

combat than most any other piece of apparatus in the conditioning program. Running is one of the best leg and wind conditioners. In obstacle course running men must progress over, under, around, and through obstacles placed in their way, and these obstacles are designed to include activities requiring use of arms as well as legs.

A full intramural program has been carried out for each sport in season: touch football, basketball, volleyball, softball, tennis, handball, horseshoes, and so forth. The intramural fields south of Robinson Gymnasium are in use every afternoon from 4:30 to 6:30 or later, and the practice fields at the stadium are used every morning and afternoon.

While the naval school for machinists' mates (later electricians' mates) provides officers to conduct its own physical conditioning program, its swimming schedule is under the supervision of our department of physical education. Requirements of both Navy V-12 and Army ASTP programs include swimming. New filters have been installed in the pool in the gymnasium, the pumping capacity doubled, and additional purification facilities added. The load on the pool has become so great that it has been necessary to install a new chlorinator to insure the sanitation of the water.

Swimming is an imperative must with all of our armed forces. The fact that we have 3,700,000 of our men overseas makes it imperative that all of our service men must learn to swim, because at the most unexpected moment any of our men and women may be catapulted into the water as they journey over the seven seas. It is impossible to be too good a swimmer, and for that reason swimming is given paramount consideration in a physical fitness program. To be able to swim may be the means of saving one's own life.