

My First Half-Century in the Iron Game

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Now in my seventies, having worked like a plow mule for nearly sixty years, having at least tried almost everything that appeared to be reasonable, as well as quite a few things that were not reasonable, having been successful a few times and having failed a lot more times, I now find that I have very little remaining interest in anything, that there is no place that I want to go and nothing that I want to do. So, then, why do I bother to still write articles that very few people will be interested in and that even fewer will understand? Because, I guess, it beats sitting in a chair staring at the wall.

Given the obvious liberal bias of the mainstream media, I am seldom surprised by anything that I read in the national press or see and hear on television, generally disgusted but seldom surprised: in a recent issue of Newsweek magazine they published an article that was supposed to be an expose of the political bias that has influenced scientific theories, and then, in the very first paragraph, they committed the very sin that they were supposed to be bitching about. They stated, or words to that effect, that . . . “Scientists used to believe, for political reasons, that the magnificent ruins of Zimbabwe were not built by native Africans; but that, now, this previous error has been corrected.” Bullshit. To begin with, there is nothing magnificent about the so-called Zimbabwe ruins; they are, instead, a very crude pile of rocks formed into a rough circle, a structure that is about as far from being magnificent as you can get. Secondly, people digging under these ruins have found a number of jade artifacts, and jade is not indigenous to the African continent. An utterly phony book written by a famous author, Michener, attempted to use these ruins as proof of the existence of a great civilization that supposedly once existed in Southern Africa; more outright bullshit. So now they are rewriting history in attempts to brainwash the public into believing their liberal bullshit. All of which above statements, I am sure, will be taken by the liberals as proof that I am just another stupid racist, when, in fact, I am, instead, a realist.

Having recently sold 65 percent of the stock in my company, MedX Corporation, to a group of Chinese men from Singapore, I have now placed the future of that company in the hands of people of a different race, which act does not, in my opinion, indicate a racist attitude on my part. But I damned sure recognize a racist attitude when I see one, the O. J. Simpson verdict having been only one of a long list of such occurrences.

And if you believe that we have serious racial problems in this country, which we do, then take a close look at what happened in Africa since it has been handed over to the natives; South Africa, which was the only country on the continent that had anything even close to a civilized society until it was handed over to the natives three years ago, has started a rapid decline that will lead to outright savagery in the very near future. The murder rate there now is four times as high as it is in this country, and the unemployment rate is in excess of forty percent.

Somebody once said that you can judge people better by their enemies than you can by their friends; well, if so, then I may have done rather well after all, having been violently attacked and lied about by a rather long list of so-called celebrities, many of them being among the over-paid, under-brained, idiots that you can see regularly on television; people like Barbara Walters, Phil Donahue, Robin Leach, Hugh Downs, David Letterman, Tom Brokaw and quite a few others. And, in print, people like Joe Weider, Fred Hatfield, Ken Hutchins and a very long list of other assholes have published so many lies about me that the Devil would probably come across like a saint in a side by side comparison if even a small part of their lies were true.

As H. L. Mencken said . . . “Every normal man must be tempted, at times, to spit on his hands, hoist the black flag, and begin slitting throats.” Having now been dead about thirty years, not having lived long enough to witness the continually-accelerating degradation of our society that has occurred since he died, Mencken must now be spinning in his grave. During his lifetime, as a result of his hundreds of published articles, Mencken was one of the darlings of the liberals; but, later, twenty-five years after his death, when his personal diaries were eventually published, the liberals discovered to their horror that he was not one of them, that he was, in fact, a very conservative, right-thinking, man who did not view society through the rose-colored glasses of wishful thinking worn by all liberals. In one of his articles published in 1924, he started out by saying . . . “In Los Angeles, the damned . . .” To which, all I can add is that he should see it now, more than seventy years and a few million outrages later. Where is “The Big One” when we need it?

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And if the scientists are right about their latest theory regarding just what wiped out the dinosaurs, that a huge meteor from outer space struck the Yucatan Peninsula, all I can say is . . . “Where is another such meteor when we need it so badly?” This planet is no longer capable of supporting its current population in a manner anywhere close to the standards that most people in this country now consider necessary; yet, having spent a few days on a whirlwind tour of Africa at the taxpayers’ expense, and thus now being an instant expert on the subject, I am sure that Hillary is now convinced that we can bring all of Africa’s people up to a standard of living much like ours if only we are smart enough to follow her advice.

The idea that government can, and should, protect everybody from the consequences of problems that are usually results of their own mistakes, troubles that people have brought upon themselves, has unfortunately produced theories, and practices resulting from those theories, that are very attractive to the liberal members of our society; but in applied practice, all such ideas that I ever heard of have done far more harm than they have good: President Johnson’s so-called “War on Poverty” did nothing except waste hundreds-of-billions, perhaps trillions, of dollars by encouraging millions of people to sit on their asses and do nothing in the way of trying to help themselves. “Throwing money at a problem” is seldom a viable solution, usually tends to make the problem worse.

In any society consisting of anything more than a very few people, there will always be a need for at least a few people who are nothing more nor less than parasites, people who produce literally nothing but must nevertheless consume part of the things that are results of the efforts of the actually productive members of their society; but there is a very definite limit to the number of parasites that any society can tolerate and continue to survive. In this country, today, we have exceeded that number. Which is why the country sinks deeper and deeper into debt every year, a level of debt that is now so high that it can never be paid without bringing this country to a screaming halt, outright revolution.

It took a revolution against the British to form this country in the first place, and it will take a far more destructive revolution to solve our current problems. As somebody said recently . . . “Communism has been tried and did not work, and Democracy has been tried and did not work.” The idea of “One man, one vote” sounds wonderful to the liberals, but in practice means that the lunatics are running the nuthouse. Throughout history, practically every village in the world had one or more idiots running around loose, but everybody else knew exactly what they were and treated them accordingly, and nobody bothered to solicit their opinions or pay attention to their advice. And if you are stupid enough to believe that “The lion will lay down with the lamb,” as it says in the Bible, then you are in for some terrible surprises. During Biblical times they at least had sense enough to kill as many of the lions as they could.

It is now costing the productive people in this country, the taxpayers, more than \$30,000.00 a year to keep each criminal who is locked up in prison; which is an insane situation when you consider the fact that the average productive person in this country does not earn that much money every year, yet manages to support and raise a family with nothing in the way of support from the government or anybody else. Turn the prisons over to me and pay me only \$3,000.00 per year for each prisoner, less than ten percent of what it is now costing the government, and I will quickly show you just how a prison should be run, and will get filthy rich off of the profits while doing so; and while there may be at least one prison riot following the day that I took over, I will guarantee you that there will never be a second one. At the moment, if all of the criminals who are running around loose in this country were locked up it would require more than the total Federal budget just to keep them locked up.

We will probably never know just how much the O. J. Simpson trial cost, but probably something more than twenty million dollars were pissed away so that a murderer could walk free because of his race, it now not being “Politically correct” to convict a Black celebrity; but, back in the days of relative sanity in this society, it would have cost about two dollars for a rope to hang the bastard with. A hanging that should have occurred less than a week after the murders.

Given the fact that any or all of the above is true, and it is true in spite of any liberal theories to the contrary, it should at least begin to be apparent to the few remaining sane people in this country that they are living in an almost utterly insane society; so just why should you expect to find that the field of exercise physiology is the one exception that proves the rule? And why should you attempt to follow any advice from me? I cannot tell you what to do for best results from exercise or anything else, although I have tried over the years to tell people a lot of things not to do. And nobody else can tell you what to do, because you are an individual that was not stamped out with a cookie cutter, and that means that the best things for you may well be the worst things for somebody else. So if you ever manage to learn anything of value about exercise it will be a result of your own trial and error experience.