

others waste in fidgeting and fretting. He is a shrewd investor, not a spend-thrift, of his power."

Slightly less evident perhaps, but just as important, is the mental value of athletics. "The higher mental powers," says Dr. Seashore, "normally develop in close connection with the use of the senses and the muscles." No one who has ever played tennis or football or baseball can fail to understand the demand which such sports make for quick and sure judgment, the nice balance between alertness and self restraint, the fine adjustment of muscular response to sense perception, and many other qualities requiring discipline of the mental powers. In swift action the sense perceptions acquire new associations and responses, and are awakened to more co-ordinated effort. Co-ordination involves the correct performance of any complex response. One generally thinks of movements and voluntary actions as being performed by the muscles, but in reality it is a brain process involving the systematizing of mental habit, and demanding long practice before perfection is reached. The structure of the nervous and muscular system which predetermines the form of motor activity was built up through long, weary centuries of hard work and exposure. The structural development of the brain and nervous system depends absolutely upon those forms of motor activity for which they have come to be adapted.

In yet another way does participation in athletics develop the mental powers through the exercising of the power of consecutive attention. Every sense is alert, and the attention is focused on one point. Difficulties must be constantly met, judgments must be formed, every action must be prompt and all involve the closest attention and interest. Surely the higher mental powers must be developed in such alertness, and in such vigorous use of the muscles and senses.

Dr. Seashore has clearly stated the total intellectual contribution of athletics. Although he speaks more particularly of play, the application is the same: "Sensory experience gradually acquires associations and responses, comes under control of voluntary attention, and becomes differentiated and serviceable through play; memory, imagination, conception, judgment, and reasoning are whetted, strengthened, and