

- Dr. Wheeler Try it, Mr. Raport. Try it real seriously. I wish our radio audience could see you now, Jim. You are contracting practically all of the muscles of your face and scalp. Why don't you just move those little muscles right behind your ears?
- Mr. Raport I'm afraid I'm not able to do that, Dr. Wheeler. I can't find them.
- Dr. Wheeler That's just the point. In order to find and to use a local muscle for the first time, you have to start with all the muscles in that region and locate the ones you want by a procedure technically known as "individuation". When, finally, you have located the muscles which you want to use mainly in the performance, the rest of your muscles which you used too much at first quiet down but do not remain completely relaxed. They become tense and that tension is necessary in the execution of the desired motion. In performances like diving, shooting baskets in basketball, swinging the club in golf, and so on, this tension takes the form of bodily posture. This posture, as every teacher of physical education knows, is absolutely necessary for the execution of skilled movements.
- Mr. Raport That is very interesting, Dr. Wheeler. I know of Dr. Coghill's work and I think that physical education instructors are becoming more and more familiar with it and its importance for the psychology of skill.
- Dr. Wheeler It will certainly be an important step in the history of physical education, Mr. Raport, when physical education instructors generally learn of Dr. Coghill's discovery. Before we leave this point, may I give another illustration?
- Mr. Raport Certainly, Dr. Wheeler.
- Dr. Wheeler Did you ever see a very young infant crying when he was not squirming all over?
- Mr. Raport No, I can't say that I have, Dr. Wheeler, although I have not observed the behavior of very many young infants.
- Dr. Wheeler Well, there is an excellent reason why very young infants are always squirming all over when they are crying. They have to set their body in motion in order to find the muscles that they use in crying. This sounds very strange at first, but all the evidence points to the truth of this statement.
- Mr. Raport I wish we had more time for a discussion of these interesting points, but there are some more questions I would like to ask you, Dr. Wheeler. Certain physical education teachers believe that we stress too much the competitive games. Just the other day a high school youth went to bed crying because his team lost a game. Should games be played with so much stress upon the score?