

(3) Activities which strengthen the abdominal muscles are advocated with the objective of lessening the onset of the black-out involved in sudden changes of altitude and direction. There is no scientific proof available that a strong abdominal wall will absolutely lessen black-out. There is still a great deal that is not known about this particular condition. The evidence available, however, indicates that a strong abdominal wall will probably aid in preventing black-out. Until it is proved otherwise, therefore, we shall advocate the maintenance of a very strong abdominal wall. Certainly we know that this is one of the most neglected, and yet most important, muscle groups in the entire body for all daily activities and functions.

(4) Sports and games of a recreational type, which appeal to the individual officer, are advocated, in line with our objective to relieve flying stress and to provide an emotional outlet. They afford an opportunity to forget and become absorbed in that particular game. A program of formalized activities such as calisthenics or regimented participation in distance running or formalized games would probably not achieve this objective.

The third phase of our physical training program is the voluntary, recreational athletic program. We are attempting, in the 4th Air Force, to promote a broad intramural program which will include as many activities and participants as facilities, equipment and time will permit.

We are definitely discouraging the organization and promotion of post teams in the 4th Air Force. Why spend money and time, monopolize the few available facilities and the time of what experienced personnel there is available, on 40 football (or other "varsity") players, while the other 4960 men on the post are left out, or sit around and watch? Post teams are the froth of the recreational program. If the required physical training program is producing results, and if the intramural program is serving the largest number possible, then post teams may all be organized. We have seen enough of these athletic programs for the few at the expense of the many, in school and college athletics.