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VISA

for a
World of Friends

Students from scores of countries get to know the U.S.A. and each other in a plan called Visiting International Students' Activities devised by California Rotarians. Here one of the students—from India—reports on a happy week-end they all spent together in Holidayland.

As Told by AJAIB SINGH TAKHAR

I AM an Indian in the U.S.A. and am here for a year on a student visa. When, in July, I leave my college in California and start back toward my home in Chandigarh in the Punjab, I shall, if my plans carry, have the visas of Spain, Egypt, Syria, Iraq, and perhaps some other countries of the Mediterranean region which I want to visit.

A visa, you know, is a requirement for most international travel. It is an endorsement upon one's passport by which a nation says: "We have inspected your passport and your reason for wanting to come here. We find them in order. You may come." Visas are very important to me just now and they may continue to be for I am planning to enter the diplomatic service of my country and to make it my career.

But of all the visas which have borne on my life, or which yet may, the one I shall surely remember longest is the VISA of southern California.

This VISA, in the person of smiling Dr. Will Kidwell, director of placement, said to me on my first day at San Diego State College, "Welcome, Ajaib! Welcome to the U.S.A. and San Diego State! Would you like to see some of this country during your year here? Would you like to get into some of the homes? You would? Good! Then come with me

next Tuesday noon to my Rotary Club—Old Mission right here in San Diego—and we'll get things started."

This VISA, in the persons of the 55 members of the Old Mission Rotary Club, said to me, "Ajaib, we are very glad to have you here. We want you here every week. Have you, by the way, a nickname? You have, and its 'Manu,' after one of India's great philosophers? Fine! From here on you are Manu and this is your Club." . . . "Manu, my family and I want you this week-end. Just bring your pajamas and swimming suit." . . . "Manu, my wife and I are driving up into the Laguna Mountains next month. We'd be honored to have you come along as our guest." . . . "Manu, tomorrow night 15 students from ten countries are having a little get-together in my patio. Want to join them? I'll pick you up at 6."

This VISA has thrown me together with scores of students from scores of countries—with Tak Tuks, of Jordan, for example, who is here learning more about engineering; I am sure that I will be writing to Tak the rest of my life.

This VISA, when I write home about it, makes my parents and my five brothers and three sisters feel very reassured about me and very grateful toward the people of the United States. It confirms our family belief in the goodness of man and his longing, wherever he lives, for friendship and peace.

This VISA, which so delights in opening doors for young people, is the Visiting International Students' Activities plan of southern California. Rotarians started it in 1948, and today all the 183 Clubs of Rotary Districts 526, 528, 530, 532, and 534 have the VISA program as a part of their International Service work.

"One fact that brought VISA into being," says Guy L. McHenry, of Santa Ana, who now coördinates the plan in the five Districts, "is that the Rotarians who founded it were shocked by the fact that only about 10 percent of the 25,000 overseas students then studying in the U.S.A. were getting into an American home. How, they wondered, could these young people ever form correct impressions of the land in which they had chosen to study if they saw only its campuses and city streets? They resolved they would do something about it among

The Author

VISA student Ajaib Singh Takhar (right), of Chandigarh, India, is now completing a year's study of English at California's San Diego State College. He plans to enter his country's diplomatic service.





The candid camera captures a grand mixture of national flags and national costumes as 301 VISA students from 60 countries prepare to stage a parade through Disneyland, site of the annual Rotary Assembly of International Students. Some 400 Rotarians and wives from five California Rotary Districts were hosts at the two-day meet. After the Sunday-morning parade, students ranged the park.

the hundreds of such students here in California.”

Since then, through VISA, some 1,800 students like me have each been in many, many American homes. If on a week-end you do not find me at the Baumanns' with Dentist Tommy, his wife Ruth, and their son Howard and daughter Darlene, then maybe I will be at Walter Richards' or at A. J. Gillette's, or at Douglas McElfresh's or at Dr. Hunter's—he

being a Kiwanian who invited me to his home after I had addressed his club. What assurance it gives us to know a family so well that we can discuss any problem with them—our grades, our finances, our homesickness, even our “dates.” And knowing that we are among friends we settle into our studies with clear unworried minds.

Scores and scores of VISA students are, in fact,



East meets West at one of the parasol-topped registration desks. Saroj Parekh, of Bombay, India, wears her colorful sari; Mrs. Joe Thompson, of California, her bright Spring bonnet.



Saturday's activities centered in and about Holidayland's huge striped tent, the largest in the world. Speakers and entertainers were placed on a large stage near one wall. . . . (Left) Camera shutters were clicking all day long. Miss Kristina Lindh, of Sweden, photographs VISA friends from the University of Redlands.

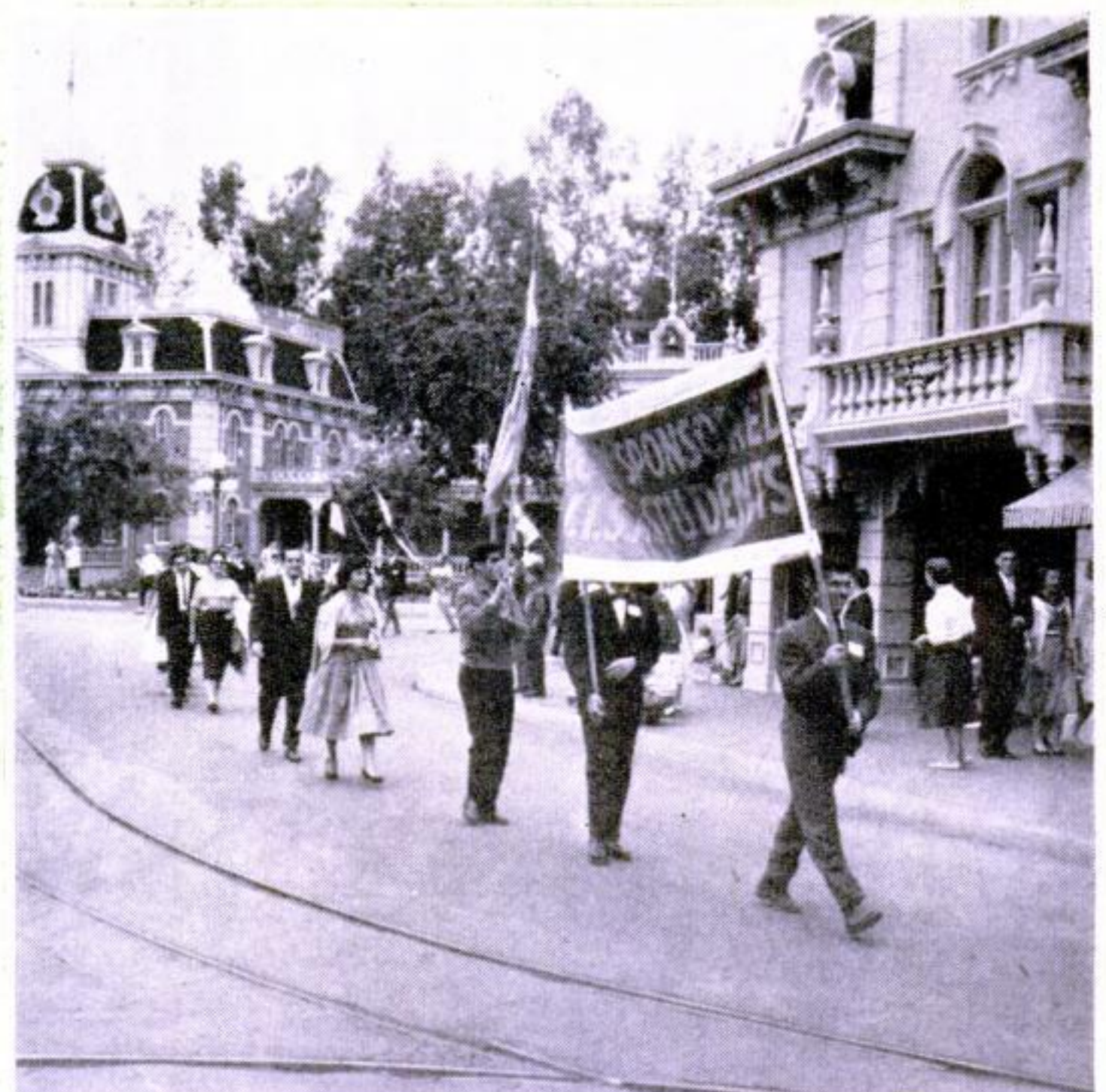
With the VISA banner out front, 301 students marching in single file, each behind the flag of his native land, parade past Disneyland's City Hall (rear).

living permanently in the homes of Rotarians, and hundreds have in past years. They pay no room or board though they eagerly help with household duties. Thus, a Rotarian and his family may help a student make substantial saving in his cost of living. Each Rotary Club in VISA has a member who guides us students in our home placement.

And how helpful it is to be escorted over the red carpet to libraries, art galleries, concerts, movie studios, national parks, factories and all the rest.

Every few weeks a group of Rotary Clubs sponsor a joint meeting for their VISA sponsorees. Held on the afternoon and evening of a week-end at a Rotarian's home, these meetings are real international family parties. The beauty of the VISA program from a Rotary point of view, say Rotarians, is that it is a Club-level program so flexible that it meets almost any situation.

But the biggest event on the VISA calendar is the annual VISA Assembly. I was privileged to attend the most recent one held on April 4 and 5 at Holidayland, a great eight-acre playground at Anaheim, California. The Assembly brought together 301 of





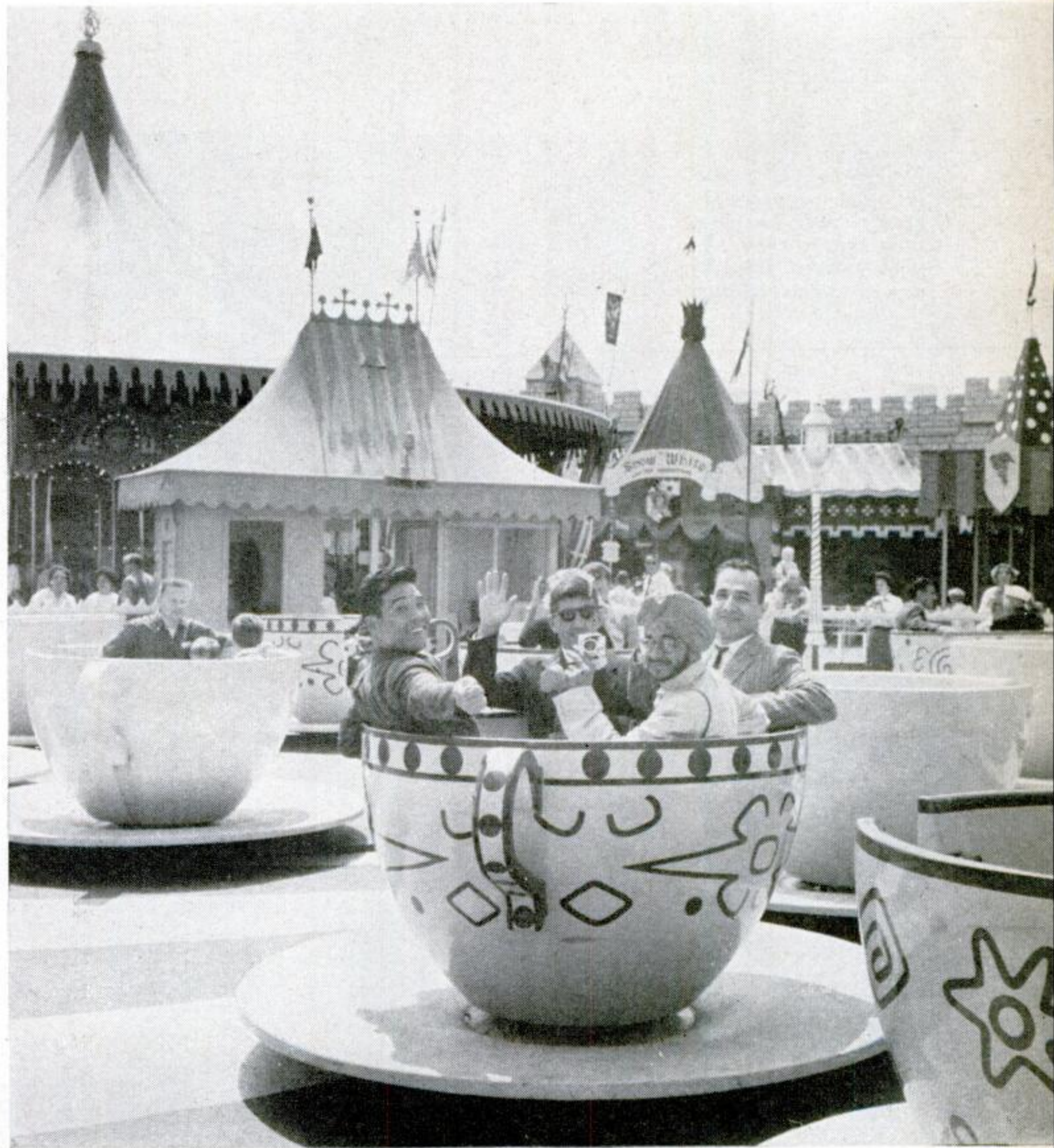
A leisurely schedule allots plenty of time to the prime purpose of the Assembly. Here students from Iran, India, Hungary, and France get acquainted, talk world affairs. The youth in the cap is Lessanuden Daud, of Morocco.



Confronted with the myriad attractions of California's fabulous Disneyland, a pretty Korean girl and her new-found VISA friend—Saroj Parekh, of Bombay—ponder the question that delights and bewilders all: which one to see next?



A new friendship blooms on a sunny and pleasant Saturday afternoon. Anna Marie Difiore, of Italy, and Huang Kuang Hua, of Free China, chat easily in English.



Whirled about a platform in Storybook Land's dizzying teacup ride, four students staggered off, agreed it was "great fun," and queued up for the next ride.



A strenuous bit of barbershop harmony links four students, including Mohammed Seirafi, of Jordan, in national garb. They're in the park's Frontierland section.

Despite their rather strange appearance, storybook characters who reside in the park proved friendly as well as entertaining.



VISA Committeemen W. T. Hughes, R. Howland, G. L. McHenry, C. D. Gray pose with Daphne Chiu-Fun Hui for Julita Alabado.



Dancing to the music of "The Riffs," Orange Coast College Student Orchestra, tops off Saturday's full program.



us VISA students from 60 countries and 411 Rotarians and guests from the five Rotary Districts.

The lunches, the dinners, the talks, the dance, the entertainment by talented VISA students all staged in the vast striped tent . . . the trip to the homes of our hosts—everyone of us spent Saturday night in a Rotarian's home . . . the great parade of VISA students bearing their national banners through Disneyland on Sunday morning—what a gala occasion it all was and how meaningful, too.

But of course all of VISA is full of meaning. The great meaning, I believe, is that in simple but effective ways it conditions people to understand and like each other, to work hard for understanding.

Right now, travelling into the smallest villages and greatest cities of India is one of my countrywomen, Miss Joyce Seymour. She was a student last year at Long Beach State College and through VISA she became so deeply convinced that the peoples of the world must quickly learn to know each other that she decided to give a year of her life to telling our people of India about the people of the Americas. She is now launched on a difficult itinerary which in places will put her on camel back. She thinks of her California Rotary friends daily, however. They made up her very limited transportation budget.

VISA does not as a rule provide scholarships—but there are many, many exceptions to the rule, and Miss Yoshiko Moriyama will tell you of one. She will tell you the story of a Japanese miss who worked and saved and accumulated just enough money to cross the Pacific on a poor freighter and enroll in Whittier College. But in her last days on the freighter all her remaining funds were stolen. It was some VISA men who quietly came to her financial rescue. Today, several years later, Miss Moriyama is regarded by thousands of people on both sides of the Pacific as one of the best East-West ambassadors in existence.

VISA, how much so many of us owe you! VISA, how much more of you so many need!



Sun, Air, Rest, and OBSOLESCENCE

Don't let it happen to you!

The human system is not designed for too much sitting and physical inactivity, say the learned medics. Too much inactivity tends to slow the circulation, sap the body's vitality, and interfere with many vital physiological functions.

Few adults in this country today are getting enough exercise, states a noted health authority. Some people have gone too far in omitting daily exercise from their health habits. It is well to establish a regular exercise habit and to maintain it through thick and thin. One

should regard it as just as essential to good health as eating, sleeping and working. It is this authority's recommendation that all healthy persons, both males and females, should exercise regularly.

Recently, eight medical specialists—five of whom are past presidents of the American Heart Association—said in a joint statement that hard work itself is often wrongly blamed, whereas, in fact, moderate, physical activity appears to lessen the hazard. All of which points up the fact that too much sitting and inactivity is not good for the normal human system.

Now to answer your questions.



What form of exercise is best?

For healthy people, *ALL-OUT* exercise! This means any sustained activity that exercises most of the major upper and lower body muscles in unison, and at a rapid clip, such as running, vigorous swimming, a fast game of handball or tennis, and so on. *ALL-OUT* exercise circulates a greater amount of blood, converts a greater amount of food and oxygen into energy, and builds up a greater amount of vitality. *ALL-OUT* exercise is the fountain from which more youthfulness flows!

How long should All-Out exercise continue?

A healthy person doing sedentary work in the home, office, shop or factory should do *ALL-OUT* exercise for 30 minutes or longer, each day.

I'm out of condition. How can I do All-Out exercises?

Use an Electric Exercycle so you can do *ALL-OUT* exercises from the very beginning without having to move your body weight *yourself*. Otherwise it may be months or years before you can do *ALL-OUT* exercises. The Electric Exercycle cuts exercising time from hours to minutes. For beginners, it eliminates stress, strain and pain. You can use it at home and at any convenient time. *It offers the easiest, safest, cheapest and quickest way to get yourself back into good physical shape.*



Do doctors ever recommend the Exercycle?

Oh, yes! In fact, not only have many doctors recommended the Electric Exercycle to their friends and patients, but thousands of doctors have bought an Exercycle for personal use.

Who sells the Exercycle?

The Electric Exercycle is sold by representatives specially trained in the physiology of exercise, capable of answering additional questions on this subject. Mail the coupon below for FREE Exercycle literature.

This literature is Free! Send for it.

Physical Fitness Department
Exercycle Corporation
630 Third Avenue, New York 17, N. Y.

- Send me FREE literature and prices.
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