

WE are a peaceful nation. We don't like war but it has been thrust on us. We are engaged now in a war for survival, a total war, a war of armies and navies, a war of factories and farms, a war of homes and schools, a war in which each one of us plays a part.

Students in our 28,000 high schools are eager to do their share in our march toward victory. Through the High School Victory Corps they are preparing themselves for duty, if it should come, on the combat fronts and on the production and essential community fronts here at home. This wartime service demands a condition of strength, endurance, stamina, coordination, and agility beyond that ordinarily required for peacetime pursuits.

Suggestions for building this winning physical fitness may be found in this booklet. It can be read with benefit by high school coaches and athletic directors in charge of wartime programs of physical education, as well as by students.