

HEALTH SERVICE PROBLEMS IN BASKETBALL *

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Basketball - started as play - has become a highly organized team game, and an excellent one. Developed into a useful and desirable interscholastic and inter-collegiate sport, it seems to some of us to have become highly commercialized in many places, and in some it looks like a racket.

The major purpose of any properly conducted game or sport - the physical, mental, and social welfare of the participants - seems to have been largely lost sight of. In place of this desirable and elemental goal, those who have control of rule making seem to ask only, "Will this rule increase the gate?"

Three years ago the basketball rules were changed to take out the regulation compelling the ball to be put in play, after a field goal was made, by means of the center jump. In its stead, it is now permitted that, following a field goal, play is continuous without the interposition of the center jump.

What has been the effect of this change? All of us, I think, sense the resultant "speeding up" of the game. It seems a case of "Hurry and hurry as fast as you can". Whether any chronic spectator, sitting at the mid court area has developed wry neck as an occupation neurosis is not known.

Four years ago, John W. Bunn (1) in the Athletic Journal of December, 1935, argued for the elimination of the center jump. His arguments favoring the changes were these:

- a. the center jump is difficult to control,
- b. there is variation in the toss-up by the referee,
- c. following the jump players collide with the official,
- d. elimination of the jump puts the officials in the background and relieves them of some difficulties.

These four arguments are in behalf of the officials. Other advantages suggested are:

- a. the modification would add "from six to eight minutes to actual playing time", therefore, there will be a higher score,
- b. "if seven minutes are added to each game, the tempo of the entire contest is speeded up considerably",
- c. following demonstrations of the game without the center jump, "a poll of several thousand spectators confirmed this statement". (This is spectatoritis.)
- d. "some of the coaches at the Association ** meeting thought that a game without tip-offs would be more fatiguing for the players".

Any evidence on this point, says the article, must be subjective. To this speaker, that statement evidences dense ignorance. Fatigue is measurable scientifically.

* Read before the School Physicians Section, Eastern District Ass'n, Convention of the American Ass'n. for Health, Phys. Ed. and Recreation, March 29, 1940.

(1) "Should the Center Jump be Banned?", John W. Bunn, Athletic Journal, Vol. XVI, No. 4, December, 1935, pp. 6-7.

** National Association of Basketball Coaches meeting at Chicago, April, 1935.

So we have then four arguments relating to officials and officiating, and three relating to speed and higher scores. No thought is expressed that the players, who bring in the money, have any rights in this game, except for the pushed aside objections of some coaches that the change might be more fatiguing.

The foregoing was a prediction. What actually has happened?

The modifications of the rules affecting the speed, effort, and fatigue of the players have been three:

1. The inclusion of the ten second rule.
2. The elimination of the center jump after scoring a field goal.
3. The removal of the end line two more feet to the rear of the back stop, so there is now four feet of in-bounds territory behind the back stop.

Soon after the changes regarding the ten second rule and the center jump rule, it became apparent that perhaps the "speeders-up" had been too successful, and had brought into the game a set of circumstances that were definitely detrimental to players, especially those of secondary school age.

A study (2) of these effects is reported by Fay and Messersmith in the Research Quarterly of May, 1938. The study has to do mostly with distances traveled by players. The report summarizes the conclusions of its authors as follows:

1. Distances traveled by players in college basketball games are consistently greater than they were in 1931, before the inclusion of the ten-second rule and the rule eliminating the center jump after scoring of field goals.
2. It is not possible to draw definite conclusions, from this study, regarding the relative effects of the two rules upon the increase in distance, as no study was made following the inclusion of the ten-second rule.
3. Distances were found to range from 3.87 miles to 3.97 miles per game in the present study, as against a range of 2.25 to 2.50 miles per game in 1931.

This is an increase in distance traveled of 60 or 72% depending on the set of figures used. Even taking 60% as the increase, it is apparent that this fatigue element is enormously increased.

More than two years ago complaints from physicians regarding this rule change began to appear in various medical Journals. One of the earliest of these follows:

"To the Editor: * Basketball, as it is being played today, due to the present High School rules (College as well) is a game which is played by thousands of our boys, and under the present rules has been speeded up to such an extent that, in my opinion, it is actually dangerous.

Recently a boy in a nearby town collapsed at the close of a game and died an hour later. I witnessed a game between Rock Island and Kewanee last Friday night, which was extremely fast, and at least six of the men played the entire game.

(2) "The Effect of Rule Changes upon the Distance Traversed by Basketball Players", Paul J. Fay and Lloyd L. Messersmith. The Research Quarterly of the American Ass'n. for Health and Phys. Ed., Vol. IX, No. 2, May, 1938, p.137.

* Illinois Medical Journal, January, 1938, p. 10.

There is no rhyme nor reason to the committee on rules which are attempting to speed up the game for the pleasure of the spectators, not taking into consideration the players, and in my opinion, it is time the medical men of the state used their influence to have this matter corrected.

Very truly yours, C. Paul White, Pres. Kewanee Bd. Health

Dr. White also wrote a letter to the President of the Kewanee, Illinois, Board of Education in which, as a physician and as President of the Kewanee Board of Health he protested against the basketball game as played today. He says: "I feel it is my duty to register a protest on the basketball game as it is played today.

Eliminating the center jump has apparently speeded up the game twenty to thirty per cent, which already was fast enough for the physical health of the players.

No matter how well checked these boys are, there are bound to be some players whose hearts will not, and cannot, stand the strain, and in my opinion the untowed effects will far surpass any benefit which might otherwise be gained from this game.

I trust that you will use your influence that the rules may be so changed that a boy must either be substituted at regular intervals or that more rest periods may be forced upon the players to eliminate this great danger."

Bowyer and Anderson * show that with the new ten second rule, the game of basketball is extremely strenuous on junior high school boys from twelve to sixteen years of age. To determine whether there is any harmful effect on the hearts of boys of this age playing basketball, they have checked the blood pressure and heart rates of boys before and after each basketball game. They also made a pre-season and post-season test. The mean or average of the pre-season systolic pressure was 108 plus or minus 2.78, and the mean of the post-season pressure was 111.6 plus or minus 2.95. The true difference between the means was 3.6, which was a gain in systolic pressure. The critical ratio was 0.89, which indicates that the mean of the pre-season and post-season test is not statistically significant. The authors draw the conclusion from their studies that basketball under the old rules did not have any harmful effects on junior high school boys.

With their conclusions of 1936-1937 showing no harmful effects, they continued the study under the new rules. One of the most interesting comparisons is made between a hard game and an easy one. In the easy game, sixteen boys played at some time or other. There was not a boy on the squad who played the whole game. The heart rate taken twenty minutes after the easy game shows that in all the boys but one it had returned to normal, and in this one it was only a fraction higher. The results of a hard game show that the blood pressure of some of the boys goes down, while the pressure of others is increased by exercise. When the blood pressure goes below normal, it indicates a period of staleness or acute fatigue. The boys who did not play the full game would return to normal very quickly after the game. From this the authors decided that a full game of basketball under the new rules was too strenuous on junior high school boys.

The mean pulse rate of the four hardest games of the authors' squad was found to be 146 five minutes after the game. After twenty minutes the heart rate was still 115.

* "Effects of Basketball on Junior High School Boys", A. B. Bowyer and N. S. Anderson, Buckhannon, West Virginia Medical Journal, Charleston, February, 1939, p. 89.

The pre-season and post-season tests were taken under ideal conditions without the emotional strain of a game. The post-season test shows that the boys' heart rates are higher while their blood pressures are lower. The high heart rates and low blood pressure indicate periods of fatigue that naturally place a strain on the circulatory system. The authors are unable to say with any final degree of authority, but the probabilities are that if this type of strenuous exercise is practiced year after year during the adolescent period, it will produce a weakened circulatory system, which may develop into a handicap in later life. They conclude that basketball as played under the present rules is too strenuous for junior high school boys unless several boys, given each at least one quarter of the four to rest in, participate in one game. (3) Their conclusion is substantiated by S. J. Morris, M.D. of the Health Unit of West Virginia University.

Lon Jourdet, basketball coach at the University of Pennsylvania, believes basketball takes too great physical toll. Basketball rule-makers must return the center jump to the game before secondary school authorities legislate against the sport, he declared recently.

Jourdet, whose Quaker teams have won eight Eastern Intercollegiate League titles in fifteen years, said the present rules not only are harmful to the players' health, but that the high scoring now possible hurts spectator interest.

"The game as it is played today," the Penn mentor added, "is a running contest that takes too much of a toll physically from the youngsters who play it in high and prep schools. The college boys, too, are finding the going a lot rougher than it was a few years back when the center tap off was the vogue.

The speeding up of the game adds about six or seven minutes more of actual scrimmage as compared with the game when we had the center tap off. Those few minutes are inconsequential (in value) when the physical wear and tear on the players is taken into consideration."

As for spectators, they can't even keep pace with the heavy scoring, Jourdet finds. "Men who have followed basketball for many years as spectators say that the game is too fast and not as enjoyable as in the old days," Jourdet explained. "They tell me that keeping up with the score is almost impossible, because of the rapidity with which field goals are made."

"There has been too much meddling with the rules," he commented. "Return the center jump and basketball will regain its sanity." (4)

What do basketball coaches think of the "speed-up"? Lew Andreas, Basketball Coach at Syracuse University, who has kicked around this basketball game nearly two decades, figures the time is coming when separate sets of rules will be drawn for colleges and high schools to get away from some "horse-race" effects.

"This modern game, with the center jump eliminated," the veteran coach of Syracuse basketball said, "is like watching a table tennis match. The ball is always going back and forth with no stop. It's great to watch, but it puts a severe strain on the youngsters. Physicians have told us that."

(3) "Effects of Basketball on Junior High School Boys", A. B. Bowyer, M.D. and N. S. Anderson, as abstracted in The Journal of the American Medical Ass'n. Vol. 112, No. 15, April 15, 1939, p. 1534.

(4) Buffalo Courier-Express, February 11, 1940.

add 7
time to
game.

Spectators
can't keep
up with
the game

"So it's altogether likely," Andreas went on, "that the center jump will be legislated back into high school ball to slow up the game somewhat and relieve this pressure on the youngsters. It isn't so bad for college players, largely because they're more fully developed. In addition, there is rigid physical examination in most colleges." (5)

City schools that are under sane and careful direction have already modified some rules. Recognizing the physical demands of jumpless basketball, Buffalo, N.Y. high school athletic officials took steps two years ago to reduce the hazards of the modern style of play, discussed recently by Syracuse Coach Lew Andreas. By a poll of 11 to 13, the high school coaches voted on December 30, 1937, to make the following changes in intercollegiate rules to govern basketball competition between Buffalo secondary schools:

1. Allow two instead of one minute rest periods between the first and second, and third and fourth quarters. The regulation 10-minute intervals between halves remain.
2. Allow 90 instead of 60 seconds for all "requested" time-out. Each team is permitted five such time-outs per game. (6)

Concerning this factor of "speed up" in its relation to basketball players' welfare, Bob Stedler, Sports Editor of The Buffalo Evening News, recently had this to say:

"We would be inclined to other more sane changes in the rules. We prefer the return to the center jump and other revisions which would slow up rather than increase the speed of the play.

We may be old fashioned in this respect, but no one can convince us that under the present speeding up of the game it does not take too much out of the players. There is practically no let up, no time for the players to get their breath, unless there's a time-out, and they are kept on the go entirely too much.

Athletics are a wonderful body builder and keen play develops the lad mentally, but any sport in which the play is overly aggressive and the action too continuous may prove more harmful to the individual than beneficial." (7)

A recent study made in New York State, reported last December before the New York State School Physicians Association (8) indicates that there is serious physical harm to adolescent boys in the present rules. Considering that it is estimated that there are millions of high school basketball players, this becomes a serious situation.

C. A. Greenleaf, M.D., who makes this report, quotes from a leading newspaper of last December as follows: "A 40-minute basketball game averages 36 minutes of action. Compared with this, football and baseball seem almost as slow as chess."

In his report, Dr. Greenleaf makes the following statements:

(5) Buffalo Evening News, January 3, 1940, p. 20.

(6) *ibid.*

(7) Buffalo Evening News, March 7, 1940.

(8) "Blood Pressure Studies on Basketball Players in Olean, N.Y." C. A. Greenleaf, M.D., The Journal of School Health, Vol. X, No. 2, February, 1940, pp. 50-52.

Topic sentences

Good "After several seasons of observing a conservative type of basketball I was astonished, last year, at the change in the attitude of the gallery. Our medical service is extended not only to our own team, but also to the visiting team. Very rarely do visiting teams bring medical supervision. Because of this fact, I have had opportunity to observe the condition of our own players as well as that of opponents. It was easy to note the attitude of the gallery beginning with last season's basketball. A marked change in the tempo is apparent. One might almost say - frenzy, hysteria, a concession to the gambling spirit, or a Roman Holiday attitude, was apparent. It was easy to see the cause thereof, namely, a change of playing rules, indicating that the change in rules was more to stimulate attendance and interest than any consideration for the adolescent boy. Then began the blood pressure study which follows:

"The New York State High School Athletic Association requires, in its insurance protection, a thorough physical examination with special emphasis on the heart findings. Insurance companies as the Metropolitan, the New York Life, and others, in their instructions to medical examiners, estimate the blood pressure, based on a report of 187 individuals, as follows: In the age group of 15 to 19 there was an average systolic of 119. Average diastolic of 85.

"In the examination of 239 high school boys, with the same age distribution, I have found the average blood pressure, before participating in any program of sports, to be - average systolic, 118; diastolic, 80. Note the similarity in these two groups, 119 over 85, and 118 over 80.

"With a desire to learn if there was any effect on the blood pressure of basketball players, readings were made on 32 participants through last year's season and the following findings were recorded, through and at the end of the season. Seven of these boys showed a gradual increase in pressure from 120 to 138 systolic and 81 to 94 diastolic.

"Twenty-five showed a lowering of from 112 to as low as 90 systolic and 76 to 61 diastolic. These figures are the summary taken from several pages of records.

"During the season we have observed many boys 'panting' undoubtedly from over-exertion. Occasionally one lying on his back 'gasping' for breath. True, a good coach will replace players and will give reasonable care, but with a close game there will be little change in the lineup. Especially is this latter situation true in smaller schools where close competition allows little chance to use poorer players. In six games played during the past month, I find that in no game were there over 10 players used, and six, seven, eight, and nine was the rule. Also the schedule is tough.

"Seven football games is the maximum allowed, under State Department regulations, during a season. Sixteen basketball games are allowed, and our physical director says it is necessary to "double up". In our schedule, Friday and Saturday games, in succession, occur on two occasions. I believe those of you who have city schools under your care, with grammar leagues, do not allow the use of the new rules in their games. I have stated facts and findings. I am not going to state any conclusions. I will leave this for you to consider.

"I wonder if blood pressure readings mean anything in these boys?

"I personally believe the rules should be changed again, either as formerly, or at least more protection given to these boys.

no
12
players
used.

"I would not object to my son playing football.

"I would object to his playing basketball under the present rules."

Other recent studies on blood pressure indicate the strong desirability of low pressures. The report on the recent studies on blood pressure by Robinson and Brucer (9) based on a statistical study of 10,883 persons, and on a study of five to ten year continuous records of 500 persons, and an appraisal of mortality at various age levels makes this statement:

*Important
effect
of
blood
pressure*
"They all (mortality records from a variety of insurance companies) agree further that a higher mortality is to be expected among persons with pressures of 130 systolic and 80 diastolic. Many go further and show that a pressure of 110 systolic and 70 diastolic is associated with a lower mortality rate than one of 120 systolic and 80 diastolic. Some of the companies indicate that pressures below 110 systolic and 70 diastolic may have the best mortality rate. In general, the mortality of any random group of 1,000 persons with pressures over 120 systolic and 80 diastolic is higher than that of a similar group with pressures under these levels."

This year another change has been adopted, lengthening the fair area back of the basket two feet on each end of the court without moving back the baskets. This makes much less frequent the going out of the ball over the end line and, therefore, reduces greatly the opportunity for brief "breathing spells" which the shorter court made possible. Those in control of secondary school education owe a distinct duty to pupils and parents to make this game less strenuous. They should remember that the game should be made a boys' sport, not a town spectacle.

These complaints concerning the present basketball rules bring forcibly to mind the urgent need for more adequate control of physical education activities, particularly athletic competition, by those whose major interest is in the health and education of pupils and students. Too long have physicians and educators sat supinely by, while rules for competition (as well as the permission of outrageous violation of proper sanitary precautions) are made and controlled by persons suffering with acute exacerbation of chronic "spectatoritis". To these persons, the interest of the spectators, and therefore the size of the "take" at the admission gate, seemingly is of greater moment than the welfare of the boys whom trusting parents, - seemingly, oftentimes, foolishly trusting parents - have placed in the care of coaches, trainers, and rule makers.

The elimination of the center jump - except at the beginning of each half - from basketball was brought about largely for the purpose of saving the playing time used in this method of putting the ball in play after a basket has been made. It was done to make a "faster" game so as to keep at a higher pitch the excitement and hysteria of the lookers-on. There is nothing evil in such a motive, if no harm results to the players. These physicians quoted have emphasized their professional belief that harm does result. The time spent in getting the ball in play by means of the center jump gave to the players an opportunity for a "breather" during which the proper physiological balance between fatigue products piled up in the body cells and the oxygenation of the cells might be partially restored.

(9) "Range of Normal Blood Pressure, A Statistical and Clinical Study of 11,383 Persons", Samuel C. Robinson, M.D. and Marshall Brucer, Chicago. Archives of Internal Medicine, Vol. 64, No. 3, September 1939, p. 438.

Already basketball was probably the least beneficial of our team games. Frequently, particularly in high school gymnasiums, the conditions are not good. Into a room, the ventilation of which has been planned for a gymnasium class of fifty, are packed hundreds of spectators, usually crowded close to the side lines. The air soon becomes foul and overheated, so that a game that at best is a severe tax on the circulatory system, becomes more of a tax. Too, the proximity of spectators - often of the "town sport" variety - and their remarks, incite the players toward unsportsmanlike acts, which bring discredit upon players and school, and upon educational procedures, at least upon this one.

As Dr. White and others suggest, this "speeding up" is peculiarly dangerous in smaller communities where the size of the school makes impossible a sufficient number of skilled substitutes. Hence, a few are compelled to play throughout the whole game. Moreover, this change has added materially to the total energy expenditure of the game. It has been estimated that the actual numbers of minutes the ball is in play has been increased 25%. To adolescent school boys, many of whom are still in the period of rapid growth, this is a serious added burden.

Indiana Tournament
An article appearing in the Buffalo Courier-Express of January 21, 1938, indicates that the insatiable Molock of too intensive interscholastic athletic competition has reached down into the seventh and eighth grades. In Indiana, according to this report, basketball tournaments conducted for teams from these grades are being investigated by state authorities. Forty teams completed a tournament in three days, each team of these immature boys being compelled to play two games each day.

It is time that parents take this and similar situations in hand, and insist that nothing shall be countenanced in the schools that is not for the physical, social, and educational advancement of their children.

Parents and school administrators have the right to demand that boys and girls be permitted to participate only in those school physical activities that are both safe and beneficial. If interscholastic athletic competitions are educational, they are definitely subject to the same criteria - mental, physical, and social - as are other activities in the schools, and rules and regulations controlling these contests should be established and enforced by elementary and secondary school authority, not by any Rules Committee whose only interest seemingly rests in intercollegiate competition.

Natl Fed. of H.S. Ath. Assn.
There is a National Federation of State High School Athletic Associations, made up of delegates from State Interscholastic Athletic Associations. This Federation has been a great influence for good, but naturally - because of the great need of such supervisory control - has given much of its attention to improving rules of eligibility. It has, too, been largely instrumental in bringing about modifications of playing rules, especially those of football. The changes in basketball rules advocated have helped in making this game safer in the communities adopting them. This group could be a wonderful power for good if it would interest itself more intensely in matters relating to the physical welfare of the youngsters - a large percentage of them physically immature - who compete in interscholastic athletics. *Concerned with eligibility*

This effort toward better control should take two directions: first, the establishment of modified playing rules that would make these college games safer for boys and girls of school age. To a considerable extent the Federation has emphasized this need, but in all too many localities its influence has not been potent enough to bring the needed added protection.

Second, through complete, repeated, and intensive physical examinations of candidates for such competition and the barring or removal from competition of those whose physical condition makes it unsafe for them to compete.

This matter of safety appears in at least two particulars. Not only should the school health service have in mind the fatigue and exhaustion inherent in the present basketball rules, but also the fact that studies of athletic injuries at the secondary school age level indicate strongly that the younger the competitors, the greater the incidence of injuries.

The school physician, therefore, must make his decision as to whether it is advisable, or even permissible, for the pupil under physical examination to compete in intramural and interscholastic athletics, having in mind these things:

Is the candidate organically sound? Has the growth of the pupil during the previous year been greatly accelerated? Vital organs that have recently grown rapidly tend to lack endurance and resistance to injury by fatigue.

Into what sport or type of physical competition does the pupil plan to enter, and is it physically safe for him to enter that competition?

The decision is a responsibility inherent in any adequate school health service. Rarely has that service striven for, or even accepted, its full responsibility. Basically, it gets back to the responsibility of the superintendent of schools and of the board of education. (Meeting, as we now are, in New England, presumably we should say School Committee.)

It would seem unnecessary to emphasize the belief that these examinations and decisions should be made by the regular school physicians, were it not for the fact that in at least one city of considerable size a special medical examiner has been appointed to examine candidates for interscholastic athletics, this examiner being responsible, not to the director of the health service activities, but to the Director of Physical Education. It is apparent that such a set up lacks some of the elements of protection of pupils that should be a basic objective in any educational program.

We find then these objections, based on physical stress, poured out by various types of persons who are closely in contact with interscholastic and inter-collegiate basketball as played under the present rules. We observe coaches, athletic directors, sports writers, health officers, and physicians uniting in opposition to this "speed up". Such an unanimity of opinion from these different groups is in itself almost unique. Only the rule makers seem insistent on the retention of the present rules. At least I have seen no strenuous activity on their part favoring modification toward what Jourdet calls a "return to sanity".

This is unfortunate. One gets the feeling that the rule makers are more interested in increasing the "take" in the basketball gate than they are in improving the sport itself or in protecting the welfare of the players.

Perhaps a new Rules Committee is what we need.

In what way should the school health service enter into this athletic competition situation?

First; it should be thoroughly understood that the decision as to whether a pupil is to participate - so far as his physical condition is concerned - should rest wholly in the hands of the school physician or of the physician who is Director of the health service.

Second; the physical examination given should be thorough enough so that it will really give definite scientific information about the physical condition of the candidate. An examination including only a hurried listening to heart sounds, plus a quick examination for hernia is a farce as an agency for protecting the youngster.

What organs bear the chief load in strenuous athletic competition? At the head of the list most physicians would place the circulatory organs. The tests should include then a careful examination of the valve sounds and of the size of the heart. Closely correlated to these is the blood pressure. Apparently the rise in blood pressure is the earliest sign of circulatory strain. The opinions of life insurance medical examiners, of Dr. Greenleaf, and of Drs. Robinson and Brucer, to name only a few, indicate that not more than 120 over 80 indicates a circulatory system that may safely be subjected to athletic stress. This does not necessarily mean that all those having a blood pressure higher than this should be barred from competition. It does mean, however, that they should be watched with great care - i.e., frequently re-examined - and those showing bad effects from the activity should be removed from competition. Closely related to these heart and blood pressure tests are the cardiac functional tests, one of the most interesting being that devised by George Meylan, M.D. This simple test notes the difference in pulse rate in the recumbent position and that in the standing position. Of this change, Dr. J. H. McCurdy says: "This test compares the lying and standing pulse, a variability of more than 20 beats in changing from the lying to the standing position representing at least doubtful condition." Such cases should not be permitted to participate until and unless careful correction of fatigue and other basic conditions brings about a more nearly normal reaction to the test.

The presence of hernia should - in the vast majority of cases - bar a pupil from competition in such a vigorous sport as basketball. Not only is the activity great, but the postures in throwing tend to put great strain on the abdominal muscles.

The kidneys also have to carry an extra heavy load when physical activity is great. This is shown by the fact that a considerable portion of competitors show a marked increase in urinary albumin after severe exercise. The pupil whose urine habitually, when on normal diet, shows pathological amounts of albumin should probably be kept out of violent physical activity. Doubtful cases should be kept under observation, by means of repeated urinalyses.

A noticeable percentage of adolescents have an undiagnosed diabetes. The urinary examination should include, therefore, a test for sugar. Not all those showing increased sugar excretion are pathological, but such cases should be examined repeatedly. Of course, those found to be true diabetics should be kept out of the - for them - too vigorous physical activities of such a game as basketball.

Closely tied up with these other indices of physical condition is the factor of weight. Seemingly underweight is not in itself a reason of rejection. The seriously underweight pupil will be eliminated anyhow in most cases by the process of competition.

If, however, - after a period of stability in weight - a boy steadily loses, does not gain overnight what he lost the day before, chronic fatigue is evidenced, and rest should be insisted upon.

Next, we must consider the possibility of tuberculosis. While active tuberculosis is not common at the high school age or even in the college age, the increase in infection from tuberculosis at this time pushes up the death rate from this disease to such an extent that in early adult life it is the leading cause of death. Healed lesions - or incipient ones - often unknown, are activated by too great physical and mental stress. As a precaution, therefore, all candidates should be given a tuberculin test, and those reacting positively should have an x-ray film taken. Many of us know of cases of prominent athletes suddenly breaking from the effects of active tuberculosis.

To indicate that such a procedure is not impossible, the following is quoted from the 1939 Annual Report, Department of Whitefish Bay, Milwaukee, Wisconsin:

"For several years this department has been giving special attention to the examination of high school athletes and football players engaged in competitive sports. A urine examination, heart function test, blood pressure and an examination for hernia or rupture is included."

To give all these tests may seem like over-fussiness. Whether we think so depends on our sense of responsibility. How much is the value of the life long health, or of the life itself of a boy? The Chinese philosopher T'ao puts it aptly, "Treat him well, for he is also someone's son".

July 24, 1940.

Mr. John King,
Green Brothers Hardware Co.,
Lawrence, Kansas.

Dear John:

We are indeed grateful to you and your firm for your courtesy in arranging the cooling system for our Summer Session dance last night at the Union Building. I deeply appreciate your personal interest and the trips you made to the building to see that everything was worked out satisfactorily.

If at any time we can reciprocate your kindness, please feel free to call on us.

Very sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball Coach.

July 30, 1940

Dr. Dwight Keith, Editor
The Southern Coach and Athlete
751 Park Drive, N.E.
Atlanta, Georgia

Dear Dwight:

Thank you for your good letter of the 22nd instant. No. I have not made any experiments on the effect of drinks containing carbonated water. I discourage their use beyond normal consumption. The only reason coaches put Coca-cola in their training quarters is so they might make some money on the sale.

I never have the players drink Coca-cola between halves. I use lemon juice and very little of that; and when lemon juice is used I have Dexin put in, which is the trade name for dextrose. I stimulate the boys' thinking to the point where they do not need artificial stimulation, except in extreme cases.

Our coaches in this part of the country are installing vending machines in schools where the administration will permit it to help the athletes on their expense problems. But our University will not permit any vending machines in any of the buildings. Personally, I do not believe a drink of Coca-cola would hurt anyone but some fellows do not stop at moderation. Instead of drinking one they might drink two or more because they are hot and thirsty and that becomes excessive and injurious.

My slogan is "Measure and Proportion" and I do not believe any carbonated drink in moderation will hurt an individual enough to bother him; however, I get away from that by limiting all drinks to citrus fruits.

Sometime when you are in need of an article on some special point I will be glad to make a contribution.

Yours sincerely,

FCA:AH:lg

Director of Physical Education and Recreation
Varsity Basketball Coach

THE SOUTHERN COACH AND ATHLETE

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KNOXVILLE HIGH SCHOOL
RED DAWSON
TULANE UNIVERSITY
REX ENRIGHT
UNIVERSITY OF S. C.
A. L. HUTCHENS
COMMISSIONER, S. F. O. A.
S. D. JACKSON
SECY. TENN. OFFICIALS ASSN.
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HARRY MEHRE
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SECY. ALABAMA COACHES ASSN.

Dr. Forrest C. Allen,
University of Kansas,
Lawrence, Kansas.

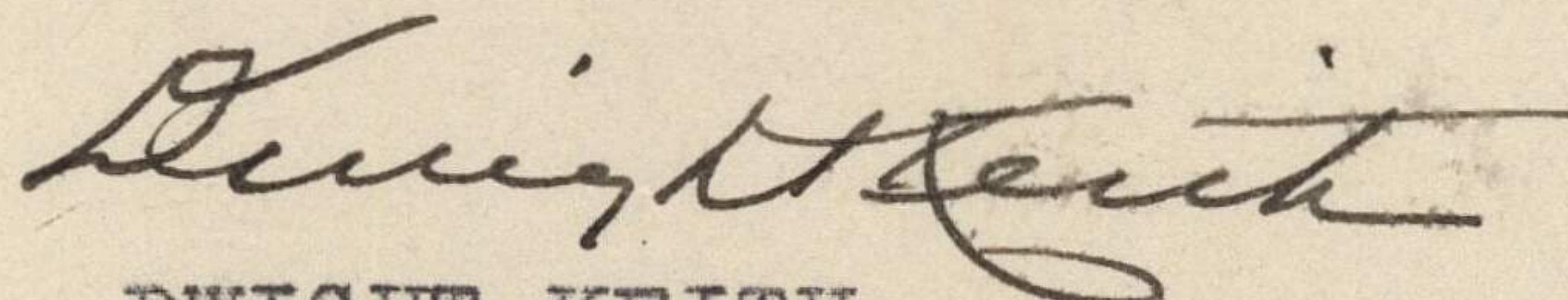
Dear Dr. Allen:

I hope you have been having a pleasant vacation. I wish you were to be with us again this summer, and, if I have my way, it will not be long until you are back down this way.

Have you made any experiments on the effects of drinks containing carbonated water? Your statement will not be used commercially. I just want to know for my own satisfaction. Some of the coaches down here prohibit their players drinking Coca-cola, while others have it in their training rooms and allow players to drink it between halves of games.

Our coaches always enjoy your articles in our magazine, and anytime you can spare the time to write for us we will greatly appreciate it.

Very cordially yours,



DWIGHT KEITH
Editor.

DK:r

E.

August 24, 1940

Mr. and Mrs. Milton Kelly
Athletic Department
University of Texas
Austin, Texas

Dear Kell and Mrs. Kelly:

Gee, you are swell people to entertain the itinerant Allen group as you did. The pleasant memories of that backyard, of eating fresh figs, the aroma of the Texas plains and mountains, the hospitality of our friends, the quart of honey and the Deer's tongue; all of these memories linger very fondly with us.

I do not know a trip that Mrs. Allen enjoyed any more. The Texas people are just naturally wonderful. I want you to know that we enjoyed every minute of it, with this one exception, when you got me in that hot handball court, Kell, but the old man would have gone through with it had he died. I had not played for six long years, but those six long years were no longer in those two handball games. However, I want you to know that I have recovered sufficiently to dictate this letter of appreciation and to express to you our sincere friendship and admiration for two wonderful people.

Give my kindest regards to your son, Bob, and the other young man whom Mrs. Allen thought and Sonny thought was just tops. Sonny wants to say hello to Bob.

With all good wishes, I am,

Sincerely yours,

FCA:lg

Director of Physical Education and Recreation
Varsity Basketball Coach

August 26, 1940

phone 28646 (Zojeka)

Dr. H. L. Kirkpatrick
Mills Building
Topeka, Kansas

Dear Doc:

I am sending you a carbon copy of a letter that I have written to Ralph Miller. This is in the strictest confidence.

I am not desiring to run Ralph Miller out of school, but I frankly say to you that Ralph Miller would be better off not in school than in school with his present attitude. I have not consulted Gwinn Henry or any of the coaching staff.

I am leaving for Louisville, Kentucky tonight and will be gone a week or ten days. I am then going to Chicago for a meeting of the National Collegiate Athletic Association Executive Committee. I expect to return to Lawrence about the 9th or 10th of September, but I wanted you to know how I feel regarding Miller's worth to the basketball team. Of course, he could come and play football, but I would not want him on the squad with his present attitude. He would be a positive hindrance.

I do want you to know how very much I appreciate your willingness to help our athletes and I expect to call on you upon my return and talk over the matters that I told you I would when I made the trip southwest into Kansas.

With all good wishes and appreciation, I am,

Sincerely yours,

Director of Physical Education and Recreation
Varsity Basketball Coach

FCA:lg
Enc.

April 4, 1940.

Mr. Willis N. Kelly,
Mayor,
Hutchinson, Kansas.

Dear Mayor Kelly:

Thank you for your kind letter of April 2nd.
It was a great pleasure not only to know you and
your fine family, but anything that we can do in a
cooperative way is a pleasure.

We greatly appreciate the fine support that
you gave our team, and every individual on the team
appreciated it because we told them of the fine
support we got at Hutchinson.

With best wishes and kind regards, I am

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball Coach.



OFFICE OF THE MAYOR
HUTCHINSON, KANSAS

Hutchinson, Kansas
April 2nd, 1940

Mr. Forrest C. Allen
University of Kansas
Lawrence, Kansas

Dear Mr. Allen:

I wish to take this opportunity to thank you for your courtesy in getting and mailing the tickets for the basketball game at Kansas City last weekend.

These were choice seats and were enjoyed by our family party very, very much. We certainly contributed our share of the rooting for your team and felt they put up a good fight.

Again, may I express my appreciation to your kindness and thoughtfulness.

Sincerely yours,

Willis N. Kelly
Mayor

WNK:BR

April 4, 1940.

Mr. Lester B. Kappelman,
District Supervisor,
Community Service Projects, WPA,
Salina, Kansas.

Dear Kap:

Thank you for your fine letter of the 3rd instant.
I am sorry that Mr. Romney could not come with you to
the game, but I am sure that Schmitty enjoyed the oppor-
tunity.

It was nice of you to write as you did about our
team. We, of course, are very proud of the boys and the
splendid way in which they came through.

With best wishes, I am

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation
Varsity Basketball Coach.

FEDERAL WORKS AGENCY
WORK PROJECTS ADMINISTRATION

KANSAS

Salina

April 3, 1940

Dr. F. C. Allen
Department of Phys. Education
University of Kansas
Lawrence

Dear "Doc":

Due to my inability to find an available opportunity to thank you for the ticket arrangements you made for me last week, I want to express my appreciation to you in this letter. Due to an unexpected turn of events when we arrived in Topeka Friday evening, Mr. Romney felt obliged to return to the East immediately. He was keenly disappointed, and wanted me to tell you personally, Saturday, of his thanks for your courtesy.

Mr. Romney had expressed a desire earlier in the week to spend a day with you in Lawrence, but subsequent events failed to permit this plan to materialize. Before he left, he released his ticket to the game to Edgar Schmidt; so we feel that the time and effort were not wasted.

I want to congratulate you and your team on the splendid season. Even though the boys did not have quite sufficient steam to get over the final hump, I bet you are extremely proud of them. They are a great bunch and fully deserve all that is coming to them. I know the Jayhawkers scattered over the state have not been hesitant about letting people know they are from Kansas U. since the basketball team began having such phenomenal success.

It is too bad, though, that we had to bump up against Indiana that particular night. Normally they just can't be that good. I say this without reflection to them, but in my opinion they had a tremendous psychological advantage before the game ever started. They were able to reach their climax in the final game. On the contrary, Kansas has had to maintain such a terrific pressure week after week, it is no wonder the pace could not be held. Anything after that Southern California game could be nothing but an anti-climax. Anyway, It was a darn swell season!

With best season I remain as ever

Your friend,


Lester B. Kappelman
District Supervisor
Community Service Projects, WPA

LBK: wr

April 5, 1940.

Mr. Dwight Keith, Editor,
The Southern Coach & Athlete,
751 Park Drive, N.E.,
Atlanta, Georgia.

Dear Mr. Keith:

I deeply regret my failure to acknowledge your kind letter of March 20th in regard to an article on our new game, "Goal-Hi".

Your letter came at a time when I was swamped with details in preparation of our National Collegiate Athletic Association Basketball Tournament in Kansas City. My duties as manager of this tournament took my whole time, and for that reason I was unable to respond to your request. Since the tournament has closed, on March 30, I have had a number of out-of-town speaking engagements.

I trust you will excuse me this time, and I promise that when you call on me in the future I will do my utmost to deliver the goods.

With best wishes for your continued success, I am

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball Coach.

THE SOUTHERN COACH AND ATHLETE

A Magazine for Coaches, Players, Officials and Fans

751 PARK DRIVE, N. E.
ATLANTA, GEORGIA

DWIGHT KEITH
EDITOR & BUSINESS MANAGER
FRED SINGTON
ASSO. EDITOR & ADVERTISING MGR

March 20, 1940

OFFICIAL PUBLICATION
GEORGIA ATHLETIC COACHES ASSN.
GEORGIA FOOTBALL OFFICIALS ASSN.
ALABAMA HIGH SCHOOL COACHES ASSN.
FLORIDA ATHLETIC COACHES ASSN.
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Dr. F. C. Allen
University of Kansas
Lawrence, Kansas

Dear Dr. Allen:

I sincerely appreciate you helping us secure the ad from Medart Company. I hope we can produce results with it. If you have time I believe it would help if you, as originator, would write an article on the game for our next issue. We would need to receive this by the 5th of April for it to appear in our next issue.

We had a good season in basketball. Finished second in the league and lost in the tournament by 4 points to the team that went to the finals. We got a lot of helpful suggestions from your book and from your course here last summer.

We often think of you and your short visit with us and sincerely hope that sometime you will return for a longer stay.

Very sincerely yours,

Dwight Keith
Dwight Keith

DK:mp

April 19, 1940.

Mr. Frederick Kahn,
3530 Decatur Avenue,
Bronx, New York.

Dear Mr. Kahn:

I am glad to have your inquiry of April 15th and to know that you are interested in a physical education course.

I am enclosing one of our printed bulletins outlining the requirements and the course of study for students who desire to major in physical education. I am also requesting that a catalog of the University be sent to you so that you may become familiar with other courses which the University of Kansas offers.

If you have any further questions I shall be glad to hear from you again.

Very sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball Coach.



BRONX CENTRAL
ANNEX



THIS SIDE OF CARD IS FOR ADDRESS

University of Kansas.
Lawrence Kansas.

School of Physical Education.

April 15, 1940

Dear Sirs,

I am interested in taking a Physical Education course at your school. I would appreciate it if you would send me the requirements for admission.

F. KAHN

3530 DELAWARE AVE
BRONX, N. Y.

Respectfully yours,
Frederick Kahn

M. W. KELLEY

P. O. BOX 185
AUSTIN, TEXAS

May 28, 1940.

Dr. Forrest C. Allen,
University of Kansas,
Lawrence, Kansas.

Dear Dr. Allen;

I was glad to learn that you are going to spend a few days in Austin this summer, and would have answered you sooner in regard to a place for you to stay if I had had an answer to give you. I was unable to learn what provision was made for visiting coaches and instructors.

It was decided a couple of days ago that the visiting coaches of the Texas High School Football Coaches Association, some four hundred in number, would be housed in the regular student dormitories for the sum of five dollars for the week. Now I don't know whether that same provision will carry over for your short course or not.

It looks to me like Austin is just "breaking out" with places to stay. Every type and manner of place will be available. It all depends on what kind of place you had in mind. Probably the coaches would like to have you stay with them so they could question you twenty-four hours a day. Surely, with the many contacts you have had with coaching schools, you have some very decided ideas as to the type of place you would like to stay. We will be very glad to help you locate a place to your liking.

We expect to be up through Lawrence some time in June and will probably see you if you are there.

Sincerely,

M. W. Kelley