

# Fitness Important In Youth

How does anyone get any-where, 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?

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 exercise, as you know, but we see more and more children being driven to school and play spots by parents who might better let them walk.

Let your youngster use his legs to walk, hike, run, bicycle. Naturally you will check the streets and roads and caution him on any unsafe conditions.

What about eating habits? If your child is old enough to go to school, he's old enough to start establishing good 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 important 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.

Keep 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 chase the mid-summer doldrums away.

Without resorting to opening the billfold, without going beyond the boundaries of your own lot line 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 dullness?

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 peppered 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 gradually. (See WRITER, Page 31)

## Wardrobe Listed For College Man

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

The institute lists a minimum wardrobe of one or two suits, one or two sport jackets, four to seven pairs of slacks, a topcoat, five to eight dress shirts, four to six sport shirts, three pairs of shoes, a raincoat, 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.

## Young Cyclists Fulfill Health Requirements

A movement to get school children out of Mom's car and onto their feet or bicycles is gaining momentum all over the country. More and more, as the concern of authorities grows for the physical well-being of children, they are being urged to provide their own motive power to school.

Extent of the national concern over the health of young America may be seen in the fact that President Eisenhower, disturbed over our poor showing in international health demonstrations, has estab-

lished a youth fitness program to promote all types of exercise.

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.

OWNERSHIP of bicycles induces the school child to ride from his home daily. In place of walking or riding five to ten miles to school daily, as was formerly done, today's student is driven sometimes as little as three or four blocks by a parent or via a neighborhood motor pool. If private transportation is not available, school buses or public facilities may be used.

Cycling to school, however, is gaining popularity. The sport has grown to the point where there are some 25,000,000 wheelmen in

## To Attend College

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 Mr. and Mrs. D. E. Kressler of Cambridge street, Lathrup village, a graduate of Southfield high school.

the country. A great many of these are students.

The maintenance of a cycle, the Bicycle Institute of America points out, develops a responsible attitude on the part of the owner. Safety checks are necessary on the pedals, chains, tires and lights and the wheels should be kept washed, polished and oiled.

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