

If You Need Exercise, Try Working

PRESCRIBED programs of exercise have become the most popular cure-alls since Peruna and Geritol hit the market. In our opinion, they also rank among life's more boring, tedious activities.

While not inclined to indulge in jogging to nowhere, lifting weights without purpose and participating in athletic games without receiving professional pay, we do read a lot about exercise.

This reveals that exercise regimens are undertaken in order to relieve stress, overcome inertia, build muscles, relax, have fun, lose weight, improve heart regularity, facilitate breathing, spend money, stimulate blood circulation, reduce waistlines and hips, kill time, prove masculinity or build beautiful bodies.

Newspaper reports also indicate that exercise results in heart attacks, exhaustion, backaches, blisters, ankle damage, calluses, joint pains, inflammation of tendons and knee injuries.

Exercise often is prescribed by doctors for patients who don't seem

to get enough movement in their normal routines. More frequently it seems to be taken up as a fad by participants who are encouraged by those who sell equipment or operate gymnasiums.

Quite a number of business firms provide gyms for executives who seem to spend too much time in swivel chairs. Congressmen have provided themselves with several gyms but it is yet to be determined whether physical exercise improves their legislation.

The types of exercise people indulge in may challenge their physical stamina and they also challenge the comprehension of sedentary people concerning their logic.

A few weeks ago we saw a newspaper picture of a 33-year-old physically fit man who looked like he might have been 63. He was planning to run 150 miles in 24 hours in order to beat some record.

Then there's the Hawaiian "triathlon" that, according to reports, combines "successive excesses of swimming, bicycling and running." Competitors must swim 2.4 miles in

the ocean, race 112 miles around Oahu on a bicycle, and then run a full 26.2 mile marathon.

Like the fellow who finished a course of exercise at a fancy gym and asked his instructor: "OK! So I'm fit. What now?"

Another item told of a middle-aged recreational athlete who developed such severe pains in his back and legs that he gave up jogging. After he visited a number of doctors, many of whom had back troubles themselves, a scrap metal dealer prescribed for him.

The athlete was told to try "gravity boots," metal cylinders that clamp over the ankles and support hooks enabling users to hang by their feet from a chinning bar. He said this cured him.

Another form of exercise seems to have been losing in popularity for the past two or three generations. It is called work. Perhaps it never was as popular as may have been supposed, but there was a time it was more common than it is now. Its major advantage is that enthusiasts get paid instead of spending for it.