Thursday, November 27, 1941

* KEYSTONE * AIRPORT NEWS

Mr. Leighton Collins, editor of "Air Facts" aviation magazine says that: "A healthy, vigorous activity in private flying is the surest foundation for any supplementary civil air activity, for in private flying is the germ of growth and development in con- physical condition of young Ameritrast to simply a status.

Here are some of the things which straighter. an unfettered private flying can do When a man fifty or over decides for national security. First of all, we to improve his physical status he cannot have too many pilots, and no- does not always use good judgment. thing will produce them quite like Any man who attempts to become private flying will if given a chance, an athlete at fifty is more likely to The fact that in the past two years become a corpse at sixty.

no one has questioned the wisdom of The heart, muscles, hings, arteries the Government's spending almost of the bo-year old group are not at \$100,000,000 to teach 50,000 people to all geared to begin violent physical fly free is evidence enough that the exercise. pflot creating situation calls for fore- A body-building or muscle develop-

ing activity begun in middle age may thought. At the present time the light-plane or dangerous unless done under the

makers could find private buyers for advice of a physician. at least 4,000 of their ships a year. Reasonable exercise, well controll-In man-hours and materials this is ed, may prove healthful. Normal exercise with proper limitan insignificant figure today, but as an essential force in building a wide-ations does not harm the normal spread knowledge and acquaintance neart.

with flying it is one of the most im-portant items in national defense. Overstrain of the untrained nor-mal heart by too much or too vio-The army faces the question of ev. lent exercise may bring on a serious

entually needing a very average type heart condition. of light-plane pilot, for the small air- A famous writer took up physical planes as well as their pilots are im- culture when he was fifty. portant in national defense. The small He joined a gymnasium, practiced ships are a mobile, dependable, easily boxing, and took long hikes.

maintained, and easily flown form of When his heart gave out, shortly transportation. In extreme emergen- after starting this strenuous exerciscy there is never enough transporta- ing, he went into retirement and he tion at hand. In the last war it was stayed there for several years.

YOUR HEALTH

From the Board of Trustees of

the Medical Society of the State of Pennsylvania of which the

Cambria County Medical So-

With so much discussion about the

cans oldesters are sitting up a bit

ciety is a component . . .

We aren't so nifty at fifty!

×

the taxicabs which saved Paris, and Exercise is not a cure-all for phyit is possible that at some later day sucal weakness. Some oldsters simply this country could be saved by small cannot stand the strain and should airplanes, provided, of course, that realize it.

we have them on hand and the pilots . No one, over fifty, should attempt to fly them. any violent new exercise until he has The truth of the thing is that the had a thorough physical check-up. purchase and use of a small airplane Persons who have been athletic

at this time should be looked upon throughout life, may continue many not only as something of vital impor- of their activities as they grow oldtance to our national security, but er. as an act of patriotism. Evey pilot, Too many men of fifty want to act

and his knowledge of and contact like men of thirty. with aviation, is important, at least

until the time when a million people A. & P. EMPLOYEES IN in this country can operate an air-ARMED FORCES RECEIVE plane just as well, and with as much NICE BONUS PAYMENTS casualness as they drive their cars. 'Send us clouds of airplanes' was

More than 2,600 employees of the the cry of anguish which was answered only by the cold heaving waves of Great Atlantic & Pacific Tea Company now in military and naval serthe Atlantic."

Cambria County with its Keystone airport, stands in the front ranks of the counties of the State in the Na-tional Defense program. Have you visited that finely equipped and splenvice are receiving compensation from

didly managed airport and seen how increasing number of employees eneffectively it is promoting the Na- tering service, we have found it possible to continue supplementing the

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