

# That Merry Old Tummy Isn't Healthy



**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.

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 problem.

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 their parents.

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, relying 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 in-

dividual 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 immortal poem which begins 'Twas the night before Christmas' and Santa's waistline took on preponderous proportions. 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 aesthetically attractive—speaking health-wise.

The physical education people, who arrived at the symposium late because the show-ers at the evnmasium 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 Christmas 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 Christmas. In fact, he works too hard

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

Aside from Santa endangering his own health, he's contributing to the health delinquency of his huge following of youngsters.

"There's too much emphasis

on ease," said a rebellious physical educator. "He brings battery-operated toys and electric trains.

"Kids don't get exercise any more from simple-wind-up toys, scooters, skates and stuff.

"Instead of bringing Junior a car, he ought to bring him a

bicycle and some good all-weather clothes."

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

*J.B. Robbins*

### BULLETIN BOARD FOR SLOW SANTAS

In a spin? Relax! Everything's fine!

Bring your list to **ROBBINS** . . .

Pick one a  , give another a 

You'll please all your ladies in just one trip!

Bedroom Slippers

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

Accessories


If you too are a sinner  
You can yet be a winner  
**ROBBINS'** gifts always charm  
miss or mate!



If you love her but don't know what to get her,  
What could say more than a cashmere 

Or thrill her by giving a wonderful start on a  
set of luggage by Ventura! 

Of **ROBBINS'** lingerie she'll love a  
—the gayest in town! 

Or those warm 

Leather or Suede Jackets

Perfume Fragrance

**COCKTAIL**  
Dresses

Coats, Suits, Dresses


If you gave her a  that she loves

Why not, this time, give her  ?

Or a pretty  she'll reluctantly close.

Or plenty of glamorous, nylon 

A smart, leather  she always needs

And every girl everywhere wants more 

Robes, Negligees

*J.B. Robbins*