

HEALTH AND FITNESS.

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The King has made an appeal in the cause of National Fitness-- and he referred to his own boys' camp where the well-being of to-morrow's manhood has always been the primary consideration. The National Fitness Council is concerned with a healthier Britain, and the pursuit of physical fitness is no longer a mere cult --- it is a duty.

~~As His Majesty said --- we have a duty to ourselves --- and we are hoping to prove that exercise can be pleasant as well as~~

~~beneficial.~~ A fitter nation is a happier nation --- --- and here is one way of achievement. Of course, these are experts.

~~But xxxxxxxxxx expert xxxxxxxxxx why xxxxxxxxxx should xxxxxxxxxx~~

~~xxxxxxx the wife xxxxxxxxxx~~ And until you become an expert don't risk trying this on your wife. Try it on her mother.

Any kind of ball game <sup>developes</sup> / ~~xxxxxxx~~ the figure. This happens to be baseball --- but ~~xxxxxxx~~ in seeking the body beautiful, any other game

will do --- football, cricket, tennis --- Yes, any kind of ball game developes the figure. She used to be skinny and the men

passed her by., Since trying your wonderful tonic nobody can pass. One way of regaining that sylph-like outline is by fencing.

Here again they happen to be experts --- it is an international match in which Italy defeated France, but it's wonderful exercise even for the beginner.

Now wrestling --- once again wonderful exercise, especially for young men. Wonderful exercise, and good for the

figure, whichever way you look at it. Anyhow, whatever form of exercise you may choose, you'll be playing your part in making a

fitter Britain. So go to it --- and good luck! But just as an example of what not to do --- here's an all-in wrestling match in

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a sea of mud. It was so dirty the spectators had to wear  
~~dark~~ dust-sheets. To think that women pay a lot of money to have  
 a ~~mad~~ <sup>prize</sup> pack. ~~With all that mud-slinging~~  
~~I don't think my learned friend ought to talk about~~  
 mud-slinging. Well --- that's the end of the fight and the best  
 man won --- Take a bow!

With all that mud-slinging, it's hard  
 to ~~see~~ <sup>see</sup> if it's wrestling or breach of  
 promise.