie Publications, Corporation. 10 issues per year. Current

1982 June *Region VI Power News*. Edited by Pat Malone. Single issue in collection.

1982 March *American Health*. Published bimonthly by American Health Partners. Current

1983 N.M. *Weightlifting USA*. Published bimonthly by the U.S.O.C. in Boulder, Colorado. Current

1983 N.M. *Power*. Published by Pete Samra and Clay Quinn. It is not known whether this magazine is still current.

1983? *Bodybuilding News*. Published by John Balik. It is not known when this magazine ceased publication.

1983 January *NPC-Texas Bodybuilding News*. Published by Mike Graham, Austin Texas. Current

1983 April *Flex*. Published by Joe Weider. This magazine caters to serious bodybuilders and bodybuilding fans. Its birth allowed *Muscle and Fitness* to serve a less competitively oriented audience. Current

1983 August/September N.V. *South African Powerlifting*. Published by Roelf van der Berg. LIC N.V. November/December 1983.

1984 N.M. *The Drug Free Lifter*. This journal, begun by Donna and Paul Wicker, was recognized as the official news organ of the American Drug Free Powerlifting Association. LIC 4(3) N.M. 1987.

1984 January *Strength Training for Beauty*. Runner's World Publications. Edited by Laura Dayton. Final issue 3(5) October 1986. 17 issues in a full set

1984 February 3(2) *Healthful Living*. Published by T. C. Fry. Monthly. LIC 3(3) March 1984.

1984 Spring *Body Talk*. Published by Dan Lurie and Doris Barrileaux. LIC 1(2) 1985 February. We believe that these are the only two issues ever published of this women's bodybuilding magazine.

1984 Fall *Women's Physique World*. Published by Bill Jentz and Steve Wennerstrom. Current.

1984 Fall *Sleek Physique*. Edited by Alan Paul for Condor Books Publishing Company of New York. It is believed that there were only two issues of this publication. The final issue is designated 2(2) February 1985.

1984 October *The University of California, Berkeley, Wellness Letter: The Newsletter of Nutrition, Fitness and Stress Management*. Monthly. Current.

1984 November *Power Digest*. Published by Ron Modra, Adelaide, Australia. Name changed to *International Power Digest* with 1(4) N.M. 1985. LIC 1(5) N.M. 1985.

1984 November *Muscle & Power*. Published by Stanley Harris. Series ends with 1(2) February 1985. Only two issues in a complete collection.

1984 December *Workout for Fitness*. Published by Mike Mentzer. Last issue: 1(9) October 1985. Nine issues in complete collection

1984 December *The Columbia University Health and Nutrition*

Newsletter. Published by Columbia University School of Public Health and Institute of Human Nutrition. Current.

1985 N.M. N.V.(5) *Muscle and Co*. Edited by Peter McGough of Muscle and Co. Publications, London. This publication is subtitled, "The Official Journal of the European Federation of Body Builders." It is believed to be current.

1985 January *Sports Fitness*. Published by Joe Weider. Final issue under this title was 3(6) June 1987. This publication was then incorporated into *Men's Fitness* which began in August 1987 and continued with the same volume and issue numbers.

1985 January *The Steel Tip*. Edited by Ken Leismer. This newsletter was devoted to strength training for athletics. Series ended with 3(12) December 1987. Thirty-six issues in a complete collection.

1985 February 2(1) *Muscle and Beauty*. The cover of this issue, however, announces that it is the "Premier issue." Published by New Body Special, the series ends with the May, 1988 issue. There are seven issue in a complete collection.

1985 February *Home Gym and Fitness*. Bimonthly published by Werner and Werner, this magazine offered advice on choosing health club and home gym equipment. LIC 3(3) May/June 1987.

1985 March *Exercise for Men Only: In Pursuit of Total Fitness*. Published by Chello Enterprises. Current

1985 June *Musclesearch: The Roark Report*. Published by Joe Roark, St. Joseph, Illinois. Bimonthly newsletter of iron game history. Final issue was 1(27) October 1989.

1985 Summer *Superfit*. Published by Rodale Press of Emmaus, Pennsylvania. Quarterly. LIC 2(3) Fall 1986.

1986 N.M. N.V.(31) November/December *Muscle Australia*. Published by Rocco Oppedisano. Fitness information for men and women. LIC N.V. (32) March/April 1987.

1986 March *World Powerlifting: Official Magazine of the International Powerlifting Federation*. Edited by Heinz Vierthaler, IPF President in Verstaten, Germany. Last issue: 1(4) January 1987.

1986 December *Female Bodybuilding*. Published by Norman Jacobs. Current.

1987 January *Nautilus Training Mentor*. Published by Nautilus Sports Medical Industries in Dallas, Texas. Final issue 1(3) N.M. 1987.

1987 March/April *IronSport*. Published by Don Amini. Final issue 2(3) N.M. 1989. There are nine issues in a complete set.

1987 June *Muscle Beach Alumni Association Newsletter*. Published irregularly by Glenn Sundby of Santa Monica, California. Current.

1987 August *Men's Fitness* Published by Joe Weider. This magazine continues the volume numbers established in *Sports Fitness*. Current.

1987 August 5(8) *Mayo Clinic Health Letter*. Monthly. Current

1987 September *The Bodybuilding Woman: Exploring Muscular Symmetry as both Sport and Art*. This newsletter was published by Lisa Rogak of Symmetry Publishing, Inc., New York. Last dated issue was 2(5) May/June 1989. A final undated and unnumbered issue was also published in 1989.

1987 September *N.P.C. News*. Edited by Jim Manion for The National Physique Committee. Bimonthly. Current.

1987 September/October 4(24) *Powerlifting Canada*. Edited by John Sarich. Only issue in collection.

1987 November *Florida Muscle News*. Published by Algebraic Productions, Incorporated, Archer, Florida. Edited by Jeannette Peters. Current.

1987 Winter *Strength Review*. Published by Marty Gallagher. It is not known whether this publication is still current.

1988 January 20(1) *Health* Published by Family Media, Incorporated. Current.

1988 January/February/March *Powerlifting Today: The Official ADFPA Newsletter*. Edited by Donna Wicker. Bimonthly. With 1(2) April/May/ June 1988, title changes to *Powerlifting Today: The Journal of Drug Free Powerlifting*. Early issues of this magazine are approximately 6 x 6 inches in size. With 3(4) July/August 1987. It then changes to a newspaper format, and is again subtitled "*The Official ADFPA Newsletter*." The volume and numbers begin over with 2(1) November/December 1988. Volume 3(6) September/October 1990 was the last issue published by the Wickers. Gary Morrison of Wyoming, Michigan is the current editor. His first issue is entitled *Powerlifting Today: The ADFPA Newspaper*. It is erroneously marked "3(6)" though it appeared in December of 1990. Current.

1988 March The *Backhang Gazette*. Published by Tony Cook in Grimsby, South Humberside, England. This xeroxed publication specializes in news of the "odd lifts." Current.

1988 April *Natural Body and Fitness*. Bimonthly. Published by Dave Kirk at Natural Body and Fitness, Inc., New Britain, Pennsylvania. Edited by George Schneider. Current.

1988 September *Physiques International*. Published by Tom Tabbac for Sports Star Publishing, Incorporated. British. This magazine ceased publication with the August 1989 issue. There are 12 issues in a complete collection.

1988 November *Natural Physique*. Chelo Publishing, Incorporated. Bimonthly. Current.

1988 Fall *H.I. T.—High Intensity Training*. Originally edited by Ken Leistner, more recent issues of this newsletter are edited by Ted Lambrinides and Brad Bates. Devoted to strength training for athletics. Current.

1989 March *The Iron Master*. Published by Osmo Kiiha. Current.

1989 May *Power*. Edited by Don Ross for Fitness Lifestyles, Incorporated of New Britain, Pennsylvania. Only two issues were

published. The final issue is dated July 1989.

1989 July *Figure*. Edited by George Snyder for Fitness Lifestyles, Incorporated of New Britain, Pennsylvania. Only issue ever published.

1989 July *The Hardgainer*. Published by Stuart McRobert in Nicosia, Cypress. Current.

1989 September 10, U.S. *All-Round Weightlifting Association Strength Journal*. Published by Bill Clark. Current.

1989 Winter *Strength and Fitness Quarterly*. Published by the National Association of Strength and Fitness Professionals. Current.

1990 February *Iron Game History*. Bimonthly. Published by Jan and Terry Todd, The University of Texas at Austin. Current.

1990 Spring *Men's Exercise*. Published by Pumpkin Press of New York. Current

1990 May *Men's Workout*. Published by Harris Publications of New York. Current.

1990 June 1(3) *Pan American Weightlifting Confederation Newsletter*. Published by Murray Levin of Miami, Florida. Current.

1990 September *Super Fitness Excel Magazine*. Published by Kuliaikanuu, Incorporated. Only three issues of this magazine were published. It ceased publication with 1(3) November 1990.

1990 October *Fitness Plus*. Monthly publication from Focus Publishing co. current.

1990 December *Bodybuilding Lifestyles*. Published by Vince McMahon of the World Wrestling Federation. Current.

In the course of our research for this bibliography we also turned up incomplete references to the following magazines:

1909? *La Boxe et Les Boxeurs*. Publisher? End date? City of publication?

1930-1940? *Better Bodies..* Edited by Mark Berry for Bur Barbell Company in Bradenton, Florida. Year? Number of issues?

1955? You Newspaper reportedly started by Walter Baptiste.

1956? Dick Fowler's weightlifting newsletter?

1959? (Title unknown) news sheet reportedly published by Lew Dick and Steve Rapp.

1960s? *Detroit Bodybuilder*. Publisher? End date? City of publication?

1960s? *The New Bodybuilder* Publisher? End date? City of publication?

1965? *Bodybuilding Illustrated* by Tom Minichello? It was mentioned in Feb. '65 *Iron Man* (p 28).

1960s? Vic Tanny's journal.

1970? *Esthetic*. Edited by Georges Dardenne.

1970? *Rep-Gazette 7 Pie-Ayune*. Edited by Everill Taggart? Publisher? End date? City of publication?

1970? Bill Penner's bulletin?

1979 January *Lady Athlete*. Publisher? City? End dates?

1980 Fall *The Natural Bodybuilder*. Publisher? End date? City of publication?

1981? Don Crain's powerlifting and bodybuilding magazine.

Other foreign Publications:

Athletic Photo Magazine—France

Atletica Pesante—Italy

Atletik—Sweden

Bodybuilding—Sweden

china sports—China

Cultura—Argentina

Culture Physique and Sports—France

Culture Physique—Canada

Czechoslovakia Sports—Czechoslovakia

Der Geweichtheber—Austria

Develop Your Physique—Australia

E'rocle—Italy

Force E Saude—Brazil

Force, Sante Soupleness—Canada

Fuerza Y Salud—Mexico

Fuerza y Cultura—Columbia

Gymnastica Y Deporte—Cuba

Halterofolia—Spain

Hantel Sports—Switzerland

Health and Energy—China

Kepes Sport—Hungary

Krachsport—Holland

Kraftsport—Sweden

Kroppshultur—Norway

L'Eche Des Sports—France

Modern Physical Culture—Malaya

NYA Kraftsport—Sweden

Perfection Fisica—Guatemala

Physical Improvement.. Edited by Colvin W. Patrick in Trinidad, British West Indies. It is believed that only two issues of this publication were ever published. Pre-1966

Sante et Development—Canada

Sante et Force—France. Weider publication.

Schwerathletik—East Germany

Sistema-Hercules—Cuba

Super Physique—India

Vim. British publication known to have been published in 1904, 1905 and 1906. This was not Paul Von Boeckmann's *Vim*, or Roger Ells, Vim, or the much later Jack Wakers *Vim*. May have been related to the British magazine *Health and Vim*.

[Ed. note: The authors would like to thank Hal Weiss for providing information about the titles of some of the lifting-bodybuilding publications and student volunteers Tronya Logue, Jennifer Baugher, Stacey Kempenich, Gus MacLellan and Kim Beckwith who assisted with the cataloging of The UT Magazine Collection.]