

FROM THE SECRETARY OF THE NAVY

(Excerpts from a speech delivered by Secretary Knox to the Touchdown Club, Washington, D. C., 11 January 1944.)

"We in the Navy definitely believe in the type of physical exercise and sports which involves bodily contact with your opponent.

"One of the lessons we have learned in this war ought to be that the building up of the physical side of young Americans is one of our most important and crucial tasks in the days after the war is over.

"In the organization of which General Vandegrift is the Chief, only one man in five could pass the examination required to get into that organization. That ought to give us some sober thought, because, I think we all agree—I am sure the Navy and Marine Corps will agree—that the Marine Corps has the finest esprit de corps of any fighting organization in the world. And you can't have that kind of esprit de corps unless you have a physical base for it because, believe me, there is a direct relationship between physical condition and physical courage.

"The price of freedom is the ability to defend it. We are living through hours and months and years now of an

era when that truth is being forced home on us as never before.

"But, remember men, that just ships isn't the answer. We have the ships now. Through a very miracle of production, we have built in the last two years the greatest fleet that ever swept the sea under one flag. But ships alone don't make the Navy. We've got to have men, and to get an adequate force of men to man those ships is a pressing obligation upon every American citizen.

"One thing I hope we've learned is that only those peoples will survive free who maintain themselves in a position where they can defend that freedom if it's challenged. That's the price of survival. That's the lesson that has been bitterly burned into our minds and souls in the last quarter of a century. That doesn't mean we want to embark on any era of imperialism.

"Let's help, all of us, to build up that spirit in our country which will insure that if the time of testing ever comes again it will find us ready. Ready spiritually, ready materially, and above all, ready physically, to play our part in saving the world against such a danger as that which now threatens it."

FROM THE CHIEF OF NAVAL PERSONNEL

(Excerpt from Foreword in Physical Fitness Manual for the U. S. Navy.)

"A primary responsibility of the Bureau of Naval Personnel is the education and training of officers and enlisted personnel of the Navy. An important aspect of

this responsibility is the physical fitness of every person in the naval service. This responsibility is discharged through the administration of the Physical Fitness Program which is designed to develop and maintain a superior physical condition among all naval personnel."

FROM THE DIRECTOR OF TRAINING

(Excerpt from BuPers ltr. 30 December 1944 to commanding officers of training commands.)

"The ultimate objective of all our training is our effectiveness and success in battle. All Command Echelons at Sea and in the Field fully appreciate the importance of physical fitness in inducing boldness, enterprise, and intelligence in combat, as well as insuring a greater capacity

to resist shock. All Training Commands must recognize the importance of physical readiness for action in like manner and insure that appropriate measures are integrated in training programs, particularly in connection with new personnel and in association with indoctrinal training designed to develop firm discipline, enterprise, and spirit of combat."