

# My First Half-Century in the Iron Game

In the last chapter, I spelled out the requirements for accurate and meaningful testing of muscular strength, and mentioned that the first equipment capable of providing these requirements did not become available until about nine years ago; previously, any attempts to measure strength were, at best, exercises in futility, and at worse were grossly misleading. The unavoidable results being a large number of utterly stupid theories and practices.

With very few exceptions, the scientific community in general did not show much, if literally any, interest in exercise until about thirty years ago; before that, most scientists ignored exercise entirely or attempted to ridicule it. At the time, if you were at all interested in exercise that in and of itself was clear proof to most scientists that you were some sort of nut, a kook, a fanatic. But, then, things began to change: initially, a few scientists realized that exercise offered them the opportunity for financial reward and academic promotion, so they then started seeking research grants that would supposedly permit them to discover the “truth” about exercise. Later, when other scientists started to realize the potential profits brought to their attention by the few pioneers in this field, the original trickle of such research quickly became a flood. There are, at the moment, probably at least a thousand research studies being conducted in the field of exercise physiology. Unfortunately, almost all of this research is being conducted by people who know absolutely nothing about exercise; people who have read, and believed, the outright bullshit published by other people like themselves. Worse, a large part of such published research consists of nothing apart from a “study of the literature;” that is, some idiot reads the publications of earlier idiots and then tries to combine a lot of little lies into a big lie.

It is perhaps at least possible that the current situation in the scientific community could be worse than it is at the moment, but if so then I do not know just how this could happen; because, currently, it is so fucked up that it defies belief. In order to get an article published in a scientific journal, it is supposed to be the first published mention of an important scientific discovery; if it has ever previously been mentioned in print, then it is supposedly rejected.

Well, as it happens, there are more than 8,000 supposedly scientific journals being published in this country every month, an annual total of about 100,000. Thus, if each of these has an average of twelve articles, that gives us an annual total of about 1,200,000 new scientific discoveries every year; a new “breakthrough” for each of every 200 people in the country. Really? If you are willing to believe that, then I have a bridge in Brooklyn that I would like to sell you as an investment. “Trust me, I’m from the government; I’m here to help you.” Sure.

During the last twenty-five years I have been approached by several thousand scientists; all of them trying to get me to give them money for research, and they generally make it very clear that their “results” will clearly “prove” my current opinions, regardless of what they are. In very plain words, such people in general are nothing except whores; more than willing to give you whatever you want in return for money.

Then, when I am not dumb enough to give them any money, they almost invariably start publishing attacks upon me; clearly “proving” just how stupid I am.

Which is totally unnecessary, since I already know how stupid I am; but me being stupid does not make them smart. And I am not, at least, stupid enough to associate with outright whores. One author, in a recently-published article, stated that the fact that none of my articles had ever been published in scientific journals was “proof” that my opinions are wrong. Well, in fact, I have never submitted any of my articles to a scientific journal, so they have never had the opportunity to either accept or deny them. But, as it also happens, several dozen articles written by people conducting research with my equipment, MedX machines, have been published in several scientific journals. In fact, I go to rather great lengths to avoid associating my name with any of this research, because I do not want to give the impression that I bought and paid for the published results.

At the moment, in Holland, the Dutch Government is conducting a massive research program using MedX equipment for the rehabilitation of chronic lower-back pathology. Prior to the start of that research, the Dutch Government spent four years investigating my previous work, and obviously were very favorably impressed or would not have undertaken

## The Arthur Jones Collection

the research at a total cost of several million dollars. Then, having decided to perform the research in two major medical schools in Holland, they sent a man here from the Dutch Government in an attempt to get me to donate either equipment or money, or both, to the research program; which I refused to do, on the grounds that I did not want it to appear that I had influenced the research results in any manner.

Every year, for the last five years, the University of Florida School of Medicine, in cooperation with the School of Medicine of the University of California, San Diego, has held an annual meeting devoted to the subject of the utilization of MedX equipment for clinical rehabilitation of chronic spinal pathology; speakers from all over the world present their results for an audience of hundreds of medical professionals, and while I always attend these meetings I have never been a speaker; nor do I have anything to do with the selection of speakers, although, in fact, I strongly disagree with the opinions of some of the speakers. These scientific meetings are in at least one sense unique: they are not a “mutual admiration society” where any contrary opinions are forbidden by a careful choice of speakers. If you can prove me wrong, then you have done me a favor and I will sincerely appreciate it; which, also, is almost a unique attitude, since most scientists will not even listen to contrary opinions. Which is one reason why I have such a low opinion of the scientific community as a whole. I am totally in agreement with the stated purpose of science, which is supposed to be a totally honest search for the truth, without regard for personal gain or loss. But, in practice, scientists who actually practice in that fashion are about as common as saber-toothed tigers are in the Bronx Hilton.

Given the opportunities I have had (being in the right place at the right time), if my interest had been primarily devoted towards making myself wealthy, I could probably have set aside a net billion dollars in cash by now; but, instead, I have repeatedly turned down enormous offers because I refused to associate my name with anything that I did not consider honest or truthful; instead, I took almost all of the money that I did make, a total now in excess of \$100,000,000.00, and invested it in medical research that eventually lead to the development of our current line of MedX machines; which are, quite literally, the closest thing to a miracle that I have ever seen.

Ten years ago, if you had looked me directly in the eye and told me any one of several things that we now know to be true, that would have been the end of the conversation and the start of the fight: I would have knocked you on your ass and then started kicking you, because I would have assumed that you were trying to insult both my intelligence and my integrity, and a very little of that goes a long way with me.

There is an idiot from Seattle named Stan Bigos who established his credentials as an “expert” on the subject of spinal pathology by the performance of what he called the Boeing Study: he supposedly tested the strength of the lower-back muscles of several thousand employees of Boeing Corporation, and then followed them up for a few years to try to establish a relationship, if any, between back strength and spinal problems. His conclusion was that there was no significant relationship and that, if anything, the stronger ones were more likely to have back problems.

Bullshit. When that study was done, there was no tool capable of testing back strength. When I asked him what he used as a tool, a typewriter?, a coffee pot?, or a broom?, he at first tried to change the subject; then, later, told me that they did not try to test back strength. Really? Recently this man has been chosen to head a committee of supposed “experts” who are then supposed to evaluate everything associated with the treatment of spinal pathology. The blind leading the stupid.

In the meantime, clinical experience with more than a million patients with chronic spinal pathology has clearly established the fact that there is a direct relationship between lower-back strength and spinal pain; these being chronic patients who have suffered for years, people who have tried surgery, chiropractors, physical therapists, Gypsy fortune tellers and anything else suggested but who have been helped by nothing until they tried MedX rehabilitation; whereupon about eighty percent have been greatly improved within a matter of a few weeks. As their lower-back strength goes up, their pain goes down.

A coal-mining company in Montana that was about to go out of business because of the high costs resulting from lower-back injuries started using a MedX Lumbar-extension machine in an attempt to prevent such injuries by making their workers stronger; and their back-injury-related costs immediately dropped to almost nothing.

## **The Arthur Jones Collection**

General Motors Corporation, with current costs of more than a billion dollars a year because of lower-back problems, recently started a similar program using MedX equipment.

One medical group in Europe, people who have already been using MedX equipment for several years, are now in the process of establishing 100 medical clinics equipped exclusively with MedX equipment in Germany during the next four years, as well as large numbers of such clinics in several other European countries.

So we are at least able to get the message across to a few people in spite of the efforts of the “experts.” But, just wait and see: years from now, when MedX becomes the ONLY treatment for spinal pain, and it will, these same “experts” who still ignore us will then suddenly remember that it was their idea in the first place. Remember the five-step response of all experts when first confronted with a new development in their field, IGNORE, RIDICULE, ATTACK, COPY, STEAL.

In the meantime, if you have lower-back problems, give us a call at 800/876-6339 or 904/622-2112 and we will tell you the nearest place where you can go for help.