

PERSONAL WARRANTS OF FITNESS

(By «Medico.»)

COMPULSION and regimentation are normally so totally foreign to the Colonial that service experience has often proved doubly distasteful. Yet these very factors, as applied through the Army medical system, have given men better care than they have ever known before, all because they are compelled to take the obvious paths open to them.

This very system affords immeasurable opportunities that may never be realised in any post-war State, even fertilised by social security, but it is timely to consider the introduction of some form of universal and compulsory medical examination, especially and immediately for persons contemplating early marriage.



Frankly, there are few of us who have not failed to expose ourselves to some sort of infection or contagion in the last five to 10 years, even without the advent of the war, which has hardly improved discretion and allowed us to live a very artificial existence.

We are taught so little about preventive medicine and, on the whole, we are so pathetically ignorant of our own physiology that we either gloss over the odd symptomatic pain as being of no consequence or—if we belong to the other human category—almost go crazy with worry, which in itself is the beginning of all manner of ills, abstract or concrete. There are also a few who don't really care for themselves or their dependants. They never listen to sound counsel and, for that reason, are beyond the pale.

It is astounding how the average man has to be spoonfed before he takes advantage of obvious benefits that accrue under active

service conditions. The Army has sound reasons for making men look after themselves, because it demands of them abnormal mental and physical strain. Men are obliged to accept the condition of being guinea-pigs or pin-cushions to maintain this end, while they are also afforded a set of routine circumstances that allow most of their real ills to be investigated under ideal conditions.

The same advantages will not be available when we return to our pre-enlistment routine. Some men, appreciating this, are even now striving to have their odds and ends remodelled and patched up while the going is good.

Let us presume, for the sake of argument, that you are proposing to get married on your return. Naturally you further expect a progeny in which you will take just pride. If you have such thoughts of a happy existence you will readily understand why you should have freedom from worry, at least in the matter of your own constitution. Few people, unfortunately, have the common decency to learn how fit they are.



Some perhaps fear hearing the truth, but this must be conquered if unselfishness is to pave your path of happy companionship.

You owe a clean bill of health to one another—if not to yourself. You owe it even more to your children. Can you imagine