

PHYSICAL PREPAREDNESS---THE PRESENT NEED

Need for Physical Fitness

All recent statistics show that nearly 50% of the available young men of the U.S. are unfit for military, naval, and air service. The present interest and emphasis is in PHYSICAL PREPAREDNESS--for defence in army, naval, or marine service---or in civilian service which will tax the physical capacity and sustaining power of men in many lines of effort. Colleges and Universities are offering courses in PHYSICAL FITNESS. High schools and Y.M.C.A.'s are organizing special training to prepare the male youths for the work ahead. How fit are we? How can we determine the state of Physical Fitness? Do we possess physical capacity, courage, stamina, and ability to handle our bodies with efficiency in emergency situations?

What Do We Mean by "Physical Fitness"?

By Physical Fitness we mean the capacity for efficient performance in the basic requirements of running, jumping, dodging, falling, climbing, swimming, lifting weights, carrying loads, and enduring under sustained effort in a variety of situations. Quick and efficient control of the body in an emergency situation may save the life of one individual or many. One should be able to change his position quickly to avoid capture, fire, flood, bombs, gas, shells, or gun-fire. Obstacles must be overcome, sometimes in a hurry. Speed and endurance in the fundamental locomotion efforts are first essentials. When soldier recruits cannot, as an average, run speedily or steadily for a long time; cannot swim if they are trapped at a river, or pushed into a lake, or fall through the ice; if they cannot jump over obstacles in their path, vault fences or barricades and climb out of holes; if they cannot dodge snipers, missiles, or would be captors; if they cannot bear burdens to form barricades or show force and power in transporting their belongings and food; if they cannot show stamina in long hikes carrying loads-----then how can any army or body of civilians, made up of such men, survive? How fit are we in doing these things? Would an Olympic Decathlon athlete be fit? Would a winner of the Sigma Delta Psi key be fit? Would a football player be fit? Would a person who scored high on the Chinning-Jumping-Dipping test be fit?

How to Get Physically Prepared

Young men, relatively unfit, have a hard time in military camps--if they pass the physical examinations to get in. Military experience is more interesting, more satisfying, and relatively more safe for those who are fit. One way to get fit--the hard way--is to go into a military camp and do the best possible. A better way is to BEGIN NOW to learn all possible about Physical Fitness and to cultivate that state with all the energy available. How will we proceed? The Physical Fitness Clinic has been organized this year to help show you how. Regular attendance and earnest effort will account for considerable improvement. Taking tests of physical fitness will motivate you and show you where you are in Physical Fitness. Self-tests, partner-tests, group tests,--all will be used to set tasks for you to exert your strength, suppleness of body, skill, speed and endurance. Endurance is developed only through sustained effort--hard enough--long enough--so that you feel it. Each task must tax you. Every time you "go the limit" on some physical test, you make it easier the next time, particularly if you repeat the effort. It is a good idea to keep your own records and watch your improvement. The group calisthenics will help, if you do them day by day, but endurance events in running, swimming, weight lifting, wrestling, boxing--begun moderately but gradually increased in dosage--will bring marvellous results. Want to try? The Physical Fitness Clinic is a special offering to help you get fit--and stay fit--by cultivating the habit--knowing how--building interest in the idea.