

"Other reductions in the current estimates for the Army will be found by deferring certain projects and postponing procurement of some items.

RCAF REDUCTIONS

"The RCAF's share of the reduction in current defence spending amounts to some \$35 million. The reductions will be made from capital expenses and overhead on an almost equal basis.

"To achieve this substantial reduction, changes in certain programmes and activities will be made. The disbandment of the four CF-100 squadrons in Europe will be advanced to 1 January 1963.... RCAF Station Saskatoon will be reduced, 1 October, 1962, and its training load absorbed by the other continuing stations.

"No. 426 Squadron, based at St. Hubert, P.Q., will be disbanded 1 September 1962, and the remaining squadrons in Air Transport Command will undergo certain reorganization to take over some of the work done by 426 Squadron. Some of the 'North Star' aircraft with which this squadron is equipped will be diverted into the Transport Operational Training Unit at Trenton, Ontario, and other units. Further action on the installation of 45 gap-filler radars will be deferred.

"Along with the Armed Forces, the Defence Research Board is examining the current year's budget in detail with the aim of reducing expenditures in every way possible. Reductions being applied to operating expenditures will result in significant economies to the amount of about \$1,250,000. Affected will be items such as the travel expenses of staff members, the maintenance and upkeep of DRB-operated property and the purchase of some items of new equipment, and particularly those which are normally purchased from other countries.

"Additional cuts of approximately \$5,250,000 have been made in Mutual Aid, Departmental administration and other miscellaneous expenditures.

"The above is not a complete list but indicates the kind of changes within my Department which have been necessary to realize savings with as little harm as possible to the emergency capability of the services in all their varied roles.

"Since the nature of the emergency is temporary, I feel it will be possible - although it would obviously be undesirable on a long-term basis - to accept the deferment of the repair and overhaul programmes to buildings and equipment, and delay the purchase of certain new items.

"It is the intention of the Government to affect the operational tasks now allocated to the Services as little as possible. The reductions being made to meet this emergency reflect this policy."

RCAF FITNESS PLAN

A few years ago, the Royal Canadian Air Force, concerned about the physical condition of its members, took steps to produce a new, individual-fitness course for their use. The responsible officers didn't dream they would soon have a best-seller on their hands, with demands for copies coming from all over the world.

The booklets that have stirred such interest are "5 BX" (five basic exercises), for men, and "X

BX" (10 basic exercises), for women. Produced by the Queen's Printer, official government publishers, they have already sold more than 400,000 copies and are expected to top the million mark before long.

RCAF INITIATIVE

In a modern industrial country like Canada, the need for physical-fitness programmes is urgent and growing, for automation and high material living standards bring with them an undesirable side effect of lower physical condition. Like other organizations, the RCAF noted the trend; but, because the physical condition of its members was of prime importance, the Air Force felt obliged not only to take note but to take action.

Traditional training programmes, mostly on a compulsory and mass-participation basis, are impracticable on most flying stations today because of the demands of shift work. Also, any mass activity is ruled out by the wide range of age groups involved - while some would be over-exercising, others would derive little or no benefit.

The need, then, was for a system of exercises that could be performed individually without equipment and in any convenient short period of the day. Also, the system would have to be equally attractive to aircrew, manual and office workers and still produce the desired physical condition.

To develop such a programme, the first step was taken in 1956, when research groups of RCAF recreation officials, aided by civilian experts, began to explore the requirements as well as the attitudes of people in the service. Among other things, it was realized that to be successful the programme must not demand too much work, time or money (in membership fees and equipment costs) from the participant.

In September 1958, after careful screening by top officials, including RCAF medical officers, "5 BX" made its appearance. Produced for use by Air Force personnel and offered for sale by the Queen's Printer, the compact, well-illustrated booklet reached national popularity in a few weeks, and soon after was in demand in other countries. In the first 37 months, with 240,000 copies sold, it had become the best-selling booklet ever handled by the Queen's Printer. The similar programme for women, "X BX", first published in October 1960, proved equally popular, and sold 180,000 in its first 13 months.

SIMPLICITY THE SECRET

Simplicity and convenience are the keys to the success of the "5 BX" and "X BX" plans. Well-organized charts and clear illustrations make them pleasant and easy to use. The exercises can be performed without equipment, and with equal ease in an office, a hall, a control tower, a living room or a barrack room, and take up only 11 minutes a day for men, 12 for women.

The great appeal of the plan is that fitness can be achieved at one's own rate of progress. Beginning with a set target for each age and physical group, the exercises are graded upwards in difficulty. One level must be mastered before moving to the next, thus there is no risk of overstrain. When the recommended level has been reached, exercises are continued in order to maintain it.