## THE O.A.C. REVIEW

THE DIGNITY OF A CALLING IS ITS UTILITY.

VOL. XXI.

APRIL, 1909.

No. 7

## Athletics in Ganada and the Golleges' Relation Thereto.

## BY GEORGE J. FISHER, M. D.,

Secretary Physical Training Department of the International Committee of the Young Men's Chirstian Association. Secretary Young Men's Christian Association Athletic League of Canada.

ANADA is an athletic nation. Her climate is particularly favorable to the development of splendid winter sports. What a beautiful sight to witness the snow shoe clubs tramping across the snow clad hills, or the toboggans speeding down their precipitous sides. One catches his breath as the daring ski-er leaps high into the air and clears a vawning chasm or a road upon the mountain side. What merry laughter, what whole ome fun, what abounding enthusiasm characterizes the skating parties, the cross-country runners and the boys upon the hockey courts. All through Canada the chromatic hues of toques, sweaters and cloaks against the snowfield of white produce a pleas ing effect upon the eye. Then, too, the tang and thrill of quickened blood, the wind-kissed cheeks, the sparkling eye all give vigor and vitality to the par ticipants.

This opportunity for healthful recre ation is one of Canada's great assets. It provides the opportunity for the development of strong bodies, tense muscles and large hearts and vigorous lungs. These games produce hale and hearty young men and women. They are a great social factor, they add good cheer and wholesome social relations. They allow for national expression. Canada's winter sports reveal her na tional traits just as gymnastics reveal the stolid German characteristics or Gaelic football the Irishman's impetu ous nature.

Canada's sports should be conserved. They should be honorably administer ed and carefully safeguarded. Every Canadian patriot should fight to the last to keep them from being commercialized, of letting other motives than sport for sport's sake creep in.

Sport should be socialized, not spe cialized. Every one should have a playground and every one should be a player. That type of athletic sports should prevail in which health is the