

Inkerman. Ont: Canada.

June 22. 22

Dear Mr Coulter.

In answer to your letter received to-day, & will say that I am very glad indeed to hear from you, & receive such hearty co-operation.

I am fully aware of your past efforts & suggestions along the line of lifting association endeavour, & remember your 1917 article. I received all your correspondence which you wrote a year ago, when "Strength" was talking of it, as Mr Egan asked me to co-operate also, & that is the one reason I am very pleased to hear from you, for I know you are a man with the cause at heart, & with a kick. Talking does not get anything anywhere. It is the initiative that counts, & we have got it, & hope it brings us good luck.

Now to answer a few of your questions, & give you a little general information until we get the rule book out.

We have added the list of rules to 49, & will say you have the right idea re, the value of many lifts. Every man has a chance. Then again we have not forgot the harness lifter. Tho I am no good in this style, in a way, yet I know there are many who take a lot of pleasure out of it, & its strength feats anyway, then again, the french- Canadians are strong on that stuff, so you will see by the enclosed list that your opportunities are good, & I wish you luck in your efforts.

What knowledge you think you lack in overhead styles, & think that I can help you out, just command me, & nothing but the real practical goods will I give you, for without conceit, I can safely say, I know the science of overhead lifter as good as the best. I have travelled the world over, & like your self, been a keen devotee to the game, & accumulated a lot of material from the various famous men, with whom I have been in contact. The asso: is patterned after the B.A.W.L.A. for this reason. They are a powerful body, & were the means of getting lifting included in the Olympic Games, & besides the European lifters endorse the rules, & it would be no use us making a set of rules contradictory to thiers, for we would not know how we would stand on our merits when comparing records on same lifts. The B.W.L.A. adopts the same rules also, & our work is to control both the amateur & proff: branches. Tho just now we are dealing with the amateur as they will be the quickest organized, & will enrol pros in at the same time also, & will start right away to accept records for the pros as well as amateurs. You understand. Oae asso: controlling the both. It is no use running two, when the same men can arrange thru one organization.

Now that answers your questions, & now for some general information.

The yearly sub: is \$3.00 which includes one years subscription to "H & L" which is our official organ, as then we can bank on all members being posted on the work, & save less correspondence. Those who have subbed need only send in \$1.50, & state wether they are pro or amateur.

As soon as we get money ahead we will issue badges to all members.

Membership blanks will be sent you as soon as I get them, which will be anyday. You can send on the subs to me, but made payable at Chicago. Ill' & if you send in any before I get the forms, just state thier name, weight

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age & occupation, & whether pro or amateur. I will send a receipt after. Your work is to get all to join possible, & when any person desires to make a contest, or competition in your state, they have to apply to you for permission, which you grant, but see that an official referee is appointed to act. In these cases, one third of the clear gate profits must be turned in to the Treasurer. Mr Bernard, & you keep a statement, & send the result of the contests to me, with the poundage lifted on each lift. Three attempts on each, but I only require the largest poundage lifted on each lift, for reference, & publication in the mag:

When anyone desires to make a record in your state, he has to apply to you for permission, & you see the referee is appointed, but 50 cents must accompany each request, which when performed, whether it be for county, state, national, continental or worlds, a certificate will be sent with full acknowledgement of the record, & the name put on the record list. The 50 cts is to pay for certificate, packing, postage etc. No money is to be refunded in event of a failure.

Any disputes you settle. No bar must be longer than 6ft 6in, & the distance between collars must be no nearer than 4ft 6in, & any size bar may be used, with tape on if desired, & resin. As many attempts as desired can be made on the record, but in the one night only. That is you name a date satisfactory to record breaker, & he can make as many attempts as he likes on that date only, before a responsible body, who weighs the bell, & sees that it is lifted according to rules. We give certificates to all who pass the referee tests, who must always get their expenses, anyway in the case of an amateur going to officiate. So you see your work will not necessitate you leaving Pittsburg, & you can control that which goes on in your own city. We accept no previous lifts for the American continent officially, so you see the field is open to all to make records, & up to others to surpass them. Those who have accomplished records on the level, can do it again, & will be glad to do so, & be officially recognised.

Each organizer has a seat at the conventions when held, & each year competitions must be held in every state to decide who is the state champ: & then the state champs meet for the national titles, & then the national champs can meet for the continental titles, which will embrace the whole American continent, including Canada etc. The fees that we receive to the asso: from gate proceeds, records, & subs, will go to pay for literature, & in the event of a good state champion, not being able to get the place of general meeting for the national or continental title, we will endeavour to pay part, or all his expenses, according how we are fixed. We shall try to send, in the case of amateurs, representatives to the Olympic Games. So you see the need of money, & boosting to make it possible for every man to be given a square chance.

In the case of a man being too far away, & cannot get to the place of meet: we will arrange that he performs his lifts the day before, at some place desirable to him, before a responsible body, & his total poundage be wired to us, so we can place him in the finals, & not do any waiting.

Any information that you desire, or rules on any of the lifts, just write me, & I will send you the definition.

The idea of sending me the application & sub, is so that I can enter the name etc, & by making it payable in Chicago, it will save time & money. Make the sub: payable to Mr Bernard, & then I'll forward it. This asves

you the trouble of mailing to him & I also.

In other states, can you name any good man who would make a good organizer? Mr R.B.Snyder represents us in Maryland & Mr Willoughby I believe will in Cal: A.Gay will work New York also.

All answer to lifting questions will be given each month in "H & L", by me, & advise will be given free, on scientific methods of lifting & training.

I might also say that, Mr Bernard & I contemplate a tour of the States, in order to boost the game. In each place we will hold competitions, & pass records, besides demonstrating the scientific methods of lifting & training & will give wrestling exhibitions, & will also have with us a lady P.C. who is a famous dancer, who will demonstrate also. We want every man who will to help us along in each town, to promote the display, & get a good audience, by selling tickets, or any way at all that he can. As Mr Bernard is looking after this, I wish you would write him & Tell him that you will give us your co-operation in your city, & he will tell you just what he expects to do, & would like you to do.

If you have any photos of yourself we would like some for publication in the mag: when we announce you as the state organizer.

Now dear friend I guess that I have given you all the information that I can for you to work on, & you will see more in the mag:, anything that you are stuck on, just write me, & I will do my best. Get all the subscribers you can & boost it along. Men like you are a real asset to the cause, & knowing how you have worked for the cause in past years, you will realize that you are helping to perfect what you have worked for. You will, no doubt have tasted of the fruits of failure, & lack of appreciation, as I have many times, but it takes men who have tasted the gall of disappointment, & who are willing to still fight, to make a success of an object, & as I have said, you have been tried & proved not lacking, & because of this I value your co-operation greatly, & hope to hear from you soon on anything that appertains to the welfare of our asso:. When sending your photo, give me a little idea of your career, so we can publish it with the photo.

I spent a lot of time & money organizing the French-Canadians this spring, & met with much success, as they are keen on lifting.

I came across an interesting record of a great man last week. I met a man who had some actual photos of Saxon doing his famous two hands anyhow, of 448, & lifting his two brothers in a swing seated ^{SENT PRESS 371} war. I had some of my own, but was jealous of them since Arthur died, & would not part with them "Strength" wanted some for an article I wrote, & altho the fellow did not want to part with them, he sold me one of each at 50 cents each, & one of Sandow posing as a Gladiator for the famous painting. I did him a favour & thru that prevailed upon him to sell me three pictures. I got three for a friend also, who asked me to get them for him. They are valuable to me from thier sentimental value of the accomplishments of a great man, & I know that there are none others on the continent like them, as I got mine years ago, & never saw others over here.

If you had cared to get some, maybe I could get one or two more from him.

If you wanted I would try him. Anyway write me soon re the Asso: & give me all the advise you think will help the cause, & in the meantime I will

Dear Sir,
I have the pleasure to acknowledge the receipt of your letter of the 14th inst. in relation to the proposed re-organization of the National Labor Union. I am glad to hear that you are interested in the welfare of the laboring classes, and I am sure that your efforts will be successful.

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Your very sincere friend & co worker in the good cause.

Geo. F. Swett

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COMPLETE LIST OF THE 49 LIFTS

as recognised by.

" The American Continental Weight-lifters Association".

NO.	1. & 2.	Right & left hand	military press.	Dumb-bell.
"	3. & 4.	" " " "	swing.	"
"	5. & 6.	" " " "	bent press from shoulder.	"
"	7. & 8.	" " " "	snatch.	Bar-bell.
"	9. & 10.	" " " "	clean & jerk.	"
"	11. & 12.	" " " "	" " bent press.	"
"	13. & 14.	" " " "	bent press from shoulder.	"
"	15. & 16.	" " " "	anyhow.	"
"	17. & 18.	" " " "	dead lift.	Barbell or dumb-bell.
"	19.	Crucifix.		Dumb-bell or Ringweights.
"	20.	Lateral raise. Standing.		" " "
"	21.	" " Lying.		" " "
"	22.	Abdominal raise.		Dumb-bells.
"	23.	Rectangular fix.		Bar-bell.
"	24.	Hold out in front, raised from below.		"
"	25.	" " " " lowered from above.		"
"	26.	Pull over at arms length.		"
"	27.	" " & press on back.		"
"	28.	" " " " " with shoulder bridge.		"
"	29.	" " " " in wrestlers bridge.		"
"	30.	Two hands slow curl.		"
"	31.	" " clean & military press.		"
"	32.	" " " " push.		"
"	33.	" " " " jerk.		"
"	34.	" " " " " from behind neck.		"
"	35.	" " " " press " " "		"
"	36.	" " " " military press.		Dumb-bell.
"	37.	" " " " push.		"
"	38.	" " " " clean & jerk.		"
"	-40- 39.	" " continental jerk.		"
"	-41- 40.	" " anyhow.		"
"	42- 41.	" " swing.		"
"	-43- 42.	" " snatch.		Bar-bell.
"	-44- 43.	" " continental jerk.		"
"	44.	" " anyhow.		Bar-bell & Ringweight.
"	45.	" " dead lift.		"
"	46.	Kennedy lift.		
"	47.	Jefferson lift.		
"	48.	Back Lift.		
"	49.	Hand & thigh.		

Classes

Bantam.	Feather.	Light.	Middle.	Cruzier.	Heavy.
112.	126.	140.	154.	168.	Any weight.
<i>8st</i>	<i>9st</i>	<i>10st</i>	<i>11st</i>	<i>12st</i>	