



Fitness to Fly for Healthy Bastards is a 144 pages of no-nonsense health and wellbeing information for anyone who gets in an aircraft.

By Dr Dave Baldwin



Product Review// Fitness to Fly For Healthy Bastards

Dr Dave lives in his own world of medical science where arteries are plumbing and statistics come from bald-headed fellows wearing coke bottle glasses. This book won't get you through an exam but it will show you a new found respect for your body and how essential wellbeing is to the flying process. He writes to make the understanding of medicine, which is traditionally a terribly boring subject, more palatable for the average homo sapiens pilot with at least a low to normal I.Q.

Each of the twenty chapters covers a separate topic including some often hush-hush topics such as private parts, depression and booze. The light-hearted approach to each topic is particularly appropriate to the male psyche and does not leave the reader with a sense of having been told off, rather a sense of being informed and certainly not being alone on any health issue. Even those after a little Botox will find some information to guide them.

Occasionally the book presents facts based on New Zealand observations but does not lose its appropriateness for Aussie pilots, over the ditch rugby grudges aside. Being that New Zealand pilots fly much tougher terrain and higher altitudes than the Aussies, Fitness to Fly is a more than comprehensive account for any reader.

Dr Dave Baldwin brings together his years of experience as both a doctor and pilot to compile this great read from a series of articles published for Pacific Wings Magazine. From his academic background to his experience in the rugged mountains of New Zealand hunting deer, he incorporates stories and anecdotes about his experiences seamlessly to illustrate a point and make the read more entertaining.

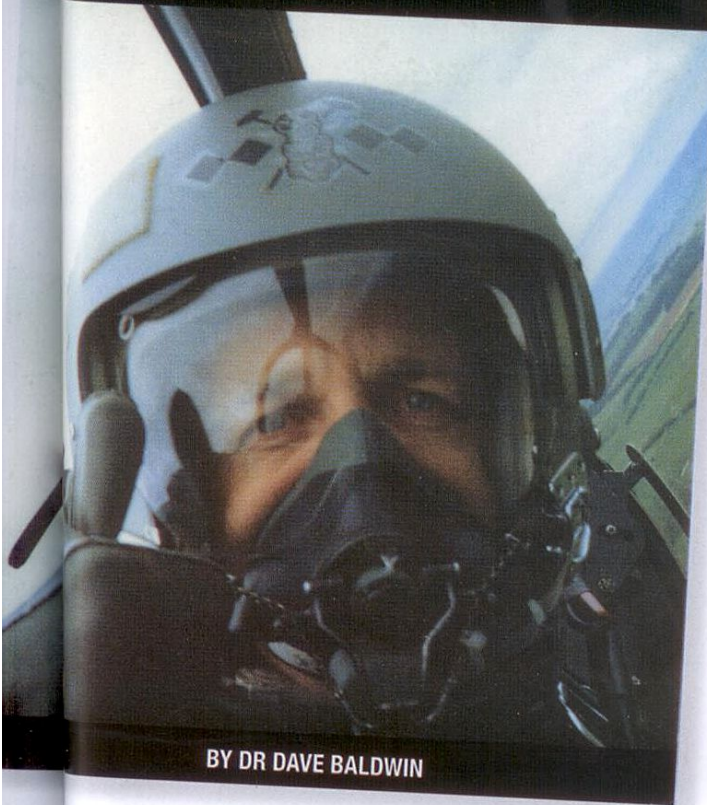
For instance, he opens chapter seven titled Asthma and Wheeze: You won't believe this, but last week, an elderly woman who wants to be a pilot walked past me and sounded rather short of breath and wheezy. I asked her, are you an asthmatic or are you just pleased to see me?

The book occasionally introduces a character called Gav McAvedy, a professional bush chopper pilot from Dave's imagination who likes Speights but prefers Home Brew. Gav is a worrisome fellow who has occasional bouts of urinary discomfort.

Packed with things every pilot needs to know, and a few things you don't, Dr Dave Baldwin's Fitness to Fly For Healthy Bastards, is a hilarious read, bound to be the most enjoyable wellbeing book you ever pick up.

Find Fitness to Fly for Health Bastards in glossy paperback at Dr Dave's website www.flyingdoctor.co.nz

FITNESS TO FLY FOR HEALTHY BASTARDS



BY DR DAVE BALDWIN

CHAPTER 16

Booze



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