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**Faddish Walks Hit
As Health Menace**

Americans generally go to extremes—either do too much or not enough, rather than the happy medium. The present Kennedy-inspired "walking fad" is only another of many examples.

Practically all health authorities endorse walking as a healthful, valuable exercise and pastime for young and old, the strong and the feeble—but when done with reason and moderation.

Why the rush for everyone to prove himself (or herself) a "50-mile walker," when they may not have walked as much as 10 miles at a time in years, if ever?

Why should untrained office workers, housewives, stenographers, middle-aged businessmen whose heaviest recent exercise may have been picking up the check at a dinner table feel the compulsion to suddenly go out in mid-winter's frigid weather, without physical preparation or gradual working up to the goal desired, and try 50 miles because someone else does it?

When someone sets a new mile running record, do these same folks who probably never ran a mile in any time, go out and try to do a mile, in four minutes or less?

Let's remember that outdoor walking in winter weather, uses much more bodily heat and energy than in warm weather. Also the much heavier clothes one must wear cause more effort to be expended, and the con-

stricting effect of coats and jackets makes the muscles work harder.

Walking on auto highways, as many are doing, is dangerous and should be prohibited. It is dangerous to the walker and the car-driver.

The hiker will also expend much additional energy dodging cars, running off to the side of the road, etc. Better go out to Highland Park and walk as many times as desired around the reservoirs. Don't walk a long distance until you are trained to it.

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