

Spiritual Value In Military Life

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Program For Dropouts
Lansing—(NC)—A summer work project aimed at rehabilitating 75 school dropouts is being initiated by the Job Training Center of the Michigan Catholic Conference.

Approached with the right attitude, a tour of military duty can be of spiritual benefit for a soldier.
That's the opinion of Father John Hempel, chaplain of the 20th Artillery Group, New York National Guard. Father Hempel, assistant pastor at Holy Cross church in Rochester, spent two weeks on active duty at Camp Drum, N.Y., recently with the Rochester National Guard unit.

In sermons and in private conversations with the men, the Rochester priest continually stressed the point of sacrifice.

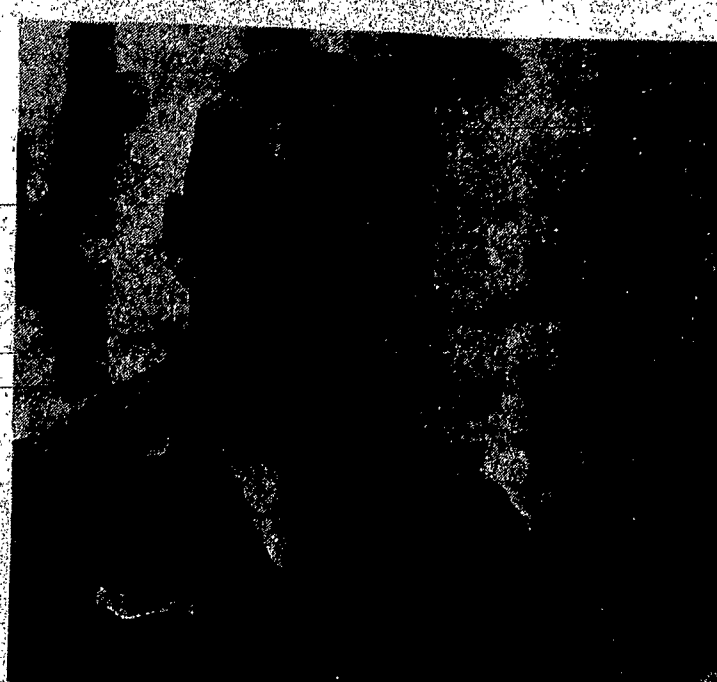
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GETTING PORTABLE ALTAR ready for Mass is Father John Hempel, Rochester priest, shown here on recent active duty at Camp Drum, N.Y. with his National Guard outfit.

"This is not an easy job you have to perform," he said in one talk. "You are subject to great discipline. You can't do things when and how you want to do them. You probably have had and will have some physical suffering—living in the field in cold and wet weather, sometimes getting too little sleep."

"But look upon all of this as a sacrifice. Don't waste these

When he returned to civilian life, he intended to become a physician and began pre-med studies at Fordham University. However, he was in that program for only a few months before deciding to enter the seminary. The groundwork for that decision had been laid while he was in the Army.

Seeing hundreds of wounded men being brought into aid stations and watching many die, he couldn't help feeling that "man isn't so great after all, that there must be something more important than healing a body—many of these bodies are beyond healing."

Perhaps because of his war experience, Father Hempel has great respect for the work of the citizen soldiers of the National Guard.

"In a number of ways," he said, "their job is more difficult during field training than is the job of Regular Army people performing the same task. The big reason is that the National Guardsman isn't used to it. For 50 weeks out of the year—despite regular meetings—they lead a normal civilian life. For the most part, they do as they please."

"Then for two weeks during field training, their almost every move is closely regulated. They have to eat and sleep out-past camp—the weather is outside. And often—as during the freezing cold. That they adjust so well and that they do their job well says a great deal for these men."

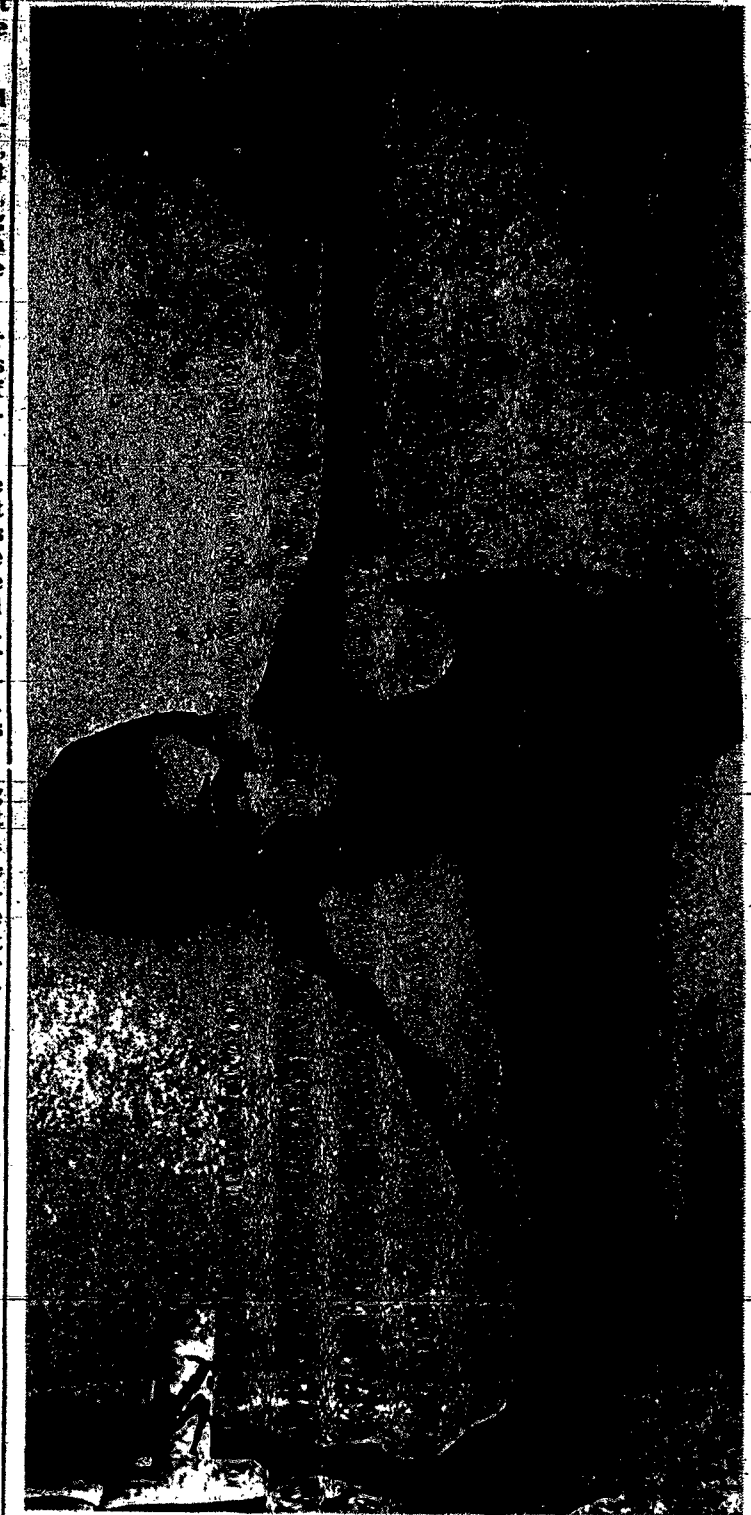
Many of the men in the units feel also that during the training period they feel closer to Father Hempel than they have to any other clergyman.

"This should be the case," said the Rochester priest. "After all, we live together for two weeks, eat at the same table, work closely together. I get new insights as a result."
(J. A. Varilla)

Thru The Looking Glass

Isometric Yoga

By LOUISE WILSON



Louise Wilson is heard seven times weekly on Station WHAM: 9:10 and 9:25 A.M., Monday through Friday; 9:30 A.M. Saturday.

Remember what your mother always told you? "Take your sun in easy doses and your exercise, too?" But do you always observe it? You better unless you want to end up pickily as a pear and red as a lobster.

Better pop a good tanning lotion into your beach bag—one that has a good sunscreen. We've tried during eight days of our vacation to get a tan with unusually good results.

You may also discover, as we did during our recent vacation, a new book with an impressive title "Yoga for Physical Fitness" by Richard Hittleman. Prentice Hall publishes it and we came upon it quite by accident.

Here's a gentleman who considers the emotional and mental outlook as well as muscular fitness for the girl who works in an office as well as the homemaker who knows a thing or so about tension and the like. (It will relieve you to stand on your head for hours on end!) Yoga for the working girl—whether in an office or a house—as presented by Richard Hittleman, gives specific exercises for relaxing tension, adding suppleness to the spine, back, legs, knees, ankles and feet. He also has specific exercises for improving blood circulation, muscle toning, posture and over-headaches!

The book really is fascinating, helpful and "fun" reading too in the good old Scammer time. If you, like yours truly, have "rider's cramps" from riding several thousand miles—you'll find his suggestions and exercises very helpful. Here, coming up, are two of the more simple exercises from the book to try while you're out taking the sun... or stealing a few minutes out of a too busy schedule.

Don't let your teenage laughter see you in the midst of it all. They are somewhat different from the Frog, the Monkey and the Watal!

FOR RELAXATION: Lie flat on your back, arms relaxed at sides. Close your eyes and "place your consciousness" on the tip of your toes.

Gradually draw your consciousness through the foot, ankle, calf, knee, thigh, and so on.

As you intently feel each of these areas, issue a "firm but calm order" that all of the muscles must relax completely.

Continue slowly upward through the torso and neck. When you reach the neck area, place the consciousness through the arms.

Concentrate on the face and have these muscles relax. Mr. Hittleman then advises you to visualize your entire body filled with a bright white light. Make your mind a blank. (This is the easiest part of this exercise!)

(as pictured):

FOR POSTURE: Stand with feet slightly apart, raise your arms straight out in front of

you, palms down, hands touching. Slowly turn 90 degrees to your left, keeping eyes on hands.

From the waist, bend slowly to the left, letting right hand slide down inside of right leg. Left hand swings high. Keep eyes on left hand.

Next is the extreme position: Right hand holds right heel. Eyes look at left hand. Knees are straight. Hold for count of 5. Slowly straighten up, face front, bringing arms and hands together again. Do the same on the right side.

And if the phone of door bell rings—let it ring! Whoever it is will call back. If ringing in the back yard, don't make a mad dash to answer. Give yourself some time for relaxation and sunning!

Seton Groups

14TH BRANCH of Seton Workers of St. Mary's Hospital elected Mrs. Fred G. Wilson, 124 Woodgate Lane, the new chairman at annual picnic held at summer home of Mrs. Theodore Zoraw Sr. in Avon, Monday, June 21. The affair was also in the nature of a farewell party for Mrs. Walter Navik, outgoing chairman, who is moving to Chicago.

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Pilgrimage

A PILGRIMAGE to the shrine of St. Anne at Lourdes, St. Bernadette's Grotto and Our Lady of the Cape will be held from July 6 to 12 under the leadership of Mrs. Mary Ann, 47-20 57th St., Forest Hills, NY 11375. Tel: 392-4650.

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