

If You're Trying To Lose Weight, Wrestle With Sunday Newspaper

By HAL BOYLE
NEW YORK—(AP)—If you are trying to lose weight, don't overlook reading a good Sunday newspaper.

This is the cheapest and best form of exercise available to modern man.

It not only tones your mind. It takes away sloppy fat and replaces it with firm, solid muscle.

Lifting barbells can be dangerous. If one slips and falls it can bury your toes an inch deep in the flooring. Tennis, handball, and bowling are sometimes too strenuous for the middle-age frame. And they are forms of exercise that require taking a journey.

For the home-loving man who wants to keep fit, however, nothing beats reading a king-size Sunday newspaper. It'll tune you up like a tiger, and you'll wake up Monday morning refreshed and eager for the week's work.

I learned this lesson some 13 years ago. I was feeling weak and run down. Anything that required energy was anathema.

It chanced that I complained of this lassitude to an elderly acquaintance I met in the New York public library.

"Feel my muscles," he said, curling his arm. I did. They were

Doctor Claims Working Girls Handicapped

WASHINGTON—(AP)—A child specialist claims that some of the habits that make a girl a good employe sometimes handicap her in being a good mother.

"Young women are no longer reared for the main purpose of being wives and mothers," Dr. Leo Kanner of Johns Hopkins hospital, Baltimore, said in a paper for an American Medical association meeting. "Most girls nowadays are prepared for a vocation."

That can be very good, Dr. Kanner said, and can enrich married life.

"But very often the job puts a premium on punctuality, meticulousness and perfectionism which often becomes impossible for the mother to shake off when dealing with her children."

"Especially the first-born child of the secretary, the salesgirl, the factory piece worker, the laboratory technician, the librarian or the nurse gets the whole brunt of this tense perfectionism, being more or less a substitute for the typewriter, the cash register, the machine, the test tube, the book shelf or the medicine cabinet."

systematic exercise I had slimmed down 20 pounds and could hold a Sunday newspaper overhead in each hand. After that I tapered off.

But whenever I found my abdomen getting slack I could quickly renew my strength by a careful workout with the Sabbath bath press. Now I usually take these exercises only about twice a year.

Christmas Test Passed
The big test is on the Christmas season editions. I passed this year with flying colors. I started at 9 a. m., weighing 195 pounds on the bathroom scales.

For an hour I loosened up with body press lifts of the daily News and the New York Mirror, both tabloids. Then I stretched out on the floor and told Frances:

"Pile 'em on."
She dropped the tabloids on my taut stomach. Then she added the new Herald Tribune. Next, with the help of a neighbor, she managed to lift the 324-page New York Times and put it on. My stomach sagged toward my backbone, but I cried:

"Now the Manhattan telephone directory."
"I'm afraid," she murmured. "It might kill you."

"No, go ahead," I cried through clenched teeth.
She put on the directory. I held the whole mass for a moment, then rolled aside to keep from being crushed as it toppled over. When I got up and stepped on the bathroom scales I weighed 190—five pounds less.

You, too, can be panther strong by following this regime with the Sunday newspapers. But don't exercise before an open window. They may blow apart and strangle you.

The blowing of big conch-shell horns takes the place of church bells in Kyoto, Japan.

Returned Writer Says Russians Love Americans

NEW YORK, Dec. 6—(AP)—Mrs. Muriel Draper, 63-year-old writer, is back from a trip to Moscow with a report that the Russian people are "excited about the use of atomic energy for peace."

The "most important thing in the air" in Moscow now, she said on her arrival here, is the "tremendous reforestation and irrigation projects now underway in Russia."

Mrs. Draper, mother of dancer Paul Draper, was a member of a five-woman U. S. delegation to the council of the women's International Democratic federation in Moscow.

She said the conference, attended by 110 women delegates from 37 countries, discussed means of preventing another war, and also education of children and equal rights for women.

She said the "American people are loved very much" by the Russian people, but the Russians are "aware of the preparation for war in America."

Mrs. Draper represented the Congress of American women at the conference. The congress is

listed as subversive by the U. S. attorney general.

IRON LUNG FOR WAR SHOCK

DENVER—(AP)—The U. S. Navy is sponsoring a pulsating chamber as a possible life-saver for men wounded during sea battles.

The idea is to shove a man, close to dying of shock, into one of these chambers, with assurance that he will be kept alive almost automatically until surgeons can attend him. Shock is one of the commonest causes of quick death from battle wounds.

Plasma escapes into tissues and lowers blood pressure. Hearts may not get enough blood to pump and a man may faint because of lack of enough blood in his brain.

The chamber, known as the Thunberg apparatus, is like an iron lung. Studies are being made by Dr. Fred E. D'Amour and Dr. Donn L. Smith at the University of Denver.

Demolition and excavation work on the permanent home of the United Nations in east-side Manhattan cost about \$750,000.

U. S. Broadcast Stirs Romania

BUCHAREST, Romania—(AP)—A Voice of America broadcast about Romanian currency troubles has touched off a buying spree by Romanians fearing another devaluation of the nation's money.

Sales of textiles, foodstuffs, cigarettes and other goods skyrocketed. Rumors of impending currency stabilization moves have been current for some time. But the buying rush got going after the Voice of America radio broadcast a report that the Bulgarian state bank was refusing to change Romanian currency.

The government-controlled press denied that any currency revaluation moves are planned. The leu was devalued in 1947 when the government decreed that 20,000 leu should have the value of one leu. The official rate now sets 100 leu as equivalent to 6.7 U. S. cents.

A semi-official source close to the Romania state bank said the Bulgarian move was prompted solely by a growing Romanian currency balance there. He said Bulgaria had temporarily halted

CARS COLLIDE

Cars owned by Walter S. Scarpi, Don Fosgate and Jack Cadnuff were involved in an accident at S. Stephens and Haynes street Tuesday, reported Chief of Police Calvin Baird. The officers report showed that Scarpi's car struck the rear of the Fosgate car, forcing it against the Cadnuff car. The front part and grill of Scarpi's car were damaged, with lesser damage resulting to the other cars.

buying from Romania and exchanging Romanian money for Bulgarian money.

BIG YEAR FOR WILD LIFE

WASHINGTON—(AP)—It has been a big year for wild life in U. S. national parks.
The Interior Department reports a lazuli bunting was observed in Glacier National Park, the first bird of that kind seen there in several years.
Snowshoe rabbits appeared to be more numerous in Isle Royale National Park, Mich., than in several years.
Numerous deer were seen in the south rim section of Black canyon in Gunnison National Monument, Colo. as early as June. They are not usually seen there until fall.

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Tomatoes	14-oz. Tube	25c
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