

*Health Visitors Page.***Physical Culture For Women**

I have been reading this year's sports with keen interest as I have always done. I have seen that the fervour is rapidly increasing and there is vast improvement day by day. I have viewed with delight the women's sports in hockey, cycle race, high jump, long jump, broad jump, 100 meter races by the present younger generation. Their enthusiasm, smiling faces and radiant glow in the photographs published is visible sign of their physical fitness. "Sacred thy body even as thy soul".

Take a sane and matter of fact view of the relation between your soul and your body. This relation can be described by two ways. Your body is like a temple for your soul or your soul is like the presiding deity carried in your body. Who will choose to live in a crumbling house or adventure out on a journey on a sickly animal? The mind of a man who is unhealthy is distracted by bodily pain, so he cannot perform his duties properly. Without good physique we cannot have the joy of living.

According to history, we regard the ancient Indians and Greeks as the fathers of civilization and learning. Let us be guided by them. They based education on gymnastics, exercises for building a fine body. We must learn the vital lesson from them that "All intellectual and artistic achievements grow out of a fine cultivation of the body".

A fine cultivation of the body is exactly the aim of physical culture. It definitely teaches you to respect your own body. It endeavours to chisel the body into the most efficient and vigorously functioning form. An elastic, wiry and flexible body achieved through regular and light exercise is of a greater fundamental importance. Neglect develops big and flabby muscles and unwanted fat.

Physical culture, evidently is the art of building and sculpturing the human body by such instruments as exercise, food healthy habits, sunlight and fresh air.

Exercise makes the body capable of bearing fatigue and hardships and is the best method of keeping fit or getting fit. It has been proved by experience that an active body is better able to keep off disease than one that lies idle and that the former recovers more speedily from illness than the latter. We must take exercise, each day of our lives and never leave off till we are wet with perspiration. The old ideal that illness can be "sweated out" is quite true.

Other things being equal, a physically fit person has a greater chance to win the race for success in life than a physical weakling. There is a dynamic power in physical fitness. A person in possession of abounding bodily health is invincibly confident of achieving almost anything.

Unless and until every Indian, man or woman, strives to become physically fit India's place in the community of nations will not be very high. A strong body will produce a mightier nation.

We, the modern young people may wonderingly protest, that

the ancients had long, weary spare hours; an intelligent comparison of the past and the present would reveal the difference that those days were not the days of movie-pictures and dressing tables. The precious long hours the modern girl daily spends sitting patiently before her dressing table, and groaning under an array of cosmetics and beauty aids, could very well be utilised for body building exercises. Similarly it is a careless waste of time in never to be missed dissipation of biweekly picture programmes. It is a sheer delusion to believe that external make up can create or add to ones beauty and charm. Beauty is only born of health within. No Hollywood preparation can impart the charm which only physical fitness can reflect. Radiant health animates the body with glamour of beauty.

With apologies to Keats I would proclaim, "Beauty is Health and Health Beauty";

That is all ye know on earth and all ye need to know, We are shaped and fashioned by what we live.

Goethe.

Mrs. E. Johnson

V. P. P. Journals returned to the T.N.A.I. Office in April, 1946.

Mrs. J. B. Leech	712	Mrs. I. Pereira	1956
Mrs. Nowen	MU 71	Miss U. G. Acton	745
Mrs. S. M. Charan	914	Miss S. Gowley	2444
Miss M. S. Lall	474	Mrs. K. Patki	2443
Miss M. P. Jacob	1464	Miss D. Ganpat	1888
Mrs. J. A. Stover	1077	Miss N. Samuel	2541
Miss E. Carneire	1924	Mrs. S. Thomas	HVL 133
Mrs. E. Anderson	1991	Miss Shanti Pershad	1336
Miss O. Nicholas	1942	Miss N. O. Salisbury	902
Miss E. R. Barnes		130	

We are hoping to hear from all the above.

April Bills not paid at the time of going to Press.

Miss M. Williams	1959	Miss H. Mathias	1944
Mrs. R. N. Sukoor	1431	Miss E. S. Rodrigues	1963
Miss J. Jaiker	1518	Miss P. Ward	2450
Miss A. M. Algar	1962	Miss R. Ballappa	2519
Miss V. Macfarlane		1989	

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