

as promiscuous and reckless reading. If study does not go with both then the harm is likely to be as noticeable as the good. To every young man who has an idea of making a success of athletics, I would say, look into yourself, be careful not to try to do too much, don't loiter around, don't associate yourself with gay companions, don't let achievement carry you away, don't get conceited, don't subject yourself to flattery; fly from it as you would from a plague, for there is no such thorn in a young man's path as a flatterer; be careful but not finicky about your food, live plainly and wholesomely; in other words, to use a modernism, follow the simple life; don't practise or perform on a full stomach; don't exhaust yourself on an empty one; be sure your heart beats right and is in the right place; be sure your pulse is regular; if you feel you've met a better man, don't strain yourself to accomplish what may be impossible; at the same time don't quit, but use the head your forefathers have given you and acquit yourself like a man, neither stopping nor complaining, but taking the matter into your serious consideration. Success may be yours if you persist, but don't give it up as a bad job merely because you don't get your heart's desire at the first bidding; practise not incessantly but in moderation, and when you feel yourself ripe try again. Everybody cannot succeed, but remember the race is not always to the swift and the battle to the strong. At any rate, if judgment is used, nothing but lasting good can come from athletic exercise.

But I have made reference to my experiences. As told elsewhere, I have travelled in many countries, among many people. I have won in France and been feted for so doing, for the French are good sportsmen. Their politeness is never failing, their welcome to the stranger delightful and their greeting of the victor cordial and unaffected. I have won in Australia, New Zealand and Canada, and heard those ringing British cheers in those far-off lands that are