

## SHOULD RUGBY FOOTBALL BE ENCOURAGED?

From time to time we hear the question—"Should Rugby football be encouraged in the development of our youth?" By some this is answered in the affirmative, by others in the negative; but sufficient reasons have not yet been given by either side to settle this question to the satisfaction of all. Though I shall not in this article undertake to settle all doubts on this subject, I will, however, endeavor to present a few reasons why this branch of training should be encouraged.

The development of every youth must be considered from two standpoints—the mental and the physical. These branches are distinct in themselves and yet mutually dependent. For nothing can be more conducive to a strong intellectual development than a vigorous and healthy body; whilst on the other hand, the most essential qualification of a successful athlete must be a clear and quick mentality. "*Mens sana in corpore sano*" is a self-evident maxim which no one will deny. Every student no matter how attentive he be to his studies must, to be successful, give a part of his time to recreation and to physical exercise.

Moreover, the manly struggle of youth against youth imbues the participant in Rugby with a spirit of self-confidence which will be of immense value to him in after life. The knocks he receives in encounter with worthy opponents train him to cheerfully accept the buffets and reverses of life and to respect the opinions of others. The desire to win by honorable means whatever match he plays, will become the guiding principle to him in his daily labor of after life. What faculty too, is so necessary in after life as that of keen perception and determination undaunted by reverse?

Football then is not only conducive to the physical development of men, but also develops the strongest and noblest traits of character. True, the sport has its defects, but these are not the direct result of the principles of the game, but by-products owing to the circumstances which accompany it. When carried to excess anything may become an evil; but the remedy is not in the destruction of the subject in which the evil exists, but in restrictions which will eliminate the evil alone. That a man, who is a foot-baller, is unsuccessful in his studies is no fault of the game since he is