

trol he indulges in the very excesses from which the trainer most carefully restrains him, and the amateur because his ambition leads him to undertake performances for which his physique is not adequate. Both derive benefit from their sports and harm only from themselves.

Take first the case of the amateur. Human accomplishments are now so specialized that there is no excellence which a man can have without paying for it, by giving up his chances of excelling in some pursuit of a different nature. It becomes every day less probable that we shall ever see another admirable Crichton. He was a marvel in his own time, but in ours he would be a miracle. The amateur is obliged to spend most of his life-time in pursuits of a literary or sedentary nature, and can devote but short portions of it to athletic exercise. In some natural qualifications indeed he excels the professional. If he is inferior in qualities of patience, steadiness and skill, he is on the other hand more alert, more intelligent, more emulous, and more sensitive to the fear of failure. But he cannot train, and for all pursuits that severely tax the bodily energies, this is a disadvantage that nullifies every other recommendation. All the mischief that amateurs ever derive from their sport results from one constant error: they forget that striking performances cannot safely be attempted without undergoing a due preliminary amount of patient and laborious preparation. They betake themselves to the field or the gymnasium for the purpose of doing feats. They want to save time and trouble in the same way in which the economical Irishman wished to save money in learning to dance—i. e., by dispensing with the preliminary lessons. Forgetting that the powers of the professional are but value received by him for his privations, they wish to equal the former without submitting to the latter, which indeed they could not if they would. With a comparatively flimsy and rickety physique they resolutely attempt to overcome times, weights and distances calculated to test the toughness of men who are both well trained and well skilled in putting forth the powers that they possess to the best advantage. What wonder that some part of a weak machine should break down under the strain of an effort which it can neither transmit nor get rid of. When a lever is weaker than the power that applies it, and the resistance that it is applied to, it must bend or break. But Mr. Wilkie Collins is wrong in assuming as he has done in one of his novels⁽⁴⁾ which was often quoted by the public press of last year, that "great muscular development must be bought at the price of an excessive strain upon the heart and lungs." If he had said that "some amateurs strain their hearts and lungs by attempting feats beyond the power of their muscular development" he would have come much nearer the truth, though it might have somewhat blunted the point of his story. Every man who tries like Delamayn to be at once a brilliant athlete and a dissipated amateur will assuredly fail in the first half of his attempt, and the more dogged his resolution to achieve the impossibility, the more serious will be the grief that will bring him to. But

(4.) *Man and Wife.*