



Superintendent Allatson was to see Cyprus again — he returned in 1976 as part of the UN peacekeeping effort and again in 1980 as commander of the first AFP contingent to go to the island. (Previous Australian police involvement had been under COMPOL).

When Nyasaland gained its independence from Britain, Superintendent Allatson returned to Britain in 1964.

"Going back on the beat in the UK was very hard for a while but in 1966, Mr Ray Whitrod, who was then the Commissioner of COMPOL, recruited me and several other British police for his force.

"March 19 of that year saw me as a uniformed constable in the Commonwealth Police in Canberra, and I started my progress up through the ranks again!"

He had seen the pressures on police during his long career. "It is much

harder for officers on the street now. When I started as a policeman people had much greater respect for the police and we seemed to get more support from the public.

"The greater emphasis on civil liberties these days can mean more attention is paid to the welfare of the minority than the majority. What we have in effect is a curfew on law-abiding citizens because the hoodlum element is getting too big a control of the streets of our cities at night.

"The level of violence is much worse than it was. When I first came to Canberra 23 years ago murders and armed hold-ups were unheard of, now they are almost commonplace," he said.

Superintendent Allatson plans to spend his retirement expanding his work with the Lions organisation, trying to reduce his golf handicap and "a bit of fishing". May all the bites be big ones.



*A 'Debonair' Superintendent Allatson.*

## Police Exercise Conscious

**A** health survey is finding that members of the AFP are far more exercise conscious than the general population.

The survey, by the AFP's Director of Medical Services, Dr Louis Pilotto, is the first of its kind ever undertaken in the AFP.

Dr Pilotto said it appeared likely the survey would achieve its aim of forming the base line for AFP health promotion programmes.

"On the exercise aspect, with all the age groups in the survey the trend is to exercise rather than not exercise," he said.

Using the criteria of at least 20 minutes of brisk exercise at least three days a week, more than 60% of both men and women exercise regularly," Dr Pilotto said.

"That is miles ahead of the norm for the population in general".

Other areas being looked at are weight, blood pressure, hypertension, smoking and alcohol consumption.

"Compared with National Heart Foundation figures, 43% of men in the sample so far and 35% of women are overweight or obese, which is consistent with the general population," Dr Pilotto said.

"Based on blood pressure figures, only 14% of the men could be regarded as hypertensive, and none of the women. This is much lower than the average for the population overall — probably because of the overall lower average age of AFP members."

When it came to smoking, more than 22% of the women surveyed so far smoked, with a daily average of 15 cigarettes and more than 31% of men smoked, their average being 20 cigarettes a day.

"With alcohol, we are finding that overall, most members don't drink a lot every day, but that when they do sit down for a session they drink excessively," Dr Pilotto said.

"On our figures so far, only 5% of females and 13% of males drink an average of more than 18 to 30 standard-size drinks a week and more than 10 standard drinks in one session at least twice a month.

However 13% of women surveyed and 42% of men drank more than 10 standard drinks in a session at least twice a month.

"There is a preponderance of men in the under 35 age group who follow that excessive drinking habit," he said.

The survey team is applying the generally accepted medical definition of excessive drinking — more than five standard drinks a day for a male and two for a female.

"We are trying to educate people to drink sensibly. People do use alcohol to cope with stress but there is often a lack of awareness that excessive periodic drinking can be detrimental to health and that the detrimental effect is not always negated by abstinence at other times," Dr Pilotto said.

He added that he was pleased with the respondents' frankness, stressing that the information was being collated on an anonymous basis and in any case, participation in the survey was voluntary.

The study is drawing on the services of officers attending the AFP College, Barton. It began last September and is expected to take another nine months to complete. It will take in 400 members, or about 20 percent, of the force.

"We plan to repeat the whole study 18 months or two years down the line to see whether all our health promotion work is having any impact," Dr Pilotto said.

The study has looked at 255 members so far.