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Sport and Medical Science

*By Kinichi Asano**

A living thing does not necessarily keep on growing and developing depending wholly upon the composition owned by its individual being. Its growth and development are influenced rather to a greater extent by the secondary life environment that prevails after its birth. This generalization holds true not merely physically but also intellectually and morally.

A man can hardly be said to possess a genuine aptitude for human life unless he is endowed with good health and, at the same time, refined mentally and morally so as to prove capable for the common cause of the society to which he belongs. In the sense just mentioned, the so-called natural science constitutes the fundamental requirement for the acquisition of such aptitude. Thus, the progress achieved in the pursuit of medical science, which forms one branch of the tree of natural science, is playing an important role for that purpose as well.

It was in the Soviet Union that for the first time in the world the medical science was made to contribute to the encouragement of sports. Other countries were ready to follow her example. Today, medical science dealing with sports and that handling physical strength are making favorable progress in many countries.

What is reflected in the Soviet Union's method for the training of her people in sports is the very view that the sport training eventually sums up to the building of physical strength of the nation on the whole and it aims at nothing but encouraging her people to cultivate their physical, intellectual and moral aptitudes for the complicated mechanism of modern society in which they live. This way of thinking toward the sport training is producing considerable influence on numerous countries of the world.

A mere thought of the development in which infantile plays mature into youthful

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sports readily enables one to appreciate the profound significance of the contribution that the sport medicine is making for this development.