

"DENNIS THE MENACE"



* OPERATOR? HEY, WHY DIDN'T MARGARET CALL ME LIKE SHE SAID SHE WAS? *

Over 35? Put Down Clubs, Rackets; Plop On Back

By HENRY J. BECHTOLD
UPI Financial Editor

NEW YORK (UPI)—If you're over 35 put down those golf clubs or tennis racket and relax in a hammock.

Exercise not only is unnecessary at your age but can be highly dangerous.

This is another school of thought on keeping executives alive longer, and is presented by Dr. Peter J. Steincrohn, former heart specialist turned author and columnist.

Dr. Steincrohn is against executive exercise and for laziness. He says it's ridiculous for a man to work at a desk for 50 weeks, then spend two weeks at golf, tennis or other intense exercise to build health. Such a man, he comments in the latest issue of Management Methods magazine, usually returns to his job exhausted.

The retired physician does not suggest that people should never exercise. "Normal exercise is fine if you like it," he said. Exercise does have one advantage—it can help to relieve tension.

In taking a stand against exercise, Dr. Steincrohn contradicts the medical opinion of such eminent physicians as Paul Dudley White, President Eisenhower's heart specialist.

Relaxation Is Secret
Dr. Steincrohn said his secret is to learn to relax and keep the weight down. Exercise is not necessary for weight control, he said. You have to walk 36 miles to lose one pound, and "I'd rather forego an extra ice cream sundae and sit in a hammock than have to walk those 36 miles," he added.

The doctor's philosophy is to "live a day at a time. Emphasize the immediate present and forget about the worries of the past and future."

Some of his comments on various health topics follow:

Winter vacations—For the executive under stress, a mid-winter vacation may be a necessity, not a luxury.

Executive tension—Tension can weaken a man to the point where he caves in. Find small ways to relax during the day.

Attitude—Your outlook on life helps determine your health. Live a day at a time and stop worrying about what other people think of you.

Weight control—Proper weight is one of the foundations of good health. An overweight person is just inviting early annihilation; it's slow suicide. But, if it took you 10 years to build up a spare tire around your middle, don't try to take it off in 10 days.

Sleep or Get Up
Sleep—Don't wrestle with insomnia. If you can't sleep, get up, read, shave, or take a walk. You will be tired the next day, but not as tired as if you fought with yourself all night.

Dr. Steincrohn retired five years ago after 25 years as a practicing physician to devote his time to research and writing on health subjects. He is the author of a dozen popular medical books, and his newest work is "Mr. Executive: Keep Well, Live Long-White, President Eisenhower's heart specialist."

At 60, Dr. Steincrohn shows the results of practicing what he preaches. He claims to be one of the healthiest, heartiest and happiest men alive today. Yet he makes few if any sacrifices to protect his health.

He never exercises, is a proponent of physical laziness, and shuns all types of exertion that can be avoided.

The doctor also enjoys cigarettes, delights in good wine, and believes liquor has value for purposes other than snakebite. He also carries a daily workload that would buckle the knees of many a younger executive.



"I had two baths! The first was a mud one!"

Putting Bite On Singer Loses Role For Leopard

LONDON (AP)—Shapur the leopard seems to have lost his chance for a slink-on role in opera.

He bit the tenor.

"I don't think this leopard is a suitable stage partner," said the singer, Charles Craig.

Sadler's Wells Opera House next Wednesday will present a new production of Strauss' opera "Ariadne auf Naxos." Craig will sing the role of the god Bacchus, who in mythology is usually accompanied by a leopard. In the interests of realism—and publicity—the opera management decided a live leopard was needed.

The Bertram Mills Circus obligingly supplied Shapur for an audition Thursday.

The 140-pounder from Bengal seemed amiable enough, and Craig stroked him to introduce himself.

Shapur blinked, sniffed—and bit the tenor on the arm.

It wasn't a bad bite, but Craig complained: "He hadn't even heard me sing when he bit me. Goodness knows what he would do with a full orchestra and singers in full blast."

"The audition was not a complete success," a spokesman for the company admitted. "The leopard uttered only one note—a low growl. That seemed more ominous than operative."

"It was only intended that the leopard should appear for a short time in the last act. But we may have to change our plans now."

MORE WOMEN BORROW

NEW YORK (UPI)—Approximately one out of every four loan applicants is a woman, according to a survey by the Commercial Bank of North America which noted that 10 years ago males outnumbered female borrowers by 20-to-1.

Role Of Press In Crime Prevention Is Outlined

SALEM (AP)—The prime role of the press in crime prevention is to help shape a better and healthier community. Tom Wright, legislative reporter for the Oregon Statesman, told the attorney general's Crime Prevention Conference Friday.

Newspapers should give the good along with the bad, and help the community eliminate the bad, he said.

"You can't criticize the Oregon newspapers for over-emphasizing crime news or selfishly exploiting sensationalism. Instead, our press has perhaps erred in the other direction. Maybe we don't do a good enough job of showing the seamy side of our communities. Maybe we tend to over-emphasize the brighter side," he said.

Newspapers should encourage the election and appointment of the best qualified people in public jobs dealing with juveniles, he said.

The press also should support adequate pay for law officers, teachers and other officials, and support better schools, he said.

FLOATS WIN HONORS

WASHINGTON (UPI)—A float from the Virgin Islands depicting Christopher Columbus' ship crossing the first frontier in 1492 won top honors as the most beautiful in the inaugural parade. The AFL-CIO's float, called "Communications Workers," was selected Friday by judges as the most original. Winning trophies in the band division were: best band, Virginia Polytechnic Institute band, Blacksburg, Va.; best marching band, Virginia Military Institute, Lexington, Va.; and best drum and bugle corps, Gardner Guards, Tyngone, Pa.

Split Over Aid To Church Schools

NEW YORK (AP)—Five national Jewish organizations disagreed today with Francis Cardinal Spellman's recent remarks on federal aid to church schools.

The Jewish religious and civic bodies said distributing such funds to other than public schools would violate both public opinion and the U. S. constitution.

A statement was issued jointly by the American Jewish Congress, Jewish Labor Committee, Jewish War Veterans, Union of American Hebrew Congregations (reform), and United Synagogue of America (conservative).

The cardinal, Roman Catholic archbishop of New York, had aroused Protestant leaders by saying at an archdiocesan meeting last Tuesday that plans for federal school aid would be unfair if the money went only to public schools and not to church-operated schools.

An education task force of the incoming Kennedy administration called for a \$9.3-billion program of federal aid to education. Cardinal Spellman's remarks followed their statement said.

The Jewish groups said they do not consider exclusion of Jewish religious schools from federal aid programs discriminatory.

"We deem the maintenance and furtherance of the Jewish religion to be the responsibility of the Jewish community, a responsibility which we have no desire to impose either in whole or in part upon the American taxpayer," their statement said.

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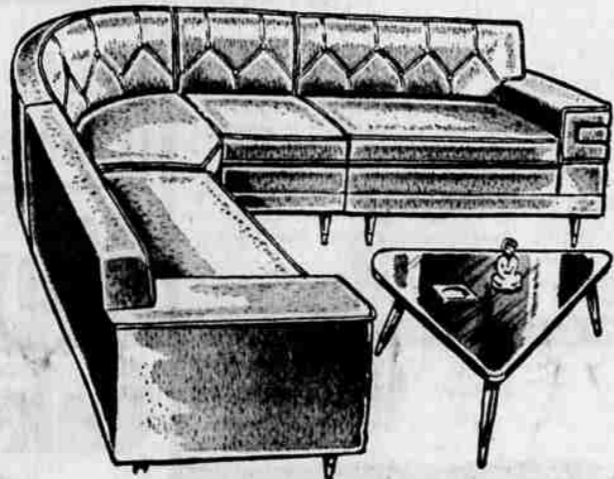
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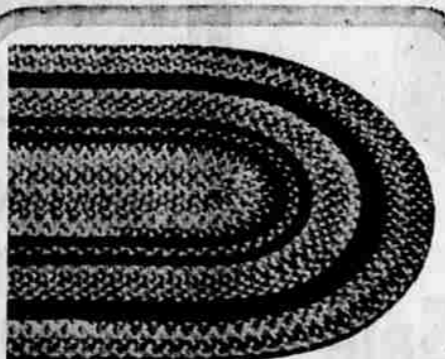


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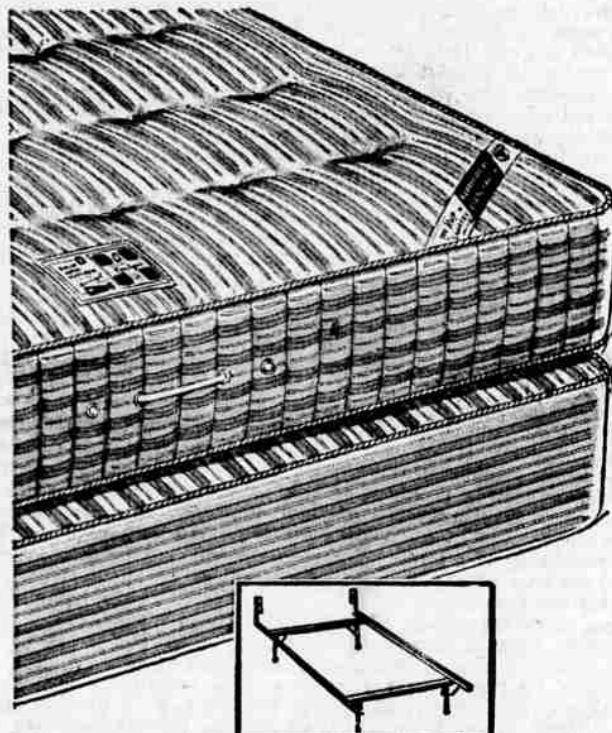
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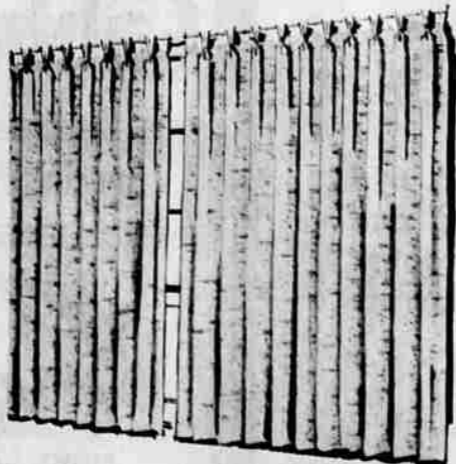
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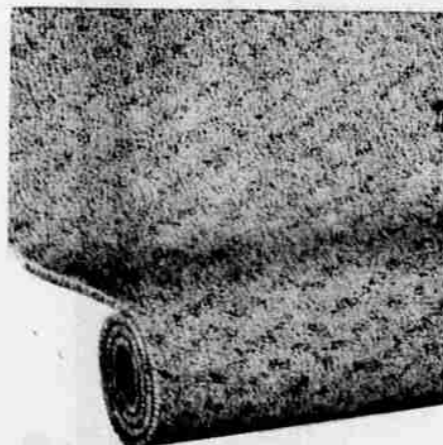
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