

HISTORY OF THE JOGGING

As a Commander in Washington, assigned as Executive Assistant to the Assistant Secretary of the Navy, at the age of 37, I began to develop a problem which the doctors diagnosed as a spastic colon as a result of the very long hours, lack of exercise, and high tension of the job environment. It was their feeling that part of my problem was lack of adequate physical exercise. I, thereupon, embarked upon a practice of daily jogging - a practice which I continued daily throughout the rest of my Naval career - which involved running two miles initially in 12 minutes and by the later years in 14 minutes each morning. I found that this brief physical exercise, taken at a time of the day when I could always count on getting it in, six o'clock in the morning, and almost never skipped, provided the necessary compensation from the long hours and high-tension jobs in which I continued to serve and was never again troubled with this spastic phenomenon.