



CANADIAN PASTIME

Square dancing that famous Canadian recreation is also a favorite pastime aboard the M.V. AR-OSA SUN (20,100 tons). Here are some Canadians showing their immigrant passenger colleagues how it is done. From left to right: Dorothy Delancey (15) of 267 Notre Dame St., Summerside, P.E.I., Arthur K. Rowe (18), of 200 Steward St., Kingston, Ont., Flight Officer Hugh Rose and Mrs. Rose of the RCAF Station Trenton, Ont., on the other side of the circle are Larry Melton (15) of 7 Ridge-wood Ave., Guelph, Ont., and Nancy Johnson (13) of 238 Lisgar St., Toronto, Ont.

Lack Of Exercise Leads To Avoirdupois

By IDA JEAN KAIN

In your day, did you walk to school? If you are in that elastic period-known as middle age, you no doubt trudged daily, rain or shine, perhaps several miles. Also, you walked almost everywhere you went.

The change in our exercise habits was impressed on me recently when I gave a group of youngsters a lift, only to find they were going all of six blocks! Why didn't they get there on their own steam? "We don't like to walk," they chorused. Their motto seems to be "Why walk if you can ride?"

One chubby lad waiting stoically on another corner was still there when I passed again 15 minutes later. I inquired how far he was going and learned that he had waited all this time for a lift when he was going only a quarter of a mile!

LACK OF EXERCISE

Studies reveal that lack of exercise rather than overeating is back of overweight in children.

A while back I received a letter from a hometown friend asking for a diet for her seriously overweight husband. This request brought a vivid picture to my mind. Years back as I walked three miles to high school, about half way there I used to see a schoolmate leaning against the lamppost, waiting for the street car. He could seldom be persuaded to join the crowd and walk—so now he has to reduce 40 excess pounds.

It is becoming quite obvious that lack of exercise in our everyday way of living is in fact responsible for the growing tendency toward overweight in all age groups.

TREND FOR YEARS

Even in 1922, Dr. Royal Copeland, deploring the lack of exercise, commented: "We ride in limousines and in Pullman cars when we used to walk or ride on horseback or in a vigorously jolting buckboard. We telephone for the things we used to go after and carry home."

When I give a talk on reducing I like to ask, "How many of you walked down here tonight . . . raise your hand." About two people out of a crowd of several hundred raise their hands. The others just laugh.

Obviously we do not get anything like enough physical exercise. What may put us back on our feet is the mounting evidence that links lack of physical exercise with the rising incidence of heart disease.

Walking two to three miles daily does not come under the heading of forbidden strenuous exercise. In the interest of health as well as weight control, let's walk again. A good plan would be to routinely walk for every errand within a mile and a half radius. If we would take those steps, overweight would not be such a problem.

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MARY HAWORTH Middle Child Is Problem

Dear Mary Haworth: We have three children—two girls and a boy. The boy, 17, the middle child, is the problem. He appears to be intentionally driving his mother and me to distraction.

Fred (I'll call him) has been dismissed by two preparatory schools—by the first for neglect of studies; by the second, for disobeying rules. Now in a third preparatory school, he is again showing utter indifference to study and attendance.

If we scold, he becomes surly, bullish and antagonistic. If we are kindly, he takes advantage, coming in late, asking for extra money, which we furnish, etc. We are at our wits' end—sternness and cajolery both having failed.

He seems to lack interest, even in himself—won't take baths, keep himself groomed, get haircuts, etc., and lately refuses to eat his meals. When objections are made he always says: "It's my life and I'll do as I please."

MURRAY RIVER W.I.

The July meeting of Murray River W.I. met at the home of Mrs. William Stewart on July 1st with sixteen members in attendance, and one visitor.

The meeting took the form of a birthday party in honor of Mrs. E.A. MacDonald, when she was presented with a beautiful decorated birthday cake and a small purse of money. Mrs. MacDonald who was much surprised very graciously thanked one and all for remembering her, on the occasion of

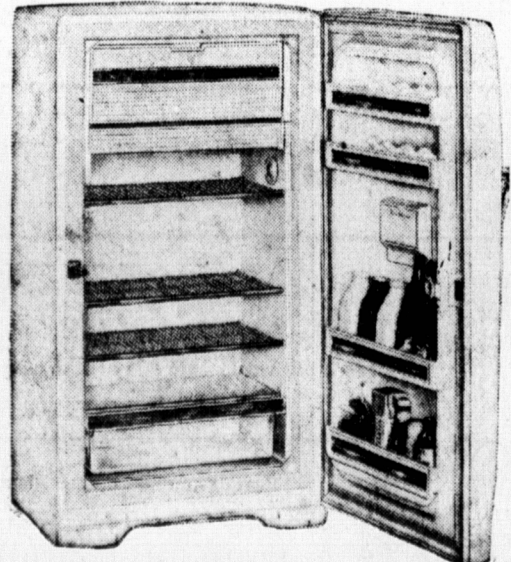
with your nearest Family Service Agency.

to get a line on whom to see in the specialist field, and how to proceed generally.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

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