

# My First Half-Century in the Iron Game

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It should by now be obvious to everybody apart from a rather long list of idiots in academia and the so-called “Social Services” that what you CAN BE is determined entirely by your genetics; in effect, a lion cub cannot grow up to be a horse, regardless of what happens after birth. But it has, in general, been overlooked that genetics has an enormous influence on what you WILL BE.

Certain basic requirements for survival, things like food, water, air and sleep, all of which must be provided by the environment, obviously have an influence upon what we WILL BE; but, given those basic requirements, what we actually WILL BE is still primarily determined by genetics. You can do absolutely nothing in the way of changing what you CAN BE, and far less than you probably believe in the way of changing what you WILL BE. But since those undeniable facts do not serve the purpose of supporting the utterly insane theories of the outright idiots who are now running damned near everything in this country, the scientific community, academia and the government, you will be hard pressed to find any support for that simple truth.

The solution? Quite frankly, I do not believe that a solution exists, I believe that things have gone so far in the wrong direction that a return to anything even close to sanity is no longer possible. As somebody once said . . . “Cheer up, things could be worse; so I cheered up, and, sure enough, things got worse.”

The millions of years of evolution that were required to bring us to where we were about sixty years ago was solidly based upon a very simple principle: survival of the fittest, which, of course, also meant that the unfit or least-fit did not survive. Breeding of animals and even the development of improved plants is still conducted almost universally with that principle clearly in mind, with one exception: today, when dealing with people, we have reverted to inverse evolution, the survival of the least fit and the unfit. Feeling sorry for idiots and criminals will not turn them into productive, honest people; we are now far past the point where we should be concerned only with the needs of the “good people” while letting the “bad people” go to hell, where they belong.

The problem then, of course, becomes one of “who decides,” who separates the good from the bad; but that is, or should be, a decision that people make for themselves; in effect, people should be permitted, even forced if necessary, to sink or swim based entirely upon their own demonstrated merits and capabilities.

Today, in this country alone, hundreds of millions of dollars are being literally stolen from people every year, stolen by convincing millions of people that they can do things that are impossible, things that are possible for a few people but that are impossible for most people. But if you believe that this situation is bad at the moment, that the government should somehow regulate it, then be advised that any attempt by the government to impose regulation on the field of exercise will make things far worse rather than better. Again the situation comes down to a case of “who decides,” and just who, if anybody, now associated with the government in any capacity knows anything of value about exercise? NOBODY. Just because some group of idiots calling themselves “experts” appoints some other idiot to a position from which he can force his stupid opinions down the throats of the public it does not follow that anything will be improved; the only thing you can count on as a result of such a move is the fact that the government will hire a few thousand other idiots and give them the authority to fuck up your life even more than it already is, and, of course, the fact that a few more billion dollars will be pissed away to no good purpose.

Apart from a rather limited number of hardcore bodybuilders who are misguided enough to believe that they have a chance to compete against the outright genetic freaks that now dominate bodybuilding competition, just about anybody else in this country can produce nearly all of the potential benefits of proper exercise without spending much if anything in excess of about twenty dollars. You can build both a chinning bar and a pair of parallel dip bars for a total cost of only a few dollars, and those two exercises, chins and dips, if properly performed, will stimulate muscular growth in your upper body and arms that will eventually lead to muscular size and strength that is very close to your potential. Adding full squats, eventually leading up to one-legged full squats, and one-legged calf raises, will do much the same

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thing for your legs and hips. Using this very simple routine, when you get strong enough to perform about ten repetitions of one-armed chins with each arm, your arms will leave very little to be desired.

Or, instead, you can do what many thousands of others are now doing and piss away thousands of dollars and years of largely wasted effort while producing far less results. The choice is yours.

One of the best pair of arms that I ever saw on a man belonged to a guy that I knew about fifty years ago in New York, and he never performed any sort of exercise apart from chins and dips, and damned few of them.