Some people spend at least 10 minutes every morning dawdling about the house and working up a crock to poison their disposition and make life miserable for their associates. The same amount of time spent in toning up their body would have sent them to work looking through rose-colored glasses.

Starting Monday The Press will publish "The Road to Health and Beauty," a 30-day course in physical culture, designed particularly for busy men and women who will appreciate a group of simple, yet effective exercises to fill their individual needs. If you have time to live, then you have time to exercise. Study the illustrations starting in Monday's Press, choose the exercises you find most enjoyable, and give them a fair trial. Don't try to build yourself into an Apollo in a day. Health is obtained or retained only through proper development of the body, just as intelligence is developed through use of the brains.

America was not built by pill-hounds, but by men and women of real flesh and blood who knew the value of simple living. "The Road to Health and Beauty" is the trail that will take you back to nature. Watch for the first guidepost in Monday's Press.