

for a certain time of day for all units or even for all the men in one unit as may be done in line outfits and in colleges and schools. Facilities and conditions also vary greatly at each base. This problem is not at all like school physical education, or like public recreation work.

All enlisted men must participate in the regularly scheduled required program except those over 40 years of age. The latter may substitute a program similar to the officers' program.

A second division of our program is the required physical training program for all officers of the Army Air Forces. This program requires all officers to participate in physical training activities a certain number of hours per week, depending upon the age of each individual officer and the particular type of duty he is performing. The amount and the importance of participation by flying officers is particularly emphasized.

Here again the entire range of athletic activities, and all types of exercise may be utilized if they are of a vigorous nature. The only vigorous types of exercise that we do not advocate for flying officers are boxing, football and other activities where severe bodily contact may injure the participant. Now you may wonder why we do not advocate the so-called aggressive, combat activities that are coming to be popularly considered as ideal training activities for all personnel in the armed forces.

We hear a lot of bunk these days about the values of rough contact sports which will develop courage, and aggressive spirit, and all those other intangible attributes that certain enthusiasts claim are inherent in particular athletic activities. That is the very type of foggy thinking and generalizing that has plagued physical education for years. Neither the psychologists, nor others, have one bit of scientific evidence that courage and aggressiveness are general qualities, or that there is any transfer of training of this type. Where is there any