
"Keeping Fit."

(reprinted by request)

(A digest of some important parts of the pamphlet called "Keeping Fit," published by the United States Public Health Service, Washington, D.C.)

The reward of keeping fit is vigorous manhood. At least six qualities should be sought if the full vigor of manhood is to be achieved. One of these is strength of muscle. One may have strength in his muscles without having very big muscles. Quality is more important than quantity. Endurance is a second important quality. It is the ability to stay in the game when others become tired and discouraged. A third quality is energy; lack of it means laziness. Critical moments in athletics show the importance also of self-control, and will power. And courage, though it may not be needed every day, is, of course, essential.

Five Means to Vigorous Manhood.

1. Exercise Wisely. Reading the sport page, yelling in the grand stand and watching the baseball bulletin boards may be enjoyable but will never make a man vigorous. He himself must take daily exercise. Hiking, baseball, rowing, canoeing, skating in the open air, swimming, if taken moderately, general gymnasium work, boxing and wrestling where the air is fresh, are among the most beneficial forms of exercise. A young man's daily exercise should be vigorous enough to cause him to perspire freely. This helps his body to throw off certain waste products which might act as poisons if allowed to accumulate. After exercise a bath should be taken, preferably a shower bath. Warm water should be used first, then cold. The bath should be followed by a vigorous rub-down with a coarse towel, the whole process taking no longer than four or five minutes.

2. Get All The Fresh Air Possible. Young men should sleep in the fresh air, work and exercise in the fresh air as much as possible, and be sure to have the indoor air kept fresh. Fresh air is often more valuable than any quantity of medicine.

3. Eat Wholesome Food--chiefly fresh vegetables, cereals (wheat, oatmeal, and rice), bread and butter, eggs, meat, and fruit. The system needs not only the kind of food that is rich in nutriment, but vegetables and other coarser food to give bulk and stimulate elimination. All food should be chewed to a pulp.

4. Take Sufficient Rest. You need eight hours sleep every night to keep in the best possible physical condition. One should not lie in bed after waking up but should jump out and dress immediately.

5. Keep Clean. Athletics, abundant outdoor life, wholesome companions, lots of good fun, constant employment will help. (Let us here add to the Government advice: go daily to Holy Communion, pray often, and take Our Blessed Lady as your constant guide and companion; observe the sound advice quoted in yesterday's Bulletin regarding your relationship with young women, and also concerning bad thoughts.) The sex instinct may be a source of destruction or a great blessing. If it be abused, disease and suffering may result for the man and his wife and children. If it be understood and controlled, it becomes a source of added strength and of richer and fuller life. Occupy the mind with healthful interests, and turn your powers into athletics, work, study, art, music--any constructive social activity.

Keep This And Keep Fit.

Build your moral and mental life on a healthy body. Tack this up next to your Eucharistic Calendar and Study Schedule.

PRAYERS: Ill, Jim Jones ('27)(seriously); mother of Paul McGannon ('07); Dick Price (Fresh); (seriously injured) father of Bill Geddes (lyons); Fr. George McGlynn.