

The Future of Exercise (1997 and Beyond)

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Introduction

This book is intended to help educate rational people; people with at least a reasonable level of intelligence and something in the way of a meaningful education. Which requirements will weed out a rather high percentage of people in this country today, since both true intelligence and meaningful education are both quite rare at the moment.

As somebody once said . . . “I do not suffer fools gladly.” Unfortunately, some people who are not fools may object to my style of writing, which is blunt to say the least.

My statements in this book in regard to scientists in general, medical doctors, physical therapists, exercise physiologists, coaches, and anybody else with an interest in exercise physiology, will certainly produce an outraged response from many of these people; but when and where this occurs, as it will, such people are merely adding more in the way of proof that my statements are valid.

But before you jump to the conclusion that I am a fool, or am a “voice crying in the wilderness,” please read the following quotations from a book entitled “Racketeering In Medicine,” a book written by James P. Carter, M.D., Dr. P.H.

- Bona-fide therapies are being disparaged as quackery.
- Health-care givers who offer alternative treatments are being persecuted.
- Government agencies are participating in the harassment of alternative practitioners.
- Drug companies are unduly influencing medical professionals’ actions.
- Kangaroo courts are convicting honorable men of trumped-up charges.
- The financial bottom line all too often determines what medicine or treatment is researched, tested and approved.

Dr. Carter’s book clearly demonstrates the fact that at least a few people in this country are still thinking rationally; not many, perhaps, but at least some.

So if you are unwilling to admit your own mistakes, and thus cannot tolerate having them pointed out to you, and if you are interested in exercise physiology, then don’t bother to read this book; because, I promise you, many, perhaps most, of your current opinions regarding muscular functions are simply wrong, totally invalid, usually leading to faulty conclusions, and sometimes leading to dangerous practices.