Inkerman, Ont: Canada.
June 13, 22.

Mr. O. Coulter.

Dear Sir:-

I am writing these few lines to you, hoping that you, being interested in lifting, will be interested in the contents of this letter, & believing you would be, I take the liberty of writing you, instead of waiting for you to acquire information from the magazines.

For many years I have desired to see a lifting assoc: in existence, by which all lifters on the continent would be consolidated. Some times we had hopes of such, but always it fell thru.

When Mr Bernard resigned the editorial chair of "Health & Strength", & took over the editorial chair of "Health & Life" of Chicago, I believed that an opportunity had presented itself, as he was the president of the B.W.L.A. & a friend of mine, & as soon as I broached the plan to him he jumped at it with the result without any loss of time we laid the foundations of a lifters assoc: which will be fully explained in "Health & Life" for July. It will be same as the assoc: of other countries, & the same rules so no dispute on worlds titles, or for worlds records can exist.

The only difference is that there will be an additional honor for titles & records, & instead of 42 lifts, there will be 47.

The extra honor will be known as the continental champion, by which a man will be the champion of the whole American continent, including Canada.

Continental records will exist also.

Now we shall require organizers in each state. These men will have a place at the table of the central council whenever they meet, & will have the right to settle disputes & promote competitions, contests, & pass records in their state. The immensity of the distance makes this necessary.

All contests, records etc, must be passed by official referees, who must pass a test, & receive certificates. Certificates will be issued to all winners of records on any of the 47 lifts, for state, national, continental & worlds titles.

Mr Bernard is appointed the President, & Treas.: A.F. Gay of Rochester vice president, & myself as Sec: & technical advisor. Now we want some real men as organizers for their state, & I would be pleased to see you offer yourself as one, always having you in mind.

Mr Bernard & I intend to make a tour of the states to promote the assoc: & hold competitions in each place where we go, & pass records, & organize, besides demonstrating the practical up-to-date methods of lifting, & we want all enthusiasts to help make this a success.

Can we count on you here?

"Health & Life" is published in Chicago at $1.50 a year, & I would like to hear from you in regards to this letter, & also to know that you had wrote to the editor of "H & L" stating you had heard from me, & that you was willing to help in the assoc: & with the tour in your city.

He will appreciate this, as he desires to know first from all the feelings of the interested parties.

I may say that I have been organizing the French Canadian lifters, who are
a wonderful lot.

We are meeting with much response from all the lifters, who are great for the cause.

Hoping to hear from you in the near future, & that you will be for the cause.

Sincerely your in physical endeavour.

[Signature]

Net "office

350 W. Monroe st

Chicago, Ill.

The Asso. will be known as the "American Continental Weight-lifter Asso."