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FIGHTING FIT.

Brains and brawn are two requisites of the British soldier. On enlisting the recruit is not always in a physically fit state to undertake his work as a soldier. But P.T instruction rapidly promotes strong and healthy bodies; lithe, active and muscular men well equipped for duty in the army. At a physical training school in the South of England, a class demonstrates how, after loosening-up with the more conventional exercises, they can man-handle hundred-and-eighty-pound tree trunks as if they were made of matchwood.

And by way of variation, each team of sixteen strong-arms make light work of their logs in other exercises which would make the proverbial village blacksmith look a cissy.

Hurdling logs held at increasing heights puts them in the running for the first peace-time Grand National. Yes Sir, these lads are progressing by leaps and bounds.

And now to give the boys something to do 8 files of eight men abreast set off on an endurance run round the North foreland, and back to Chelsea Barracks via Liverpool. Changing into battle dress whilst on the run is not quite so easy, but these fellers are tough, and ready to go through the Nazis like a thunderbolt in a hurry.