

go up just before a game. Another increase for both has been noted at the close of the first half. This would be expected for the players because of their exertion, but for the coaches it can be blamed only on greater mental strain since they have done little or no physical work. A similar jump again has been found at the close of the game. Thus, the heart rates of the coaches keep pace with those of the players despite the fact that one group works strenuously and the other just "sweats blood".

After the game the heart rates of the players return to normal quickly while the recovery of the normal rate for the coaches is much slower. This might be explained by the observation that expenditure of physical energy when one is also under an emotional strain leads to a type of fatigue which nature takes care of readily and easily in a comparatively brief rest period. However, if the higher pulse rate is caused solely by emotional trauma the recovery is much slower.

This observation is not intended to conclude that the coach should add physical exertion to his emotional disturbance in hopes that the combination would react on him as it does on the players. Unless conditioned to such activity he might increase his already rising emotional tension. It is possible that players recover quickly because they unconsciously divorce themselves from emotional trauma while the coaches are unable to remove game situations from their thoughts.

The tendency of coaches to keep their troubles constantly in mind does violence to emotional control and may result tragically, as is shown by the terrific price paid by some. Listed among prominent men in football coaching circles whose deaths at comparatively early ages have been attributed, at least partially, to emotional trauma are: Percy Haughton of Harvard, Enoc Bagshaw of Washington, Herman Stegeman of University of Georgia and Howard Jones of Southern California. George Keogan of Notre Dame, Leonard Sachs of Loyola, Ollie Seelbach of Canisius College and James Usilton of Temple University are late members of the National Association of Basketball Coaches. They too, are men who suffered the shocks of emotional trauma of coaching.

The evidence and suggestions outlined seem to indicate that damage from strenuous physical exertion is prevented by inhibitions induced by fatigue; that recovery is rapid when one is Physically Fit; but that rampant and uninhibited emotions con-