

Inkerman. Ont: Canada.  
July 24. 22.

Dear friend Coulter.

I was very pleased to receive your letter, & noted the contents with great interest.

Your inquiry re the attitude of the Milo company) Calvert & Egan) I do not know & wondered at it myself, for they can do so much good & so much harm if they wish, to the asso: I asked Bernard to write them & find out, & to put them on the board of control, as an incentive, & your suggestion re getting Milo pupils to officiate, is just the thing.

As regards the other ~~quizzixxx~~ statements of yours, I fall absolutely in line, & as for the statement re how the harness lifts should be done, I will leave that to you absolutley. So you define it, & the hand & thigh lift also the back lift. I will be satisfied with your ruling as will Bernard. I have not had very much experience on the harness lift myself, but all other I know off by heart, in all forms, having seen the best men in the world do them in different countries, I have been.

Gay was here staying with me a few days last week, & I was giving him some practical knowledge on overhead lifting.

Gay is issuing challenges broadcast for the title of America's strongest man. Why not fix a match up with him on an handicap scale to boost the game? I wish Snyder would accept one of his pupils who is challenging America in his class.

I would like to see your collection of books etc. I had a splendid collection once, but when I left home to see the world I left them all behind, & as that is so long ago, I never saw them again or went back. I got a bunch together again, & when the war commenced, I enlisted & gave them to an old pal, as a remembrance. Tho I remember all the information I ever accumulated, & have a book in which I always put down the first class material on training etc. what I always kept.

This cause will take some working up, especially as H & L is not very well known as yet, & again, if the editor only gives it the proper attention. Tho I cannot say that I was much impressed with his opening article. Anyway it will pave the way, & if he falls down on his job, we want to hang together so that in fututre we can be organized by ourselves.

You would be surprized to see the offers I have had from some professionals who want to make some fake records for notorieties sake, in order to gain publicity, & advertisement, but nothing doing on my part. Let them earn it. I thank you for the photos & will use them, & I am enclosing you a photo of the ones I wrote of, tho you do not owe me anything for them as I got them off the guy for some instruction, & hope you will like them.

I am sorry that Pittsburg does not show up so good in the cause but we will not despair.

I will find out from Bernard if he ever wrote to Calvert & let you know. We want everything to be on the square, & no fake stuff allowed if we know it. I am in a little haste just now but will write later of any new news. Write whenever you care to, & give me your definition as soon as possible. The Keawedy lift & Jefferson are performed on a

st legs - bent back?

apparatus which they stand astride of. In the Jefferson style the bar goes lengthways between the legs & a platform underneath is loaded with weights, just the same as the leg exercise in the Milo course for the thighs, & they raise the weight off the ground. One hand in front & the other behind each grasping the bar. In the Kennedy lift it is like a dead lift, only they do not use stiff legs, & lift it on the apparatus, which just needs a little knee bend. Well, it is just like the hand & thigh lift, only the thighs do not help.

Thanks ever so much for the addresses. I will write to them anyway, & hope to get some reply.

Goodbye for now, & write soon.

Sincerely Yours.

G. F. Swett

Straddle  
no legs in front  
& other behind?