

MUSCLE MAIL

A Readers Forum

Video Muscle.

RECORD

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My goal is to be the most well known spokesperson for cancer victims in the world. Can you help me?

Sincerely,

Ian Howard
19370 Collins Ave. Apt. 603
Miami Beach, Fl. 33160
(305) 937-0926

864-1889

DRUGS

With all the strikes MMI has made in the fight for a drug free sport, I was most disappointed with the article on Greg DeFerro (February '85). While it may be refreshing to some that Mr. DeFerro openly admits the use of steroids, such statements only make our job of fighting this abomination that much harder. Chemical bodybuilders are poor examples for the young men and women who idolize them.

I've said it before, and I'll say it again: true champions don't take dope (steroids, stimulants, etc.). Real winners don't need the crutch of pills and needles to be successful. It takes more guts to say no to growth hormones and steroids and lead a healthy, holistic lifestyle. There is no place for drugs in our sport. They are physically, mentally and spiritually wrong. The bodybuilder/strength athlete should be a model of health and fitness, and not some dope filled junkie.

Finally, despite what "Rocky" says about bodybuilding never being drug free, those of us dedicated to a "clean" sport will continue to fight for that ideal. God willing, we will succeed. Thank you for giving me the opportunity to express my views. I admire your courage. Keep up the great work.

Yours Naturally in Christ,
Michael C. Williams
Strength & Conditioning Coach
Texas Gymnastics & Sports Academy
211 Panther Way
Hewitt, TX 76643

BITCH TITS

I'm afraid (after juggling the facts around carefully in my mind for a while) I'll have to agree with your editorial "Ain't it a Bitch!" in the April 1985 issue regarding Gynocemastia, the feminization of the male nipple area. I guess most bodybuilders, as well as many contest fans and muscle magazine readers, think big, bulging muscles and shapely figures are all that matters in presenting the male physique to the public. But you're absolutely right, Bob. They don't know how unsightly this unnatural phenomena is. It's not only disgusting, but quite a bitch of a problem that the stupidity of this bodybuilding physique presentation exists more noticeably on the pro scene to bring this



damning "Bitch-Tit" mockery of insanity more than ever to the attention of those who crave this obvious physical defect on all levels of competition today.

Let us be even more specific about this abnormal and distinctly revolting bitch-tit phenomenon that one can see on an otherwise almost perfect or well improved physique in any major or minor contest today that — besides anabolic steroids themselves — it is one of the most disturbing elements of our sport leading to an epidemic of unnaturally awarded championship freak recipients, all as a result of drug induced gynocemastia.

There is no doubt that this unnatural feminine-like condition greatly distracts from, rather than adds to, the male physique. In my honest opinion it is even more unnatural than massive muscular development of female bodybuilders, and is a direct insult to the science of muscle physiology.

It's way past time that we become more serious and restrictive of this bitchy problem to prohibit and control such unnatural physique presentation of the otherwise magnificent male body on a more rigid international basis.

Regarding the accompanying photo spread you used to illustrate the serious point of your editorial (there's no doubt it was taken from the 1984 Mr. Olympia Contest) it's only adding more insult to injury of the magnificent male model for some modern day contestants to totally disregard the sanity of our sport and further practice and pose in this bitch-tit fashion among the world's greatest physiques.

Whom do they think they're deceiving? Not the more sane minded, natural, drug free bodybuilder who should be relegated to a higher place over them, but only themselves, of course. No, Bob, in this respect, I don't think your former words has fallen on as many deaf ears as you think. I think your warning has been more widely acknowledged in time by a lot of natural, conscientious bodybuilders for what it is for the sake of our sport — a plea to end this abnormal madness — or else we'd really have more bitch-tit contestants than we do today.

In the light of this encouraging assumption you are definitely not asking too much that anybody who turns up at a contest with "bitch-tits" be relegated to last place.

I thank you for telling and showing it as exactly the way it is. Every muscle builder who loves the sport and his body should help spread the great Kennedy Gospel contained therein about the danger of gynocemastia for all it's worth. Perhaps, if enough sincere natural bodybuilders wrote IFBB President Ben Weider about what they think of the phenomena, then we'd get some very prompt disciplinary action on the matter. It's time all disciplined bodybuilders world wide stood up together on the same contest stage to ban such bitchy practitioners from the scene forever, and help install more grace and goodness in all future male bodybuilding competitions.

James W. Ayers
Attalla, AL

SERIOUS BUSINESS

As I work toward the all time high in the poundages used in my exercises I found myself wasting time and sometimes not keeping my mind on my job, to lift in good form and use my mind to increase the ability to use more weight.

I now use 220 lb dumbbells for shrugs, 800 lbs for half squats and 630 in the deadlift. I feel it is nowhere near my limit. Also 65 lb dumbbells for the wrist curl, 300 lbs for the seated calf raise.

I found myself paying too much attention to the radio, records and reading! I was resting too long between sets, so I wrote myself this sign now on the gym wall.

Training is VERY SERIOUS BUSINESS. If you want to read, listen to music, worry about tomorrows problems, stay out of the gym.

The poundages used are dangerous only if your mind is not on your workout.

TO GET THE MOST OUT OF YOUR WORKOUT CONCENTRATE ON THE JOB AT HAND.

It's tough to train alone sometimes. You tend to drift into bad habits and when tired from a days work, slow down and take it easy. So you have to give yourself a reminder why you're in the gym and in a gentle way say, "Get to work" if you want results.

Fred R. Howell
39 Hillside Ave.
Mine Hill, N.J. 07801

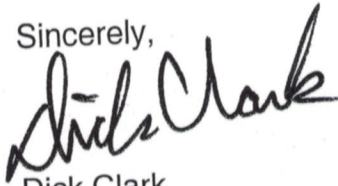
August 28, 2003

I read with interest your thoughts on your forthcoming book, Mr. Howard. You have a remarkable story.

Unfortunately, I have no ideas or tips to pass along. I can only suggest you try to find a "book producer" to assist you. On the other hand, I would certainly want to encourage you, because you seem to have a most interesting story.

I wish you much good luck.

Sincerely,



Dick Clark

DC/as

Mr. Ian Howard
1899 Porter Lake Drive, #105
Sarasota, FL 34240



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3003 WEST OLIVE AVE. BURBANK, CA 91505-4590
(818) 841-3003 FAX: (818) 954-8609

*Beating Disease with
Bodybuilding* BY IAN HOWARD

When I was an 18-year-old student at Rutgers University, I saw a photo of Frank Zane and was inspired to start weight training. I put on 15 pounds of muscle in a year. Then I came down with encephalitis — a brain inflammation better known as sleeping sickness. I was on my back for two and a half months with headaches, fevers and a stiff neck. But encephalitis didn't conquer me. I got out of bed, resumed training, and started taking lecithin (I'd read about it in *MUSCLE BUILDER*) in hopes of regaining some of my memory, which had been impaired by the disease. It worked. I trained for two more years until I developed a cancer between my lungs, pressing against my heart. I had major chest surgery, followed by radiation treatments. The

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doctors didn't want me to exercise for six months after my operation, but I started weight training, using the Weider Principles, after one month.

These are some of the medical misfortunes I've endured since then:

- Pneumonitis, a lung inflammation caused by the radiation therapy. I coughed for two months.
- Severe allergies. I sneezed a lot. You can imagine how that felt when my chest was inflamed.
- A bad fall during my first month as a naval recruit.
- Arthritis in my back, knees and left shoulder.
- Two sinus operations.
- Two throat operations.

Through it all, I kept lifting weights and drinking Weider protein drinks. I controlled my arthritis pain by using natural herbs and minerals, instead of commercially produced drugs, which can have dangerous side effects.

Now, I'm 35 years old and a college graduate. I believe that my path in life has been chosen for me, that it's my role to help as many people as possible to hear the good word about health. After having lived for years with pain in almost every inch of my body,

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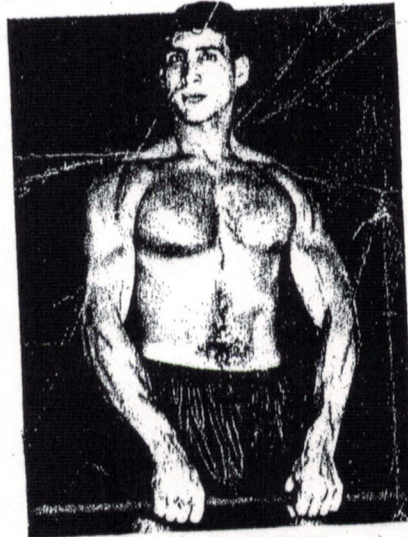
Sincerely,
Ian Howard
19370 Collins Ave. Apt. 603
Miami Beach, FL 33160

my record



I know that life is the most precious gift a person can have.

I can't possibly imagine not being able to train with weights. They've become an extension of my body. The Weider lifestyle should be made known to everyone. After all, if it were not for this lifestyle, I would not be able to help others. □



Ian Howard: "After encephalitis, cancer, pneumonitis, allergies, arthritis, two throat operations and two sinus operations, I believe that my path has been chosen for me."

Muscle & Fitness Magazine

Calvin Klein

Mr. Ian Howard
19370 Collins Ave., Apt. 603
Miami Beach, Florida 33160

Dear Mr. Howard:

Somehow your letter has only just reached my desk,
and I am sorry I was unable to participate in
your record making charity.

I was extremely impressed and touched by the
manner in which you are handling the tragic
consequences of your illness.

You are obviously a remarkably brave person
and I wish you lots of luck and every success
in your career.

Sincerely,



Calvin Klein

CK/sb

DANNON BODYWARD

Presented to

Jan Howard

who has been officially designated
A Dannon Body
for setting a sound example in
exercise and nutrition practices.

The Dannon Body-Watchers
of America.



Betty Young
Chief Dannon Body-Watcher

Date

6-18-84

