

# Big Business Developing in Muscles as Nation Grows Soft

By ELMER C. WALZER  
UPI Financial Editor

New York — Physical education experts will tell you that we Americans are getting too soft, exercising too little, eating too much, and carrying too much weight.

At the same time the economy has noted a trend toward greater use of the leisure time that modern machinery is providing, a trend toward participation in sports rather than watching them from the sidelines.

There's a big business developing over the years but hasn't done much more as yet than scratch the surface. One of the big components of this phase of business is Victor Tanny with his string of 60 gymnasiums across the country, grossing \$30 million annually, and expanding steadily.

Tanny sensed a demand for this phase of the economy back in 1935 when he opened his first gymnasium in Rochester, N. Y., where he was born on Feb. 18, 1912.

**Tops in Physical Fitness**

Tanny is his own best advertisement. He's the type of fellow you would want for a body guard. His broad shoulders and strong muscles bespeak a life of physical training since his grammar school days when he was judged the strongest in the class.

Tanny's big entry into the gym business started in the West. He sold his Rochester establishment in 1938 and with \$431 cash and as much as he could borrow started one in Santa Monica, Calif.

His gyms are spreading out all over but are strongest in California with 26 in the Los Angeles area, six in San Francisco and four in San Diego. He has 14 in the New York area and six in the Chicago area. Others are located in the East, Midwest, and Southwest.

At the same time, Tanny branched out into lines supplementing his gymnasiums—gymnasium equipment, vitamins, minerals, food supplements, skin lotion, and suntan lotion. Also he has his own groups to develop accounting and supervisory personnel for individual gymnasiums and he has his own group which supervises architecture and designs of Tanny installations.

**Exercise Improves Citizens**

Tanny says his aim is to interest families in physical exercise to make better citizens. He holds exercise is a great aid in easing tensions.

"There's nothing like exercise to banish worries and tensions," says Tanny. "When I feel myself getting tied up inside, I just go into the gym for a brisk session, and 45 minutes later all the problems seem to have disappeared."

Tanny gyms aren't what one expects of an exercise emporium. They are made as attractive as Tanny can make them with pleasant surroundings to attract all members of the family — young and old.

They are equipped with swimming pools, bowling alleys, and ice skating rinks plus expert instructors in all those sports. In some of Tanny gyms there are courses in ballet and modern dancing for the ladies. Tanny describes the swimming pools as having a South Seas effect and the skating rinks adorned in a Tyrolean motif.

Tanny finds his customers when they first enter his gyms as either underweight or overweight. Exercise and diet aid in adjusting either condition, he holds.

He believes attendance in gymnasium courses relieves tensions, keeps families together, and helps prevent juvenile delinquency.

Tanny suggests that action be taken at the highest government level to remedy this situation. He urges a position of secretary of physical fitness be created to operate under the secretary of health, welfare and education.

At Jewett school, safety is being emphasized. Mrs. Frances Tonn has been serving on the safety committee, and surveys are being made to find if there are areas of safety which need improvement.

Mrs. Oakley Bowers' and Mrs. Zelma Foote's boys and girls went to the Southern Pacific Railway station Wednesday. The train master took them on a tour of the depot and the children went through an engine and a caboose. Before going to the railway station, the children in Mrs. Bowers' room invited Bill Brewster, Mrs. Foote and her pupils to their room to learn more about trains. They told about the "Happy Train" they have constructed in their room.

Mrs. Alice Gay's and Mrs. Betty von der Hellen's students went to the Central Point library Friday. Mrs. Violet Cook explained the proper use of the library and the opportunity children have to read a variety of books. The children were encouraged to get library cards and to begin reading their 10 books for the summer reading program. This program is sponsored by the Keep Oregon Green association.

A bird contest is being planned in Mrs. Olivia Ryerson's room. The children are learning to identify different birds by their characteristics, markings and colorings.

The children in Mrs. Helen Johnson's room have compiled a newspaper. They each wrote and illustrated news stories about themselves, their families or their pets.

All Jewett school students are getting a first hand opportunity to see how machines make work easier as they watch beginning work on the new wing of the building. The new wing is scheduled for completion Aug. 20.

The boys and girls in all the first grade rooms made preparations for the pre-visitations Friday. The visitors met in the cafeteria. After a period given to refreshments and introductions, a briefing was given on characteristics of first grade children, with emphasis on the transition that takes place in beginning school.

Visitors then went to each of the first grade rooms to meet the boys and girls who are now first grade students and their teachers. They were given a different flower in each room to put into a basket.

Mrs. Oakley Bowers' and Mrs. Zelma Foote's students took a trip to the Central Point Fire department. They were given a complete tour of the fire hall, and were given a ride around Central Point on the fire engine. They also toured the new city hall and library which are under construction.

What bothers Tanny is that his gymnasiums, while patronized by a quarter million persons a month have only scratched the surface in "bringing better health to America."

**Heritage Said Neglected**

For each person on the Tanny road to good health, Tanny says, there are more than 1,000 not conditioning themselves properly.

"With the proper mental attitude and the correct physical training," he says, "we can face the future, strong and unafraid."

"We have been guilty of neglecting our heritage of strength, allowing our national physical fitness to degenerate by lack of physical activity."

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**WOULD BE HONORED** — Gov. Nelson Rockefeller of New York, in a news conference, said that he would be honored to accept a draft for the GOP presidential candidacy, but he said he thought the chances of a draft were pretty slim. (UPI Telephoto)

**Statues in Rome Often a Headache**

Rome — (UPI) — This capital has a lovely aquiline nose. Strangely enough, the nose-busters have a great respect for women. It is seldom that the statue of a woman gets her nose bopped.

Glenn H. Curtiss of Hammondsport, N.Y., devised the seaplane in 1911. He also invented the aileron, built the first flying boats, made the first flight over ocean water, opened the first flying school, built the first water-cooled aeronautical engine, obtained the first aviator's license and, on May 29, 1910, made the nation's first long-distance airplane trip by flying from Albany to New York City.

# School News

**H. P. Jewett School**

Mrs. Ruth Brewster has been teaching pupils songs about spring. Many field trips have been planned, and music has been correlated with various activities.

Recently the children in Miss Ma Mae Higinbotham's room dramatized the story of "The Three Little Pigs." All the boys and girls in the room participated.

Original stories have been written by the first grade children recently. In Mrs. Rhoda Haskins' room, the children have written stories about school birds. Mrs. Francis Tonn's students have written stories and made pictures about pets.

All of the first grade children are making gifts for the pre-school children who have been invited to visit school.

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**Jacksonville School**

The assembly May 13 was about forest fire prevention. Our next and last assembly will be the awards assembly.

Many of the students in Mrs. Rebecca Long's second grade plan to join the Smokey Bear Reading club this summer. The students are interested in finding out about how to prevent fires and how to report them. The class is also studying about how to work and play safely during summer vacation.

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# Timber Offered For Sale by BLM

Six tracts of timber totaling 30,836,000 board feet and appraised at \$784,172.52 will be offered for sale by the bureau of land management in oral and sealed bids that will be received at the BLM warehouse in Medford up to 10:30 a.m., June 16, the department of the interior has announced.

The timber volume on the different tracts will range from 2,500,000 board feet up to 9,053,000 feet. The timber includes Douglas fir, ponderosa pine, sugar pine, incense cedar, western red cedar, itemlock and white fir.

Four of the units are located in Josephine county and the other two are in Jackson county.

Detailed information regarding the bid can be obtained at the BLM district manager's office, Armory Dr., Medford.

A minor planet discovered by Dr. S. Arend of Belgium's Royal Observatory in 1954 was named "Brunonia" in honor of Brown university, Providence, R.I., one of the first colleges in the U.S. to teach astronomy.

Michigan's commercial fishing operators netted approximately 21 million pounds of fish during 1959.

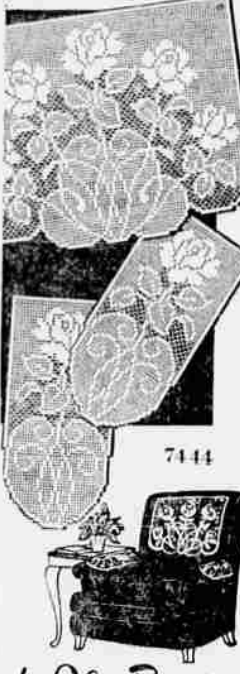
Mrs. Ida McArthur's fourth grade class is coloring some slate birds on cloth. These will be pressed and framed. Send Thirty-five cents (coins) for this pattern—add 5 cents for each pattern for

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A recent government survey found that among American workers 25 years old and over, unmarried women are just as likely to hold two or more jobs as single men.

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