

ing really is that the heart is forced to pump blood at such an exaggerated rate that it cannot cope, and simply overloads and gives up.

Emotional stress can cause such a condition. The only precaution is to condition the heart and the circulatory system to cope with unforeseen stress, emotions and excessive exertion.

The popular trend to live aggressively and always be in a hurry to achieve more in life is evident everywhere. People chain-smoke and overwork to meet a deadline with no time for anything else. This type of person falls into the "chronic stress" category. This has the same results as acute stress: stimulation of the sympathetic nervous system and adrenal system, but not to the same degree. Chronic stress is now considered to be a major killer in the western world because of the predominantly competitive and ambitious nature of people.

Over a period of time, with high levels of hormones constantly in circulation, chronic stress will eventually cause isolated fibrosis or scars of the heart. If enough of these scars accumulate, they can interfere with the heart's electrical activity, destroy its tissue and may cause the heart to stop altogether.

Stress is actually a normal function that prepares us for action. The

harmful effects of stress occur because more often than not, physical activity does not follow stress. We are left with an imbalance between mental and physical activity resulting in an inappropriate chemical response to the sedentary stresses of modern life. Over a period of years this unnecessary mobilisation of sugar and fats without physical activity leads to a narrowing of the arteries and can promote the formation of blood clots until finally the heart attack occurs.

The answer then would appear to be for us to condition our bodies through regular exercise in order for us to cope with stressful situations. In some cases this will mean a complete behavioural change, to get away from the stressful existence or at least put up a force equal to the amount of stress. The way to relax the mind is to work the body . . . sounds a bit old-fashioned but it does work. Vigorous physical activity will prove the best antidote for mental and emotional tension. It is difficult, if not impossible to remain mentally tense during vigorous physical activity.

Summary

My attempt to provide a readable, informative series on physical fitness has taken me through an extensive research period, a lot of medical, police and education texts and bul-

letins, in the hope that I could find relevance in the bare essentials while maintaining a complete picture of the issue.

Most Police Officers are in an occupation where demanding physical exertion and high levels of stress are now commonplace. Instances where great physical demands are made are on the increase, and physical fitness will often be the factor that determines success or failure, possibly life or death. Police Officers cannot predict their physical activity, but if they have taken the time to condition themselves physically, they can at least be prepared for the day when that activity arrives.

This article and plain common-sense should be all the motivation required to enter into a conditioning programme.

A word of advice though: if you have not exercised for a considerable time or are over thirty years of age, see a doctor first. He will further advise you on programme content. Remember also, train don't strain and don't let your programme become boring . . . use variances and above all . . . never give in! If you still manage to find excuses that prevent you from physical activity, have a friend analyse those excuses. The result may surprise you (or make you lonely).

New Station at Tullamarine

The A.F.P. Melbourne Airport Branch have now settled into their new \$500,000 station, and members say it has improved working conditions immeasurably.

The need for the new station dates back to the inception of the then Compol Melbourne Airport Branch in 1975, when the police presence at Tullamarine increased from two a shift to 12.

Existing space within the Airport building immediately became inadequate with the main office serving as a reception area, interview room, muster room and meal room, sometimes simultaneously. Ad hoc offices were acquired but it became obvious that A.F.P. needs could not be met in the limited space available within the airport building.

Construction began early in 1979 after plans and a site had been

agreed upon, and the new station was completed in May, 1980.

Situated about 200 metres from the terminal building, it can accommodate 85 male and 15 female police.

The building has a pleasant outlook and good natural lighting is provided by a number of floor to ceiling, tinted windows. Internally, apart from specified offices, work areas have been left open, and are carpeted and air-conditioned throughout.

The control room is manned 24 hours and has a base radio for communications with foot patrols, mobile units and Division Headquarters; telex, vocadex, telephone switchboard, control panel for all common lighting and building fire alarm.

Facilities envisaged for the future include direct link communications

with airport emergency personnel, State police, motor registration and driver's particulars, visual display units for flight information, closed circuit T.V. for monitoring Station and cell security, an alarm panel with connections to Airport banks and other high risk areas and finally an internal paging system.

The outer area consists of seven undercover parking bays for police vehicles, a compound for impounded vehicles and two holding kennels for police dogs.

As the available area for the station was not big enough for full kennel facilities, these are now located about 1 kilometre from the police station.

The building blends well with the adjacent tree buffer zone and has a pleasant, yet prestigious appearance, befitting the image of Australian Federal Police.