

Postwar World To Emphasize Body Fitness Training

Bedenk Advocates Recreation Program

Physical fitness licenses will replace draft registration cards and ration books in the postwar world, if the suggestion of F. Joseph Bedenk, professor of physical education and athletic coach at the College, is adopted.

Bedenk advocates compulsory physical fitness training and periodic medical examinations for all children and adults.

"The fact that many men have found military discipline a severe physical strain and that many women are unable to stand up under the pressure of war work proves the need for increased physical fitness on a national scale," Bedenk said.

A national recreation program, to be carried out through schools and other community agencies, should be included in our postwar planning, Bedenk feels. He favors the "natural program"—athletic games and contests, hikes, fishing, and hunting—as well as daily calisthenics.

"Most Americans seem to think that playing 18 holes of golf or several sets of tennis every week-end or so will keep them physically fit," Bedenk said. "It's equally foolish to assume you can eat six meals one day, none at all the next, and still derive the same benefits. Exercise should be taken regularly," he emphasized.

Bedenk pointed out that many adults now suffering physical defects would be in perfect health if they had taken periodic physical examinations and regular exercise when they were younger.

Front and Center-

(Continued from page four)

Cummings is expecting overseas duty soon . . . Pvt. Elmer Belfonti is temporarily at Fairmount Barracks in the Philadelphia area since he is not making any prisoner of war trips at present . . . From Wales comes word that Maj. Ben Trapani who writes his quarters are in an old Welsh castle. Together with three other officers he shares a suite of rooms . . . Ted Rubin, Collegian reporter now stationed at Swarthmore as a V-12er, writes that everything is shipshape and sailing smoothly along.

Gymnasts, Boxers, Matmen Place In Intercollegiates

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Guard won decision from Fink, Army.

127 POUNDS — Serago, Penn State won decision from Felices, Army.

135 POUNDS—Miragliotta, Virginia won decision from Conner, Army.

145 POUNDS — Bodie, Army won decision from Neisz, Coast Guard.

155 POUNDS—Finley, Virginia won decision from Vac, Army.

165 POUNDS—Russell, Coast Guard won decision from McGlothlin, Army.

175 POUNDS — Wright, Coast Guard won decision from Moran, Penn State.

UNLIMITED — Staser, Army won decision from Richardson, Coast Guard.

Team Score: Army .25; Coast Guard 21; Virginia 10; Penn State 8.

WRESTLING

121 POUNDS—McDonald, Navy; Lowrie, Penn State; McNair, Cornell.

128 POUNDS — Barkovich, Penn; Blum, Navy; Bach, Dartmouth.

136 POUNDS—Sullivan, Penn; Zackey, Lehigh; Oliver, Navy.

145 POUNDS—Henson, Navy; Lee, Army; Haydock, Penn.

155 POUNDS — Hale, Navy; Niewenhous, Lehigh; Stockdale, Army.

165 POUNDS — Wood, Army; Lowe, Princeton; Creel, Navy.

175 POUNDS — Bernard, Lehigh; Land, Army; Fuller, Dartmouth.

HEAVYWEIGHT — Stanowicz, Army; Coppedge, Navy; Steele, Cornell.

Old Mania-

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there include Jo Peoples and A/S Mark Byer . . . Jean Shekley and Ensign Bob Stevens . . . Laura Ehrhart and Obie McNitt . . . Polly Stramara and A/C Dick Avery . . . AEPi Roslyn Orlofsky and Lt. Lennie Newman recently made it a permanent twosome . . .

Shamrock Shuffle

First dance of the semester will find Irene Stacey and Ensign Dick Loftfield tripping the light fantastic and Lois Sheeler and Ensign Hal Lewis . . . Theta Phi Alpha Jeanne Jordan and Marine Joe Chereny . . . Marty Ball and George Chambers . . . Dottie Cauffuil and A/C Jim Robb . . . Mana Sinclair and A/C Bill Bourne.

Boxer Gives Up Cake, Wins Trophy

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draw on a return bout with Felices.

Between semesters when every varsity man but Mike Sweeney, Cochran, and Serago deserted the Nittany team for a short vacation, Frankie moved to 135 to fill Cochran's vacancy created by his advancement to the 150 pound notch. In this higher bracket the Eastern champ dropped a close nod, and repeated with another loss when he met Wisconsin's national champ the next week at Madison.

Food Follows Fight

Admitting that within 36 hours after his title fight last week he had put on over ten pounds, Frankie accredited the jump to the fact "that I am eating pie like mad now."

18 Colleges Debate Here

(Continued from page one)

representatives in Congress.

The convention will open Friday, March 24 at 10 a.m. under the chairmanship of Howell O. Wilkins of Dickinson, president of the convention. At that time Prof. John H. Frizzell will welcome the delegates, and they will be organized into committees. Prof. Joseph F. O'Brien will make a brief speech in memory of Aaron Decker, first president of the Debaters' Convention, who was killed in action in North Africa in March, 1943.

Dean Edward Steidle will address the convention banquet in the Hotel State College at 6 p.m. Friday on the "Impact of Minerals in War and Peace." A student speaker chosen from each of the three legislative committees will speak on the general topic "A Toast to My Country."

The convention will close at 1 p.m. March 25, following the final vote on bills and the election of officers.

Colleges represented will be: Albright, Pittsburgh, Shippensburg, Susquehanna, Ursinus, Allegheny, Dickinson, Mount Mercy, University of Pennsylvania, Temple, Scranton, Gettysburg, Moravian, Kutztown, Seton Hill, Misericordia, and Penn State.

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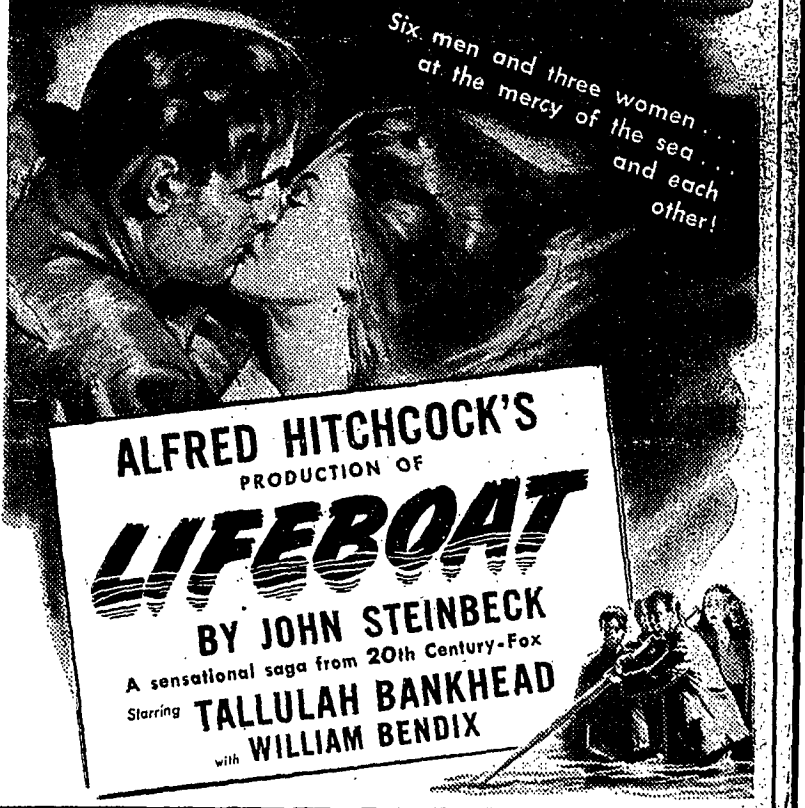
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