

Six
Famous
Americans
Tell:

"My Secret of Relaxation"



From the wisdom of their broad experience, these celebrities confirm the theme of this special issue: America out-of-doors makes for a healthy America!



The Secret of Mountain Hiking

By Supreme Court Justice
William O. Douglas

Hiking and mountain climbing are hobbies for everyone, young and old. One who starts early in life can enjoy Class 5 and Class 6 climbs (advanced categories) for years. The less difficult ones can be done at a slow pace throughout life. And hiking is for men and women in their 80s as well as for teenagers. They are hobbies that give tone to the body. They also widen the horizons of the mind, opening up the wonders of nature that are all around us.

The Secret of Walking

By Harry S. Truman



As part of my daily routine, I usually take a walk of a mile-and-a-half, at a pace of 120 steps a minute, from 6:30 to 7 each morning . . . I learned to do this during my period of service in the National Guard and in the First World War. I still walk at that pace, not because I wish to hurry but because, if you are going to take a walk for your physical benefit, it is necessary that you walk as if you are going some place.

After you are 50 years old, this is the best exercise you can take. Of course, some aging exhibitionists try to prove that they can play tennis or handball or anything else they did when they were 18. And every once in while one of them falls dead of a heart attack. I say that's not for me.



The Secret of the Sea

By Anne Morrow
Lindbergh

The beach is not the place to work, to read, write, or think.

At first, the tired body takes over completely. As on shipboard, one descends into a deck-chair apathy.

And then, some morning in the second week, the mind wakes, comes to life again. . . It begins to drift, to play, to turn over in gentle, careless rolls like those lazy waves on the beach. One never knows what chance treasures these easy, unconscious rollers may toss up on the smooth white sand of the conscious mind.

But it must not be sought for—heaven forbid!—dug for . . . To dig for treasures shows not only impatience and greed but lack of faith. Patience, patience, patience, is what the sea teaches. Patience and faith. One should lie empty, open, choiceless as a beach—waiting for a gift from the sea.



The Secret of Picnics

By Gov. Nelson
Rockefeller

Picnics are a wonderful way to relax—on the terrace, the beach, in the woods, or under a shade tree on the lawn or meadow. Family and friends of all ages can enjoy them, whether they are simple and spontaneous or the result of careful planning. They are one of my favorite forms of outdoor recreation.



The Secret of Fishing

By Herbert Hoover

Fishing is the chance to wash one's soul with pure air, with the rush of the brook, or with the shimmer of the sun on the blue water. It brings meekness and inspiration from the decency of nature, charity toward tackle makers, patience toward fish, a mockery of profit and egos, a quieting of hate, a rejoicing that you do not have to decide a darn thing until next week. And it is discipline in the equality of men—for all men are equal before fish.

The Secret of Contemplation

By Bernard
Baruch



In this age of distraction, with its hectic pace and complex problems, all of us need to pause now and then to review our activities and recover our bearings. There is no better way to do this than to take to the out-of-doors. Whenever I have felt the pressures building up, I have sought the peace and quiet of the South Carolina countryside where I was born. There, hunting or fishing or just sitting on my front porch watching a sunset, I have been able to clarify my thinking and refresh my body and spirit. Even an hour or two spent on a park bench provides a chance for detached contemplation to regain one's perspective.

Excerpt from the book, "Mr. Citizen" © 1960 by Harry S. Truman; published by Bernard Geis Associates

Excerpt from "Gift from the Sea" © 1955 by Anne Morrow Lindbergh; reprinted by permission of Pantheon Books, Inc.

COVER:

Photographed by Roy Pinney, this family has already fallen prey to wanderlust. And your family, too, will want to head for the out-of-doors after reading the pleasure-filled feature in this extra-special issue.

Family Weekly

May 21, 1961

LEONARD S. DAVIDOW *President and Publisher*
WALTER C. DREYFUS *Vice President*
PATRICK E. O'ROURKE *Advertising Director*
MORTON FRANK *Director of Publisher Relations*
Send all advertising communications to Family Weekly, 153 N. Michigan Ave., Chicago 1, Ill.
Address all communications about editorial features to Family Weekly, 60 E. 36th St., New York 22, N. Y.

Board of Editors

ERNEST V. HEYN *Editor-in-Chief*
BEN KARTMAN *Executive Editor*
ROBERT FITZGIBBON *Managing Editor*
MARGARET BELL *Feature Editor*
PHILLIP DYKSTRA *Art Director*
MELANIE DE PROF *Food Editor*

Bob Driscoll, John Hochmann, Jerry Klein, Harold Landon, Murray Miller, Jack Ryan, Peer Oppenheimer, Hollywood.

© 1961, FAMILY WEEKLY MAGAZINE, INC., 153 N. Michigan Ave., Chicago 1, Ill. All rights reserved.