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## THE AFTER EFFECTS OF ATHLETICS.

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When we consider the extreme delicacy of the human frame, its fine adjustment to the purpose for which it was created, the unending work of some of the organs, the inability of certain muscles to stop and rest, we may well ask ourselves if it is possible for the body to stand the strain put upon it in some of our athletic contests. But our wonder at the possibility of its endurance does not answer the question nor are we justified in jumping at the conclusion that athletics are injurious. Nor does the record of the deaths of athletes since participation prove that athletics induced the mortality. When we find men far past the half century mark hale and hearty and able to hold their own with the younger men, men who have participated in the most vigorous contests and in athletics have given the last ounce of their energy, looking back years afterward on their lives and making the assertion that athletics have made them, we may look well before we condemn athletics.

It is hardly fair to saddle on athletics many of the abuses that, while not a necessary part of athletics, are all too frequently associated with them as well as with most other events which bring men before the public. These men who have engaged in athletics to the extreme and are still hale and hearty will be found to have avoided many of the excesses which, as every physician recognizes, especially induce diseases of the heart and blood vessels.

When a father has developed a strong and hardy physique by strenuous work and athletics, is it fair for him to coddle his son even though he may fear that the work is too strenuous. My own feelings have been that the strain on the heart in rowing, Marathon and even shorter races was too much for the human organism, but when we consider the finding of Morgan among the English oarsmen, Meylan among the American, and the work of Watson L. Savage in the Marathon race at Pittsburg, our feelings must give place to the investigations of the facts.

In a questionnaire sent to all the men who had played on the football teams of the University of Kansas prior to the year 1907, among other questions three were asked which may throw some light on the attitude of the living to the effects of the game on the constitution and the individual.

In answering the questions no notice was taken of the small cuts and bruises that go with almost every game of football. Not all the men answered, but those who did were of the fairly representative type of player and fairly representative of the

football players of the period covered. While the findings are not conclusive, yet they show that these men when they had been out of college long enough to be free from the glamor of the contest and have settled down into the work of the world, look back upon the strenuous exertions of athletics as being highly beneficial. And while the answers have been abbreviated in this article yet the feelings of the individual were strongly expressed in many of the answers. It may be that the fact that Kansas is a prohibition state modifies the effect of the strenuous exercises.

These do not represent all the injuries received by all the men of that time, but they were the ones that impressed the player at the time and could be recalled. Would we be justified in eliminating the strenuous from college athletics where the participants are mostly mature and under supervision. In the final games played by the University of Kansas this year there was time taken out for a Kansas player only three times, and in two of these games time was taken out but once for injury to a player of either team.

To the question, "What injuries did you receive while playing football?" the answers were as follows:

None .....	40	Fibula broken .....	3
Knee sprained .....	7	Clavical broken .....	2
Ankle sprained .....	7	Concussion .....	2
Nose broken .....	5	Hip sprained .....	1
Shoulder sprained .....	4	Back injured .....	1
Bruised thigh .....	9	Neck injured .....	1
Rib broken .....	3		

To the question as to what was the recovery from these injuries the answers were *good*, except:

Still feel some slight effects.....	3
Not completely recovered.....	3

Of the three who felt slight results two of them were from bruised muscles in the thigh (Charley horse). The third was an injury to a muscle in the arm which necessitated the removal of the muscle. Of the three that were not completely recovered one was an injury to the neck and two of them were sprained knees.

To the question, "What benefits did you derive from the game?" the answers were:

Physical development .....	40
Self control .....	27
Rapid judgment .....	20
Wider acquaintanceship .....	15
Ability to react quickly.....	11
Determination .....	11
Courage .....	8
Mental development .....	8
Elimination of the effects of tobacco, etc.....	7
Moral stamina .....	6
A better ideal of sportmanship.....	6
Speed .....	5
Self reliance .....	4

Others were mentioned by one to three.