

fitness programme in preparing citizens for military tasks, was Doctor Jules Gilbert, of the province of Quebec. In his address, he said:

Twice in a lifetime, war has demonstrated that man-power is vitally affected by health and physical fitness. We were shocked that between one-third and one-half of service eligible men were found unfit for any form of military duty, being rejected for physical and mental defects or educational deficiencies. Of those accepted, many are unprepared for the hardships of military duty, it takes several months to bring them back into satisfactory condition; this waste of time could be avoided. On the other hand, some authorities claim that any young man who is healthy and who has been subjected to a rational programme of physical education can be brought to fighting fitness within two or three months. Any enlisted man needs a few months technical training before being sent to actual combat, and this period lends itself to combine physical training with other military studies.

It is therefore recognized in Canada by health authorities that a programme of physical fitness would not only help our population to improve its health, an improvement which must be achieved when we know that in Canada thirty-six per cent of our people die before they reach fifty, but also contribute to shorten the period of military training. The same truth is recognized in the United States. Statistics have shown that approximately fifty per cent of the applicants have been rejected for regular army service in the United States army. Nine out of ten volunteers, namely, approximately ninety per cent, for service in the United States army air corps were rejected on the basis of physical examinations. Three out of seven of the men discharged for disability from the United States army in 1939 were suffering from mental diseases.

In a resolution adopted by the national convention of the American legion, in Boston, Massachusetts, in September, 1940, it was stated that more than twenty-five per cent of the men called for service were unfit and therefore it adopted a resolution saying:

It is the opinion of the delegates to the 1940 convention of the American legion that great benefit, both to the nation and to the individuals concerned, would result from a more active recreation and physical training programme for the young men of America.

In public health reports of September 27, 1940, we read:

More than ever before the nation has recognized health as an essential element of preparedness. . . . We need now, as never before, an integrated effort on the part of all agencies which represent the purpose of our citizens to attain personal and national health.

Mr. Speaker, here is my point. It is recognized that health standards are low in most

parts of the world. It is the duty of every country to take care of its human capital. With the evidence that we have before us, we, in Canada, know we must do something about it. On the other hand, it is recognized that in military training programmes a large proportion consists of physical exercises. It has been recognized in the United States, in Canada and in other countries. Let us remember, for instance, the importance that has been given in Germany, Italy and Japan to physical training in view of forming militia men. Let us remember the Sokol movement in Czechoslovakia, which was imitated by other countries in Europe.

If we are to embark on a universal peace-time military training, I do not see how it could be more practical and effective than to combine it with a programme of physical fitness. We have the tools there, ready to be used. I suggest that the cooperation of the provinces toward that end be discussed anew at the reconvening of the dominion-provincial conference, which is fixed *pro forma* for November 26 next.

I congratulate the initiators of the national fitness project on the assurances that they have given right at the start by insertions, in the law, that provincial autonomy would be safeguarded. In order to avoid all possible loss of time and make sure at the same time that national defence objectives will be attained, in order to fill our national and international obligations under chapter VII, I suggest that if peace-time military training must be established, allocation in time of military training be granted to those who will have observed the requirements of the national programme on physical fitness.

I suppose that a physical fitness programme would be in force, directed by the provinces, on a voluntary basis, I presume, because inspired by an idea of peace, together with a universal peace-time military training programme controlled by this government of, let us say, two years; a man could shorten his period of universal peace-time military training in the proportion that he would have followed the programme of physical fitness of his province, under the guidance of the national council established by virtue of the above-mentioned law.

I submit that the united nations could adopt a universal peace-time military training formula which would be similarly combined with a programme of physical fitness. The operations of that combined programme could be very well supervised. On the military side, this nation will have a military staff committee linked with the general military staff of the security council, and in the field of physical fitness the Canadian national