

My First Half-Century in the Iron Game

Testing Strength: Part Nine

Nature or nurture? Genetics or environment? The longstanding and still ongoing controversy regarding the relative importance of those two factors, together with wishful thinking on the part of a majority of the people in positions of authority in academia has finally reached a point very near its inevitable conclusion, an utterly insane society very close to that predicted in George Orwell's classic book, 1984. It has taken me sixty years to finally understand exactly what he was trying to tell me when my father said . . . "You cannot make a silk purse out of a sow's ear." That being an observation which very few, if literally any, of the influential people now directing the course of our society seem to have noted or understood.

Which is not meant to imply that there are no intelligent people remaining in this society; quite the contrary, there are many intelligent people, but it is also true that very little or nothing is ever heard from any of them, either because they have given up any additional attempts to fight what they consider a hopeless situation or because they have been shouted down by the lunatics now running this country. That being true, as it is, then just where can you go for help? Who can you trust? Well, as the Chinese say . . . "Rots of ruck."

Having already exceeded the Biblical promise of three score and ten years of life, and having survived this long more as a result of blind luck than as a result of any wise decisions on my part, I now regret only the fact that it took me so long to learn most of the things that I know now. Having made thousands of stupid mistakes myself, I am no longer surprised when I see other people making the same mistakes, am, in fact, surprised when at least a few people somehow manage to avoid some of my earlier mistakes.

Having been guilty of failing to pay much, if any, attention to the good advice given to me by a long list of people who had no motivations apart from a sincere desire to help me, people who understood situations that I failed to understand, I am no longer surprised by the fact that most other people react to such advice in much the same way that I did; I was, I frequently believed, going to "change things," bring about some sort of an improvement, and thus rejected any suggestions to the effect that what I hoped to do was impossible, was impossible not because what I wanted to do was physically impossible but was impossible because any success on my part required the assistance of other people, these other people almost invariably being people who had not, or would not, understand just what I was suggesting; people who had other ideas, utterly wrong opinions that they refused even to consider rationally, people who continued to repeat their earlier mistakes and who were apparently unable to learn from their mistakes. And, again, having also been guilty of repeating earlier mistakes, I should not have been surprised by many, if any, of the things, the utterly irrational things, that I have observed.

What we can be, in both physical and intellectual senses of the term, was determined by genetics before we were born, and to an extent far beyond anything that most of today's crop of supposed "experts" are even willing to consider, what we will be is also determined by genetics. Numerous studies that have compared the lifetime accomplishments of identical twins who were raised apart invariably established the fact that genetics is by far the most important factor influencing our lives; yes, differences in environment also influence the outcome, but compared to the influence of genetics the effects of environment are relatively unimportant.

But the utterly wrong-thinking influences of the liberal forces that have been driving our society steadily and rapidly in the wrong direction for the last sixty-odd years simply refuse to face the facts, even deny the facts in the face of nothing in the way of evidence that supports their theories and overwhelming evidence that proves that all of their theories are wrong. Many people, perhaps most people in this country, still wonder why the Germans were willing to give Hitler the power to lead them so far astray, and yet these same people have handed even more power to a self-appointed liberal "elite" that has already caused far more real harm than Hitler ever did. Putting a rotten apple into a barrel of good apples does not turn the bad apple into a good one, instead, it corrupts the whole barrel of apples, and the same rule applies to people. But that simple fact continues to be ignored because it puts the lie to all of the theories of the liberals.

The Arthur Jones Collection

Things in this country have now been degraded to a point where it is all but impossible for anybody to get a decent education, to learn anything of value. In a very real sense the inmates are now running the asylum, the nuts are in charge of the nuthouse. Having tried to communicate with literally thousands of people immersed in the bowels of academia, both students and professors, for a period now approaching thirty years, and having learned that anything even approaching meaningful communication with these people is usually impossible, is impossible because very few, if any, of them have ever been exposed to meaningful education, I no longer have any hope for the future of our society. True education can result only from a long, slow, step by step process that makes increasingly hard demands upon the students; like your muscles, your intellectual capacity improves only when you are exposed to overload. Which means that, at some level, almost everybody will fail. But those very few who do not fail will in the end be truly educated, will stand out from the herd like giants among midgets.

Almost every day I still get telephone calls from people who seem to want me to take them by the hand and lead them to the promised land, expect me to supply them with instant, easy solutions to all of their problems, many of whom are people who claim to have read everything I have published in the last thirty years, but few of whom appear to have understood any of it. These same people, and millions of others like them, read everything they can get their hands on that relates to exercise, hoping to find a magic secret to instant, effortless success.

Such a secret does not exist, and everything of any value related to exercise can be stated in less than a thousand words, can, in fact, be fairly well covered in a very few words, as follows: Train hard, train briefly, train infrequently, and always remember that your final results will primarily be a consequence of your genetics.