

powers, courage, and will are so intimate that psychologists, educators and dictators alike join them, in the almost instinctive phrase, strength and character--modern engineers and industrialists exhaust every means to measure and improve the strength and endurance of material. Why not then at this critical hour consider the conservation of physical fitness. It should be the prime concern of any rational thinking individual. The pioneer psychologists of early days dwelt upon this thought. G. Stanley Hall said, "man is an omnibus in which all of his ancestors ride". Schiller and Spencer promoted the idea of the surplus energy theory of play. The child played because it had an abundance of surplus energy.

The biological theory of play finds its followers supporting the premise that the lower animal develops muscles in play which enable it at later times to catch its prey. The cat toys with a leaf or its own tail to develop its muscular responses so it can catch a mouse at a needful time.

Running, jumping, leaping, vaulting and climbing are the fundamental activities of man. The big muscle activities produce strength and vitality. The smaller muscles activities, coordination and skills. But upon the strength of the big muscles activity is dependent the finer responses of the smaller muscle groups.

So, as the boy learns to play the quickly bounding ball instead of permitting the ball to play him, he is learning quick and correct reactions to difficult situations. The uncanny forward passers in football or the adept basketball passer has developed an unusual peripheral or depth vision which enables him to locate his team mate and to pass the ball successfully at a rapidly moving target at the exact moment.

The biological theory of play is brought into practical use in this case. This athlete by developing such unusual depth perceptions is enabled to judge the speed of an oncoming automobile and to determine the speed of his own car, when passing a truck, so as to avoid any semblance of danger.