A Courageous Statement

Congresswoman Edith Green, in a courageous statement, has taken exception to the idea that a college education is a necessary attainment for every living soul. She declares: "Too much emphasis has been placed on a four-year education as a prerequisite of success and happiness. . . ." She said college entrance requirements have been waived in too many cases to take in persons who are incapable of competing at that level. The result has been students who are not interested and cannot accept college life at the four year level. She attributes much of the campus unrest of today to the fact that there are people in college who should not be there, she said she would prefer to see extensions of vocational and technical education for those whose intellectual bent leads them in that direction. Her remarks make sense.

To Jog or Not To Jog

Jogging is not the answer to better health for all Americans, says Dr. Harris P. Johnson. In fact it can have serious consequences ranging from painful backache and heel bruises to heart attacks and sudden death.

Johnson is chairman of the medical staff of the Life Extension Institute, which has examined over half a million persons. He says that jogging has actually done more harm than good to many people. "Those who actually benefit from jogging are those who are in good physical condition to begin with," he says. "Jogging is not for the middle-aged man who has not exercised for years. Such a person is likely to suffer a heart attack or a ruptured disc if he starts jogging."

Johnson is frightened at the trend of the times toward instant results. "We are living in an era of instant gratification," he says. "Many people want to get rid of their excess weight, their tensions and their anxieties overnight. They want to get the benefits from exercise without paying the price. They want to be physically fit and mentally relaxed without making the effort that is necessary to achieve these goals. Jogging is the ideal way to satisfy this kind of desire. It is the ideal way to get hurt."

Johnson is not against exercise. He is against the idea that exercise can be a substitute for a normal way of life. He is against the idea that exercise can be a substitute for a healthful diet. He is against the idea that exercise can be a substitute for a good night's sleep. He is against the idea that exercise can be a substitute for a good attitude toward life. He is against the idea that exercise can be a substitute for a good relationship with other people. He is against the idea that exercise can be a substitute for a good relationship with oneself. He is against the idea that exercise can be a substitute for a good relationship with God. He is against the idea that exercise can be a substitute for a good relationship with the universe. He is against the idea that exercise can be a substitute for a good relationship with the cosmos. He is against the idea that exercise can be a substitute for a good relationship with the infinite. He is against the idea that exercise can be a substitute for a good relationship with the eternal. He is against the idea that exercise can be a substitute for a good relationship with the absolute. He is against the idea that exercise can be a substitute for a good relationship with the ultimate. He is against the idea that exercise can be a substitute for a good relationship with the final. He is against the idea that exercise can be a substitute for a good relationship with the last. He is against the idea that exercise can be a substitute for a good relationship with the end. He is against the idea that exercise can be a substitute for a good relationship with the beginning. He is against the idea that exercise can be a substitute for a good relationship with the alpha. He is against the idea that exercise can be a substitute for a good relationship with the omega. He is against the idea that exercise can be a substitute for a good relationship with the A. He is against the idea that exercise can be a substitute for a good relationship with the Z. He is against the idea that exercise can be a substitute for a good relationship with the 1. He is against the idea that exercise can be a substitute for a good relationship with the 0. He is against the idea that exercise can be a substitute for a good relationship with the 9. He is against the idea that exercise can be a substitute for a good relationship with the 8. He is against the idea that exercise can be a substitute for a good relationship with the 7. He is against the idea that exercise can be a substitute for a good relationship with the 6. He is against the idea that exercise can be a substitute for a good relationship with the 5. He is against the idea that exercise can be a substitute for a good relationship with the 4. He is against the idea that exercise can be a substitute for a good relationship with the 3. He is against the idea that exercise can be a substitute for a good relationship with the 2