



- MORALE -

During your period in the Service you will hear the word morale used very frequently. It will be well to understand what the word really means in relation to your service in the Armed Forces.

As you know it is the constant endeavour of the Air Force to maintain your morale at a high level for the job you have to do requires all you have to give.

Just what is meant when we speak of morale? Morale is influenced by three conditions, mental, physical and spiritual. What is meant by mental morale? Simply stated it means you have the right mental slant on your life in the Service to the extent that you can ride over the irritations caused by the necessary discipline imposed on you and that you realize you are a part of a vast and complex fighting machine each member of which must subjugate his personal desires and freedom to the requirements of the job to be done.

The second item in the make-up of morale is bodily health. When you came into the service trained medical men made absolutely sure you were fit, every day since you have been subject to training designed to maintain your condition of physical well being at its highest peak. You can undo all that has been done for you by a lack of horse sense in your pleasure after duty on or off the Station. "You cannot walk through the slime of the gutter without getting your feet dirty."

The third item in the make-up of morale is spiritual, that is, spiritual not in the sense of stained glass windows and soft organ music but the strength that comes from the conviction that the cause you are fighting is

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