

My First Half-Century in the Iron Game

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According to a recent issue of a national magazine, Bill Gates earned a net profit, on the average, in excess of \$30,000,000.00 a day last year, which made him the richest person in the world. Which, to me, is simply more proof that our current society is utterly insane. When Federal income taxes were first applied, people were required to pay a tax of only one percent (1%) on any income in excess of \$30,000.00 a year; which for all practical purposes, meant that almost nobody paid any taxes on their income, since, at that time, the average annual income for a man with a fairly good job was only a few hundred dollars a year.

Later, during the Second World War, the highest rate of income tax was in excess of ninety percent (90%), which was supposedly intended to prevent anyone from making so-called “excess profits” from the war. Since then, tax rates have varied up and down somewhere within a range of a low of twenty-odd percent to a high of seventy percent; most of which, again supposedly, was imposed upon “rich” people, with little or no taxes being paid by “poor” people. But, regardless of how much, or how little, people were taxed by the Federal government, it was never “enough,” the politicians always managed to spend, or to steal, every cent they could get their hands on, and then some; Federal payouts that were supposed to solve problems, but that, instead, did far more in the way of creating problems. Having lived through, and survived, the Great Depression of the 2930s, and having experienced everything that followed, I am convinced that most people were actually better off during the depression than they are now.

One result of the government’s spending has been a rate of inflation that is almost impossible to believe even when you see it: a few weeks ago, I bought a new airplane, the latest, largely unchanged, version of an airplane that was first delivered to customers more than thirty years ago, but the price of the airplane has certainly changed: this one cost me eleven times as much as the same plane did thirty years earlier. A very large part of which inflated price is a direct result of the currently ridiculous rates for liability insurance. Which insurance costs are, in turn, a direct result of the fact that we now have tens-of-thousands of very greedy and utterly unscrupulous lawyers filing thousands of frivolous lawsuits against anybody and everybody who they even suspect might have “deep pockets.” “Right” and “wrong” is no longer even considered: if you have money, the lawyers will go to any lengths in their attempts to get it. Like the government, lawyers do not solve problems, instead, they create problems. As a consequence, the whole damned country is very rapidly going down the toilet; the lawyers get rapidly richer, and everybody else loses their ass while being driven insane by the necessity to defend themselves from the lawyers. As Shakespeare said . . . “The first thing we must do is kill all of the lawyers.”

In 1953, a man that I went to school with twenty years earlier in Oklahoma, went to work for the Federal government in Washington, D.C., as a lawyer for the government; his salary was then \$4,200.00 a year, about eighty dollars a week. But now lawyers think nothing of charging you four or five hundred dollars an hour, and will bill you for as many hours as they can get away with, and as many as you are stupid enough to pay them for. A few years ago, in Miami, Florida, a lawyer “won” an award of \$1,000,000.00 for his client in a personal injury case; then gave the client \$18,000.00 while keeping \$982,000.00 for himself.

The politicians keep telling us that this is the richest country in the world; well, if so, then the rest of the world is utterly bankrupt, because the United States is so far in debt that it will soon be impossible to even pay the interest on the debt. The government now admits to a Federal debt in excess of \$4,000,000,000,000.00, that being four “trillion,” four-thousand billion. That being an average, for every man, woman, child, infant, prisoner, lunatic and idiot in the country of \$16,000.00 each; which means that an average family of five owes a total of about \$80,000.00 as their share of the Federal debt. But, as it happens, that is only the “admitted” debt, and does not consider a far greater total resulting from future obligations of the government, social security, government pensions, medical expenses and a long list of other obligations, so in fact nobody has the slightest idea just how much the government actually owes; but one thing we should know: that debt will never be paid, can never be paid.

Solving a problem, any problem, requires several steps: first, we must become aware of the fact that a problem exists, then, next, we must attempt to determine both the nature and the magnitude of the problem. But we must also understand that there are no solutions to many problems.

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If you had visited Berlin, or any of a long list of other German cities, immediately after the Second World War, you would probably have believed that the city could never be rebuilt. Yet, a very few years later, no slightest evidence of war damage could be seen, with the notable exception of East Berlin, in the Soviet area of occupation, where a lot of the war damage still has not been repaired even more than fifty years later. So, while the financial ruin that has been imposed upon this country by lawyers and the government now appears to be beyond repair, it is almost certain that sometime in the perhaps distant future our current problems will be largely forgotten; but bringing about any such degree of improvement will require changes in our current attitudes that would now be unthinkable to most people. Like the government and the lawyers, our current “experts” can never provide the solutions to our problems; primarily because they are largely responsible for our problems.

We are now living in a society that is almost identical to an institution for the criminally insane that is being run by the inmates, paying attention to the utterly insane statements of people who should be taken out and shot, while ignoring the few sane suggestions that do come to light now and then.

OH! Then I am in favor of killing people, like Hitler? Yes and no: quite a few thousand people deserve to be killed, and should be killed since there is no other sane method for dealing with them, but while Hitler killed the “wrong” people, we should be killing the “right” people.

But, then, you might ask, just who decides which people need to be killed? They do, they decide by their actions; all crimes involving violence, or even the threat of violence, any direct or indirect involvement with the drug trade, any sexual assaults upon children and most sexual crimes against adults, and quite a long list of other serious crimes should always be punished with the death penalty, carried out promptly and in public. Which would not eradicate crime entirely, but damned sure would do away with repeat offenders, and, as an important side benefit, would save society an enormous amount of money. On the average it now costs us more than \$30,000.00 a year to keep one person in prison, while a speedy execution could be performed for about a hundred dollars. Would you rather spend a hundred dollars to kill such people, or more than a million dollars to lock them up for the rest of their lives? We need to quit worrying about the “rights” of the criminals and start worrying about the victims.

Overall, during my lifetime, for every step we have taken forward in any field that you can name, we have taken about a dozen steps to the rear; the government has become something worse than a sick joke, education has been turned into a totally unproductive kindergarten for idiots concerned entirely with efforts to be “politically correct,” the work ethic that built this country in the first place has gone the way of the dinosaurs, the very idea of personal responsibility has been forgotten, and, in brief, we are on the bare edge of a total collapse of society.

To me, paying professional athletes, movie stars and media luminaries millions of dollars a year while paying policemen and teachers \$25,000.00 a year, or less, is nothing short of insanity. One basketball player recently signed a contract that will pay him \$121,000,000.00 over a period of seven years, plus additional millions each year for so-called product endorsements; which is why a pair of sneakers now cost more than \$100.00 when they should be selling for about five dollars.

It took about two-hundred years of blood, sweat and tears to built this country, but it has now taken less than sixty years to destroy practically everything of value; if, by now, you still have any slightest confidence in the promises of politicians, lawyers, members of the media or supposed “experts” of any stripe, then you are a fool. So, you might ask, just what does any of this have to do with exercise? Just everything, because the field of exercise is certainly no exception to our currently-existing state of national insanity.

The solution? If a solution exists, and that is a long shot at best, it must come as a result of your own efforts; everything of any slightest value that is known about exercise, together with many other things of no value, has been clearly spelled out in my earlier articles. If you cannot, or will not, understand, or believe, the things I have tried to communicate, then, as the Chinese say . . . “Rots of ruck.”

Having published several hundred articles and four books, a total of more than a million words, on the subject of exercise during the last thirty years, I am now finished: this is the last I will ever write on the subject. As the Jews say . . . “Enough is enough, already.”