

Physical Fitness Of American Youth Draws Criticism

By DAVID NYDICK
UPI Education Specialist
The physical fitness of American youth has been criticized recently. Although many individuals have shown outstanding development and skill, the general level of performance by all youth leaves much to be desired.

Charles B. Wilkinson, director of President Kennedy's Council on Youth Fitness, indicates that the problem is one which appears to grow out of soft living. The mechanical advantages which have raised the American standard of living also have reduced the normal amount of exercise.

Members of athletic teams usually are well trained. They practice regularly under the careful supervision of trained coaches. The results of these programs have been excellent. United States athletes consistently have made fine showings in national and international competitions.

This is misleading since investigation has shown that our general population has a low level of physical fitness. The council estimates that a nearly one half of our school children are deficient in some phase of physical development.

The outlook is improving. A United States Office of Education survey of public schools showed that an increasing number of schools are offering programs of physical education. A large percentage of schools are working towards better programs. Although there is improvement, there is a continuing need to increase the quality of programs in this vital area.

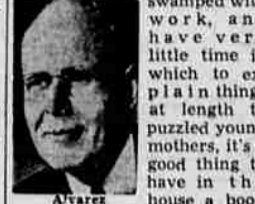
Health and physical education naturally are closely related. Parents and schools must work together in order to bring about improved conditions. Besides organized programs in the schools, there is a need to help each individual develop good practices within his daily life. Good health and physical fitness are important for academic, emotional, and social adjustment. Parents should promote proper habits in the home. Good health and physical fitness for the majority of individuals which are a part of normal activities. Proper diet, cleanliness and regular medical and dental checks all are part of good health habits.

The Medical Roundup

by *Walter Alvarez*
Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate, 1963)

For The Young Mother Looking For Help

Nowadays, when all good pediatricians have such huge practices that they're utterly swamped with work, and have very little time in which to explain things at length to puzzled young mothers, it's a good thing to have in the house a book filled with just the information that is wanted. Most mothers know about the book by Dr. Benjamin Spock, written, as it is, by a wise psychiatrist. It is excellent.



Smart Figuring

What kinds of activities are valuable? Children should walk when going to school, visiting, etc., if reasonable. Bicycle riding also is helpful. During non-school hours, time should be set aside for exercise.

Explosives Claimed Entering Berlin

Berlin—East Germany charged Thursday that explosives to blow up the Berlin wall are flown into the city aboard Western commercial flights "misusing" air corridors over its territory.

Senate OK's Adoption For La Grande Couple

Washington—The Senate passed a special bill Thursday to allow the Rev. and Mrs. Gordon Milldurm of La Grande, Ore., to bring another adopted Korean child into this country. The couple already has two Korean children, the limit under the present law. The bill, introduced by Sen. Maurice Neuberger (D-Ore.) now goes to the House.

Colon distress seems to be related to constipation.

You'll find much more help on this subject in Dr. Alvarez's booklet, "Colitis," which you may obtain by sending 25 cents and a self-addressed, stamped envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines 4, Iowa.

Infectious Mononucleosis

So far, we physicians haven't had much in the way of treatment for infectious mononucleosis. As many people know, this is an illness which often begins with a sore throat and some fever and enlarged lymph nodes in the neck. The person is usually a youngster, maybe in college. Often, the worst symptoms calm down in two or three weeks, but fatigue may remain for six months or so. Unfortunately, we don't know the cause of the disease.

Constipation

Constipated people ask me if it is safe for them to keep taking mineral oil year in and year out. Some say that for the first year or two it worked well, but now it is beginning to come through by itself so as to soil the clothes. Mineral oil is much more likely to work well if it is taken in an emulsified or milky form. Quite a few people have

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ARIES	1 Be	31 Ave	61 Visitors
APR 21	2 You'll	32 Excellent	62 Distance
MAY 21	3 Sookis	33 Hit	63 Higher-up
25-38-52-57	4 Oil	34 Times	64 Good
59-63-72	5 Love	35 Up	65 Dr
6 And	6 And	36 Or	66 Is
GENUIN	7 Romance	37 To	67 Secrets
MAY 22	8 Friendly	38 Would	68 And
JUNE 22	9 But	39 Call	69 Home
5, 4, 5, 6	10 Keep	40 Rave	70 Credit
7-13-56	11 Within	41 Something	71 A
CANCER	12 Better	42 Your	72 Being
MAY 23	13 And	43 Be	73 Eat
JUNE 23	14 Your	44 With	74 Friend
15 Male	15 Male	45 Invitations	75 Monogram
16 Don't	16 Don't	46 Resonance	76 Feather
JULY 23	17 Chatter	47 Personal	77 Excite
18-27-35-47	18 Your	48 Organizing	78 In
54-60-63-69	19 Repair	49 Important	79 Pops
20 Cash	20 Cash	50 Achieved	80 Unresponsive
21 Back	21 Back	51 A	81 Off
JULY 24	22 A	52 Enjoy	82 Your
AUG 24	23 Off	53 And	83 Love
30-34-45-53	24 Someone	54 Items	84 And
59-61-85-87	25 You	55 Personal	85 Surround
VERO	26 Friends	56 Rekindled	86 Today
AUG 24	27 Fix	57 Short	87 You
28 Increases	28 Increases	58 Jolly	88 Co-partner
29 Wants	29 Wants	59 Journey	89 Money
SEPT. 22	30 Good	60 You'll	90 Cap
16-17-36-40	31 Good	61 You'll	91 Cap
49-55-67	Good	Adverse	Neutral

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