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EXERCISE MAINBRACE

More than 160 fighting ships of British, American and other NATO fleets gather in the Firth of Forth before setting out to Northern European waters for an Atlantic Pact operation called "Exercise Mainbrace." The battleship "Vanguard" is Britain's most powerful contribution to this eight-country exercise.

Captain Foley on board "Vanguard" chats to her captain, Captain Litchfield, before returning to his own ship "Wisconsin."

Another mighty American ship, the aircraft-carrier "F.B. Roosevelt" waits at anchor. Nearby is the Dutch craft, "Bankert." In the waters off Norway mock battles will be fought between the attackers, known as the "Orange" force, and the defenders, known as the "Blues," so everything's got to be ship-shape before they go into action.

Many of the ships and the eighty thousand men taking part saw action during the war and won their honours in all parts of the globe. But for those who have served only in peace-time, the operation will provide invaluable training under war-like conditions. "Exercise Mainbrace" clearly shows any would-be aggressor that the free world will be ready.