

Father . . . And Four Sons



If William H. Esselstyn, who has four sons, receives a present for Fathers' day, it will probably be an addition to his family's athletic equipment or something to help him in remodeling the house they recently bought off Perrydale avenue in the Oak Grove district. This young father, eighth grade coach for McLoughlin Junior High school, firmly believes in a family physical fitness program, and is also a confirmed "do it yourself" man. He is shown here with his oldest son, Doug, 11, who will be in the seventh grade at McLoughlin next fall and who was city broad jump champion this year when he was a student at Jefferson school.



Physical fitness training can be fun, as well as good for building strength and stamina, and Papa Esselstyn starts his sons early. Here five-year-old Brad, with a boost from Papa, tries his hand at rope climbing while his older brothers Doug (at left) and Dwight, 9, wait their turn. Dwight will attend Oak Grove school. The little farm boasts of Lucy, a full-blood black two-year-old Labrador; Suzie, a six-months-old miniature dachshund; four calves, a white pig, chickens and 12 New Zealand rabbits, an increase from the six the family had bought a short time after they moved from their former home on Whitman avenue. The Esselstyns made the move from city to country because they believe farm and country living provides more opportunity for a wholesome, useful and busy life for growing children.

William and Mary Esselstyn's youngest son is Todd, nine months old. Todd is too small to play games or work out with his father and brothers, but he can go along on the family's fishing and camping expeditions planned for this summer.



The Esselstyn's athletic equipment includes a weight-lifting bar, which right now looks too big for Dwight but about right for a daily workout for dad. Basketball, broad and high jumping are on the program from time to time. The boys are having fun with a screened summer house where they can entertain pals and make as much noise as they wish.

Mr. Esselstyn enjoys building, and already has renovated the kitchen, bathroom and bedrooms of his eight-room country house. He is lowering the ceilings and refinishing the walls. The land is sub-irrigated, as well as control irrigated, and there is a good pasture and many trees which the boys are eyeing for tree-house possibilities. There is also a berry patch, a vegetable garden and a picnic area with tables and a bonfire spot just right for wiener roasts.

