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Some months ago a Scotch newspaper conducted a "doctor's symposium" with a view to elicit the opinions of the profession upon the question as to whether the English race was undergoing physical retrogression. One of the questions—Do you think that the increased indulgence in physical sports has, on the whole, a good influence on health?—elicited a verdict almost unanimous that the influence was beneficial. One writer, however, has made a true observation to the effect that in most instances the general result of athleticism is not so much to make the weak strong as to make the strong stronger. And this is, indeed, the effect of this strange worship of muscle to which we have given ourselves up in the present day. The element of competition has destroyed the benefit of healthy exercise. So far as our colleges are concerned athleticism has run full tilt into amateur professionalism. If all men systematically were to practise, say, running, there would be doubtless great improvement in the general physique, but the encouragement given to races tends not to make the ordinary student give exercise to his limbs, but to encourage he whose limbs are already in good order to further efforts with the desire to reduce his time record. This desire to outdo rivals is undoing all the good that is to be derived from healthy exercise. What more pleasant than a walk across country with a friend or two, resting here or there to admire scenery or to examine flowers or rocks, but when such a walk is converted into exhausting toil by forcing the pace so as to make the distance in a shorter time than others did, then pleasure ceases and fatigue and exhaustion begin.