Fitness Important In Youth

How does anyone get any now does anyone get anywhere, do anything worth
while if he's not physically
fit? Forget the exceptions,
think of the rule.

What better time to become physically fit in preparation for living in the world than in childhood?

childhood?

Most youngsters go back to school after healthy, outdoor summer vacations, tanned and sturdy.

Wise parents see that they are checked by their, physicians and dentists. The wise ask their doctors to check eyes and ears also.

- IT HAS sometimes happened that a child who was slow in learning to read was deaf, or had poor sight which had gone unnoticed. If you move and change physicians, it's an excellent idea to request your old doctor to forward your child's chart to the new one. Many mothers keep records of their children's inoculations, for some have to be repeated.

Be sure your child plays out of doors as much as possible. Does he walk enough? It's very good

Be sure your child plays out of doors as much as possible. Does the walk enough? It's very good overcise, as you know, but we see more and more children being driv-ent to school and play spots by par-ments who might better let them

Let your youngster use his legs o walk, hike, run, bicycle. Natur-lly you will check the streets and onds and caution him on any una

ally you will check the streets and roads and caution him on any this safe conditions.

What about eating habits? If your child is old enough to start establishing 'pood eating habits. Learn the 'basic seven' foods, and see that Johnny and Jane get their full quota.

Watch their weight, and at the first sign of extra pounds which can be more problem to them later than underweight, enforce rules against extra sweets.

And just as limportant are good sleeping habits? You, your child and your physician can get together on the amount of sleep your child requires since children vary greatly in their needs.

Work, good physical labor, helps make fit minds and bodies, too. Don't assign tasks that are too hard; but let your youngsters know you expect the tasks to be done as their contribution to good family living. They will respect you for your firmness.

SEND YOUR youngsters off to school looking and feeling their best. If your little boy wants a crew cut, let him have it. If your daughter wants curls, give her a professional hairstyling and home permanent.

permanent.

"Keap the family fit, attractive and happy. Never has it been more necessary for citizens of this country to keep in tip-top shape all the time.

Writer Suggests Ways to End Summer Doldrums

To The Editor:

It must have been a misprint.
Only last week some columnist reported about "what certain ones were doing to thase the mid-summer doldrums away.

Without resorting to opening the billfold, without going beyond the boundaries of your own lot kine or even leaving town for one hour, could just a few items be listed which have the oddest power to swish away any early August dulliness?

swish away any early August dill-ness?

No legislature has passed a law as yet which forbids a citizen from sitting up all night. Right out on your own front lawn. Of course, be sure to select an evening when the air is just right, when the night is still and when the sky is beppered with the things human label as stars.

A POT of black coffee to one side of the long chaise chair helps to keep kinks out of the neck as it turns in wonder at what is displayed overhead. It helps, too, to keep the eyes awake for the dawn which will replace the night.

The evening bows out so gradu-(See WRITER, Page 31)

Wardrobe Listed For College Man.

Young Cyclists lished a youth fitness program to To Attend College Fulfill Health

What does the well - dressed young man wear in college? If he goes to a midwestern school, he wears jackets and slacks, suits, and sweaters, according to American Institute of Men's and Boys Wear.

The institute lists a minimum wardrobe of one or two souts, four to six oper the shrist, three pairs of slacks, a topcoat, five eight dress shirts, four to six parts shirts, three pairs of shees, a raincoad, two or three sweaters and a couple of jackets.

Six to ten sets of underwear are minimum, the institute says, and about a dozen pairs of socks.

Hullin IlCallii

Requirements

A movement to get school child or ride from out of Mom's car and onto their feet or bicycles is gaining five to ten miles to school of the country. Agreat many of these motor pook, If private transportation in not vaniable, school buses or public facilities may be used.

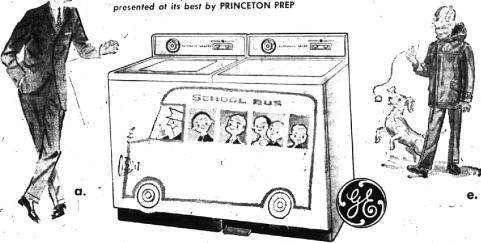
Extent of the national concern over the health of young America may be seen in the fact that President Eisenhower, disturbed over the health of young America motor pook, If private transportation in not vaniable, school buses or public facilities may be used.

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Yet, by briskly walking to their schools, or by cycling from home to school, our youth could probably fulfill daily minimum exercise requirements with no additional activity.

Approximately 600 new students have been notified of their acceptance this fall at Mary Washington college of the University, of Virginia, Among the new students will be Suzanne Kressler, daughter of













a. Suits to fit 'em all Washing them is a ball' Non-allergic flannel 75% Orlon & 25% Viscose They'll need one of those

from 27.50 to 47.50

b. Craw neck sweaters and cardigans too Of Orion processed by Tow Hue Looks like wool but feels so nice Sitting in class or skating on ice

from 6.50

c. Shirts for sport or dress Wash 'em and forget the press We have them fancy or plain In colors of the bow that follows the

\$3.00 to \$6.00

d. Slacks that are rugged at the knee And absolutely wrinkle free They're handsome and need no care 'Cause they're true Wash 'n' Wear

from \$6.50

e. Outer jackets that are warm as toast And sturdy, if we may boast A. When dirty they wash like a hanky Which is better than to spank he

\$19.95 to \$32.95

f. A sport coat blazer Ivy right Comes out of the washer clean and bright The idea is new and might; grea. Try it now—why wait?

from \$19.50

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