



Guinea pigs in Chicago printing tournament line up for medical check before starting play.

## Riding vs. Walking

*What happens to a player who uses wheels rather than his feet to get around a course? Here are a few answers that may interest you . . .*

By ROY B. RIPLEY

THIS year as in the past eight, Art Blitstein, pres. of a large Chicago book bindery firm, sponsored a printing industry golf championship which had some unusual aspects. More than 200 entrants, representing the whole of the printing industry in northern Illinois, showed up to compete in the event which, along with golf, took on a medical air.

Blitstein had a prominent Chicago physician give complete physical exams to 12 players who either rode or walked the course as a check on fatigue factors. As far as is known, nothing like it ever had been done before.

Blitstein, who shoots in the high 70s, has for years spoken out against rules which

force the professional golfer to walk the course in championship play.

"In some ways golf is a game of endurance," Blitstein observes. "For many a player it causes much strain and overexertion. I feel it should be a game of skill alone, and not how far a man can walk."

With this in mind, the bindery executive came up with a unique idea for this year's tournament. Why not find out, scientifically, what happens to individuals who ride an 18-hole course in comparison with those who walk?

### Overall Average Sought

Dr. Stanford Menachof, a golfer himself, agreed that such an experiment would be useful. "To be 100 per cent accurate," Dr. Menachof said, "the same individual would have to be examined both after riding and walking the same course on days when both temperature and humidity readings are practically identical. The player would have to be the same physically at the start of each test. That is to say his eating and resting habits, for example, would have to be about the same on each occasion."

However, it is the doctor's opinion that an overall average would be sufficient in that the results would give a general idea of physical differences, if there were any, between the groups of riders and walkers.

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On August 23rd at St. Andrews G & CC, near Chicago, players, press, and those generally interested, gathered for the experiment. Two groups of six golfers each were chosen. As nearly as possible each pair of players was alike physically. The weight of the men was approximately the same, as was their ages, and as far as could be determined, all were in good physical condition.

Stripped to the waist, each man was weighed in. Then he went to an examination table for an extensive check. "About the only thing I didn't do," Dr. Menachof said, "was give them a cardiogram. That would have taken too long."

Next the group, six walking and six riding in golf cars, moved out onto the course. The test was underway. The temperature ranged in the upper 70s and humidity was quite high.

Most of the players soon were sweating, many profusely. It was an almost perfect day to study golfer fatigue.

### Second Phase of Exam

Some four and one-half hours after teeing off, the tourney's golfing guinea pigs came onto the 18th green. Hot, hungry and tired, the group was glad to weigh in again and then settle down while



Dr. Stanford Menachof, who conducted test, gives golfer checkup after he finished round.

Dr. Menachof took up the second phase of his examinations.

The findings?

"I wouldn't say they were startling," the doctor said. "But I would say there was a quite definite difference between the two groups.

"To begin with," Dr. Menachof pointed  
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## High Cost of Operating

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the biggest portion of their dues dollar on these expenses, the cost per hole was highest in the large clubs. The gross maintenance cost of the large clubs was \$3,226 per hole, a rise of \$404 or 14 per cent over 1958; the maintenance cost of the medium-sized clubs was \$2,751 per hole, an increase of \$161 or 6 per cent; and that of the small clubs was \$1,861, up \$114 or 7 per cent.

Greens and grounds maintenance payroll, which constitutes approximately 70 per cent of the gross maintenance costs, rose 5 per cent over 1958 in both the small and the medium-sized clubs and 9 per cent in the large clubs. It should be pointed out, however, that these golf and grounds costs do not include any fixed asset costs (improvements, additions, replacements or depreciation) nor any fixed charges, such as real estate taxes, property insurance or interest on borrowed capital. The net cost of golf and grounds per hole, after the addition of golf shop, caddy and tournament expenses and the deduction of greens fees and other golf income, rose \$68 over 1958 to \$1,714 in the small clubs, \$100 to \$2,298 in the medium-sized clubs and \$342

to \$3,111 in the large clubs. In 1959 the net cost of golf and grounds was 25 per cent of dues in the large clubs and 31.7 per cent in the medium-sized clubs, compared with 24.2 and 31.5, respectively, in the preceding year. But in the small clubs the increase in total dues income effected a small decrease from 40.9 in 1958 to 40.4 per cent in 1959.

## Riding vs. Walking

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out, "the golfers who walked lost an average of four to five pounds. Their blood pressure rose from 8 to as much as 20 points. Blood pressure of those who rode went down slightly. They suffered no appreciable weight loss.

"With regard to pulse, that of the riders either decreased or remained the same while the number of heart beats of those who walked jumped an average of 16 per minute," the doctor said.

"From my observations of the 12 golfers, it appears that playing the course via car rather than walking is indeed more beneficial," Menachof said. This statement refers to all golfers whether they go out three days a week or once a year, according to the doctor.

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