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ARE YOU HEALTHY?

The writer recently attended a great athletic event where huge crowds of people came to view the contest. Masses of "fans" were banked far back in the great oval so that individuals were unrecognizable. A passing flyer peering down from the sky might have thought that a great "crazy quilt" had been spread out below. He would soon have been disillusioned, however, for at exciting moments of the contest he would have seen the swaying movements of the mob indicating abundant life. Should this visitor have come closer, he might have said to himself "surely here is great energy and vitality." To a certain extent he would have been correct because this crowd represented a select group of people. The infirm had been left at home. Many could no longer enjoy any of the aspects of the game except from an easy chair by the radio. Nevertheless, had the visitor been interested in health, and had looked closely and disconcertingly, he would have seen much to disturb him. Most of the people seemed to have forgotten the shape that nature gave to their bodies. Many of them showed symptoms which a medical practitioner would have diagnosed as serious ailments. Some were clearly not enjoying themselves because they were not well, and had the visitor been looking for an ideal of health, he would undoubtedly have been forced to turn his eyes elsewhere.

So far we have neglected the contestants. Perhaps they were entirely healthy. Certainly if anyone can be considered healthy, these men should be listed among the number, and yet just plain old "lying" statistics show that few if any of them could rate above 90 percent on any reasonable health standard. After all then, what is the mean-

ing of health? Very few people have ever tried to answer that question, and even fewer have given serious consideration to the proposition of whether or not they can qualify as healthy individuals. Most of us are content as long as we are able to continue our daily pursuits with a minimum amount of pain and inconvenience. This article is written in the hope that it may stimulate in the minds of the readers a desire for greater health, and for the purpose of setting forth a health ideal by means of which we may analyze our present condition of health.

Most authors of texts on hygiene have presented some sort of an ideal towards which each individual should aim. All of them have merit, but the present article is based largely (with a few modifications) on the eight points of "The Health Ideal" as set forth in the "College Text Book of Hygiene" by Smiley and Gould.

1. "To be able to carry out, during each working day of the week, an ambitious program of activity with zest and without undue fatigue, nervousness, worry or loss of weight."

While this seems to be a very reasonable requirement for an individual who wishes to be considered healthy, the facts are that a majority of teachers and students are unable to qualify. The writer has had occasion to make many posture studies of college students and college instructors on their way to classes in the morning, and of the same group at midafternoon. A compilation of the results show that while about eighty percent go to school in the morning with heads up and shoulders back, over sixty-five percent allow their shoulders and abdominal muscles to sag and heads to carry forward long before the eight hour period is complete. In other words they have adopted the most common type of posture, name-