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## Nervous Strain Is High In Sport, Naismith Says

Nervous strain is worse than physical strain, as developed in highly competitive sports, according to Dr. James Naismith, and Dr. Forrest C. Allen, his interviewer on a KFKU radio program, agreed.

"Nervous tension affects the glands, and the glands affect growth," said Dr. Allen. "That is why highly competitive games are bad for the high school and junior high school boy. He can recuperate well enough from the physical strain, but the nervous strain is more lasting."

"I am afraid we put too much of the competitive and not enough of the recreational into all our sports," said Dr. Naismith. "We play to win too much; we play for the exercise too little."

The point came up in discussion of "Tipless Basketball." Dr. Naismith, as originator of the game, objected to the practical elimination of the center jump, as taking from the game one of its thrilling features. "The center jump is the only play that makes use of the whole court," said Dr. Naismith. "All other play is restricted to the forward half of the court." He predicted that the center jump would be restored to the game, just as the kick-off was restored to football after being outlawed for a year or two.

Dr. Allen, as a member of the national basketball rules body, defended the rule, at least for thortrial purposes.

"Some of us on the rules body wanted to keep the center jump," he said. "However, we were in the minority, so we string along with the rest, and give the new rule a fair test."

Dr. Allen suggested that the remedy for ills arising from undue attention to tall center players might be met, either by raising the baskets to a point more than 10 feet from the floor, and by rotating

the pairs of players to jump at center. He suggested the players might have their jumping order, just as the baseball players have their batting order. Baseball players are coached to come up in a given order; basketball players

could be coached in the same way he said.