

Allen But, Dean Schwegler, if habit formation is a worth while thing, will not the right type of competitive athletics be a means to an end in developing certain right practices of intelligent living, intelligent body building, living that should prove worth while? Of course, I definitely feel that many parasites and imposters have taken advantage of our activities, but it seems to me that there are more boys who are refusing to smoke cigarettes, not on a moral basis at all, but merely because they are individuals wanting to build body resistance to outdo their competitors. But in the years of activity these plastic youth are definitely saying "no". It seems to me that the educator has found nothing that will grip and hold the girl in the interest of true body building as athletics have held the boy.

Schwegler You tend to misinterpret my statements. I would be the last person to say that the habits to which you have referred are not worth while. They are. As long as they are practiced they undeniably are productive of many excellent and desirable results. You did not ask me whether I thought that the habits as such were desirable. You asked me whether they continued to function after the training had been left behind. That is, whether these habits, once established, tended to function automatically throughout life. Unfortunately, they do not. We all wish that they might. But as soon as the thrills have relaxed, as soon as the attention of the individual is absorbed by interests and drives other than those that relate to the pursuit of physical pre-eminence, we find that under the stress of other impulses many of these habits undergo change. Some of them probably are never completely abandoned. That they all prevail, however, throughout life is unfortunately not true.

Allen Well, now, Dean Schwegler, this is not a rebuttal, but isn't this same situation true in all types of training.

Schwegler Unfortunately it is. Just look at my handwriting, if you need proof!

Allen Well, that is wholly satisfactory to me, because I know of no activity or training indulged in by youth that can be the ultimate aim in maturity. Dean Schwegler, in your opinion, do intramural contests fill an educational need and have they a rightful place in the physical education program?

Schwegler I would answer your question very positively and in the affirmative, and for the following reasons. One of the most pressing lifelong needs that confronts every human being in his effort to master the art of efficient living is that of first becoming familiar with his own body and with the functions for the effective performance of which that body is adapted. Secondly, we have need of the establishment of smoothly functioning habits of behavior by means of which the individual may develop and maintain satisfying contacts with his fellow men. Satisfactory human relations are always established by means of physical function, or, if you prefer, by means of human behavior. There is no such way of understanding