PAUNCHY SANTA—Santa Claus got a pre-christmas physical examination at Memorial Hospital this week. If he was worried at all about his weight and the circumference of his mid-section, he jolly well concealed it. Checking Santa's pulse and his weight is (at left) Frances Martin, a registered nurse from Fayetteville. Another nurse, Pat Lyon of Broadway, is getting ready to drape a tape measure around Santa's paunchy waist. There is concern in health circles that Santa's shape isn't healthy.

That Merry Old Tummy Isn't Healthy

By DEMONT ROSEMAN

-That clatter on the rooftop this holiday season isn't coming from Santa and his reindeers making a practice run.

It's coming from cardiologists, anthropologists, sociologists and a sprinkling of physiologists holding a girth control symposium. They're hitting the ceiling because Santa isn't doing anything about his weight

Middle age can be a hazardous time for tubby people. And Santa, you know, is at that age. He's approaching his late 30's (30 generations, not years).

The American Heart Association has never said, in so many words, that Santa is too fat. But there is some unofficial sentiment that he's a little on the heavy side and isn't setting a good example for the kids-or

Although there's no guarantee that normal weight will prevent heart trouble, overweight certainly is a heart hazard. Even Santa can't lug all that excess weight around without some risk to his heart.

Heart specialists, relving heavily on mortality tables put out by insurance companies, say Santa can't expect to live as long if he continues on his obesity kick.

The anthropologists aren't sure, at this point, that they're attending the right symposium; but they're in favor of a resolution calling for society's image makers to put their vast talents to work in developing a new profile for the typically tubby individual under discussion. Historically, the sociologists point out, this isn't anything

radical-For hundreds of years, Europeans imagined St. Nick as a

tall, thin, stately person. It was Washington Irving who created the new picture of him. Using the early American Dutch settler as his model, Irving made the Christmas season symbol as a jolly fellow in huge breeches and smoking pipe.

Then Clement C. Moore came along with his imortal poem which begins 'Twas the night before Christmas" and Santa's waistline took on preponderous porportions. He became a jolly figure with twinkling eyes and a "nose like a cherry." A white beard concealed his chubby face. The physiologists feel that Santa's size is not functionally unsound, but it's not aestheticallv attractive-speaking health-

The physical education people. who arrived at the symposium late because the showers at the evmnasium were out of order. said Santa was not only headed for an early grave but that he's contributing to an emphasis at Christmas-time on slovenly living-too much eating and drinking.

Santa isn't getting enough exercise. He's watching television while the elves and Mrs. Claus make all the toys. Then Christ-mas night, he rides the sleigh while the reindeers do the work. There's a minority opinion, however, that Santa puts in a heavy night's work on Christ-

one night a year and, like the snow shoveler who isn't used to exercise, he's asking for serious

Aside from Santa endangering his own health, he's contributing to the health delinquency of his scooters, skates and stuff. huge following of youngsters. "Instead of bringing Junior

"There's too much emphasis

on ease," said a rebellious physical educator. "He brings bat-

tery-operated toys and electric "Kids don't get exercise any more from simple-wind-up toys,

a car, he ought to bring him a

bicycle and some good all-weath-

And, finally, a late-arriving psychiatrist from the dream research laboratory suggested that old Santa's night-long work schedule on crisp Christmas night isn't contributing to his good health



Town & Campus

mas. In fact, he works too hard



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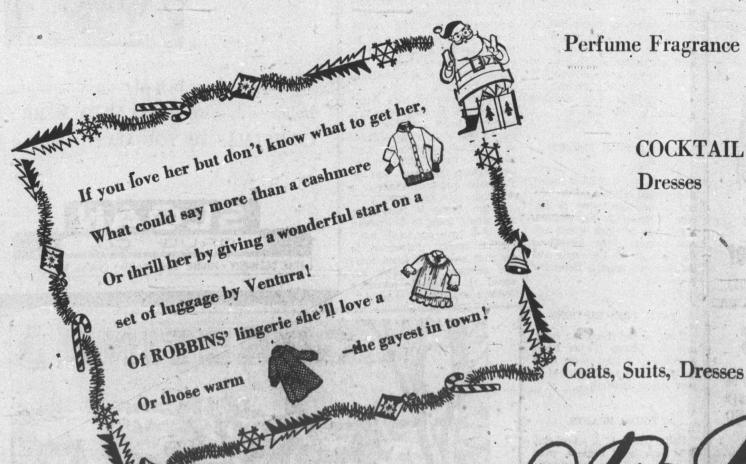
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'Tis very well-known (And useless to moan) That as shoppers most men are quite late!

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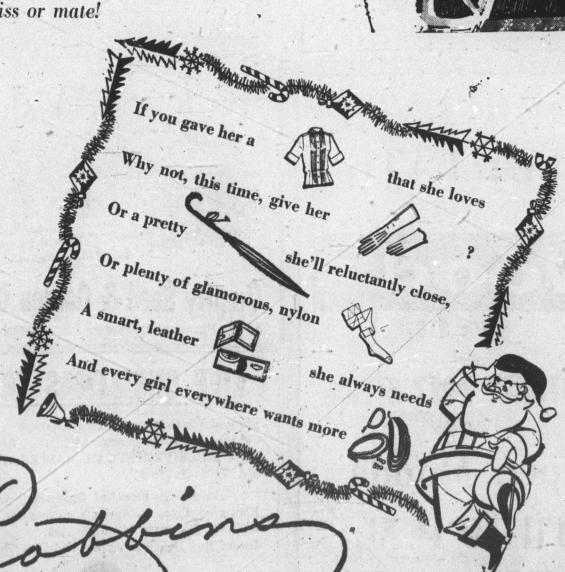
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