

# ADELAIDE DANIELS SAYS



## SURVIVAL OF THE FITTEST

Exercise, fresh air and sunshine are needed by all humans, but the man on a diet can make the most of his weight loss by a series of activities excellent for both mind and body.

Doctors say there are several activities men can do while losing weight including interval jogging (jog 10-20 seconds, walk 10-20 seconds), squash, handball, badminton, and the newest, paddleball. Stair step-ups are also popular. They are great because they can be done at home at any time during any season. Quickly step-up and down a step 16 times, then walk around for 30 seconds. Repeat 3 or 4 times. The most important factor is to regulate the exertion. All offer great exercise aimed toward brevity, simplicity and enjoyment. You must bring concentration to any exercise period. Mental concentration combined with physical motion is enormously beneficial.

The best time to exercise depends on the individual. Some men prefer in the morning before work, others like to exercise while watching the 11:00 news. The idea is to create a habit. Plan when you know you're going to have the time. Doctors suggest you wait a couple of hours after meals to exercise. And, if you don't like to exercise alone, perhaps another member of your family would like to join you. After all, everyone needs to exercise.

If you prefer to get out of the house to begin a program of physical fitness, there are many recreation centres and health-clubs with different membership requirements and facilities. Most are open from early morning to late evening for your convenience.

Of course it is natural to want to see results immediately, but we must be sensible in our method of achieving them. Keep up your courage and confidence and all those daily self-denials. Most important, remember that the programming of exercises is a matter of professional knowledge. Consult your physician for proper exercises and a fitness program. Through routine medical check-ups, good nutrition and exercise, you will strengthen, toughen and beautify the body to a new you.

## from HISTORY'S SCRAPBOOK

DATES AND EVENTS FROM YESTERYEARS

April 4, 1841-President William Henry Harrison dies in the White House—exactly one month after his inauguration.

April 5, 1951-Julius and Ethel Rosenberg are sentenced to death as spies, charged with transmitting secret atomic energy information to agents of the Soviet Union.

April 6, 1957-Trolley cars make their final runs over the streets of New York City.

April 7, 1959-Oklahoma repeals its law prohibiting the sale of liquor.

April 8, 1935-Congress appropriates \$5 billion to provide work relief and increase employment under the Works Progress Administration (WPA).

April 9, 1959-America's seven original astronauts are introduced.

April 10, 1963-129 men are lost at sea as the atomic submarine U.S.S. Thresher fails to return from a deep North Atlantic dive.

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