

best to spurt, or should one pace himself? Should the performer put forth all possible energy right at the start in an explosive effort and continue the drive until fatigue enforces rest; or should he operate at "three-quarter" capacity while maintaining some energy reserves for emergencies or for longer continuous work?

The spurter always is in competition with his own upward curve of improvement. As long as he spurts he has a chance of raising his place on that curve. But fatigue causes him to stop and rest. On the other hand, the pacer may misjudge his capacity and thus penalize his chances of improvement. In fact, only the wise, consistent, and experienced athlete or worker can prevent lowering his ability when he is not making effort to improve it. Tests made in many activities such as typing, ticket selling, changing money, and other skills indicate that the spurter, or fast worker, accomplishes more in the end than does the pacer, or slow worker.

The spurter will run out of his endurance on the fatigue curve base line of condition before the pacer. That is the reason the spurter must rest more frequently and then produce more than the pacer before decline sets in again. The pacer declines less perceptibly in production but just as surely. In the process of physical development the spurter may fall behind in the earlier days, but by employment of maximum effort he heightens his line of training, lengthens his line of condition, and performs his best always within the limits of his fatigue curve. The spurter, by going all out, always has the chance of full development while the pacer is playing a game within himself in guessing his limits and may possibly curtail his development.

Training, conditioning, and application play the greatest part in determining whether or not one reaches a high stage of Physical Fitness. The athlete with a high degree of ability but who does not develop endurance and emotional drive will lose some or most of his ability in time. One with a short vertical line representing lesser ability, but with a long horizontal line denoting endurance, and a fine graph of application will increase his ability. The type of athlete who possesses ability and endurance, but who lacks the emotional drive to apply himself soon finds the up and base lines of training and conditioning becoming shorter, and has less on which to work even when he desires to do so. Physical Fitness may be developed only when one tries to lengthen every line of his fatigue curve; when he gives equal emphasis to the