

# Avoid 'Watermelon' By Proper Posture

By LOGAN CLENDENING, M. D.

SUMMER, with its outdoor possibilities of exercise and activity, is the ideal time to get fit and stay fit. In order to make a program for the development of the body really successful, one should begin at the fundamentals.

Begin with posture. Posture is defined by the Oxford Dictionary as "an attitude of body or of mind."

This definition is highly praised by Dr. Armitage Whitman in his book, *From Head to Foot* (Farrar & Rinehart, New York).

There are few diseases that might be said to be 100 per cent material in nature. Posture is an attitude of body and also mind. If you stand as if you felt well, you are more

likely to feel well than if you slump. Some people naturally have a good posture. Others naturally slouch. The cause of bad posture is usually some underlying condition resulting in fatigue. It is not easy then to improve posture, and it must be done slowly by improving the underlying condition and the mental attitude.

### Two Views

Two points of view on posture and the difficulties of correction are well explained in the column of my colleague, Mr. Damon Runyan. Mr. Runyan should be made a doctor for writing that article. He notices that Mr. Walter Winchell advises middle-aged gentlemen to hide what he calls their "watermelons." Mr. Runyan prefers to give it its scientific name, "the watermelon." Mr. Winchell says, "Don't be lazy. Hold in the stomach muscles so they will harden. Sit tall walk tall."

That's all very well for Mr. Winchell to say because he is naturally slender and a very handsome figure of a man, with practically no watermelon at all. But as Mr. Runyan points out, the idea of holding the stomach muscles so they will harden is quite a task and requires such eternal vigilance that a man can hardly think of anything else. And then, if for one moment you let go, out pops the watermelon.

### Time Is in Youth

The time of life to cultivate good posture is in youth. A summer's care devoted to correct posture will go far towards promoting a general feeling of bodily health. True, the

proportion of average citizens with good posture is negligible. But this does not mean it is not important. Bad posture does not kill, but it heightens greatly the irritability rate.

The greatest obstacle to good posture was placed in our way a long time ago, when one of our very early ancestors decided to stand on his hind legs. Man was never designed to assume the upright attitude. But since he assumed it, let us make the best of it. The back should be straight, the head up, "looking for enemies."

How to cultivate this posture? Dr. Whitman warns against the slogan, "Throw your shoulders back." Doing so gives you a still further hollow back and pot-belly. The most important thing posture accomplishes is to give the abdominal organs support and keep them from puddling. If you tighten your abdominal muscles, you strengthen and lengthen your spine, and you look healthier and more successful, you feel that way and are that way.

### QUESTIONS AND ANSWERS

A. A.: "Will you please devote a little space in your daily column to the subject of excessive perspiration? I am troubled by this condition, especially in the feet and under the arms. The waist and arms are always rolling in perspiration. On occasion when excited or nervous the arms become instantly wet."

Answer: This is a very annoying condition. It affects a certain nervous type of individual. And nothing very helpful can be done about it. The human race has been divided into vagabonds and sympathizers, depending upon which half of the involuntary nervous system predominates. The involuntary nervous system controls the glands of perspiration. What the above amounts to is like saying there are sweaters and non-sweaters. Personally, I would rather be a sweater. They are more active and alert and aggressive anyway. I wish there were some other reliable advice I could give you, but really the only thing to do is grin and bear it.

EDITOR'S NOTE: Dr. Clending has seven pamphlets which can be obtained by readers. Each pamphlet sells for 10 cents. For any one pamphlet desired, send 10 cents in coin, and a self-addressed envelope stamped with a three-cent stamp, to Dr. Logan Clending, in care of this paper. The pamphlets are: "Three Weeks' Reducing Diet," "Indigestion and Constipation," "Reducing and Gaining," "Infant Feeding," "Instructions for Treatment of Diabetes," "Feminine Hygiene" and "The Care of the Hair and Skin."

### Held by Japs



American consular agents are intervening in case of L. W. Holland, of the American Methodist Episcopal Church, at Nanchang, held by Japanese on suspicion of "grave acts" against the Japanese army. (Central Press)

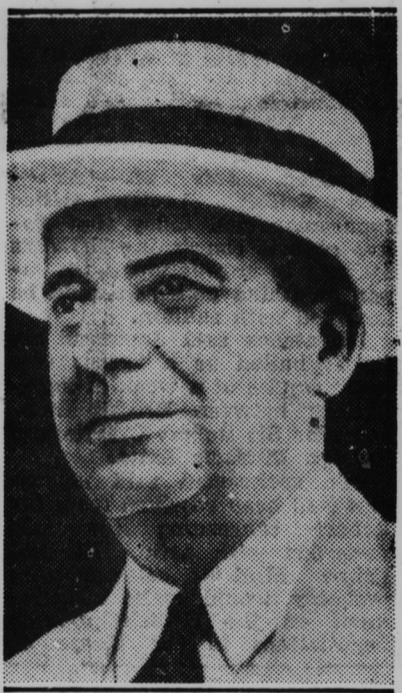
### F.D.R. Assistant



James H. Rowe, Jr.

James H. Rowe, Jr., of Montana, is the third secretary appointed by President Roosevelt as his special assistant in the White House. Rowe was formerly assistant to White House Secretary Edwin M. Watson.

### Resigns in Scandal



L. P. Abernathy

L. P. Abernathy, chairman of the Louisiana state highway commission, resigned his post without stating his reasons. The resignation, however, followed admission he was interested in an equipment supply house which had done extensive business with the state university, affairs of which are being probed. (Central Press)

### Socialite Fined



Justice of the Peace Ernest Duprille, of Broomall, Pa., lectures John S. Harrison after he fined him \$25 and costs following party at Harrison's estate. Four other young socialites were arrested and fined for allegedly throwing stones at passing automobiles during the course of the party. (Central Press)

### Next Stop, Federal Prison!



Dr. James Monroe Smith (left), former head of Louisiana State University, in custody of United States Deputy Marshall Burglass, leaves Baton Rouge jail on way to the federal prison at New Orleans to await trial. He is under indictment with four others on charges of misusing University funds and materials.

### Survives Mine Explosion



Dennis Walker (left), one of the miners in the Duvine mine, at Providence, Ky., at time of the explosion, shakes hands with his father after emerging from the mine. Young Walker was the man who first telephoned the news of the disaster from down below. Twenty-eight men lost their lives. (Central Press)

### Round-the-World Grandma



Grandmother Virginia L. Pfuderer, of Riverside, suburb of Chicago, doesn't believe in rocking chairs for old people. They move much too slowly. She's shown leaving Chicago on first leg of a round-the-world tour by plane, which will take approximately a month. (Central Press)

### She Broke the Glider Record



Master of Soviet glider sport V. Itshenko (left) and glider-pilot E. Zelenkova watch the take-off at Moscow of woman-pilot Klepkova in a fight that saw both Zelenkova and Klepkova break the international women's record. Klepkova covered more than 450 miles. (Central Press)

### Victims of "Cat Man"



Mr. and Mrs. Stephen "Laddie" Sanford, socialites, are the latest victims of the "cat man" who is blamed for more than a score of robberies at fashionable North Hills, L. I. The burglar left no prints in robbing the Sanfords of more than \$3,000 in jewels and cash as they slept. (Central Press)

### Victim of Live-Wire Blockade



The body of a Chinese coolie, victim of electrocution, lies beside the Japanese charged-wire blockade fencing the British concession at Tientsin, China. (Central Press)

### Discuss Arming of Latin America



Leaders of the United States armed forces, and a representative of the State Department appeared before House Foreign Affairs Committee discussing administration-approved bill to authorize sale of arms, munitions and warships to twenty-one Central and South American republics. Left to right: Admiral Leahy, chief of naval operations; Sumner Welles, Assistant Secretary of State; Rep. Sol Bloom, chairman of the committee, and Brig. Gen. George C. Marshall, Army chief of staff. (Central Press)

### Hurt, But Alive



Russell Hayes, who suffered rib fractures and broken ankle, is brought aboard the Coast Guard cutter, *Campbell*, in a sea transfer from the ketch, *Atlantis*, 160 miles at sea. He was a yeoman aboard the rescue plane, *V-164*, which crashed, bringing death to three. The *Campbell* returned to Stapleton, S. I.

### "Thrilled" by First Auto Ride



"Just like gliding" was verdict of Dorothea Swanson, of Bermuda, after making her first trip in an automobile. Dorothea, 18, and Bermuda's first beauty queen, was photographed spending vacation at New York's World's Fair. The trip was prize for winning the contest. (Central Press)

### Back Home With a Degree



Associate Justice Felix Frankfurter of the Supreme Court, and his wife, are pictured on return to New York from Europe. While in England Justice Frankfurter received honorary degree of Doctor of Laws at Oxford University. (Central Press)