

RADIO PROGRAM

PHYSICAL EDUCATION FOR HEALTH

December 9, 1937

"OVERCOME YOUR FEARS THROUGH THE USE OF MOTOR POWER"

Allen -- A survey lasting two years and costing \$25,000 was made jointly by the University of Chicago, the American Association for Adult Education, and the schools of the united Y.M.C.A. That survey revealed that the prime interest of adults is health. Health is obtained by following Nature's laws. Maude Royden, of England, said "You cannot break Nature's laws but you can break yourself against Nature's laws". Muscular activity is necessary for health. The human animal is first of all a motor animal. The nervous system develops with the progressive use of the motor muscles. As the nervous system continues to develop the brain enlarges and soon there comes reasoning and imagination. Obstacles which are apparently insurmountable soon appear to the young human animal. The inability to conquer these mental Gibaltars causes doubt and misgivings. Upon the steps of doubt appears fear. Fear soon paralyzes, or at least inhibits the motor responses. We must find a way to conquer fear. Miss Hoover, did you read the article by Dr. Henry C. Link, the director of the Psychological Service Center, New York City, in this December issue of The Readers' Digest, entitled "Do the Thing you Fear"?

Hoover-- Yes, and I enjoyed it. I certainly agree with Dr. Link that we have talked so much about the inferiority complex that if this term had not been so over-used there would have been one less idea for people to fear. It seems to me, Dr. Allen, that Dr. Link certainly gave a great boost for physical education and solidly endorsed the need of exercise. What was that example that Dr. Link so forcibly brought out to the young man who came to him imploring for a prescription that would enable him to conquer his insomnia?

Allen-- Well, Miss Hoover, it is just exactly the same prescription that you give to your girl students every day in the gymnasium. You tell them to "breathe with their legs", to use them when they convey their bodies about. Dr. Link advised this young man to run around the block at night until he was ready to drop. "What you need is exertion," he said. "You have put too much of your physical energies into thinking and imagining things. If you run hard enough you will automatically relax and go to sleep. You have thought yourself into this fear with your mind. You can run yourself out of it with your legs." And Dr. Link states that this young man did so.

Hoover-- That prescription is splendid for young people who are buoyant and peppy. But I should hesitate to give exactly that advice to older persons who are dejected or worried. I should first try to arouse their interests in some sort of a game to get their minds off their worries. Most people, when they are repressed, do not have the energy to run around the block. But there is hardly any individual who does not like to play some game, and most people play at least one game well.

Allen-- Well, Miss Hoover, of course you are speaking about games that employ muscular action. I imagine that you are thinking of games such as darts, deck tennis, badminton, quoits, ping pong, captain ball, dodge ball and volley ball, are you not?