

Report of Research committee Cont'd.

Basketball is played in our district at the time when physical reverses are at their lowest and there are many indications when an individual should rest. The various systems of the body may indicate rest before the heart shows signs of cracking. The muscular system may present cramps, weakness, and lack of coordination. The respiratory system may present shortness of breath, coughs, and colds in general. The nervous system may show irritability, lack of desire to play, incoordination, usual lack of cooperation with associates, sleeplessness, complaints of tiredness and delusions of persecution. Digestive system may show loss of appetite, vomiting, and other symptoms associated with that system.

The answer includes a physical checkup by a physician, rest, and reconditioning before a return to the wars.

The elimination of the center jump possibly may have added physical demands to the four other players other than the center. He was the individual deserving of sympathy under the old rules. The added three or four minutes of play is now added to five players equally and the burden of the center has been erased. The body will adjust itself more readily to the change than will the minds of many individuals.

The game has always put stress and strain on the individual participants, otherwise it would not have been a game. We become primitive, breath faster, perspire, heart beats faster, the kidneys throw out albumen, we become fatigued, new heights or depths are probed, and we find the thrill of victor or the depression of defeat. The next day there is a compensating slowness of breathing and heart rate, the blood pressure is lower, the kidneys are normal and our mental prospective comes close to our normal. We should be little better mentally and physically if we were normal to start. The myth of the athletic heart has been exploded. Time will tell us probably that we still have the ability to adapt ourselves to hard mental and physical tests. In the meantime let's check for sound hearts to start and eliminate possibilities of undiscovered defects. After the start let's look for some of the early symptoms that foretell, in due time, a possible breakdown. The game is worth the time and consideration given to it. The bad will be eliminated, the good will stay." Unquote.

The committee is sorry that it hasn't more to report on this problem but I am certain that both Mr. Lonborg and Mr. Bunn will add much of interest in their report.

2. Extension of the playing space under the basket to four feet. The Northern Division Pacific Coast Conference, and I believe several other conferences with which your chairman has been in contact, have been experimenting with this contemplated change for several seasons. The report on this problem received by this committee is explained in form of a letter from Mr. Jack Friel, basketball coach at Washington State College. Quote. "The Northern Division Pacific Coast Conference extended the playing space under the basket to four feet several years ago and I have never heard anyone at any time make anything but favorable comments to the change. Every coach in our division favors the added room and I am sure that it will never be changed here.