

CHAPTER XI

SOME FINAL REMARKS

THE pursuit of athletics is not all the easiest and pleasantest occupation it may appear. There are many obstacles to be encountered. There are many difficulties to be overcome. There is much self-denial to be practised. And perhaps this latter is the hardest of all, for congenial companions—and they will be found and should be found in every club or organization—frequently fall into temptations and indulgence is death to ambition.

Still the advantages are many, providing only judgment is used. Naturally, during the years I have been on the track, I have had many experiences, some interesting and agreeable, some disheartening and discouraging. There is one thing I have never been charged with, wanting to lie down. I have time and time again been approached, but in athletics, as in all other things, there is only one course to pursue if you would have your success complete—the honest, straightforward one. It is so easy to fall by the wayside, and once people get it into their heads you are untrustworthy, your fate is doomed. Of course, it is possible to get reinstated in public confidence, but as Josh Billings says: "You can patch a damaged reputation, but the world will keep a devil of a good look-out on that air patch."

Mens sana in corpore sano is too old a motto not to be desirable. But neither the sound mind nor the sound body can be had without diligence and without regard to the tendencies of both. The promiscuous and reckless following of athletics and abandonment to club life is as harmful