

PSYCHOLOGY IN ATHLETICS

Dr. Coleman R. Griffith,
Psychologist, On Athletic
Advisory Staff.

(By Associated Press)

URBANA, Ill., Mar. 24.—The increasing importance of psychology in athletics is indicated by the recent addition of a representative of the Department of Psychology to the faculty advisory staff of Coach Zuppke at the University of Illinois, and the establishment of a research organization to delve into the mysteries of "head work" on the gridiron diamond, and track.

Dr. Coleman R. Griffith, associate in psychology at the university, has undertaken the task of exploring the new field, which promises to have an important bearing upon future coaching practice. Results already have demonstrated the value of the work, in the view of Illinois athletic officials. Following a full year's experimentation on the local campus, in which psychic aspects of all the major sports will be studied, a text book on the subject will be compiled, and a course for future coaches and athletes developed for inclusion in the university curriculum which will attempt to explain the psychological phenomena of competitive games.

The work of Dr. Griffith will be seen first as a factor in the gridiron clashes of the Illinois team next season, when the athletes, who for years have appeared in dark blue jerseys, will be attired in blending combinations of orange, canary, yellow and white. The change is ordered by the simple physiological fact that in looking from the corner of the eye only certain colors are visible. The football star, in picking a man for a pass will be greatly aided by the rainbow-like dress of his teammates. The baseball pitcher, basketball player, and track entrant, all of whom also are forced to rely to a great extent upon indirect vision for the success of their play, will be helped by the new uniforms.

One of the most interesting of a series of experiments will be made this spring when Dr. Griffith will subject every member of the football squad to an exhaustive series of tests through which he will attempt to select the personnel of the 1922 conference eleven.

Another plan of interest to the coach is that to determine reactions in the players. By combining the data on a large number of athletes Dr. Griffith has established an average reaction time for competitions in the various departments of sports, as an index of relative mental and muscular speed. The tests are made with a unique instrument, the Vernier Chronoscope, which measures time in thousandths of a second and may be made visual or tactile to determine the various types of reaction. Numerous experiments are planned to develop other phases of psychology as related to athletics.

The course which Dr. Griffith is formulating will present data revealing cross sections of the player's mind at various moments in the

game, and will urge the practical application of psychology to the coaches' everyday problems. Such questions as action, attention, instinct, emotion, memory, and personality will be treated and the problems of fight, selection, morale and mental health, approached from a new angle.

Until he can make an exhaustive study of athletes under all conditions, Dr. Griffith refuses to call his finding science, but to date his prophecies have checked so well with the results obtained on the gridiron that Director of Athletics Huff and his staff have great hopes for the future of "The Psychology of Athletics."

Summerville News Notes

(Special to The Observer)

SUMMERVILLE, Mar. 24.—After spending a few days in La Grande Clyde Meyers has returned home.

Ruth Hendley, who has been out of school for quite a while returned to her school work in Elgin Monday.

Fred Hamilton was called to La Grande to attend to business matters Monday.

Mr. Irvin was a passenger on the stage Monday on his way to La Grande to stay with his son Dell Irvin while undergoing an operation.

Mrs. James Wise and son, Harold, spent Tuesday at the home of Mrs. D. E. Shank.

Mrs. Holly Horn was a passenger on the stage Tuesday on her way to La Grande to have dental work done.

Mrs. Lizzie Becker is visiting her daughter, who lives in Los Angeles. John McKee, who has had the flu, is now able to be on the streets again.

Mr. and Mrs. Dave Sanderson and family and Charlie Bonds, who spent the winter at Portland, have arrived home, being the guests of Mrs. Frank Woodell Tuesday.

Mrs. Miles Woodell and daughters, Inez and Marjorie, are spending the week on their ranch.

Mike Royce has returned from Ohio, where he visited his brother. Bud Glenn of La Grande has been in Summerville for the past few days.

Alec Colt was transacting business in town Tuesday.

John Hendley has returned from Durkee, where he went to buy a ranch.

Mrs. Clara Hamilton has returned from La Grande, where she spent a few days with her father, Charlie Myers, who has been very ill.

Mrs. Charlie Morris moved to Imbler Thursday.

Mr. and Mrs. John Cantrell are on the sick list this week.

Mrs. Wayne Parks spent Tuesday

at the home of Mrs. John Waggoner. The body of E. B. Moseley, who formerly was a resident of Summerville, was brought from Portland Sunday and laid to rest in the Summerville cemetery. While residing here Mr. Moseley was married.

Mr. and Mrs. Burr Cantrell are visiting relatives in Baker City.

Paul Hendley visited a couple of days at the home of John Hendley last week.

There was a farm bureau meeting held in the hall Monday. Mr. Burns of Cove gave an interesting talk on what the farm bureau was doing. The meeting was well attended and around 20 farmers joined. Mr. Burns also talked on what the Oregon Wheat Growers association was doing. There will be another meeting held Thursday.

Promise News Items

(Special to The Observer)

PROMISE, Mar. 24.—The infant son of V. R. Henderson died Friday night and was buried Sunday. The parents have the sympathy of the people in Promise.

Mrs. J. W. Carper and son returned home Friday from Wallowa, where they have been visiting with her daughter.

B. E. Thompson and J. W. Carper went to Wallowa Monday on business.

Mr. and Mrs. E. M. Barton of Grossman visited their daughter, Mrs. Carl Griffith Saturday and Sunday.

Truman Poulson and family visited with Carl Griffith and family Sunday. Will Trump and family is visiting his father Joner Trump, this week.

Ellas Barton is cutting wood for L. M. Freshman this week.

Fred Trump cut his finger quite badly Saturday while cutting wood.

W. W. Carper and family visited with their relatives and friends on Grossman last week.

Andrew and Joe Flehman went to Wallowa Tuesday with a load of apples and potatoes.

Roy Horner and Truman Poulson went to Ponawaka Monday on business.

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One \$500.00 used piano, \$300.00.
One \$375.00 new piano, \$275.00.
One \$650.00 slightly used piano, \$225.00.

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All on Easy Terms.

E. O. MUSIC CO.
Also a large stock of New Pianos and Grammes.

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THE PNEUMONIA MONTH

March is a typical pneumonia month and usually gives a high rate of mortality for the disease. After a long and hard winter the system loses much of its resistance and people grow careless. When every cold, no matter how slight, is given prompt and intelligent attention there is much less danger of pneumonia. It should be borne in mind that pneumonia is a germ disease and breeds in the throat. Chamberlain's Cough Remedy is an expectorant and cleans out the germ-laden mucus and not only cures a cold but prevents its resulting in pneumonia. It is pleasant to take. Children take it willingly.—adv.

RAGS Wanted at The Observer.

Miss E. L. Carrell



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Spinach, Cabbage, Young Beets,
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Fancy Florida Grape Fruit
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Now is the time to get a good fill on nice sweet, juicy oranges—25 large oranges for 65c—regular price, 50c a dozen.

Garden seeds now on display. Seeds from four different places in the United States. They come from the North, South, East and West. You can have your choice. Now is the time to get them while the assortment is good.

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Remember our new home south of Zweifels, north of Lilla, close to the alley. Our rear door connects with the Red Cross drug store, Erdman's cigar store, Buhl's barber shop and Zweifels plumbing shop. Easy to find. Cheaper rent—we can sell goods cheaper—quality the same. Remember our telephone Main 43.

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There is no mystery about Health Nuggets—it is the result of careful experiments and a fixed purpose. It originated out of a determination to find some method of producing a more healthful and better flavored breakfast food than any yet produced. The highest quality possible was the sole guiding principle in every change of method till the process was perfected. Only by considering quality regardless of cost could this food have been produced. The result is that a new standard has been established in the cereal world—a substantial achievement has been accomplished.

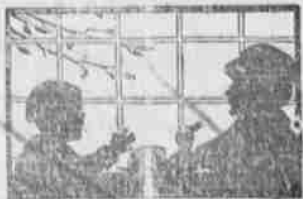
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