

Report of Research committee Cont'd.

At the start of this unfavorable criticism of our (revised) game, I immediately asked several coaches of our larger institutions, with medical centers attached to have physicians conduct tests over the period of the season. To these requests I have received but one reply, but I believe that both Mr. Lonberg of Northwestern and Mr. Bunn of Stanford have some interesting information about this, and I would suggest that the chair call upon them for this information at the conclusion of this report.

The report received by this committee was from Dr. H.C. Carlson. It was as follows:- Quote-"Basketball Hearts. The new game of Basketball has focalized public attention upon the heart. This is as it should be. The heart should be checked before such strenuous demands are made upon it. And it might be added without further comment herewith that a tuberculin test is also indicated for varsity basketball players. Varsity basketball teams should display superlative physiques and the big game is not for defective individuals. The question arises if the athlete lives more in a shorter faster life than if he were to be passive over a longer number of years. Does he want to move more or merely vegetate? Perhaps athletes shorten their lives in years while oak trees live hundreds of years.

If an individual is not in good physical condition he should not play aggressive basketball. There are other media through which one can become outstanding. Choose a less strenuous field and aspire to be king, success elsewhere may be more important than in basketball. The idea of good condition is to allow for increased intensity of action, a faster rate of speed, and to carry on for a greater length of time. A man may push in the ordinary manner a wheelbarrow of bricks over a distance of 100 yards, dump them, and return to repeat the process over and over during a day if he regulates the rate of speed. A sprinter cannot run the same 100 yards at top speed for an eight hour day.

Good physical condition in an athlete seems to be at present emphasized by the heart in basketball. Other factors including muscular, respiratory, nervous, and digestive systems should be considered but the heart has been singled out. If there is no disease present the muscles of the heart acquire better condition through work. For greater demands the heart builds up greater reserves. The student who plays basketball goes through the same class activities as the student who is not engaged in athletics. The athlete has built up a reserve upon which he may call. Both require compensatory periods of rest.

A pointed parallel may be presented by the similar possibilities of physical and financial reserve. Both are nice to have, yet hard to build up if dissipated. The well conditioned athlete can spend and regenerate quickly while a sedentary individual may spend and get physical embarrassment. The rich man can spend and recoup readily while the poor man may spend and get financial and social embarrassment. The poorly conditioned athlete cannot spend more than the sedentary student. The rich man cannot honestly spend any more than the poor man. The finely conditioned athlete may run himself into fatigue collapse. The well fixed financial individual may spend himself into bankruptcy. In either case the developed ability of each would play an important part in the recovery of his reserves.