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## New Books on the Sportshelf

*A MODERN PHILOSOPHY OF PHYSICAL EDUCATION.* By Agnes R. Wayman. Pp. 231. Illustrated—photographs and diagrams. Philadelphia: W. B. Saunders Company, 1938. \$2.25.

THE book suggests that a point of view and a philosophy is necessary for the teacher to use intelligently the material available in the field of health and physical education. Also, how to use that material in the light of a changing social and educational philosophy. Although written with special implications for girls and women, this book is applicable to all (male and female) situations, scholastic, or club work.

Part 1 presents the underlying philosophy and principles, beginning with significant social trends, in the changing world. Today, we live in a "tuned up" and "wound up" world, which carries both good and bad significance. Physical education has become one of the balance wheels of civilization, and must see its problems in relation to the society in which we live. The emphasis in education has shifted from subject matter to the individual. In physical education, where once the emphasis was on the values of the field as a therapeutic agent, it is now on the broader implications of education. The by-products of activity, such as habits, appreciations and attitudes, have become more important than that of skills.

Part 2 concerns itself with implications and interpretations. The program should measure up to certain definite criteria and be built upon the needs of the individual, as indicated by tests, measurements, examinations, questionnaires, and student conferences. We can have progress only as we have measurement and profit by it. There is a very definite trend away from team games and toward activities which the student can use in leisure time. The final criterion of a program is that it fills the needs of the students for which it is intended.

HYMAN KRAKOWER

*SWIMMING POOL DATA & REFERENCE ANNUAL (Vol. 6, 1938).* Edited by Earl K. Collins. Pp. 220. Illustrated—photographs and diagrams. New York: Hoffman, Harris, Inc. \$2 (U.S.A.); \$3 (Foreign).

THIS voluminous, 12 by 9 in. paper-bound book covers almost every conceivable phase of swimming pool construction. Printed on heavy gloss stock and having a magazine layout, it contains about 40 articles on such topics as detailed construction costs, sanitation, air conditioning of bath houses and pool rooms, layouts and operation costs, pool engineering and design, sterilization of swimming pool water, recirculating systems, etc.

In addition, there are a group of articles on the technical phases of swimming. These include mechanics and

judging of fancy diving, swimming stunts, how to instruct the blind to swim, and building business with water pageants. The book is illustrated profusely with both photographs and detailed diagrams. It is an authoritative work and swimming men in the country can make good use of it as a reference.

*ATHLETIC INJURIES (Prevention, Diagnosis and Treatment).* By Augustus Thorndike, Jr., M.D. Pp. 208. Illustrated—photographs and drawings. Philadelphia: Lea & Febiger. \$3.

DR. THORNDIKE has been a surgeon in the department of hygiene at Harvard University for the past six years. In his book, he presents as clearly and concisely as possible the problem of prevention, diagnosis and treatment of injuries received in sport. The finished product merits a place on the sports shelf of every trainer, coach and athlete. It is exceptionally well written and illustrated, dealing almost exclusively with athletic injuries and treatment including protective bandaging, taping, braces, etc.

The book has been arranged in three sections: the first, dealing with the prevention of injuries and the factors incident to this; the second, the types of injuries received in sport and their pathological nature; and third, the more common injuries occurring in various parts of the body and their diagnosis and treatment.

The type and organization of the illustrations are excellent. Many of the more common athletic injuries are shown in photographs and often supplemented by roentgen-ray (X-ray) pictures of the injury. For follow-up work, the text contains a group of drawings which show graphically how to bandage injuries. It is a simple matter to follow the method of bandaging since each strip of tape is numbered in sequence. Included are several of the bandages made famous by such men as "Duke" Simpson, Major Frank Wandle of Yale and J. M. Cox of Harvard.

In a chapter on physical training, Dr. Thorndike lists what he believes to be the four main features of such a course: diet, sleep, graduated muscular exercise and the absence of all drugs. He has found that a diet of 5,000 to 6,000 calories is necessary in football and crew and somewhat less for other sports like track, baseball and hockey.

It is interesting also to observe that the Doctor subscribes to the theory that certain athletes are "born" and that others are not. He attributes this to the fact that these athletes have a better coordinating mechanism, particularly in the control, voluntary as well as reflex, of the central nervous system over muscular activity.

He does not believe in the so-called "athlete's heart" for the reason that the athlete's heart is increased in size and musculature directly in proportion to the size of his skeletal muscles.

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