

16% could not pull up more than twice; 23% could not push up more than 8 times; and 28% could not jump 6 feet from a stand!

And you should have seen the lack of agility, bodily control, and general clumsiness! When grown men in the prime of life struggle to chin themselves twice, can't coordinate their movements to perform a standing broad jump, and flounder all over the track in trying to run, it is a sad commentary on the physical education they have had, or rather haven't had, in school! Physical "education" indeed! Motor morons are what we are receiving into the army in large numbers. And of course, all these men are labeled "physically fit" for they have no organic or physical defects! It is obvious that having a morphologically and organically sound body does not mean that the individual has any degree of physical strength, endurance or general physical condition.

What can physical education do to aid the Army and Navy in building a fighting force?

Physical education can return to a real effort to achieve its (almost forgotten in recent years) primary objective: The building of strength, endurance and agility in every young man. The social integration of the individual, personality development, good citizenship and other similar objectives are fine and may be attained thru physical education. But let's get back to the one contribution which no other phase of education can make, and which we know and can prove that physical education can make.

As Dr. McCloy has so aptly put it: "How about some muscle"? Dr. McCloy, in the first few chapters of his book, Philosophical Bases for Physical Education, presents this case very effectively. I would recommend that every physical educator read or re-read this book. Those first chapters should also be read by every school administrator. Mark the chapters and place it in your principal's hands.