

## THE BOY'S VIEWPOINT

The boy in athletics, like the adult laborer in his daily toil, uses the primary muscles of his arms, legs, and torso. With the development of his mentality, he develops and employs his secondary muscles. Psychology is intimately related to athletics. For this reason, the gymnastic apparatus which is suited to adults is wholly unsuited to boys, and this is quite apart from differences due to the unequal size and strength of the users. Witness the aversion of the boy to the use of Indian clubs whose intricate manipulations require the employment of the secondary muscles of the wrist and arm, while he willingly uses dumb bells which call into play his primary muscles.

His inability for sustained mental effort is coördinated with his disability for sustained physical effort. Hence he passes by, with a curiosity-satisfying trial, the chest weights and rowing machines of the adult which require the continuous expenditure of energy. So also the competitive spirit of boyhood must be gratified by the use of such gymnastic apparatus and games as develop competition. The boy will not exercise for exercise's sake. He will not even do it to achieve the altruistic result of a strong physique. But he will exercise and play games to excel the other fellow. The boy who is alone in a gymnasium has as stupid a time as the boy who is compelled by necessity to play baseball with himself.