

SPORTS

WEIGHT-TRAINING

By Gus Deal

Weight-training is one sport which has taken more than its share of abuse from people who don't understand it. The first thing anyone should know about weights before discussing them is just exactly what weight-training is. Weight-training is the scientific use of weights to strengthen and build up the body and its organs. Using the scientific method of weight-training will not cause any harm to a person who is in a normal condition of health (only a doctor can determine this condition).

Using the scientific method of weight-training means using common sense and the rules of weight-

training as a track man abides by the training rules of track. No person should begin working out with weights unless he has very recently had a physical examination from his doctor and is in good enough condition to take up this rigorous sport. Here is the first place that people make mistakes which hurt their bodies; they jump into this sport without regard to their present state of health and some weakness which their body may have.

Like any other sport weight-training is progressive. That is one sport which does not start in the middle and work to the top. This of all sports must be started from the very beginning. However, the beginning of where and how much weight to start with depends on the individual. Some persons will begin using more weight in their exercises than others, there is no hard rule here. Always to be kept in mind is the fact that the individual body is the guide as to the progress and outcome of weight-training. Obey its indications in regard to the weight-training program and there should be no fear of harming it.

To the individual who undertakes weight-training there are rewards other than physical strength. Along with developing self confidence a certain amount of poise is attained. Good health is one virtue deserving of our bodies. We all are aware of the incredible-ness of the human body and its magnificence. Originally designed, the human body was meant to last for several hundred years. The manner in which an individual treats his body determines the length of its health and life. We might look upon our bodies as talents given us by our Creator and to be developed and used to His glory. Weight-training is one of several ways in which we may lengthen and enrich our lives. Certainly the rewards are worth all the work and effort involved.

Showdown

By Johnny Craig

Don't quote me but Warner Brothers "Spirit of St. Louis" with Jimmy Stewart should be one of the best biographical dramas of the year. The Lindbergh story is due to play the Carolina the 28th of April. This should be GREAT!!!!

DEALER'S CHOICE

Don't say I didn't warn you, but this should be a big year for M.G.M., moviewise. "The Vintage" starring Pier Angeli, Mel Ferrer, John Kerr, and Michelle Morgan is scheduled to play the Plaza very soon. "The Vintage," filmed in Southern France, with the story evolving around two fugitives of the law—Mel Ferrer, and his brother John Kerr. The plot also includes two sisters, one wise, Michelle Morgan, and the other innocent, that being beautiful Pier Angeli. The foursome fight for love will prove enjoyable to everyone . . . Don't Miss It

"This Could Be the Night" produced by MGM presents a most innocent heroine, a school teacher—Jean Simmons, in a setting where the Board of Education should never expect to find her, backstage at a hotshot night club run by an ex-bootlegger with indignation, and his young partner who things nice girls should be home before dark. Jean Simmons is seen with Paul Douglas, Anthony Franciosa and Julie Wilson, with music by Ray Anthony. Music by Anthony is well worth the price of admission.

Another Metro picture now being edited is "Raintree County," with ever lovely Elizabeth Taylor and Montgomery Cliff. . . . THIS IS A MUST FOR ALL MOVIE-GOERS. DEALER'S DOPE

"Untamed Youth" with Mamie Van Doren, the girl built like a platinum power house, is a good picture, with quite a bit of calypso, Rock and Roll, and Mamie Van Doren at her sexiest Check the paper for info on "Sweet Smell of Success," "The Pajama Game," "Old Man and the Sea," "Delicate Delinquent," "Gun Glory," and "Tip on a Dead Jockey"—all being released soon.

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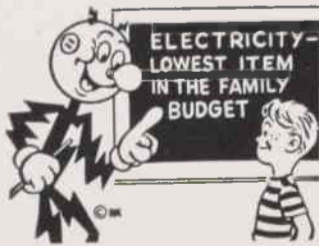
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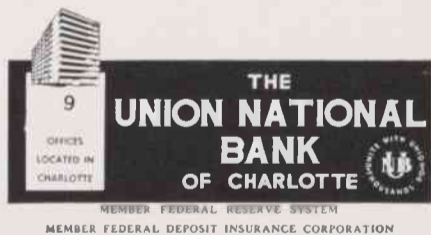
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