

RADIO PROGRAM

PHYSICAL EDUCATION FOR HEALTH

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"BASKETBALL AND ITS EFFECTS UPON HEALTH."

Allen-- Is league competitive basketball beneficial or detrimental to the health of the growing boy? The majority of research investigators concur that competitive play is injurious to the junior high school boy as it affects detrimentally both the physical and nervous systems of the youngster. However for the senior high school athlete and for the college competitor in good physical condition the game seems to improve the strength of the heart and the blood vascular systems as well as its closely allied neighbor, the nervous system. When an athlete has finished his four years of college competition and continues to play so-called amateur or independent basketball for any length of time, the nervous system and the kidneys then show unmistakably the wear and tear of this very strenuous game. Basketball has been blessed by many professorial investigating minds which have determined both its present and its future. Throughout the years we have had such men as Dr. James Naismith, the inventor of the game, Dr. Joseph Raycroft, formerly of the University of Chicago and now at Princeton, Mr. L. W. St. John, of Ohio State University, William McKinley Barber of Yale University, Dr. John Brown of the Y.M.C.A. of New York City, George T. Hepbron and E. A. Metzdorf, of Brooklyn, E. J. Hickox of Springfield College, Oswald Tower of Andover, Mass., and Floyd A. Rowe of the Cleveland Public Schools to nurture and to guide the destinies of the game. Some of the younger men who have made a definite contribution are John W. Bunn of Stanford University, and H. V. Porter, secretary of the Illinois High School Athletic Association. In pure research the investigator will attack any problem anywhere that appeals to his fancy, and he is not concerned as to whether his findings will or will not have a practical use for humanity. In practical research the investigator narrows his field to the selection of practical problems. These problems must be submitted to the scrutinies of the investigator in order that in the end there may be an improvement of conditions.

Plumley-- Dr. Allen, what augmented these investigations? There must have been much criticism of basketball before these research men went to work. Just what caused this research activity and what were the findings?

Allen-- Well, Jay, some years ago Dr. J. H. McCurdy, of Springfield College, Springfield, Mass. conducted a series of critical investigations upon his Springfield College athletes, and the findings showed that 87% of the players had traces of heart and kidney strain.

Plumley-- Yes, Dr. Allen, but isn't it true that those Springfield College men, or most of them, had already played high school and college basketball? Most of them graduated from colleges giving the A.B. degree and then matriculated at Springfield College where physical directors and athletic coaches are trained. Wasn't Springfield College one of the first pioneers in American training of physical directors?