

My First Half-Century in the Iron Game

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SUPERSLOW, or “The Gospel according to Ken Hutchins:” In his most recent issue of a published bulletin, Volume 5 Issue 2, for April of 1997, Ken Hutchins, as usual in almost every issue of his bulletin published during the last couple of years, devoted about half of the text to a discussion of both me and MedX testing and exercise equipment, about which Hutchins knows something less than nothing. But it is not his utterly stupid opinions that I object to, since, after all, even fools have a right to express their stupid opinions, but, rather, I primarily object to his outright lies.

This, then, is intended to set the record straight: About fifteen years ago, I donated \$3,000,000.00 to the University of Florida School of Medicine in order to fund a ten-year program of exercise research to be directed by Morris Notelovitz, M.D.; the purpose of the research being an attempt to determine the benefits, if any, of full-range exercise performed by elderly people suffering from osteoporosis.

Following my suggestion, both Ken Hutchins and his wife were hired by the University in the capacity of exercise supervisors; elderly people with no previous experience with exercise cannot, or should not, be left to their own devices; they must, instead, be closely supervised during every exercise. I suspected, rightly as things turned out, that Dr. Notelovitz, the project director, would not devote much, if any, of his own attention to this critical factor; and, secondly, it was obvious to me that Notelovitz had no personal experience with exercise and very little in the way of knowledge on the subject.

I bought and paid for a very expensive type of X-ray machine designed for the purpose of measuring bone-mineral density; a testing machine that was required for the purpose of determining the results, if any, resulting from the exercise program. I did not design or build this bone-testing machine; but, according to Notelovitz, it was “State of the art” for its intended purpose and was therefor essential to the research program, so I bought it.

Along with quite a number of other people, I had known for years that exercise, at least some exercises, stimulated increases in both the size and the mineral density of bones, but I did not know just how much or what form of exercise was best for those purposes. In no sense of the term was this research program a “quick fix” type project; by the time the program had run its full course over a period of ten years, followed by at least another two years that would be required to evaluate the results, write them up and then get a resulting paper published in a scientific journal, we were looking at a project that would require at least twelve years. Then, even if the results were good to the point of being sensational, which certainly was not a result that we could count on, it would have taken several more years before there was literally anything in the way of a financial return. Be good enough, if you can, to make me aware of anybody else in the history of this planet who ever devoted that much time and money to any sort of research in this field; if such a person exists I have never heard of him or her.

Personally, apart from supplying the money and required equipment, I had absolutely nothing to do with this research: I did not design, or even suggest, the exercise protocol that was to be used, I did not supervise or oversee the program and, in short, I did not stick my nose into the program in any manner.

Several years then went by, during the latter part of which I started hearing all sorts of complaints from Hutchins about just what Notelovitz was and was not doing; so, eventually, I investigated the situation, only to learn that Notelovitz, having gotten as much money as he could from me, was then devoting all of his efforts towards attempts to get even more money from other people, while doing less than nothing in the way of directing the research project.

So, in accordance with a clearly stated clause in the initial research agreement, I canceled the program, not being willing to piss away “good” money after the “bad” money that Notelovitz had already wasted. Whereupon Notelovitz hired a lawyer and filed a lawsuit against me in an attempt to steal even more money, claiming that I had canceled the research program because the program had already proven that Nautilus equipment did not improve cardiovascular condition; which is a rather interesting claim on his part, for two reasons: ONE, Nautilus equipment damned sure will

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improve cardiovascular condition if used properly, and, TWO, the research that was supposedly being conducted had absolutely no relationship with changes in cardiovascular condition, was, instead, concerned only with changes in bone-mineral density.

Then, eight or ten years later, when a second such research program, this time directed by Dr. Michael Pollock but again funded almost entirely by me, was started, Notelovitz had the gall to ask Dr. Pollock to approach me and obtain my permission for him, Notelovitz, to become involved. So I sent a message back to Notelovitz to the effect of "Not only no, but hell no," with the additional suggestion that if Notelovitz avoided me like the plague I might permit him to continue to live.

Incidentally, neither Notelovitz nor his lawyer got a red cent from me as a consequence of his outrageous lawsuit. I do not give in to either extortion or attempted blackmail, will go to, and have gone to, literally ANY LENGTHS to avoid letting lawyers steal from me.

For anybody out there who chooses to doubt me, all I will say is . . . "Roll the dice, but be clearly aware in advance that the stakes are your ass." Just short of jumping off the top of the Empire State building with neither a parachute or a bungee cord, about the most dangerous thing you can do is to win an outrageous lawsuit against me. At best, you will get nothing, and at worst you may get killed.

Gideon Ariel has been telling anybody who will listen that he got millions of dollars as a result of a lawsuit against me, but he is a fucking liar about that subject as he is about everything else he says. So far I have neither killed him nor had him killed, but I would not advise him to try fucking with me any more in the future.

Being clearly aware of the fact that I am now living in an almost utterly insane society, and having already lived through a list of outrages that would drive most people up the wall, I am no longer surprised by anything; disgusted and pissed off, yes, but surprised, no. So I am not surprised by anything that Ken Hutchins has to say; but also being aware of the fact that there are still a few, damned few as it happens, at least semi-sane people still alive, these few people being the only ones remaining who have either any interest in the truth or enough sense to understand it when they encounter it, my articles are directed towards that few among the many. The rest could do everybody a big favor by dropping dead, and if that would require something in the way of a push then I'm for it.

Unlike Gideon Ariel, everything that Ken Hutchins says is not a lie, just most of it; he has, for example, repeatedly stated in print that MedX machines are the only tools capable of performing meaningful testing procedures, and that much, at least, is true; but then he turns right around and states that any such testing is both unrequired and dangerous, that neither anybody associated with either MedX or the University of Florida knows how to use the machines properly. While he, of course, does know literally everything about our equipment, could tell us, if we would only listen to his words of wisdom, both how to properly use and greatly improve our equipment.

Now giving himself full credit for being the first person in history to encourage people to use only slow movements during exercise, to avoid any fast or sudden movements like the plague, he fails to mention the fact that I was telling people that long before he was born. But we do agree on a few points, both being opposed to aerobic exercises as they are usually performed and violently opposed to so-called "explosive" exercises regardless of how they are performed. But I would appreciate it if he would, when quoting me, at least repeat what I said instead of changing it. The last thing in the world that I need is an asshole like him editing my statements.

Since it would require a rather lengthy book to even list all of Ken's lies, I will make no such attempt; but I will say that anybody dumb enough to believe Ken Hutchins is much too dumb for me to waste my time talking to.

One of the most irritating things that Ken has done was his recent attempt to explain my motivations, to tell his readers "why" I did this or that; along with a number of other equally stupid statements, he said that I used certain terminology in an attempt to curry favor with the scientific community, which is, perhaps, as far off base as it is possible to get. Given my frequently stated opinion of the scientific community, that it is somewhat lower than whale shit, accusing me of attempting to curry favor with such people is ridiculous to the point of insanity. If and when a particular word is

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generally understood to mean much the same thing to anybody who hears or reads it, then I use that word, but when something new comes to light, something for which no term exists, then I will call it what it is, whatever word describes it best, with no slightest regard for what some idiot in the scientific community chooses to call it; thus, in fact, numerous members of the scientific community have been attacking me because of my chosen terminology. Supposedly scientific terminology, using Latin words, was intended to remove confusion resulting from the common practice of calling something several different things. So, then when I come along and discover something of great importance that nobody in the scientific community had ever even suspected, and demonstrate this previously-unsuspected factor in a literally undeniable fashion, it should follow that I can call it anything that I choose to since it was my discovery. Terms like “internal muscular friction,” “stored energy,” “type S and type G responses to limited-range exercise,” along with quite a number of other terms, were all coined by me, and all of them have either been ignored or attacked by most of the members of the scientific community, people who know something less than nothing about exercise but who appear to believe that they know everything about it. I have as much respect for such people as I do for the lawyers who helped O. J. Simpson get away with murder, so it is utterly ridiculous to accuse me of sucking up to such people; in general, I would not be willing to piss on them if they were on fire, would be far more inclined to throw some gasoline on the flames.

A long list of people, the dumbest being far smarter than Ken Hutchins will ever be, devoted their efforts over a period of twenty years, together with an investment of more than \$100,000,000.00 of my money towards the development of MedX equipment. After which, tens-of-thousands of hours and many millions of dollars were devoted to research intended to determine the best ways to use the equipment. Then, for a period of more than nine years, additional millions of dollars were spent in order to conduct classes for the purpose of teaching medical professionals to use the equipment properly. Finally, we now have a very large part of the knowledge gained from clinical experience with literally millions of chronic patients who have been treated with MedX equipment.

Given that literally unprecedented history, the last thing in the world that we need is for some arrogant, stupid, liar like Ken Hutchins to come along and set us straight.