

is to show their relative function in the realm of life. That may be accomplished thus:

Considered purely upon a relative basis, rhythm may be interpreted in terms of a well-ordered regularity of activities in the average person's day; arising, eating, working, resting: all arranged in a definite order with care given each, even as similar attention is given rhythmic balance in music. Next, the melodic element: This has to do with the attitude of the individual toward that which he engages in. Cheerfulness, optimism, a degree of efficient serenity, and industrious tranquility which serves as a protective mechanism against external friction and disturbance. Third and last, the factor of harmony, which in our relative discussion bears a relationship to rhythm, even as it does in its own sphere. In that connection, then, harmony is synonymous with

the existence for, as Dr. Fosdick so aptly terms it, "the glorious predominance" of order, accuracy and definite plan of life. Regarding the last point, it is likewise necessary to bear in mind that this definite plan of life can only be achieved by the complete submersion and immersion of oneself into that which he or she ultimately aspires to achieve. Constant living in the realm of that which is to be accomplished, thus integrating definitely, the character and the pursuit. This idealistic concept was very graphically delineated by music's immortal Titan, Ludwig Van Beethoven, as follows:

"Life is like a grand symphony; and like the truly great composer, he lives the best life, and thereby creates the work most artistically valuable, who alters and corrects it the work."

—PROF. R. F. HOUSTON.



RESEARCH PHYSICAL EDUCATION

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Physicians and physical educators have become greatly concerned about the ever-increasing death rate among children caused by various heart infections. In *The Research Quarterly*, October, 1937, Vol. VIII, No. 3, Dr. Peter V. Karpovich, M.D., points out in his article on "Textbook Fallacies Regarding the Development of the Child's Heart," that hypertension, which depends upon a disturbance of the cardiac-vascular apparatus, is responsible for 26 per cent of cases (New England).

Dr. Cabot states, "Most 'heart disease' is imaginary." Of the 18 men sent to him, on one occasion, by physicians, 14 were sound. He further states, "Myocarditis was recognized six times as often as it was present; valvular diseases twice as often."

An illogical prohibition of "all" physical activities has been encouraged for fear of possible injury to the heart. This attitude usually affects only a few hours a week during school time and the child goes unsupervised thereafter. Dr. Karpovich points out, with reference to Herxheimer, "It has been difficult to establish clear cut cases to heart injuries due exclusively to exercise. Many of the alleged cases were preceded by some illness which affected the heart."

Beneke, Lesshaft, Quetelet, and his pupils came to the conclusion that there was a difference between the growth of the heart, the aorta, and the pulmonary artery. It was also noted that the volume of the heart increased in proportion to the body weight, while the circumference of the aorta