


What Is Physical Fitness
 Americans were. shocked to learn that four out of every
ten men of military age were found on examinätion to he ten men of military age were found on examination to be
physically unfit for nilitary service. But we should not
exagerate the meaning of these findings. No army in the wiftots history was ever-selected-under more exacting con-
ditions.- Moreover, most of the men rejected were by no ditions.-Moreover, most of the men rejected were by no
means mitit from the standpoint of civilian life; on the contrary, the vast majority were perfectly capable of continuing their normal occupations, or in many cases, of going
into war-time work requiring a good deal of strength and Physical fitness is an individual mattortl rt always
should be considered in relation to the kind of work or the sort of a life one desirgs to carry on. fitness is that it has
Another thing about physical
nothing to do with big brawny inuscles. No indeed. Physical fitness demands instead a nice balance of mental and phy-
fice sital powers. There are maiziy people in the Army and in
civillan life, too, who are beautiful physical specimens, but because of-someremotiona or psychological draw-back
they cannot carry on even the simplest practionl tasks. On the other hand, some people who have rather poor
physical equipment - perraps even impairments of various kinds - have shown by the acievere quite fit to carry on exacting-jobs.-As a sub-com-
 recently "The oinly final test of fitness seems-to-be-the-abil-
ity to perform the task desired without undue fatigue or haustion.
This brings us back againt ot the major point about phy-
sical fitiess: It is chiefly a question of: Fitness for what? Sical hiess: It is chienly a question of: Fitness for what?
One can write books, repair watches, or compose crossword
puzzes, even if one has lost both his legs. But for a rounded puzales, even if one has lost both his legs. But for a rounded
life eomprising-reasonable proportions-of work,-_play, wor-hife comprising-reasoniable-proportions-of work, play, wor-
ship, and companionship, we really need the use of all our major parts and faculties.
Therefore, the purpose of a-good-medical-examinationor a-personal health survey is not merely to discover whit
physical delects we huve, but to help uis accommodate our-
solves to those defects that cannot be corrected. Organic sives to those defects that cannot be corrected. Organic
diseases and alsnormalities affect our individual physical fitness, the Raruch Committee points out, "only when they
reduce physieal and mental aetivity below the level necesreduce physical and mental activity below the
sary for the effective ciritying on of the patje
and; we-might-add, his cinosen manner of life.
and; -we-mighit-add, his_chosen manner of life.
When a person considers a campaign of physical fitness, there is no use imagining that by exercise and calis-
thenius a man of 40 or 50 can put himself in shape to play thenics a man of 40 or 50 can put himself in shape to play
foothall or baskettaall with the kids! The true objective of plysical fitness is to emable each of us physically and mon-
tally to perform our chosen job wwith the greatest amount tally to perform orr chosen job with the greatest amount
of joy and personal effectiveness -and-to-indulge, with of joy and porsonal effectivencss -ana-to-mduge, wion for
modichtion, those extracuritular sports and pleasures for
whe have a special taste.

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SUPPOSE-you ordered water by the QUART?

IF your bought your day's supply of water by the quart, as you do your milk, you wouldn't be able to step out on your porch

FOR the average family uses about 130 gallons of water a day. That means the "waterthe porch every morning!"

IF yours is the average fanily of four,
you'd hund the delivery man about a eickel for that day's supply. When yon consider that whit is acssed product hike any the lem in your buy for an dis

COMMONWEALTH WATER COMPANY

Keep Non-Swimmers Out of


Will Hold Public Don't Blame Child Forums on Cancer Parents Warned

Park Board Tells
Of fuge Play Area






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## Your Garden


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In 10.0 there what one person
job-holders, whitle the goverume
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Eligibilify Open On G.I. Insurance Small Boats in Deep Water


## WRITE YOUR OWN CLASSIEIED AD

the springrield sun
206 Morris Ave.,
Springfield, N. J.
GENTLEMEN:
the follown Classified Aductiso ghming with your issue of
under the classification

.07 c per word... Minimum charge 70
YOUR AD WIEL APPEAR-IN-GFX-PAPERSGTSTEDBELOW
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South Orange Recor
Millburn-Short-Eills-Ytem
Summit:Herald


## [Pago 4

CLASSIFIED ADVEITISING
 Telephone Work


GIRLS


## B. L. Schlosser

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Leathernecks' Disc Jockey Queen!


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## (f)Home and Garden Page



##  <br> HILTON

SCREER \& LUMBER CO,

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Ifave your old naphult
drive way resurfaced with a mimoth glass-ilite surface - Cint un for ratroen We ALSO REFAIR
AND REFLACE AND REPLACE
SIDEWALKS AND CUREING TOPSOIL CALL NOW UNIONVILEE $2.5256-\mathrm{M}$
RAHWAY 7.0263 M


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feed MOD
DOGREOODNonMOUNTAIN VIEW FARM SUPPLY CO.



Sow Your Pansies for Next Spring This Summer

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& \begin{array}{l}
\text { may be grown quite easily by } \\
\text { frame. The seed is sown in } \\
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Your Suburban Garden
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ing room and is the key to the easy circulation of the entire
house.
On the second floor careful planning mado room for
the four hedrooms sund wavo buths and an array or generous
closets all in
taken to "insulate" each room wilth a row of closets between.
The sloping corner sitte allowed-for-a reverentlon- room
on-trade and dictated the-placement of the
Thrde-and-dictated the-placement of the garage. -
not "Modern." No house should have a "style" pinned to it
If ittovest the wewners problems in a straightforward man.
ner, fits the site, is capable of being built with local material
and by local workmen, is well proportioned-and pleasing to



## MAKE

## T. R. WDODIRUTE

## your headquarters

## mefer mid at tmi montristown

 AMERICAN LEGGON FAYR168 MAINST. (Opp: Gulf Station) CHATMAM

How Many Little Gardens

## Can Reach Sought-for Goal

H. w. Hochbuam, field extension service, U. S. department of agriculture, told the National Freedom
Garden Conference in Washington,-D. . ., how fresh vegetables worth $\$ 1,500,000$-can-be-produced this year-
in Frecdom-Gardens.
 (25x40) or more. Fvery foot to be kept growing something all sum-
mer, producing a harvest averaging one pound per square foot.
This average production will be worth at retail

## Larces and ronds



SUMMIT

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## SCREENED <br> TOP SOIL


Well Rotted MANURE
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Keep Cool On Your Porch
 A twilit-or the wrist is all you need to ohange an unbearably hot porch into
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mor Porch Shades! The au| mor Porch shades. |
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 | Colors: -Brown-and Green, |
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| Sizes: Widths $3^{\prime}$ to 12 ', | Sizes: Wiaths

Union Window-Shade
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UNOON
$50^{\circ}$ STEEL WALL CABINETS
Gauge Stee


COMMUNITY SUPPLY CO.
100 ROUTE 29
YOO ROUTE 29 HILLSIDE

Inany Plants Require Help To Keep Them Upright

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Refreshments-Sold - Admission $\mathbf{5 0 c}$

## UNION CENTER MERCHANTS GIFT NIGHTS

 5television sets $5 \quad \frac{\text { Boys or Gills' }}{\text { BiCYCLES }} 5$

## TUESDAY NIGHTS

UNION THEATER
UNION PARTICIPATING MERCHANTS ARE GIVING AWAY GIFT COUPONS
WIth every purchase 50c or more
union center merchants GIFT

STUYVESANT AVENUE
July isth, 20th, 27tlr $\left\lvert\, \begin{aligned} & \frac{n}{\alpha_{\alpha}^{\alpha}} \\ & \frac{\mathbf{O}}{\mathbf{N}}\end{aligned}\right.$ August 3rd and 10th PARTICIPATING MERGHANTG START COLLECTING COUPONS NOW

South Orange and Maplewood Lads Take Top Spots in Photo Contest




Gift Splitting Privilege
Aids New Jersey Taxpayers

| (Edttor'u Noto: This in the last of a neries of artioles on the gask Revenue Aot by a priotioling attorney ha Maplewood und Newarti). |  |
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| gs to the spouse. Thus, what was a gift of $\$ 10,000$ fro |  |
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| a spouse to the donee-spouse is (if the gift is made aftApril 21948 ) only a gift of 5 ,000 because the donee-spou(it is assumed) alrendy hada |  |
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| transferred to the donee-spouse, one-half passes free. It is import- |  |
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| ant to note that the $\$ 3,000$ exclusion applies to the taxable one- |  |
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| ample only **2;00 woutd be reporteble ne a gift. The effect is to double the lifetime gifet exemption |  |
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Rain Needn't Prevent Your Taking Out-of-Doors Shots Brene oun Pors Shots



SWIMMING POOL
NOW OPEN

## CRYSTAL LAKE PARK

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ACCOMMODATING 300


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EAST ORANGE Just around trie cornear rrom PHERRE IS BACK Cocktanlounge and Restaurant
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open every day at 10 a.m.




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| $\begin{gathered} \text { Daily } \\ \text { LUNCHEON } \\ \text { DINNER } \$ 1.25 \text { and up } \\ \text { COCKTAIL LOUNGE } \end{gathered}$ | SUNDAY DINNER $\$ 1.25$ and DANCING NIGHTLY |




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THE SPOT T OSTOP VS "TOPS
OUR FOR A SANDWIEH, STEAK OR CHO
YOU'LL LIKE OUR SERVICE-AT TABLE OR STOOL
 Mirs. H. Oecchsner, Berkeley Heights Mr. Chates Mesaros, Linden
You ore invited to bring one guest each for Luncheon or supper on Monday next

168:



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$\star$ CRANFORD
 $\star$ EAST ORANGE


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$\stackrel{\star}{*}$ ELIZA

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Pictures, Plays and People


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NOW SERVING LUNCHEONS

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THREE CROWNS RESTAURANT Famous Swedilsh Smorgasbord with
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