

that it is too rough and dangerous. Of course it is not really gentle. It was never meant to be so. To call into play the physical energies of men in their health and strength, and give them an opportunity, of measuring their prowess one against another, cannot admit of gentleness. It can be said however that it would be next to impossible to find a sport that has less of the element of danger in it and at the same time makes the demand for strength, quickness and cool headedness that football does.

Although to an onlooker it may appear rough, yet the danger is rather apparent than real, and it is surprising, considering the number that play how few really get hurt. Here at Acadia it is common to see an occasional man laid off for a day or so with a bruise or a sprain; but perhaps not in the memory of the oldest student has a man received injuries that have proved anyway serious.

It should be remembered that football as we play it is not the same as the American game. There are many features of their game, which make it rougher, and make good the saying, that to be hurt is an accident in our game, but is an incident in theirs.

Some one may urge that if it is merely exercise we are after it would be better to confine ourselves to dumb bells, and clubs, and other forms of gymnasium work. We would have our bodily exertion, and the danger element would be practically eliminated. We have already urged that it requires interest, which would not result from such a course, to induce regularity of practice; but there are other more important reasons in favour of football.

There is a distinct disciplinary training, which it is safe to say is not offered in any other game. A spectator may not realize this, but it must be very patent, to anyone accustomed to playing.

It teaches a man to have self control. There is often a tendency on the part of a new player to lose his temper and become angry on the slightest provocation. If this is not controlled not only will he violate the rules of the game, but will seriously interfere with his success as a player. It is only in proportion as he realizes this and succeeds in restraining himself that he can hope to accomplish anything.

How often have we heard the expression regarding a man "He would be a good player but he has no head." And so it is. A man must learn to be cool amidst the excitement, to see in an instant what is to be done, and be able to act at once without hesitation. When he has accomplished this he may feel that at least one great victory has been gained.

Again football teaches men to be unselfish, and fearless. It is very tempting oftentimes to try and make a brilliant individual play, regardless of the interests of the team; and it is no small thing for a man to be able to sacrifice his individual glory, so that better team work may be accomplished. As for fearlessness, although we have denied the existence of any great degree of real danger, yet there are