Past Imperfect

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All correspondence should be directed to the editors at:

Past Imperfect
Department of History and Classics
2-28 Tory Building
The University of Alberta
Edmonton, Alberta, T6G 2H4
e-mail: pastimpe@ualberta.ca

Cover Photo: The Gospel of Strength According to Sandow is a rare 1902 Australian publication presenting the physical training philosophy and techniques of Charles Sandow, a renown Victorian strongman and a pioneer of bodybuilding.

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