

1. Pioneering, long hard work in construction, agriculture, lumbering, camping, hiking, etc.
2. Competitive games and activities, basketball, foot ball, baseball, track and field.
3. Body mechanics and conditioning activities, Victory Corps physical fitness program, to stress the fundamental qualities of stamina.
4. Health supervision, medical examinations, elimination of remedial defects, vaccine treatments, etc.

Our desire in physical conditioning and recreation is to make youth physically strong, mentally alert and emotionally stable. This should produce robust health. Health is that state of being whole, sound or whole in body, mind or soul.

It doesn't matter so much what you eat at a meal as long as these five essentials are in the daily fare: whole wheat or enriched bread, eggs or meat, milk, yellow and leafy vegetables, citrus fruits.

Dr. Victor G. Heiser, author of The American Doctor's Odyssey, has said concerning us in the war that "materially we shall live less well, physically we shall work harder, emotionally we shall be under the cross-fire of disappointments and alarms, mentally we shall be wrestling with new ideas and new facts. We shall need to be tough - physically, emotionally, mentally."

This is the prescription and the challenge to us if we would recreate ourselves and so conduct ourselves that we shall at least have these satisfactions to compensate us for what we face. We should put first things first. That is the basic priority in human affairs.