

beyond Montreal to Chicago, Los Angeles, Mexico City to a point beyond Los Angeles to be named by Italy; it may also fly from Italy to Montreal and/or Toronto. The designated Italian airline is the first from continental Europe to have been granted access to Toronto.

The airline designated by Canada may operate services from Canada to Rome *via* intermediate points in Europe and beyond Rome direct or *via* one or more Middle East Points, to a point in Southeast Asia and beyond to Canada; from Canada to Milan *via* intermediate points in Europe and beyond Milan to Yugoslavia and to one of the following points: Algiers, Cairo, Khartoum or Tunis.

JOGGING - ARMED FORCES STYLE

What does the ability to run a mile-and-a-half in 13 minutes prove?

Well, if you're 30 to 39 years old, it means that your heart and lungs have the work capacity to sustain performance, recover rapidly and maintain an energy reserve. In other words, you have the minimum physiological fitness for your age-bracket to perform a day's work in the Canadian Armed Forces.

"The 1½-mile run is just the slide-rule we use for measuring the fitness level of our personnel twice a year," says Major W.E. Tatarchuk, officer responsible for physical fitness programs at Armed Forces Headquarters in Ottawa. "By no means," he added, "should it be considered the entire fitness program."

The stress is on something called "aerobics" (pronounced "air-o-bix"). Simply stated, it's a year-round plan of varied physical activities designed to increase the work capacity of the heart and lungs. Any activity that develops and promotes the efficiency of the oxygen transport system of the body is an aerobics exercise.

RELATION TO 5BX

Major Tatarchuk said that recent publicity about the switch in emphasis in the Armed Forces from the older RCAF 5BX and 10BX programs to aerobics may have confused some people. The Armed Forces are stressing aerobics as a means of achieving a minimum level of fitness for all personnel, following up with one of many complementary programs, including 5BX, for personnel employed in positions that are more demanding physically.

Some combat units, such as infantry, complement the basic program with heavier physical activity, such as obstacle courses, long route-marches in full battle order, and hand-to-hand combat.

"Although the only forces-wide physical fitness test at present," says Major Tatarchuk, "is the 1½-mile run, officers and men undergoing basic training must meet minimum standards related to strength, endurance, agility and balance." Similarly, personnel at operational units are expected to meet specific tests related to their particular role.

INTEREST FOR CIVILIANS

The major says that an aerobics program could be followed by nearly every Canadian. "The main thing is that people have a medical check-up first, start with one exercise until they have reached the minimum standard, and then continue with activities they enjoy three or four times a week."

The program is designed so that an individual can choose his or her favourite physical exercise, such as walking, running, swimming or cycling, and work with that exercise for up to 16 weeks. At the end of that time, most individuals will have reached the minimum fitness standard for their age and sex.

Afterwards, the program may be varied to include just about any vigorous sport. He cited basketball, tennis, squash, cross-country skiing, volleyball and golf as excellent sports for a regular fitness program.

Two pocketbooks on aerobics, explaining the particulars and benefits of the program, are available to the public. Written by Dr. Kenneth H. Cooper, formerly of the U.S. Air Force, they're called *Aerobics* and *The New Aerobics*.

In the program, various sports are assessed a certain number of points according to the time devoted or distance covered. But jogging, according to the experts, seems to be the easiest way for most people to stay fit.

And if jogging one-and-a-half miles in 13 minutes is not your cup of tea, you can get the same benefit - if you have the time - by playing 18 holes of golf ten times a week.

"But," warns Major Tatarchuk, "don't use a motorized golf cart!"

CANADA'S VERSATILE INVENTOR

Fifty years after his death on August 2, 1922, Alexander Graham Bell has been recognized as far more than the inventor of the telephone. Had he never invented the phone, he would have been world-famous in a number of other fields. It's just that his major invention became of such world-wide significance it dwarfed everything he did before and after.

It was Bell who perfected the wax phonograph disc, opening the world of music to homes throughout the world. He also invented an artificial lung, the predecessor to today's iron-lung, after his infant son died of a respiratory ailment. Upset by the loss of the *Titanic*, he experimented with a system that would warn ships at sea of submerged or fog-hidden objects. From these principles, sonar was later developed. With a group of associates he invented the aileron, a vital part of modern aircraft, and provided a stability to flight lacking in the Wright brothers' invention.

This man, with no formal training in engineering or any of the physical sciences, made significant contributions to the worlds of medicine, acoustics, music, aeronautics as well as eugenics, genetics, and electrical mechanical and marine engineering in the 45 years following his invention of the telephone.