

sign there is written the following advice:

Exercise your back-muscles.

Exercise your chest-muscles.

Exercise your legs and your arms, your neck and abdomen.

But above all, exercise your common sense!

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And before I close I would like to refer to the splendid advantages you all have presented to you, to keep mentally, spiritually and physically fit.

First, the great outdoors with its God given sunlight and fresh clean air which is freely given to all who enjoy it.

Next - the great program of play activities - wholesome exercise opportunities - within the reach of everyone - such as golf, tennis - swimming - bicycling - ball games - boating and fishing.

Yes - and all of these within the reach of every man, woman, boy and girl in Kansas. Surely, use common sense in your participation in these enjoyable and health giving activities - but make it a regular daily habit - to enjoy them for your health's sake.

Dr. Allen:

Thank you, Mr. Bagley. (and closing)