

- (3) The heart and athletics: Importance of being "in condition" for competition in games; focal, and general infections in relation to exercise; periodic health examination in control of individual, school, and other programs of physical education. Evidence pro and con.
- (4) Exercise in relation to posture, "personality," nervous stability; applications of exercise as a corrective, remedial, or therapeutic agent.
- (5) Summary.

REFERENCES:

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*Required

VII. PLAY, the fifth determining force in Constructive Hygiene

A. INTRODUCTION:

"Play is a basic activity requisite for the acquisition and conservation of mental and physical growth and health."--Storey

Play may be said to be innate tendency (an "impulse," and "urge," a "drive") to activity, the purpose of which is development and education leading to adult adjustment to social and material environment; play is activity in which the whole personality is enlisted; chief business of childhood is play. Through play, the child's mental motor, organic, impulsive (or emotional), and interpretative (or intellectual) mechanisms are developed, strengthened, and integrated. This is why play is a "basic activity."

Above consideration has been given to various bodily systems and their functions as if each were an entity. Human life and health are products of the harmonious working together, or integration, of all of these systems and all of their activities brought about through the nervous system. The general structures and functions of the nervous system were