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SOME OF THE DANGERS OF ATHLETICS AND GYMNASTICS.

IN this age when Athletics and Gymnastics give rise to somewhat of a "craze" it will be well to have more regard for some of the dangers which often accompany and follow the practice of them. Moreover, warning notes may extend to the dangers of over physical exertion of any kind—lifting, running and over strain in any form. We will not more than mention those sudden injuries, such as strains, dislocations and fractures of limbs, that occur during the active games, and Dr. Cathcart in a paper published by the Edinburgh Health Society, gives quite a long list of these which came to his knowledge, but allude rather to the more lasting and more serious injuries of the vital organs. It may be noted however that Dr. Hammond, of Washington, has collected seventy cases of sudden death during the last ten years of men, each from running after a street car.

Dr. Morgan, in a book called "University Oars," relates that, being confident that the bad results of excessive exercise in rowing frequently were never heard of, he took the names of 294 men who had rowed in the inter-university race in a given time, and wrote letters to them asking them to give accounts of themselves as to whether they had suffered from any disease that could be attributed to rowing. He got replies relating to seventeen of them, some written by themselves and some by their friends or relatives, and gives many extracts from their letters, for which we have not space here; but all believed they had suffered from too much rowing. One wrote thus: "I am unfortunately an illustration of the evils which may be induced by overexercise. I am forty-one years of age and

quite obsolete from an hypertrophied heart, which has gone on to dilatation and its consequences." Of another, a brother wrote that "he had seriously injured his health by overexertion in rowing and running; being an enthusiast in everything he undertook he *imagined nothing could hurt him*, but soon after leaving the university he fell into bad health and died 18 years after. He attributed his sufferings to over exertion. Four died young of consumption, believed to have been brought on by early overexertion. A seventh was injured by rowing and was found sometime after dead in his bed. Another writes: "I have for the last three years suffered much from having overexerted myself, and have only just begun to go up hill again."

Others give long accounts of their sufferings caused by overexertion.

It is not by any means in rowing only that young men over exert themselves. It is not uncommon in the gymnasium: The Pittsburgh Dispatch of a recent date gives the following: "Of the thirty-two all-round athletes in a New York club of five years ago, three are dead of consumption, five, have to wear trusses, four or five are lopsided, and three have catarrh and partial deafness. As far as general health and longevity go, the dry-goods clerk outdoes the athlete." Quite recently a young man fainted from this cause in the gymnasium of the Y. M. C. Association at Washington. It is well known that a large proportion of the cases of heart disease are caused by overexertion of one form or another. Dr. Fothergill, an eminent London physician, says: "The importance of mechanical strain in the production of diseases in the circulatory organs