

came in seventeen of twenty-one times. In the fourth week complete recovery of the original pulse rate within twenty-eight minutes occurred in every one of the twenty-one tests.

Another way of noting improved condition in conjunction with fatigue production is the increasing number of quicker recoveries. In the first and second weeks there were no complete recoveries of the original pulse rates within two minutes. In the third week there were eight recoveries within the first two minutes of rest after the completion of twenty-one curves. In the third week there were nine trials of the twenty-one, in which there was a recovery of the original pulse rate with the first two minutes of rest. In the first week there were only four recoveries in twenty-eight minutes. In the second week there were nine recoveries within eight minutes rest. The third week showed ten recoveries within four minutes. The fourth week showed twelve recoveries within four minutes rest.

Production, recovery, and improvement varied within the same person with improved training, condition, and application. Production and recovery vary with foods, rest, sunshine, heat, and other fundamentals of physical and functional fitness. Production and recovery vary with thoughts, with surroundings, and with association.

6. *Aircrew Series—Leg Muscles*

Four hundred Aircrew Students worked in nearly 6000 fatigue curves on successive days. The fatigue and condition curves followed the regularly established patterns. In addition to spot running, the curves were made with two other similar skills of right and left arm jabbing and flexion-extension at the hips. The inhibitions of fatigue were apparent either in good or bad condition. The improved Production through ten days training is graphically shown in Figure 13. The improved condition is shown through quicker recovery and slower pulse rates in Figure 14.

Each day they said they did their utmost. The work of each day showed its good effects the following day.

Improved training promotes greater Production as shown in Figure 13, greater condition is illustrated by lowered cost in heartbeats in Figure 14 and better Application through regularly declining foot contacts, inning by inning, are graphically illustrated in the graphs of Figure 13.