

stamina, and an understanding and practice of true sportsmanlike standards and ideals, all of which may be summed up under the one phrase, sound moral character.

In order to insure such favorable outcomes you must be sure that your son is working under directors who both understand and practice the training of their charges along these lines. Since my time is brief I shall use high school athletics as an illustration, with the understanding that the same principles hold for work done in Scouting, in the Y.M.C.A., in other gymnasiums and organizations.

In the high school the first requisite is the combination of a clean principal and a clean coach. Of the two the coach is more important, since he takes immediate charge over your son. It is, however, difficult for a good coach to get the best results unless he is co-operating with a decent principal. The ideal coach is the man who understands, of course, how to instruct boys in playing properly the game which he is supervising. But in addition to that he must be a man of high moral character, have definitely high ideals of sportsmanship, and enough backbone to enforce these ideals upon his boys. In addition he should have a thorough knowledge of the human organism and if possible some knowledge of medicine, at least to the extent of being able to care for minor injuries, to understand proper diet, and most important of all, to understand just what demands can be made on the physical ability of immature boys.

Many coaches are selected simply because they have won a varsity letter in their sport. The possession of a varsity letter does not in itself indicate that any of these characteristics are present, even the first. Frequently a varsity athlete knows how to play his own position alone, and has no conception of the technique of the game as a whole. He has been accustomed to work with men of some maturity and marked physical strength, and so he makes the same demands of growing boys that he would make of mature men, with the result of overtrained and ultimately broken down physical organisms. Many high school athletes are actually burnt out. That means that the nervous system is impaired so that the athlete does not have a reserve fund of nerve force which will carry him through physical and emotional crises in life. That is the reason so many prominent athletes are carried off by