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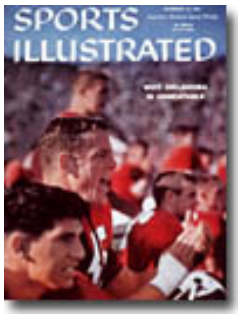

November 18, 1957

The Question: Much Has Been Said About The Poor Physical Condition Of Our Boys And Girls, But What Can Be Said About That Of Their Parents?

Jimmy Jemail

CHARLES M. SHLOSSER

YMCA, Seattle

Physical director

It is deplorable. Spectatoritis, automation, overeating, smoking, drinking and the lack of exercise have wasted man's God-given ability. Military rejections in both world wars proved this conclusively, and numerous studies of personnel during World War II merely confirmed this lack of fitness.

JOHN H. CARHART

YMCA, Phoenix

Physical director

Adults are in just fair condition. They need four things, available at no extra cost: First, a balanced diet of good food instead of pills. Second, regular full body exercise. Third, a hobby for relaxation instead of tranquilizers. Fourth, a purpose in life that goes beyond the mere self.

LOGAN C. MUNDT

YMCA, New York

Physical director

It stinks. The average American male is an overfed, underexercised guy whose muscles are used mostly for opening beer cans, twisting dials and pushing buttons. Let's get the American men off their fannies and onto their feet. For every man or woman who exercises, hundreds do not.

JOHN W. BARTLEY

YMCA, Dallas

Physical director

Physical condition for what? If you mean fit enough for their daily jobs—yes. Fit enough for the daily job with reserve left for extras—no. Most people feel they get enough exercise, but what exercise they used to get outside the gym disappeared with the advent of the power lawn mower.

WILBUR L. GHOLSON,

YMCA, Mobile, Ala.

Physical director

Alarming. They're soft and weak. Contributory causes are gluttony, sedentary living, mechanization and other byproducts of progress. Fitness doesn't come from pills, a diet program or a psychiatrist's couch. It is simply the capacity for physical endurance and there is no short cut.

MARY CARROLL HILLIS

YWCA, Pittsburgh

Physical director

We can guess that many adults are under par because there is not a balance between their jobs, emotions, recreation and physical condition. Too many are overweight, tired or tense. They can improve with medical examinations, balanced diets, adequate rest and exercise.

HELEN NEILSON

YWCA, Miami

Physical director

Women who do not attend health classes are only fairly healthy, over-or underweight, or have mental disturbances. They let their health become a secondary factor and they do not take time to rejuvenate their bodies, which must be recreated daily if expected to perform the day's duties well.

GLADYS L. BROWN

YWCA, New York

Leadership service

A man needs an incentive for fitness which the average adult does not seem to have. If his leisure is active, he's more apt to be fit—the more adventuresome his leisure, the more fit he wants to be. The weekend skier or skin-diver, for example, strives for the fitness these sports demand.

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