

yet be an interest not so fascinating but that he can return to his work with the power to put his whole attention on his work. A sport which is indulged in in this way is certainly not only a physical good, it is a mental assistant and ensures that growth which makes a man in look, word and action truly a man. From this it seems that the sport which reaches most nearly to the ideal college assistant, is that sport which creates a lively interest but not a fascinating interest; a sport which from its nature requires the attention of the one engaging in it, and from which he can release his attention when the sport is over. Certainly the effects of any sport will be different on different persons and perhaps even on the same person at different times. But it must be admitted that sports exert an influence from their own nature, and this intrinsic tendency is generally what must determine whether they shall remain or be abolished.

It is very difficult for any college man to conceive that the sport of which he is fondest, in which his whole being finds delight, is not *the sport* for every college. Therefore this article is intended rather to point out a few facts concerning the practical workings and results of a small number of the staple college sports.

(I.)—*First*, that manly sport, the mention of which causes a responsive thrill in every man who has played it successfully, comes up for consideration. I speak of *football*. That it is possible to play football so as to make it an ideal college sport many perhaps will admit, but that it is generally played in that manner, few spectators of an ordinary game would concede. That it necessitates the concentration of the whole attention is certain. If any one wishes to convince himself of this, let him attempt to play a game with his thoughts wandering, that is when it is a *real* game of football. Perhaps the two greatest objections to this sport are (1) that the exercise it generally necessitates is too violent, (2) that it is too fascinating. The first of these objections is certainly forcible, when considered applicable to a whole body of students, but is it not a fact that every college of any size can boast a large number of students whose naturally vigorous constitutions make this objection to them at least of little weight? As to its fascinating power it is hard to decide, since it varies so greatly in different persons. It is certainly a question

whether a well-earned touch-down will necessarily protrude itself any more forcibly to disturb the application of a man's attention to his work, than a six-run-hit in cricket, the compassing of a six-mile-walk in an hour, or the pleasure of having fairly beaten, on the shining two-wheeled horse with the slender wiry ribs, the man who thinks his horse can trot. Therefore I conclude that football should never be abolished, although the pleasure of indulging in it should be regulated when it does not regulate itself.

II.—*Walking* to some students is a sport, and in it they may find a real enjoyment and a healthy exercise. For the majority of students, however, walking does not afford sufficient excitement to take the attention from the fact that the walking is merely for exercise. It is too apt to slide off into a dead and alive stroll of only half-a-mile, and in some cases to become a mere putting in of time by the walker moving in the most snail-like fashion as far as the campus, there to watch the other sports go on. Walking seems to be open to a criticism of an opposite character to that applied to foot-ball, that is walking as it is too often taken, namely,—that its exercise is too monotonous.

III.—*Bicycling* is as yet not a staple sport of the smaller universities. The value of the exercise it affords for invigorating the body, and for freeing from head-aches, all know who have tried it. All the arguments which can be brought forward for horse-back riding as a means of clearing the cobwebs from the brain apply equally well to this sport. The stimulation is moderate and the exercise is lively but not violent.

IV.—*Cricket*, taken as a sport for all, and as a sport which is likely to interest all or nearly all, is, whatever it may be to the sporting men of the world, the beau-ideal of college sports. In it the attention must be fixed, and everything but cricket forgotten for the time, that is if a man is playing what can be fairly called cricket. From its nature the successful player cannot be a reckless player. It is calculated to cultivate that steadiness and, at the same time, quickness in executing a design, which is so essential in the carrying out of any project. Its peculiar advantage in developing the physique consists in the variety of the motions it requires in its various departments, and in the grace and firmness of movement which is necessary in order to play successfully.