

scientific evidence that courage in football or boxing guarantees courage against bullets or courage in flying an airplane? What concrete evidence is there that the type of courage found in football players or boxers is superior to that found in trackmen, swimmers or badminton players? There have been no scientific studies made in this field to my knowledge. In contrast, the fact that has impressed me greatly is that we have so many of the wiry, thin-waisted, small and even definitely unathletic-appearing, but very successful combat pilots in our Air Forces. And they do have courage, or they would not have made the grade!

The type of activities that we are particularly advocating for our flying officers are those (1) which will develop and maintain general all-around endurance or fitness, (2) which involve a great deal of running, (3) which strengthen the abdominal muscles, and (4) which appeal to the particular interests of the individual flying officer. There is a reason why each of these types of activities, selected on the basis of our original objectives (superior physical condition for flying airplanes under combat conditions) is advocated:

(1) Activities of a vigorous nature which involve a great deal of running are selected as probably the best type of activities to develop general all-around endurance. This general quality of all-around endurance is absolutely essential to long distance flying and long duty hours; a great reserve pool of general physical condition or energy must be built up.

(2) Running, vigorous and/or extended running, is the one best exercise for the development and maintenance of a well-functioning circulatory system and respiratory system. Both these systems are tremendously important in altitude and distance flying. All of you know, from your courses in physiology and physiology of exercise, that the trained state and the optimum functioning of the organic systems, may be obtained and maintained only thru the continued vigorous use of the big muscle systems of the body. Therefore, we advocate lots of vigorous running, in any form, for flyers.