

IS BASKETBALL TOO STRENUOUS?

Introduction

Much has been written about the strenuousness of the game of basketball. Many statements have been made about the deleterious effects of this intense game upon the players. All of these statements ~~that~~ have come to the attention of the writer were based on opinion and not upon any facts that were experimentally or scientifically determined.

Because of the crescendo of these charges in recent years, the writer set about to find out just how strenuous basketball really was. He knew, of course, that in 1924 and 1925 Dr. James Naismith¹, the inventor of the game, had studied by urino-analysis the effects of the game upon high school boys during strenuous tournament play. He found, with two exceptions, no evidence whatever of casts or sugar in the urine to indicate the tearing down of body tissues. There was no indication whatever of albumin or blood in the urine.

It is probably pertinent to remark at this point that Dr. J. A. Storey made similar examinations of college basketball players at the College of the City of New York. His findings were diametrically opposite to those of Dr. Naismith. As a result of further investigations on his part he has concluded that while there is undoubtedly some significance to the presence or absence of albumin, casts, blood, sugar in the urine, we do not at present have sufficient information to interpret these facts relative to fatigue from athletic competition.

¹Naismith, J.N., "Effects of Basketball on High School Students"
Spaulding's Official Basketball Guide, 1925-26 Page 10

Look up Dr. Naismith's second initials sent to J. Burn