AT THE WHITE HOUSE AT 7 A.M.

Vigorous Morning Sessions of the "Medicine Ball Cabinet" Keep President Hoover and His Friends Hard and Fit for Work

much experiment. It turned out to be about eight feet. The proper weight of the ball for this game was determined by experiment. The big nine-pound medicine balls were too heavy to be picked up from this high net from the positions occupied by players. Experiments have shown that a six-pound ball, less in circumference than the gymnastic kind, exercises are obtained from half an hour of it as from three times as much tennis or six times as much golf.

The personnel of the Hoover ball club, which constitutes the President's social equipment, shows a range in age from 20 to 60, and in states of activity from New Hampshire and Pennsylvania to Louisiana, from California to Minnesota. There has been a few changes in club members but the majority have remained the same. The President is a member of the California group, 65 years old, who has played for years and has very long arms. He has a peculiar advantage in this game because of the altitude of his home. It was very cold over the net and still get it within the required elevation, he is a man of unusual physical strength and so becomes a formidable player. Associate Justice Harlan F. Stone of the Supreme Court, son of New Hampshire, 58 years old, weighing 250 pounds, dress-clothes, lined-out one-time football star at Columbia University, is the strong man of the organization. When he hurts them they stay hurted.

By WILLIAM AITKINSON DOVE

The President—"His Specialty Is Catching High Ones." Photo From Fotopiguma.

Elementary introduction to exercises delib- erately taken at home when he played basketball during school days. The South American tour which followed his election had "built-in" the equipment but no one could get along with the South American players in the game. When he was on holiday in the United States, the President is a big partner in the game. He is a member of the California group, 65 years old, who has played for years and has very long arms. He has a peculiar advantage in this game because of the altitude of his home. It was very cold over the net and still get it within the required elevation, he is a man of unusual physical strength and so becomes a formidable player. Associate Justice Harlan F. Stone of the Supreme Court, son of New Hampshire, 58 years old, weighing 250 pounds, dress-clothes, lined-out one-time football star at Columbia University, is the strong man of the organization.

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atley in front of the balcony of Colonial columns; from this bal-
cony the President usually views the games. The picture is below.

It is once the front of the house in its brownstone days of the early Presidents. Beyond the exercise lawn, at about the point
which was described as a frightful menace on Winter's day, a foun-
tain plays. There is a sweep of
parkway, and the Washington
Monument rises in the background.

Great oak, elm and spruce trees shade the courts from the eastern sun.

It is wondrous quiet here in the early morning. It is only
fancy, or do
gentlemen in knee breeces and
hoopskirted maid-
ens wander about the
end of the garden
where
Monroe once
crossed, and Lin-
coln sat with a
shawl about his

The nets, and the posts that support them, are taken down after the games last they mark the garden prospect. Various emplace-
ments that may receive these net posts are hidden beneath the grass, and the nets are moved about and courts relined that the grass may not be spoiled by overtrampling at certain places.

With a President, a Supreme Court Justice, two or three Cabinet members and other high officials present in the group, one would feel sure that even a game in the open like this would take on some-
thing of dignity and formality. I asked about this. No, I was told.

The department was not unlike that at a town-tennis ball game. Players were often sub-
jected to a treatment technically known as "the raspberry." That
primitive sense of humor which regards it as funny when some one
tries to escape and lands on his
neck survives among these some-
times erudite and dignified gentle-
men who have been known to
laugh out loud when such things happen. The day spent escaping from the White House lot in the early morn-
ing are sometimes described as rau-
cous. There is no rank or distinc-
tion while the leather sphere is in the air.

The loyalty of the members of the group to its exercise scheme is shown by the fact that it quite gen-
erally disregards weather condi-
tions. Through the years there have been many games with snow on
the ground and in fact with snow actually falling. A mere driz-
kle does not halt the play and it has rarely happened that rain has
come down hard enough to stop it.

There is space in the White House basement where a good workout, may be got by throwing the medi-
cine ball, but the President's group has been driven
off the lawn only
two or three times in these two and

The building in the White House are two large

between the courts and the

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T h e h e a l t h o f t h e P r e s i d e n t , D r .
Boone says, is flawless. Most men, particular those of vigorous phys-
ique, tend to put on flesh of the years advance. It is normal and
proper that they should, but the tendency should not be allowed to
go too far. Moderate exercise will
take off obviously superfluous flesh, check the accumulation of weight, harden the muscles and keep them aglow with health. The President, for example, taking light exercise for a decade or more, had put on flesh until he weighed 210 pounds.

This half hour of fast work at Hoo-
vex-ball every morning has reduced that weight twenty or twenty-five
pounds and hardened all the bodily muscles. The desire now have
been attained with the loss of lit-
tle time and by a means that has brought pleasure to all the mem-
bers of the White House early-
morning group. The President is enthralled over this happy and

Secretary Hyde—"Disparsh Himself Creditably." Photo From Associated Press.

on their sweaters and gather about this table for coffee, toast and fruit.

This leaves just enough time to dashes home, a shower and breakfast at

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