

The University of Kansas had an elective physical education program. The catalog stated that the student to qualify for his baccalaureate degree should take 124 hours, 4 hours of which may be in physical exercise. Naturally, the boy who was timid, who had not played a lot, and who had not developed his body through rigorous exercises, combative sports and games, would very likely elect 4 hours of additional academic work instead of the much needed work to build a strong body in growing youth.

The trainer of race horses and racing animals of all kinds exercises the young animal daily from its earliest beginning. Seven-eighths of the returned circulation of blood to the heart is through muscular exercise. Vitality, Vigor and resistance to disease is developed through regular physical exercise.

What a metamorphosis has taken place in the physical fitness of youth of our United States since December 7, 1941! When the terrible news of Pearl Harbor was flashed over the radio, America stood benumbed and aghast for practically two weeks not realizing the infamy and treachery of the Japanese. When she did recoil, men of all ages rushed to the colors and a feverish organization in our country was started to make America fit in every possible way. Colleges hastily instituted compulsory physical conditioning for their boys and girls. Obstacle courses sprang up over the hillsides of American colleges over the week-end. And the ambitious aim of every liberty loving boy was to get in fit physical condition as soon as possible.

The University of Kansas began to recruit outstanding men in physical education to carry on the very important work the government was asking of her educational institutions. Our government made a contract with our University to handle physical conditioning and swimming, with life saving and all its attendant activities.