

of developing and maintaining a healthy body, but they perform another important part in our lives. They overcome such bad habits and unfortunate tendencies as laziness, bashfulness, cowardice, fear and selfishness.

The man who counts for something in sport is strong, plucky, alert, thoughtful and even-tempered. He must be able to fight an uphill game and lose generously and in a good spirit; play to win but not fear to lose. He must be imbued with a strong desire to play fair and also demand fair play, and in all things be guided by friendliness and courtesy. Again, he must be unselfish to a degree, as in nearly every branch of sport, he is called upon to co-operate with others in team play, and, in this case, he will prove his highest worth when he sinks his individuality for the sake of his team. If a man measures up to the qualities necessary to make an outstanding athlete, he will be of a strong character and of a highly moral standard. The spirit of true sportsmanship counts for worthful success in the more serious pursuits of life, and this is a strong argument in favour of sport in some form being made a component part of a man's life.

SCOTLAND AND THE SCOTS

Referring to the Scot in this connection: From early history Scotland was continually warring against invaders. First, she attempted to stem the Roman Invasions, and the Romans could get no farther North than the Forth, where they were obliged to build bulwarks to protect themselves from the Northern people. Again, Scotland from time immemorial was engaged in almost constant warfare with England. This fighting tended to make the Scots a virile and brave race, and these qualities have been further nurtured by the character of the country itself.

It is well known that the Scot, in his native land, has to work hard to make a living for himself and family, and consequently an industrious spirit has been developed. Besides this, he has strong religious tendencies, which influence his every action. His home life is marked by sincerity, reverence and deep affection, and these same qualities are evident in his community life. His religious tendencies have contributed to a high moral standard of living, and helped to produce a nation of strong healthy and energetic people. In short, the Scot has all the qualities that make for success in athletics in every form, and the history of all games contains the names of Scotsmen who have made world records in sport.

One may try to give you a short history of the character of some of the sports which are peculiarly Scottish, either from the fact that it is claimed they originated or were fostered in the Land of Heather, or that the people there have shown a special aptitude for them.

"HIGHLAND GAMES"

Most people are no doubt familiar with the nature of the events held at Highland Games, which comprises quite a variety of sports, such as running, wrestling, weight-lifting, shot putting, tossing the caber and others, calling for much activity. Highland dancing is also quite a feature—and not the least attractive one—at such games. These games, which are usually held annually at various places in the North of Scotland, create more than local interest and bring together athletes of the highest standing in their respective lines.

QUOITS

This game is thought to have been originally played on the borderland of Scotland and England. There are references to it in the Midlands dating from the beginning of the fifteenth century, and it was one of the games prohibited in the reigns of Edward III and Richard II in favour of Archery. Aschaw, in his "Toxophilus" (1545) says that "quoiting be too vile for scholars" and in old times it was chiefly played by the working class, who often used horse shoes for want of quoits, which custom is prevalent in the country districts of

Scotland even at the present day. According to the rules, two iron or steel pins 18 yards apart, are driven in the ground, leaving 1 inch exposed, which pins are placed in the centre of a circle of clay 3 feet in diameter. Matches are played either between individuals or teams, the objects of the game being to throw the quoit as near to the pin as possible. A quoit actually surrounding the pin, termed a ringer, counts 2, and a quoit nearer to the pin than one's opponent's counts one. A match may be for any number of points, the team or player securing that number first, being declared the winner. In Scotland, the game is played by the curling clubs, and this is pretty much the case also in the United States of America and Canada.

BOWLS

This is said to be the oldest British outdoor pastime, next to Archery, and has been traced certainly to the thirteenth, and conjecturally to the twelfth century. This game came under the ban of the King and Parliament, both fearing it might jeopardise the practice of archery. Biased Bowls were introduced into England in the sixteenth century. The game was known in Scotland since the close of the sixteenth century, but the greens were few and far between. At the present time, it is considered just as much as golf, one of the Scottish National games. There is the record of a Club in Haddington in 1709, of one in Kilmarnock in 1740, of greens in Candleriggs and Gallowgate, Glasgow, of one in Lanark in 1750, also in Edinburgh and Peebles. The earlier clubs did nothing towards organising the game.

In 1848 and 1849, however, when many clubs had come into existence in the West and South of Scotland (the Willowbank, dating from 1816 is the oldest club in Glasgow), meetings were held in Glasgow for the purpose of promoting a national association. One of the Earls of Eglinton, the thirteenth I think, who was himself a keen bowler, offered for competition in 1854 or thereabouts, a silver bowl, and in 1857 a gold bowl, and the Eglinton Cup, all to be played for annually. These trophies excited and still make for healthy rivalry in Ayrshire and Lanarkshire. Scottish emigrants introduced the game wherever they went. To show how popular the game became in Scotland and the United Kingdom, properly organised teams of bowlers from Australia and New Zealand visited the Old Country in 1901 and a Canadian team made a tour of Britain in 1904.

The Motherland showed its appreciation of the visit of the Canadians in that it returned the compliment by sending over a team to Canada in 1906. These visits created tremendous interest in their respective countries, and their influence was beyond all question, for the benefit of the game. In Scotland, we have in nearly every centre of any size, public bowling greens, which are self supporting, from a charge, which includes the use of bowls, of one penny an hour for each player.

In theory, the game of bowls is very simple, the aim of the player being to roll his bowl so as to cause it to rest nearer to the jack than his opponent's, or to protect a well-placed bowl, or to dislodge a better bowl than his own. In practice, however, there is opportunity for skill. The game is played in rinks of 4 a side, and ordinarily, a match team consists of four rinks of four players each. Again, in each rink there is a leader, called the skip or captain, and great responsibility rests upon this man in the order in which he sends forward his men who are selected for well defined reasons. A match usually consists of 21 points or 21 ends (or a few more by agreement). The method of scoring is three points if the bowl comes to rest within 1 ft. of the jack, two points if within 2 ft. and one point if within 3 ft.

(Curling, Football and Golf will be dealt with in concluding section.)