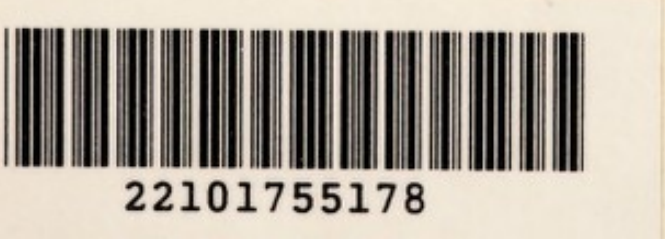
The philosophy of sport / by P. McBride.



THE PHILOSOPHY OF SPORT

THE PHILOSOPHY OF SPORT

BY
P. McBRIDE,
M.D., F.R.C.P.E., F.R.S.E.

AUTHOR OF
"THE RIDDLE OF PERSONALITY," ETC. ETC.

HEATH CRANTON LIMITED
6 FLEET LANE, LONDON, E.C.4
1932

Made and printed in England by Purnell and Sons, Paulton (Somerset) and London

AUTHOR'S PREFACE

THE title of this book perhaps requires a word of explanation. Some time ago I thought that the psychology of sport might be an interesting subject to investigate, but reflection brought home to me that the possible results would probably be small.

In some games, naturally, mentality is predominant, but in hunting, and in most forms of shooting, there is little stimulus to thought, although emotions may be aroused. Again, after talking to friends, I was forced to realise that the average sportsman is not introspective. Accordingly, in discussing psychological points, I have been thrown back upon an analysis of my own thoughts and feelings, which fact I trust the reader will bear in mind if he finds too much reference to myself and my doings.

Having arrived at these conclusions, I determined to extend the subject so as to include the various headings of my chapters, and also to discuss the question of cruelty, which has been so much exploited by appeals to ignorance and emotionalism.

I do not profess to come before my readers as an authority on sport or games, but merely as one, who, having participated in much of the former and many of the latter, has endeavoured to look at them from different angles. This, I think, I have been enabled to do owing to purely fortuitous circumstances.

As a young boy I had a pony to ride and learned how to handle a gun, but up to early adult life had little

opportunity of enjoying any real shooting. Of school games, I continued football after becoming a student, and at the University was fortunate enough to make friends in the athletic set. Thus I became imbued with the importance of keeping fit. There was a little rowing, but almost daily work at a gymnasium, and boxing. All this gave rise to an interest in athletics generally, and towards the conclusion of my studies I was privileged to sit on the Committee of the E.U.A.C., where I heard them intelligently discussed and occasionally took part in such discussions.

Early in my medical career I was ordered to winter in a warm climate, and thus I was enabled to arrange a shooting trip to India, which, fortunately, from my point of view, coincided with a year of drought. While there I enjoyed much sport with gun and rifle, as well as on horseback.

After my return and a course of study in Vienna, I settled down to practise as a specialist with the knowledge that to avoid a relapse I must keep physically fit. I need not trouble the reader with details, but this was accomplished at first with difficulty and by the aid of golf and lawn tennis, with the addition of dumb-bells: physical culture was not then known. Later, when economy of money had not to be so much emphasised, I was able to devote one day a week to shooting, fishing, or hunting, the two former of which had previously been enjoyed during holidays. On the other days, however, there had to be economy of time, and I found that boxing, fencing, skipping, and, best of all, physical culture, followed by Indian clubs, before dinner served the double purpose of saving time and keeping fit.

In 1910 I felt justified in retiring, and since have led a life of leisure, excepting from 1914–1918, when I worked in civil and military hospitals. During the first years of this time I enjoyed much sport, including a shooting trip to Kenya.

I have ventured upon these personal matters to show that I have had opportunities of considering sport from various points of view and under different conditions, viz: (1) Inclination with little opportunity; (2) Difficulties as to ways and means; (3) In relation to health; (4) Difficulties arising from lack of time; (5) Period of leisure; (6) Advancing age. Having thus, by chance, been enabled to view the matter from these several standpoints, I have felt justified in writing on "The Philosophy of Sport" and I trust that I shall have succeeded in helping some of my readers forward on the way to health and happiness.

In conclusion I would tender very sincere thanks to my friend Mr. Meldrum for the note on the psychology of hunting (Chap. IX).

P. McBRIDE.

CONTENTS

CHAPTER		PAGE
	AUTHOR'S PREFACE	V
I.	INTRODUCTION	1
II.	GROWTH AND DECLINE OF SPORTING TASTES	18
III.	BRITISH ATTITUDE TOWARDS SPORT . .	35
IV.	HEALTH, SPORT AND GAMES . .	50
V.	MENS SANA IN CORPORE SANO. . .	65
VI.	SPORTSMEN IN RELATION TO ANIMALS .	83
VII.	FISHING	112
VIII.	SHOOTING	130
IX.	HUNTING	156
X.	SOME GENERAL CONSIDERATIONS . .	172
	INDEX	187

THE PHILOSOPHY OF SPORT

CHAPTER I

INTRODUCTION

SUCH conclusions as we may hope to arrive at concerning the Philosophy of Sport must of necessity rest primarily on the mental, but also to some extent on the bodily, condition of the sportsman. And now the reader will be quite justified in demanding that we should define our terms. He may well ask "What is mind?" and "What is your idea of a sportsman?" and at once we find ourselves in difficulties. The former question has baffled the sages from time immemorial. At first they were satisfied that mind, being obviously there, they were entitled to employ it in abstruse philosophical theorising without endeavouring to account for it. Later it began to be studied, and they called the methods they adopted for this purpose by the name Psychology. This "ology" however differs from most others in that its students do not know exactly what they are trying to get at, and so it has come about that there are several different kinds of psychology. Some think that mental processes can be to some extent explained on purely physiological lines, and that as our knowledge of these increases we may thus become able to account for all of them. It has become the fashion of to-day to assert that this form of materialism is now

dead and the death so assumed seems to have been put down to the new physics—electrons, protons, relativity and the like, although for the plain man the connection is not clear. Still they dare not quite eliminate the brain from all connection with thought processes, for we know that when it is interfered with by injury or drugs the mental faculties are either changed or in abeyance. Accordingly it is assumed that while we are conscious parallel action takes place in mind and brain. This is, of course, a very succinct account of the position, but it will suffice to put our difficulty before the reader. If the so-called materialistic position be entirely rejected it follows that the mind must be something not material, and that at some time it must be superadded to our bodies, and this brings us back to discussions originated, we believe, by the fathers of the Church, as to the exact time of entry of the soul into the human fœtus. Now it would be quite intelligible if the objections to the view that thought is entirely due to brain processes, emanated solely from men of orthodox faith, but this is by no means the case. They come largely from scientists, many of whom profess no religious dogma, from philosophers and from psychologists. Occasionally we discover the same attitude in biologists and physiologists.

As we might anticipate from such divergent views as to mind, which most still regard as a mystery which science is powerless to unravel, the approaches to its study have been various. So it comes about that Psychology is not one science but several, and that its forms and methods assume various guises. There is the form based largely on introspection and closely allied to metaphysics. Again we have the behaviourist

school, who argue that the only mind we really know is our own, and that for this reason we cannot study the minds of others by scientific methods. Holding these views they logically conclude that the only thing for the psychologist to observe is the behaviour of people and animals under different conditions. Of late psychology has been investigated on experimental lines, and it has also been applied to industrial methods, with the object of saving time and labour. If we mistake not the first notorious success was achieved in facilitating the work of the bricklayer. Very interesting observations have been made on the conduct of crowds when acting under the influence of some general excitement. The conclusion arrived at was that the mental calibre of the mass so affected was about on a level with that of its lowest component. From Germany we hear of various offshoots of psychology, such as the Gestalt's and the Eidetic. The former assumes that our minds tend to deal with wholes rather than their parts in detail, and the latter that, especially among the young, there is a tendency to mental pictures which have no objective cause.

Every science which is young, in the sense that its foundations have not yet been firmly laid, is liable to the invasion of sensation-mongers, and Psychology has not escaped. Indeed, many people would not have known of its existence had not Freud seized upon it as a vehicle for the propagation of his lurid and unpleasant theories. His views in a modified and cleansed form have been adopted by others, and from one of them we have had a valuable hypothesis, i.e., the Inferiority complex. The meaning of this term is that a person feeling himself inferior in some particular direction

tends in self-defence to assume superiority just where he knows that it is wanting. Most of us have met with examples—the good shot and poor horseman talks hunting, the timid man inclines to tales of courage and so on. So far we have not mentioned instinct, and primitive urges which we all recognise, and to which we may have reason to refer later. Thus we have arrived at a point where we are compelled to confess that it is impossible to give any adequate definition of mind and yet in a sense we all know what we mean by the term. We can be aware of our own thoughts, but must admit, with the behaviourists, that as to those of others we can only have such information as they choose to give us, and that even then it may not be accurate. In the last extremity, therefore, we shall be thrown back upon observing their conduct.

In attempting to discuss the mind of the sportsman the writer is fully conscious of his limitations. He believes that the subject could be made extremely interesting if taken as the theme of a really all round man, equally efficient in play and as a psychologist. In offering himself as a substitute for so much perfection, his excuse must be that he thinks the matter is worth discussing and that it is better that it should be done inadequately rather than left undone. So far we believe there is no literature dealing with the psychology of Sport with the exception of Kircher's book written in German but entitled *Fairplay*, and some casual references by other Teutonic authors—Dibelius and Kontorowicz, but we are not told how far they themselves had any practical experience of the games and sports they mention. The writer has, since he retired from the practice of his profession, taken a desultory

interest in psychology. During his life he has been fond of sport in different forms, and now it has occurred to him to endeavour to connect the two interests, utilising his own experience as well as what he has been able to glean from the pen, words and behaviour of others.

In attempting to define the term sportsman we are confronted by difficulties, but they are not quite of the same nature as those we have just encountered. There is no word in the English language, excepting perhaps the title of "gentleman," which has been so much misused. One has known it applied to men whose only claim to the name has been that they were reckless in drinking and gambling. Sometimes those who desire to exploit a youth for their own ends begin by assuring him that he is a sportsman. As young men liable to be duped are generally anything but strong-minded, we have here an example of nefarious exploitation of the inferiority complex. The victim probably knows perfectly well that he is soft, and accordingly wishes to pose as something quite different. The name "sportsman" seems to fulfil the requirements which his soul hankers after, for it conveys to him an image of one capable of dare-devil exploits, and thus supplies a sop to his vanity. In this way many a mug is prepared by those whose livelihood is gained by crooked means. They will do their best to get all they can from him and after that will no longer seek his company. Gambling and drinking certainly do not entitle any one to a sporting reputation although occasionally a gambler or a drunkard may be a good sportsman. Again, we cannot so consider those who spend their time in seeing men or horses contending. To be a frequenter of the

football field or the racecourse does not justify a claim to the name. Even people who are themselves good at games and virile pursuits are not on that account qualified to demand the honourable appellation. We have all met the man who cannot stand being beaten without showing temper; we have known the good but jealous shot who freely annexes his neighbour's birds *et hoc genus omne*. Such conduct, *ipso facto*, places them outside of the category. It may be asked if excellence in one or more sporting pursuits does not entitle to the name, what does? Our reply is that the following definition is as nearly perfect as we can produce—a sportsman is one who plays the game—whatever it may be—honestly, who keeps his temper throughout and is equally courteous as a winner or loser.

While it would be tedious at this stage to attempt to consider our various amusements *seriatim* it is possible to make a rough division into three classes. (1) In the first we may place those which are wholly intellectual and where the contest is one of wits. Here belong bridge, with several other card games and chess. We have in these the element of competition but physical attributes do not furnish any assistance. (2) In a second class we may place pursuits where performance chiefly depends upon action rather than upon mind, such as golf, rackets, lawn tennis, covert-shooting, athletics and perhaps also billiards after a high degree of efficiency has been attained. (3) Thirdly we find amusements which demand both thought and action, such as hunting, some kinds of shooting, fishing, cricket, football and boxing.

Some of these we shall discuss in more detail later, but we may here permit ourselves sufficient space to justify the classification just indicated. The first class

requires no remarks as it explains itself. Rackets, golf and lawn tennis depend upon the hand and eye working accurately together, and very little thought need enter into the play, which must of necessity depend mainly, if not altogether, upon a technique which may become almost automatic. The same is true of covert shooting as usually practised. We have had some hesitation in placing billiards in this class because it certainly demands mental effort in so far that to become a reasonably good player requires forethought in order to leave the balls in position for the next strokes. At the same time technical skill is the dominating factor. When this has been completely acquired—and it can only be acquired by those who have a natural aptitude in hand, eye and touch—we suspect that the manipulation in placing the balls for the next shot becomes almost automatic. However, we may have occasion to refer to this game again as well as to hunting, some forms of shooting, fishing and boxing which we have placed in the third class. Before passing on we must explain that while covert shooting usually requires only skilful execution there are other forms of shooting which may make considerable, if limited, demands upon the mind.

While no attempt has been made to catalogue all the different games and sports, we may claim to have enumerated a sufficient number of representative examples to enable us to draw general inferences. It will be noted that if we consider the list just given it entitles us to point out that there is an element of competition in most of them, and that where this is not obvious we find that they are conducive to personal needs, such as food supply. It would not, therefore, be unfair to suggest that our sports and pastimes have

evolved from what in the beginning of time was found necessary for survival.

Let us attempt to establish this theory by considering the early life of man just after he had become a gregarious animal. There would be a tribe—men, women and children—in a primeval land, infested by dangerous beasts as well as by animals suitable for food. There would also be the risk of meeting human enemies. It would, therefore, be necessary to be prepared to hunt and to defend. Members of the tribe which is destined to survive all these perils and vicissitudes must use their minds. They would require to trap and kill, to defend if attacked, and obtain safe shelter. So much must have been thought out and, moreover, their males would have to keep their bodies fit and practise with such weapons as they might have been able to improvise. We do not suppose that early man played bridge or chess, but we are entitled to believe that, other things being equal, the most intelligent of the primitives survived. It is not, therefore, a very far fetched hypothesis to suggest that they may have utilised simple games to stimulate their wits, and if they did do so that these would be to them what cards and chess are to us. We find ourselves on surer ground when we come to the question of games and pursuits calculated to encourage accuracy of hand and eye, and we know that had not skill of this kind been acquired there could have been no survival. The more inadequate the weapons, the more skilfully would they have required to be used when seeking to kill either for food or in defence. *Pari passu*, there would arise a combination of wits with skill, and we should reach the analogues of our third class of sports. Thus thought

would be turned to trapping game, and there would be made first a pitfall, and then other inventions on similar lines would follow, such as driving animals into enclosures. Again the stone, the first weapon of man, would be improved upon, throwing clubs, slings, spears and the like would follow, and the young men would be encouraged to practise and compete—so, we may venture to suggest, would be laid the foundations of the edifice which has grown by way of the Olympian games into our modern athletics and field sports.

When we arrive at the present age are not conditions similar if we allow for the enormous advances resulting from civilisation? The struggle for existence goes on in its relentless course, man competes with man, his primary weapons are his brain and muscles, he fights for food and shelter and the medium by which he will be able to secure these—money, the most powerful weapon of them all. Let us pursue this line of thought further and consider some typical examples. The manual worker labours for pay, he strives to get as much as possible in the form of wages. His fear is that he may be thrown out of work, and so if he possesses prudence and ambition he will do his utmost to perform his task efficiently, thus hoping to render his position secure. His anxieties will take the form of fears of a pauper's lot, the spectre of which is liable to haunt him, and as a defence against this he tries to save money. Should he be fortunate enough to possess a good brain he may rise in the world and amass wealth. Industrial legislation of late years has done something to change the position as we have sketched it, but we do not think that it has entirely eliminated ambition from the man who works with his hands, and if it has not done so

then we shall still discover in the best of the type ambition, which means competition and a desire to accumulate money, the weapon with which he hopes to fight his way upwards, and which meanwhile supplies him with food and shelter. He still, in the midst of civilisation, competes, defends, strives, and only the instruments with which he seeks to attain nourishment and security have changed.

When we come to the higher ranks we see the same thing, and sometimes may find the analogies more perfect, because the middle and upper classes have not been taken under the wing of a paternal government. The merchant's life is one of contest and competition, his weapon is his intellect, his enemies are threefold—his rivals, those from whom he buys and even those who buy from him. He will do his best to diminish the business of the first while he will buy as cheaply as possible from the second, and sell at as high a price as he can to the third—all this he will do to obtain wealth, the symbol of independence and power which, once achieved in sufficient amount, may easily lead almost to omnipotence in his sphere of action. It is very much the same with professional men, but in their cases the wits used are of a kind superior to those employed in business. The lawyer's weapons are his brain, his voice and skill in subtle dialectic with which he hopes to overcome alike his opponents and his rivals. The surgeon fights with the weapons of knowledge and skill, together with such natural aptitudes as are his.

So we see that even in our enlightened times the struggle goes on, and it is only the weapons which have changed—changed also, perhaps, in that they may now be divided into minor and major. The former are the

gifts of nature, and the latter is a product of civilisation called wealth which, when once attained, is wellnigh supreme in some directions. We see, then, that in all but the idle rich and the useless loafer we have aims comparable with what we have described as existing in the early times of our race. There is the same need of action both for offence and defence, the same striving for food, for shelter and for safety. The implements of war, it is true, are often brains and education, and the shelter may assume palatial proportions, while the chief weapon may take the form of a princely fortune.

If we examine the amusements of the workers of all classes it will, we think, be found that they incline to take the form of just those pursuits which would be essential to the safety of man when he first became a gregarious animal. This may not so easily be demonstrated in those who work with their hands because their labour will tire them and make them disinclined for much physical recreation. In the middle and upper strata, however, we note how large a proportion of their members are addicted to one or other of the representative games and sports we have enumerated, such as bridge, golf, fishing, shooting or hunting. In other words, they find pleasure in pursuits which require cunning, accurate working together of muscles and eye as well as hunting for food. In this there seems to be an indication of going back to the primitive and finding pleasure in doing so.

So far we have left the so-called idle rich out of the picture. When a man is blessed—or shall we write cursed?—with sufficient wealth to put him beyond the need for working for his living and luxuries, he will, of necessity, have to look about for a method of occupy-

ing his time. Some take to politics, and may in this sphere accomplish great things for their country, while others may find outlets for their energies along various useful channels. A great number will, however, devote their lives to amusement, which in their case is often supplied by bridge, golf and field sports. We have then a reversion to the primitive without the intervention of any useful work, and so we should put people of this kind low down if we were asked to compile a list of social classes in order of merit. To us it seems that when life is given over entirely to pleasure which cannot benefit anyone, this is an instance of retrogression as regards civilisation, for it implies going back directly to the primitive and, as it were, casting aside the gains of evolution. The political tendencies of the present age are, however, likely to discourage this particular form of weakness, which, of course, is fostered by a surplus of inherited means.

Accumulated wealth is really accumulated energy; it must originally have come from one or both of two sources, viz. Land and Labour. The former could, in the olden days, only have been acquired by either the strong arm or the subtle brain, while the latter implies direct or indirect force—the owner and his family must either have used their own muscles or must have been strong enough or clever enough to make others labour. They were, therefore, perfectly entitled to possession of their riches, but whether they have always passed them on to worthy heirs is another matter.

Probably the most highly civilised human beings are to be found among those with artistic leanings. The writer has had no opportunity of studying the question in detail, but the impression he has formed is that in

artists, poets and certain types of intellectuals, sporting tastes are much more rare than in other circles. If this be true we should be entitled to place this class at the head of our list as being at the top of the scale of civilisation. And yet those who have enjoyed various forms of active sport would not envy them their priority. We must bear in mind that most of us are mixed types, so that there may be in the same mind a taste for a variety of diversions of apparently the most opposite kinds. Further, we may even ask ourselves whether over-civilisation may not mean descent rather than ascent. There must, we think, be a suitable proportion both of brain and brawn in any nation or people which is to have survival value, and if this be admitted it follows that the best citizens will be those who combine intelligence with muscle. Again, we can deduce the proposition that for each one of us the ideal ought to be to cultivate both our minds and bodies. If we attend only to the former we shall be at the mercy of the strong, and if only the latter be cultivated we shall succumb to the cunning. The moral to be drawn is in favour of combining sport with brain work.

A great many people nowadays may fairly be called pseudo-sportsmen. They love one or more of the spectacular forms, such as race meetings, boat races, football matches and boxing, but often do nothing active themselves. This certainly gives them pleasure, keeps them out of mischief, and in so far as it does these things it may be considered beneficent. Among spectators of such events there are probably a great variety of mentalities. We shall find the expert who has practised what he sees being done, the youth who is ambitious to do likewise, but quite possibly there will

be many whose only pleasure lies in seeing others striving. We suspect that it is these last who are responsible for the introduction of so much of the professionalism and commercialism which have crept into sport. The writer has noticed at professional boxing contests a curious, and from the psychological side, interesting phenomenon. It often happens that one of the supporters at the ring side goes through a series of movements representative of hitting and parrying. This can hardly be done with the idea of showing his protégé what he is to do, because it would make him take his eye off his opponent with disastrous results to himself. We can therefore only assume that the movements are the result of intense concentration, and involuntary. We do not know whether football fans have similar tendencies, which, if they existed, might be awkward, especially if they happened where spectators were crowded together. Some behaviourists seem to hold that consciousness is closely allied to, if not actually due to, muscular movement, the muscles involved being those of speech, and what we have described as occurring in some boxing enthusiasts seems to illustrate a similar connection between thought and movement without vocalisation. We have stated that the crowds who frequent sporting gatherings are influenced by a diversity of motives. Kircher, a German writer who has devoted a volume to a study of our sports and games, believes that crowds of our proletariat go to certain events because it is the fashion to do so. Writing of the University boat race we find the following: "Both banks of the Thames along the course during the boat race are surrounded by hundreds of thousands of people who quite obviously belong to the poorer classes.

They see very little of the race, and before there has been time to enjoy it, it is over. Betting causes little excitement, especially as Cambridge seems always to win. At Henley, on the other hand, there are dozens of races—schools, universities, rowing clubs both home and foreign. In spite of this the masses are only interested in the historic boat race, and this seems to show that for them habit and fashion mean everything. One imagines that that boat race is the big thing, and the Press, which now has taken on the function of thinking for the multitude, supports this with might and main. As soon as hundreds of thousands begin to rush off to something worth seeing this becomes an object in itself—a mass festivity towards which the rowers give some assistance, as do the horses at the Derby. A crowd psychosis, helped by the outing and alcohol as well as by the feeling that here is a nobler object to do nothing and be excited and to become enthusiastic. I do not desire to minimise the technical understanding of many onlookers nor the enormous impetus given to sport, but the most interesting thing in the boat race is assuredly the need of the masses for an experience. This race is also one of the outlets by which psychic energy is run off." (Rudolf Kircher. *Fairplay: Sport, Spiel und Geist in England*, p. 89, 90).

We cannot refrain from a certain admiration for a foreigner who has so well expressed what we feel to be true of the motives which lead a large number of our compatriots to attend sporting events.

In discussing the participation of individuals in sports we have so far written only of men, but there are also votaries from the other sex. In early times woman's function was to serve and to bear children.

Between then and now women have had many ups and downs in position, but it is only in recent years that they have definitely come into competition with men. We can quite understand that in pursuits where brain rather than muscle is required they should be able to do so on equal terms and enjoy it.

Let us consider the position of woman in earliest tribal life—she would have domestic duties of an elementary kind, she would bear children, but her status would be that of a drudge, yet withal there would be small ambitions and little vanities. In this way we should expect a spirit of competition to have been engendered, and thus we can imagine may have been born the urge which finds its modern analogue in games requiring wits or physique. Again, in these rough times of the long ago, a mother must often have been called upon to defend her progeny, and so we find another element of primitive life which may conceivably be represented in the pursuits of the modern athletic girl. The early female of our race, however, can only under very exceptional conditions have been called upon to hunt for food. This was probably left entirely to males.

It is thus tempting to enquire whether what we see to-day can be traced to the behaviour of our earliest ancestors. We find our girls enthusiastic exponents of many games of skill, such as tennis and golf. As they get older they delight in games requiring mental agility, such as bridge. So far they do not differ materially from their brothers, but when we come to field sports there is a change. Very many women participate in hunting and undoubtedly enjoy it, but comparatively few seem to be either keen anglers or shots. We do

not desire to push theory too far, and yet this is rather what we should expect if sporting tastes are relics derived from primitive times and representative of the duties then thrown upon the sex. Of all field sports, hunting in the English sense is the most artificial. It can never have been said to have been of any use in supplying food, although, of course, many of the animals pursued with hounds were edible. It has generally been associated with a certain pomp and pageantry which would be attractive to the weaker sex, and riding is an exhilarating as well as an attractive form of exercise. On the other hand, fishing and shooting have few social attributes, and in them we find, even in modern times, that, sport apart, they are enjoyed with the definite object of supplying food, and, further, that the greater supply they have yielded, the more successful has been the sportsman. In short, the pleasure afforded is still directly proportionate to the amount of game or fish obtained. We know, of course, that a few women take real pleasure in rod and gun, but their small number, relative to those who hunt and play games is, we venture to suggest, an argument in favour of the hypothesis we have very tentatively ventured to suggest.

CHAPTER II

GROWTH AND DECLINE OF SPORTING TASTES

THE development of a sporting mentality will of necessity depend to a large extent upon upbringing and environment. It may begin early or late in life according as it is fostered or checked by home influences or education.

The average boy who goes to school will, as it were, lead two lives—one among his equals, where he will certainly be introduced to games and will be called upon from time to time to hold his own be it by the *suaviter in modo* or the *fortiter in re*, the other during the holidays in his family circle. If the latter be addicted to sport he is sure to have been initiated early into whatever form is practised by them. His home may be in the country, and there may be shooting, fishing and hunting. In that case—if he has in him the germ of sporting tastes—he will be familiar with guns, rods and horses almost from infancy. He will learn to ride almost as soon as he can walk, he will love to go out with the keeper and delight in watching the expert casting a fly unless the absence of rising fish should prove too great a strain upon his patience. Should his dwelling be situated near the sea or a lake there will be boating so that whenever he has become able to swim he will probably be allowed to go out by himself on the water. If there be sea fishing he will be able to enjoy this form of sport, which, while it often palls upon the adult

palate, furnishes even in its most elementary forms excitement for youth. As he gets older he will go out with the guns, whether walking up, covert shooting or even only ferreting rabbits. Having learned to ride he will be consumed by a desire to go to a meet and in preparation for the gratification of this ambition he will no doubt have tested his pony's jumping powers and incidentally his own ability to retain his seat. Thus, given favourable conditions, we can trace the growth of sporting tastes in one to whom sport appeals. To him such a life will at first be like a foretaste of heaven, but should the same opportunities be presented to a child of different mentality he may well experience a form of purgatory. All those about him enjoy things which either give no pleasure or indeed may be extremely disagreeable to him. If he admits this he will be looked upon as a mollycoddle, will be constantly taunted with being no sportsman, and altogether have a very unhappy time. On the other hand, if he dissembles and professes to enjoy the things which are either repugnant or at best uninteresting, it will not be much better for him. He may dislike seeing animals killed, and be horribly nervous every time he mounts a pony, but he dare not show his feelings, and the result will be a strain which should never be put upon the nerves of one so young. Should a child who has the germs of sporting tastes in his blood have for parents people whose inclinations and pursuits tend in quite other directions he will not be altogether happy in his surroundings, and will have to defer hopes of gratifying his natural desires. Still, very likely he may be able to obtain certain compensations, such as riding lessons, and, later, when his time comes for going to school

there may be holidays when perhaps he may make acquaintance with guns and rods or at worst golf clubs. We are not sure that a boy who has been denied opportunities in his early youth may not, if they occur later, get more pleasure out of them than one who has, as it were, been to the manner born. He will appreciate shooting, fishing and hunting more if their attainment has been put off until he is well on in his teens if only he has had the chance of acquiring some elementary acquaintance with gun, rod and saddle. With the two last he may be able to acquire skill by patience and perseverance, but a late beginning in dealing with firearms is sometimes unsatisfactory, because the necessary care and caution are more easily inculcated early in life. The writer has vivid recollections of a friend who shot with him and who had begun to shoot after he was grown up. He was an excellent performer, but he was by no means safe, so that the duties of host involved a certain amount of anxiety as to the safety of his guests, not to speak of his own.

We have seen that some children are trained to field sports from the nursery, while others do not begin them until considerably later. Let us consider whether such divergence is likely to influence their respective mentalities to any appreciable extent. To us it appears that while from the purely sporting point of view it may be better to begin very young, to do so may leave a permanent effect upon character which is not altogether for good. In all these sports there is more than an element of ruthlessness and cruelty, belittle this aspect of the matter as we may. The wounded bird, rabbit or hare will have to be killed by hand, so will the landed fish, while the fox is torn by the pack,

although the insufficiency of his mount may spare the neophyte this last but also least example. The spirit so engendered will be just the opposite of compassionate, and we all admire compassion. Again, the sport will have become so much a matter of course that its prosecution will lose some of the glamour which at first accompanied it. Compare the position with that of a youth whose opportunities have been hitherto restricted and who later finds himself in a position to gratify his long suppressed instinct. How he will enjoy his first successes with rod or gun and his first day's hunting provided mishaps have not been too numerous ! Moreover, his character will have been formed, and the necessary brutalities associated with the sports will tend less to produce callousness. He will have the advantages of education, of experience gained at school and during the years he has lived, to counteract what in the young child may leave permanent effects, which no doubt in later life may be softened and perhaps even eradicated. It is at school that the young are as a rule for the first time inoculated with a taste for games which are based upon competition. They may, of course, have had a little of this element in the home environment if they have been members of a large family, or, failing this, have been fortunate enough to have had a sufficient number of playmates, but at school they will find competition in an organised form. On his entry into this new world every lad will realise that an era has begun for him quite different from anything he has previously experienced. If it entails leaving home as well as being thrown suddenly into a heterogeneous medley of his fellows, the experience will be all the more poignant. It will hit hardest the only child, while

to one of a large family the change will be less impressive, but there will always be the sensation of novelty and wonder. The first lesson learned will probably be one of humiliation in realisation of the fact that he is one of a herd, and presently it will become evident that there are ways of emerging from the ruck. There are, in fact, two methods of rising in the social scale laid down by school tradition—a boy must excel in either work or play. Here we are only concerned with the latter. Our large schools are often reproached on account of the importance their masters attach to games and athletics. Those who have not thought the matter out are inclined to ask "Is work to be sacrificed to play?" Put in this crude form the question should be answered by an emphatic negative, but further explanation must be given. In day schools the decision is generally in the hands of the parents, for if they have definite views they can use their authority to apportion their son's time between home-work and play. We have, then, in this connection only to discuss the case of boarding schools, where the headmasters or housemasters are responsible for the behaviour and morals of a number of youths. In preparatory schools some of the pupils will be adolescents, while in public schools a certain proportion will be on the verge of manhood. There will then be a number of young people, good and bad, varying widely in temperament, grouped together without parental control and only under such supervision as can be given by a headmaster or housemaster. Thus we have a seething mass of energy, and the problem will be how to dispose of it to the best advantage, or at least to keep it harmless. The primary object will naturally be education, and if the boys could be induced

to spend most of their time on learning and to use their leisure in eating, sleeping and going through sufficient physical drill to keep them in health the solution would be arrived at. But unfortunately—or should we write fortunately?—boys are not like that, and must, as it were, be led into such paths as are thought to be best for them. We have, then, an unlimited amount of energy, part of it can often, if not always, be directed towards acquisition of knowledge, but there will be a large residue associated, in many instances, with physiological urges of approaching or arrived puberty which it is necessary to direct into channels which lead to no bad results. Psychologists call this process of directing natural urges sublimation, and schoolmasters have been very successful in utilising athletics and games for the purpose of accomplishing it. Fatigue not only induces sleep but counteracts passion, and on these lines the importance attached to play can be amply justified. In order to achieve success, however, it is necessary that sporting pastimes should be made popular, and it has been found that the best way to accomplish this is to furnish them with prestige.

Public schools vary much in their traditions. Some may attach paramount importance to work, but we do not think that this applies to many; some certainly do attach paramount importance to games while there are others, we hope the majority, which hold the balance well adjusted. A boy who is a good scholar, assuming that he is fortunate enough not to have any objectionable idiosyncrasy, will generally have the respect of his fellows, but whatever he be in other respects, a member of the eleven, or the fifteen, or a good athlete is almost certain to be popular. At first

sight this seems not only unfair but as if it encouraged the physical at the expense of the mental. It really does so in the sight of the boys, but of course this is not in accordance with the real views of the masters as a body. Nevertheless, they appear to acquiesce, and perhaps many of them do so without giving it much thought, although if we go further into the matter we may credit the originators of the system with great subtlety. They may well have reasoned in this way—"We must find a way of making all the boys take exercise; in order to accomplish this we must encourage competition and endow success with prestige. Our system of discipline gives legal authority to those boys who are best at lessons and who have reached the highest form, but we cannot, as a rule, give official sanction for the authority of boys who are only good athletes, so we must endeavour to secure it for them in the form of popularity." In most public schools games are compulsory, but it has thus been made much more easy to enforce this ruling. In school, in a house, in a form, the boys who are best at games are on the whole the most generally popular, and human nature being as it is, there will be a general inclination to imitate them and in doing so to obey. Further, if a boy has any sporting tastes he is likely to be influenced by ambition to excel, and this ambition will be strengthened by the respect and affection he sees lavished on those who have attained colours, caps or cups.

In all large schools there will be boys who excel not only in work but in games as well. They are obviously of the type most to be desired. More frequently we find those who are good at one but either mediocre or bad at the other, while the great majority will be indifferent

in both accomplishments, and it is those who will require the most careful handling. If they can be led through their school life safely as regards their morals, kept healthy in mind and body and supplied with sufficient learning to meet their needs in after life, the headmaster will have accomplished all that can reasonably be expected. For them the system of compulsory games will certainly be good. We have already indicated some of the benefits it confers, but for the kind of boy we have in mind there may well be others.

Young people are shy, and many a youth who has become fond of games and athletics might never have taken to them had he not been constrained by his school authorities. It is just the boy who is naturally lazy and unambitious who requires driving, and it is better that this should be done by the pressure exerted by the public opinion of his fellows than by regulation. The latter will compel him to join in the games, but the former may well contribute to giving him a taste for what he has begun under compulsion. It is not for us here to express any further views as to the question of education, but enough has been brought forward to justify us in concluding that on the whole the public school tradition as regards play is in no sense inimical to study.

The only kind of lad who may be temporarily harmed is one who has been sufficient of an athlete—using the word in its widest sense—to make him a hero among his schoolfellows, but who is not sufficiently good to make him remarkable in the larger world which he enters on leaving school. He may have, in the narrower sphere, become so accustomed to admiration and

adulation that consciously or unconsciously mannerisms may have been acquired which seem to indicate unwarranted conceit, and are liable to make him unpopular. However, if this should ensue he will soon have the edges rubbed off, although he may find the process painful. When school life is left behind habits of thought will have become implanted, and their further development will depend upon circumstances. If school is followed by a university, the latter will not affect the issue materially, beyond postponing the advent of the time when the youth is thrown into the maelstrom of life. How he enters and how far his entry will affect his sporting tastes and opportunities must depend upon circumstances which may differ so widely that we cannot hope to consider them in detail. There are always a few young men who in the words of the old saying have been born with silver spoons in their mouths. They are so well off or, which has very much the same effect, believe that they are so well off, that they need not work. If they have sporting tastes, and if they have no higher ambitions, they will deliberately devote their lives to amusement, and given that attitude of mind perhaps addiction to field sports will be as little harmful as any. They will have left school or college with tastes for the sports they have learned to appreciate there and in their homes. In many instances they will have added to the list such pastimes as golf, lawn tennis, billiards, cards and perhaps polo as well as dancing. Thus equipped, they will find themselves looking forward to lives of pleasure. Remember, we are here dealing only with a contingent of the young and wealthy, for very many of them have mental gifts as well as sporting tastes, and ambitions in quite other spheres. Very

different is the man who lives only for pleasure, even if this takes the form of healthy outdoor recreation. Most of us have met many of the type, and the writer has always had grave doubts whether these lives which in their beginnings have seemed to promise so much pleasure are really as enjoyable as they seem to be. He must confess that his meditations upon the question have been associated with introspection, and in part derived from his own experience. When he was leading a busy life it has seemed to him that a day's fishing, shooting or hunting gave him much more enjoyment, both actually and in anticipation, than it did after he gave up work and began to lead a life of leisure. He was fortunate enough to be able to retire from work while his physical powers were unimpaired, so that the view expressed cannot be attributed to failing strength. True, he still liked field sports, but there was a feeling that this was now a business to be attended to, and that to sit about and read on a fine day when shooting, fishing or hunting were available was not a proper thing to do. It almost seemed as if it gave him a bad conscience. Then there were hunters to be exercised, and he felt that he ought to take a hand in it, possibly because at a recent meet his mount had been unpleasantly fresh. This really exemplifies what has been recognised for ages, that what we ardently look forward to loses much of its glamour when it has been achieved. We have only ventured upon this egoistic departure because it would seem to suggest that in all probability a young man starting out on a life's journey with no more worthy ambition than pursuit of pleasure might readily find himself disillusioned early in his career. Should this occur the position can only be put right if there be

something to fall back upon, and this something must generally be of an intellectual kind. If there be no such resource the sporting tastes and the wealth which made it possible to follow them out may prove, in spite of bright expectations, to have been a curse.

Most young men are not so lucky—or shall we call it unlucky?—as to be financially independent when they pass from school or college out into the world. They will have to choose a career to enable them to live, and it will depend largely upon the choice they make, and the success that follows, how far they will be able to gratify such taste for sport as may be theirs. In the army or navy, in the woods and forest service of India, in the colonies on the fringes of civilisation shooting, riding and even fishing may be looked upon not only as amusements but in some cases as most necessary accomplishments. If a man's life work is far from civilisation and from either companions or books he may find his gun, his rod and his horse perfect god-sends, quite apart from the fact that he may require to possess firearms for self-protection. For such a life love of sport will qualify him, and its absence be the greatest possible misfortune. Again, such occupations as land agencies are often associated with opportunities for obtaining shooting, fishing and hunting, so that here, too, a liking for them may be advantageous rather than detrimental to the fulfilment of the duties undertaken. Where work and inclination, as in the cases we have quoted, can be pleasantly combined no difficulty is likely to arise from mental conflict. On the other hand, many men who are extremely fond of outdoor recreations find their lot cast on lines which make it very difficult to gratify their tastes. It is so with professional

men and those who are engaged in business. They will have to weigh their position very carefully if they hope to succeed in their work and at the same time avoid abandoning sport entirely. When the position has to be faced it must be considered from several different points of view, among which, of course, the question of ways and means will necessarily bulk large. As a matter of course the economic position may make it essential to sacrifice inclination to duty, but even then there must be some holidays, and these should be employed as pleasantly as circumstances will permit. Here the question suggests itself—is it better for a busy man to have one or many outdoor hobbies? This must be a matter of opinion, but the writer believes that many are preferable to one, because then a choice can be made to suit changing conditions. Thus, it will be found that on beginning a professional or business career a worker will be expected to sacrifice himself and his time. He will, no doubt, have an annual holiday and various days off throughout the year. Even if he be fortunate enough to have access to one of the field sports at such times he will be doing something which, as a full day at least will be required, can only be repeated at long intervals, and which will not help him at other times. Should he be fond of lawn tennis and golf these will supply him with exercise and amusement on various odd occasions throughout the year when he finds he can get away from his duties. Again, at first it may suit him best to take his holiday at a golfing resort, which, indeed, may also be required to keep up his game. Later, when he feels that he can take more leisure, he may go back to his field sports. We have thus endeavoured to give instances in order to exemplify the

advantage to be derived from having several possible outlets for sporting energy. There are certain obvious disadvantages in that to attempt doing too many things means, in most cases, doing none of them well, but, after all, amusements should not be considered as the serious things of life. Field sports—fishing, shooting and hunting—if the elements have been acquired, can all be taken up again in middle age. An occasional day with rod or gun can be thoroughly enjoyed as opportunity offers, but in the writer's opinion an occasional day's hunting, when one has not been riding regularly is an extremely painful experience even for one who has been brought up to ride.

We have endeavoured to trace briefly the development of the mind of the sportsman from youth to middle life and to show how the germ of it, if present, will not only be affected by, but also affect, circumstances. We have seen how one side of it may be fostered at home and another at school. To one boy field sports may appeal while another will find more pleasure in cricket, football and athletics. We have not, perhaps, called sufficient attention to the fact that it will be unfortunate if affection is exclusively centred on anything which cannot be pursued after the first few years of manhood, such as football. We have taken the view that in later life it is well to be interested in various sporting activities, because in that case it will be possible to select the form which is most in accord with the circumstances of the moment. The absence of all sporting taste can only be regarded as a misfortune, not only because it must imply losing a source of innocent pleasure but also because physical laziness is almost certain to result, and this, in turn, will militate against

taking sufficient exercise to keep the body fit. However, if the taste is not there it cannot be created, but on grounds of health, both moral and physical, games should be insisted upon during the earlier years of life, partly on the chance of fostering a dormant, undiscovered germ and partly, failing this, in the hope of instilling a habit of taking exercise. We are well aware that many studious boys who have later displayed great intellectual or artistic gifts have, when young, disliked play, but even they, we opine, would not have been harmed had they been made to take part in physical recreations, and possibly with healthier bodies, they might have done even greater things. There are people who, while quite ready to take part in games, have a constitutional aversion to killing animals and—as we have already said—a child showing this tendency should never be asked or expected to join in or even witness shooting, fishing or hunting. We have attempted to trace the development of sporting proclivities up to middle age and now we are brought to the question whether the taste declines *pari passu* as the years increase. On this point it is extremely difficult to arrive at any conclusion because it is almost impossible to obtain reliable data. If, for instance, an old man, in spite of obvious signs of fatigue, insists that he is enjoying a long day in the saddle, and he tells us at the end of the hunt that he is not at all tired, we must at least look as if we believed him. We may, however, have our own opinion as to his accuracy of judgment. Psychologists, as we have seen, have described two virtually similar conditions of mind—the masculine protest and inferiority complex. In both of them the subject persuades himself that he can do well some particular thing in which he himself

knows he is weak. In the old there is often a desire to forget the passage of years and the accompanying loss of strength, and on this very account to decline to believe that they can no longer do as much as they could in their youth. In addition to this, they often feel that to give up a sport will be looked upon as a confession of the advent of old age, and this they are unwilling to make. Finally, if a man has given up his life to sports requiring physical effort he may have neglected to provide himself with any occupation of a sedentary nature, and he may—if he has any imagination—look forward to his remaining days if they are to be deprived of shooting and hunting as to a living death.

For these reasons we cannot hope to gain much information by asking questions. To do so would be considered impertinent by some, but even those who might be willing to give accurate information would not always or indeed often be able to do so, because there would arise in their minds so many conflicting thoughts. Certainly in the few cases where the writer has felt himself justified in putting the question the replies have seemed to show that the taste does not notably diminish with age, but this has not convinced him, because we must be very careful not to draw conclusions from a small number of instances. In this difficulty we may perhaps venture to call in physiological analogy. We have suggested that shooting and fishing, at any rate, may be merely modern forms of a primitive urge. It is not pushing theory too far if we allow ourselves to assume as an analogy the erotic impulse. We know that the latter depends upon the activity of certain glands, is it not, therefore, probable that the basis of the former may also depend upon organic secretions? If so, we

should expect that it would at least in those who are normal decrease with age. The writer had the misfortune to be born in 1854 so that he ought to be able to assist with the results of introspection. On reflection, however, he fears that he cannot give any help of real value. It is so difficult to analyse one's own feelings, and in his case there were so many extraneous causes at work that the difficulty has been accentuated.

In 1913 he went to Kenya to shoot, and during his stay there, which terminated in the spring of 1914, there was certainly no diminution of keenness. Indeed the novelty of the sport and its occasional excitements induced a zest much in excess of that caused by good shooting at home. At that time, however, his age did not materially affect him so far as physique was required. He had a pony, but this had to be frequently discarded, so that to the best of his recollection the day was divided about equally between walking and riding, with about an hour's rest for lunch. One day, owing to having followed a wounded buck, he was out from about 7 a.m. to about 8 p.m. and was not overtired. Soon after he got home he went to Exmoor and hunted there. As the war had begun and things did not seem to be going well he did not enjoy this much, and soon afterwards went to Edinburgh, where he did medical work both in civil and military hospitals. During the four years he spent there he had some shooting, but again the times were such that one could not expect to derive the normal amount of enjoyment from the sport. During this time he did no riding, but after peace had been concluded he went again to Exmoor and had a season's hunting on hirelings, as his hunters had been taken over by the Government. Naturally it

is difficult to estimate how far circumstances rather than age decided the lack of appreciation. Up to going to Africa he had hunted in winter with two Yorkshire packs, and then taken his horses down to Exmoor for the season there. After 1918 he concluded that he was too old to begin to hunt again over an enclosed country, for with the Devon and Somerset Staghounds there is, of course, no jumping. He, however, continued to shoot for some years—chiefly driven partridges. It was in connection with this that he first suspected that his taste for shooting was waning, but again he is not sure how far this was due to the realisation that his shooting was falling off. On reflection, however, he has come to the conclusion that it was the zest that was diminishing because (1) When he had to get up early to go shooting he often felt that he would much rather stay in bed and let the sport go. (2) During these years there was no reason why he could not, with a little expenditure of trouble and sacrifice of home comforts, obtain good fishing of which he had been very fond.

It is hard to say whether sporting tastes are often simulated for social reasons. We have heard it suggested that a proportion of those who follow hounds do so on this account, but here we have even fewer data than in the case of old people, and of course the question can never be put to individuals, so we must leave it unanswered and undiscussed.

CHAPTER III

BRITISH ATTITUDE TOWARDS SPORT

SINCE the war our late enemies have been taking considerable interest in our national characteristics. The Teuton is nothing if not analytical and he is at the same time logical in his analysis. It may therefore prove interesting to the reader if we begin this chapter by translating some passages which bear upon British sport.

" Before everything English ardour shows itself very forcibly in a will to power. This will to power has made the Englishman a world conqueror, a discoverer in foreign lands and the Poles, an inventor and a technician. No other race was so difficult to discipline as prisoners of war as the English, whose will to power made them unamenable to the obvious rules of a prison camp. For the typical Briton there is only one form of pastime—sport. He has no sympathy with German gymnastics, i.e. athletic development without anything else, or walking tours which give at the same time bodily exercise and emotional satisfaction. He is only interested in sport and competition that decides which is stronger or more skilful, be it in football, tennis, horse racing or cock-fighting." (*England* von Wilhelm Dibelius. Vol. I, p. 188.)

Our next quotation is taken from an author who is so pleased with us that the thesis which runs through his most interesting volume of nearly five hundred pages is that as a nation we can hardly do wrong, but in

supporting the position he seems to attribute a naïveté to our statesmen which we feel sure they would not regard as altogether complimentary.

"The Englishman is obsessed by a desire for fresh air as is known by everyone who has caught cold in consequence. Hence his partiality for draughts which has led to many a quarrel in European trains. The travelling Briton at once opens a window, the native immediately shuts it in a rage and mutters something about English impudence. There is however more to be told.

"A remarkable illustration of what has been said is represented by the old Scottish game of golf which has now been taken up by England and America. This is as follows. Each player drives his own ball over a large grassy surface with clubs of different shapes so that he puts it into a series of holes (usually 18 in number). The player wins who has had fewest strokes and misses —more accurately we should write, who has returned the smallest number of strokes. For in this the game is differentiated from all others in the world that the player—apart from official contests—is not controlled either by his opponent or by a neutral. It is true that the caddie might count the strokes and might protest against a false score but his evidence would not be considered. The game then is played on the understanding of complete confidence in the reliability of the other and of his immunity from the temptation induced by the desire to win, thus assuming the supremacy of the gentleman ideal. On the whole this game illustrates Anglo-Saxon characteristics. It requires perseverance, patience, strength and skill, but little knowledge, the theory being gradually developed and easily acquired.

There is required attention to such individual points as the choice of club and the kind of stroke, as these depend upon the lie of the ball, but any estimate as to future strokes beyond the first is impossible. It is the purest form of competitive sport in which the desire is to surpass rather than to vanquish the opponent, as each player plays by himself and no question of interfering with or outwitting the rival arises. . . .

" Golf is the exact opposite of the indoor game of chess, in which mutual trust and indeed every moral quality can be dispensed with and everything depends upon intellect and theoretical abstract knowledge which has long since acquired the accuracy of a science, on calculation, on concealing one's own and discovering the other's intentions, on interfering with the opponent's scheme and cunning deception with the object of checkmating him.

" ' Golf and Chess ' might be the name of a book written to compare English and Continental politics, and perhaps we may write it." (*Der Geist der Englischen Politik* von Hermann Kontorowicz, pp. 311, 312.)

The author who has written most fully on British sport is Kircher, and he has certainly shown great knowledge in his work entitled *Fairplay: Sport, Spiel und Geist in England* von Rudolf Kircher.

" English games have developed spontaneously and freely through the urge to play. They have not been artificially cultivated into full growth. They just came all at once. This holds for all kinds of the playing attitude, and most certainly for the primitive forms of games and sports. A " game " is at bottom nothing but a play, a fun, a pleasure, a pastime of some kind from hunting an animal to a love play, and " sport " may

mean passing the time in joking or in friendly contests. It is not quite natural to expect that people can be happy to order. Artificial organisation is therefore at variance with a true sporting spirit." (op. cit. p. 39.)

"Sport is contest. In the playing attitude there appears an elementary instinct which urges to action, to glory, to winning, to the satisfying of an insatiable ambition in its peaceful form—the alternative to sport is war—war in its widest sense." He goes on to regret the modern craze for record breaking, which he thinks has been partly caused by the entry of other nations into the arena, but which is fostered by the Press, by promoters and by the introduction of commercialism. He continues: "English sportsmen are themselves as a rule sensible people. Their energies are exuberant but they run, jump, box and sport for amusement even when they are professionals.

"English cricket is a proof of this. It is the most typical and popular game which is more important for the sporting life of the country by fostering the simple urge to play than all the records and the degeneracy behind which they remain concealed. The more the recovering amateur tendency asserts itself against the commercialisation of sport the more plainly will the advantages of the cleansed urge to play and its importance for harmonious national culture of body and mind become evident." (op. cit. p. 64).

Towards the end of this striking analysis of the British playing attitude we find an interesting attempt to compare British and German mentality. The author confesses that he does not understand us completely, but suggests that most foreigners do not understand us at all. He sets himself to attempt to get below the

light-hearted surface which he has observed (he does not seem to have carried his investigations north of the Tweed) and arrives at this conclusion: "How easy it is to say that this people has no intellectual interests. Its interests are certainly different, it expresses itself differently, it is in a different spiritual category. We seek different things from life. We do not agree even as to sport. The methods of upbringing are different, the method of working is different, the thought processes are different. The Englishman thinks and works by intuition, the German chiefly according to method. Even if it were not so comfortable not to know anything the Englishman would endanger or destroy his special value—his intuitive energy—if he were suddenly to adopt the German plan. Intuition is not compatible with excessive forethought and knowledge. Intuition is just as incompatible with self-criticism and dissection. Instinct is a gift from nature. The cult of the natural is the deeper sense of all English life. The balance of mind and body is the highest English aim."

It will be noted that Kircher emphasises the fact that it is difficult for other nations to understand us, but we are inclined to ask the question—in this matter of sport do we understand ourselves? For the typical German, or perhaps we should say Prussian, we must be a perfect enigma. Having little sense of humour much of our behaviour must be quite incomprehensible if he be not content to account for it by assuming mental aberration.

Although it has no direct bearing upon sport we may perhaps permit ourselves an anecdote which illustrates what has just been stated. During an international medical congress an obscure case was brought forward

in order to elicit the opinions of those present as to its nature. The writer, after examining it, stated that he would prefer to consider the matter further before expressing a decided opinion. It so happened that the next to examine the case was a German professor—a most agreeable and amiable man—who was a world-wide celebrity in the speciality which both he and the writer practised. He also indicated—for he spoke little English—that he would not care to commit himself to a definite view. Then one of the others remarked "I think he must come from Scotland too," whereat there was some laughter. Fortunately the writer accompanied the foreign authority as he left the meeting and was rather startled when the latter drew himself up and said in German "That has given me great offence." Being fairly fluent in German the writer was able to soothe the speaker and explain to him that when distinguished foreigners came to us we did not have such bad manners as to insult them. The episode is merely mentioned to show the striking difference in mentality between two more or less kindred races. Considering that this difference undoubtedly exists, it is indeed surprising that the authors from whom we have quoted have succeeded so well in following our sporting mentality. It is impossible to generalise as to national characteristics and therefore it is not conceivable that any analysis or explanation as to our attitude to sport can do more than suggest a tendency applicable to a considerable majority. Perhaps, too, we may take the liberty of suggesting that this majority will consist largely of the less cultured. In their case Kircher's theory of intuition as opposed to thinking may possibly apply.

It cannot be denied that in this country the hero

worship lavished upon those who are prominent in games at school is also found in later life. We are proud of our athletes, again using the term in its widest sense, when they have shown themselves world champions, which unfortunately does not occur so often now as in days gone by. However, that does not affect our line of argument. We are merely emphasising the fact that we admire success at games. It follows that we should expect those who play to have an ambition to do it well, and this would seem to imply that they ought, as a matter of course, to endeavour to improve and to take some trouble in order to arrive at a higher standard. On the whole we do not think that with the majority of people there is any striving in this direction. The mental process with them seems to be "I like it, it amuses me, why should I make a labour of it?" This brings us to a line of thought which may be interesting to follow out. If most of us look up to successful athletes and players of games that require skill, and at the same time ourselves enjoy doing these things without making any effort to improve our own performances, the position is difficult to explain. If, further, when we are so engaged we find that it adds to our pleasure if we are more than usually successful in some individual effort such as a drive at golf, a return at tennis or a stroke at billiards, and still take no pains to improve our methods, the difficulty increases. Reasoning on such lines the conclusion would seem warranted that what we really admire is the natural aptitude of the good performer, at the same time quite forgetting that he may have spent no end of time and taken a great deal of trouble in order to arrive at his present form. That some such attitude of mind is common can be deduced

from observation on two very popular indoor games—Auction Bridge and Billiards. Auction Bridge is at present the favourite card game. It is played at clubs by men and women as well as in their homes. Many people make it their chief amusement in life, often spending several hours a day at the card table. In order to play it supremely well there must be a natural aptitude which is only possible if there be both a card sense and a card memory. These are possessed by comparatively few players and must be supplemented by practice if the highest standard is to be attained. Bridge is generally played for money, and sometimes the amount at stake may be considerable, but among the rank and file points are generally moderate. Still, this must and does act as an incentive to win. As we have said, the really good players are few, and even of the moderately good there are not too many, yet the actual number of the others who, be it observed, like the game and spend much time over it, must be reckoned we should think in millions. Of these there will be many who are ignorant of what we may fairly term the elements of the game, such as modern methods of declaring, the proper leads and the rules. This ignorance is the less excusable because to remedy it is so simple, as there is now quite a large literature which deals with the elementary principles of the game and shows how these principles have been arrived at. The reader can verify these statements by reading the interrogations which are addressed to the writers of various articles on Bridge who lay themselves out to answer questions. He will find that very often the correspondent has not taken the trouble to consult a book of rules or that he asks something which ought to be known to everyone who

considers himself fit to sit down at a card table. Here we have people, presumably interested because they have taken the trouble to write letters and yet, as it would seem, determined to find out nothing for themselves. We do not know how far the conditions just sketched apply to Bridge players of other countries, but our reading tells us that at least in the United States of America an intelligent interest in the finer points of play is taken by a much larger proportion of those who look to the card table for amusement.

If we turn to billiards we find that it is very popular among those who have tables at their disposal. Here, too, natural aptitude is required, and possible improvement in play will be restricted to the amount which is available in any given instance. However, given a fair eye and a certain delicacy of touch, a man can usually by attention and practice become moderately good for an amateur. We make this reservation advisedly because the gulf between the latter and a really good professional is so enormous as to be well nigh inexplicable. The point it is desired to emphasise, however, is that so many people play a great deal, seem to enjoy doing so and yet appear to ignore the principles of the game. A good individual shot is their ambition, and if they have brought off one or two of these they are satisfied. They also like to win games, but many of them never give a thought to the position of the balls after a score shall have been made. Now the entire science of the game lies in playing the shot so that the ball or balls are left in such a position that scoring may be repeated. The amateur who plays intelligently will always look one stroke ahead and possibly even two if he be much above the average. This should be the aim, and in this ought to

lie most of the pleasure, and yet it is ignored by the great majority of those who enjoy billiards as a pastime.

In golf there are many who pay a good deal of attention to methods and who do their best to improve, but again we suspect that the majority are content with the practice they derive from playing games, and probably the same is true of lawn tennis. On the latter Kircher (op. cit. p. 79 *et seq.*) makes some interesting comments. He dilates upon the strain to the nerves involved in championship matches, and considers the British temperament well adapted to resist this particular handicap. He evidently thinks that our players would show up better in this game were it not for two factors (1) Tennis is discouraged or at best not encouraged in our public schools; (2) The various pursuits open to members of the social stratum from which our best performers are drawn. "Society," he writes, "has its polo-season, its regattas, its Ascot week, its hunting, its shooting and fishing in the Highlands, it has thus one expensive pastime after another. Tennis is therefore not especially exciting or important for its members." He has observed how tennis playing has increased in this country, but has noted that many of the so-called lawns are ill adapted for the purpose. He tells us, too, that nowadays want of skill is often very obvious, but he puts it very nicely: "There are crowds of busy players who in a charming and matter of fact manner play badly and are happy." . . .

He remarks that as it has become a pastime of the plebs it has been assumed to have acquired vulgarity, and continues: "This vulgarity, however, implies something of great value; these people on the uneven meadow are rejoicing in their game and enjoying their

existence—the lounge chairs, the happy girls and also the odd things one can do with a ball and racquet."

As previously stated, it is not possible to label any nation with special qualities, but we may perhaps arrive, at conclusions with regard to certain characteristics observable in a majority of its units, remembering, however, that among the highly cultured of all peoples there is a tendency to similarity of mental type. Approaching the question in this way we may perhaps admit that the inhabitants of Great Britain and Ireland present a paradox, for while to them sport and games are extremely important as sources of pleasure, yet they give little thought to them apart from the actual moments when they are either playing themselves or watching others play. But even in these islands we have a variety of types, and each will re-act differently—the southern Englishman, the people of the north of England and Ireland and of lowland Scotland, the Celts of Wales, the Highlands, and Ireland. It may be for different reasons, but nevertheless we do not think any of these are addicted to expending much thought on games. Some will, however, tend more than others to let pleasure interfere with important things, but when this happens it will occur without thought being wasted on the matter. The people of the north of England and Ireland as well as the lowland Scots are not given to letting their amusements seriously affect attention to their duties, but however thoughtful they may be in other things we question whether they introduce scientific reasoning into their pleasures, so perhaps our Teutonic critics are right. It is said that the love of sport existed in England as early as the twelfth century, and that excepting for the short intermission during the

Puritan regime it has gone on ever since. Hunting with hounds and hawking date from the earliest times, while in the thirteenth century there was jousting at rings and at revolving objects. In the sixteenth century we hear of football, tennis, wrestling, games on horseback, while in A.D. 1603 bowling and fencing were fashionable in London. In the same year cock-fighting and bull baiting were attractions for the many. Melville, writing of Scotland in A.D. 1570, tells how he was taught archery, golf, single-stick and also to run, leap and wrestle. It may then well be that with us owing to centuries of association an instinctive habit of sport has grown up, and that as a consequence there has come about the intuition which has been mentioned. If this be so it readily explains how, while we enjoy our games, we tend never to give a thought as to how we play them. It seems to the writer, however, that it may also explain something more. Of late we have been losing our pride of place in the athletic world, and that sometimes in sports which we have always regarded as peculiarly our own. Of this boxing is a striking example, and in a general way we may assume that its exponents, more particularly the professionals, are as a rule lacking in culture. For this reason we should expect them to show the mentality which we have discussed as typical of our race. The writer was formerly very interested in boxing and was astonished when the cult of the straight left began to go out. He was anxious to discover the cause of this change of method, and endeavoured to find a professional pugilist who could discuss it intelligently, but so far he has been unsuccessful in his search. Up to quite recent times it was taught that the straight left was the safest form of attack, and theoretically it must

be so, if only because it reaches the opponent at such a distance that it prevents him from striking in a round arm manner. For in fighting the latter is no doubt very effective, but to use it implies a proximity which, one would think, could, given equal skill, be prevented by the older method. We do not intend to suggest that jabs and swings should not be employed, but merely that they should be added to rather than substituted for the straight left. Physics would seem to support our theory, and it has appeared to us that on the rare occasions in recent years when we have seen the straight left at work the result has justified our view. It is perhaps an impertinence for an amateur to discuss a point like this because one would naturally assume that the best exponents of boxing have arrived at a sound conclusion, and it may well be that they really do blend the old and the new, for although the writer has witnessed much boxing he has never seen actually the best in serious competition for, of course, exhibitions do not count. Again, we do now know whether the methods of the industrial psychologist have been applied to athletics, but if not it might repay trainers to do so. Years ago the writer used to see a good deal of foot racing and so far as he remembers critics of long distance running in those days laid great stress upon the length of the stride, but the question of its height we never heard broached. Looking at the matter from a strictly scientific point of view we immediately arrive at the question—Can the height be lowered without diminishing propulsion? It may be that it cannot and then there will be nothing more to say, but should it be found possible there would be a saving of exertion to the runner which might be of immense importance.

We have seen that as a nation we are losing our supremacy in certain physical accomplishments which we have long practised and which other peoples have only lately taken up. This may be accounted for if we accept the proposition that they have by long association become instinctive and that on this account their execution has never been thought about. The newcomers from other nationalities would not have this apparent advantage, which, however, we propose to demonstrate to be a disadvantage. They will have everything to learn as to execution, and this will imply most careful study of method—a study which, owing to our attitude, we have entirely neglected, and which because of our centuries old mentality we should in any case have great difficulty in taking up. Not so the foreigner, who must give close attention to every move and action and who may quite probably here and there discover how one or other may be improved upon. Having done so he will perhaps go over the ground again and make new discoveries which may easily end in giving him superiority over those who have generation after generation grown up with their preconceived ideas.

Even if we admit that our attitude towards games and sports impels us to treat them in this casual way, we may well hesitate to regret it. What we ought to desire in our pastimes is that they should supply us with mental relaxation or healthful bodily exercise, but we should certainly not wish them to take precedence of useful work. A certain desire to succeed will presumably be necessary, otherwise the element of incentive would be lacking, and without it wholesome recreations would no longer give us pleasure and would thus

cease to be practised. It may be true that we are guided by intuition rather than by reason in such things as sport, but we are also admittedly a very practical people. We have in times of national emergency been able to carry the sporting instinct into things much greater than sport, where perhaps the very absence of analysis and reasoning has given us advantages denied to those who look too far ahead. It must be remembered that British mentality is a composite product compounded of the fire of the Celt, the cheerful optimism of the South and the calculating coldness of those who inhabit the country between the Grampians and the Humber. Which of these shall dominate will depend upon circumstances. In pursuit of pure pleasure the urge will come from one but another will supply a check which will prevent hedonism from assuming complete control. Again, in times of serious crisis there will be the Celtic fire directed along useful lines by the other strains. In short, we decline to be thoroughly roused until a question of sufficient importance presents itself, and we have not found that any game or pastime fulfils this condition. Thus, while we would like to excel in athletics and play, and while when not otherwise engaged we are easily stirred to enthusiasm by them we absolutely refuse to treat them as of paramount importance. This, of course, only applies to the nation as a whole, for we have all encountered those whose talk and behaviour would lead us to think that some perfectly useless pursuit is their main object in life, and yet with many of them we have known and indeed proved that this attitude has been merely a pose.

CHAPTER IV

HEALTH, SPORT AND GAMES

In discussing health we must remember that the ideal to be striven for is that contained in the old tag *Mens sana in corpore sano*. Just as we become tired of repeating the same physical action, so does the mind suffer from long continued dwelling upon one subject.

Purely sedentary games, such as Auction Bridge and chess may therefore be beneficial for people who in the course of their work have allowed their thoughts to run too much in one groove. It is impossible to play either effectively if the mind be allowed to stray away from the business in hand, and thus those parts of the brain which have been overworked will be rested. Certainly no physical exercise is involved in either, and the card table is liable to be associated with the not too wholesome accompaniments of alcohol and tobacco. Billiards is by some lauded for the exercise which accompanies it, but we fear that walking round the table and even bending over it can hardly be dignified by the name. However, played in a private house or well ventilated club room it affords a not unhealthy distraction. Public billiard rooms vary much, but often the atmosphere—employing the term in both senses—can hardly be commended for the young, and the older frequenter of such resorts is too frequently of an undesirable type. Gambling and drinking may be first acquired by a youth who has originally had no other

motive than to learn the game. Coming now to really active pastimes, we think first of cricket and football. The latter is, as all who have played rugger know, associated with very violent exertion and engages practically every muscle of the body. From its very nature, however, it can rarely be continued after the age of twenty-five, partly, no doubt, because few players are able or willing to keep themselves in the hard condition required. Probably things are much better now, but the writer remembers that in his young days there was often a week spent without any strenuous exercise and then a hard match on Saturday. He does not recollect that many suffered any bad effects, but no doubt youth saved the situation, which contained in itself much possibility of tragedy. No doubt if players were to take trouble to keep themselves in training they might continue with impunity to play rugger long after the twenties. Cricket, of course, does not require the same intensive use of many muscles, although here too a great variety of movements are performed. Certainly if a man can play football in winter and cricket in summer he will be provided with a scheme of exercise which could with difficulty be surpassed. It will, however, we fear be only in his extreme youth that he will be able to have sufficient of either to permit of his dispensing with other and more easily obtainable exercise to keep himself fit for the one day a week he is likely to be able to give to these games in their respective seasons. In a general way we may put down cricket and football as games which will only supply us with exercise during early life, and during youth the question is by no means so important as it becomes when we are leaving it behind. When the cares of life begin to make

themselves felt and when people are beginning to become immersed in some pursuit which for the majority will be of a sedentary nature, health will often depend upon whether or not the body can be kept in good order.

We shall now pass in review some of the pastimes which may assist towards this end. In this connection we must remember that there are certain games which, although perhaps they can only be played once a week, may yet yield the incentive towards care of the body which is so important for those approaching middle age. Cricket is an instance, for if a man has been a player and still has occasional offers of a place in an eleven this will supply a stimulus towards arranging his life in such a way that he may so long as possible defer the physical stigmata of advancing years. Hockey is now being played by those who have passed their first youth and even by the middle-aged. It too is valuable both for the movement it necessitates and because to play effectively one must be in good physical condition.

More important, however, than what we may term team games are those which can be enjoyed by two players and which do not take up much time. Of this nature are rackets, fives, badminton and lawn tennis, and of these the last must be considered of most importance if only because it is more generally obtainable. The nature of the movements is similar in all. The right arm and shoulder have to be brought into play from varying positions, and the body has to assume all sorts of postures in bending from the waist, while there is much running about. If singles be indulged in an hour of hard play—assuming that the opponents be equally

matched—will give sufficient exercise for a day. The only group of muscles which do not do any work during a hard bout of lawn tennis are those of the left arm and shoulder, but as we shall see later it is hardly possible to find a sport which does not leave out some portion of anatomy.

The writer has had some interesting discussions as to the value of golf, considered purely from the point of exercise. That it is valuable we must all admit if only because it encourages walking in the open, supplies a change of air and scene and gives work to the muscles of the arms, shoulders, back and waist. Moreover, each stroke requires care and attention, and if we happen to be out with a caddie who is kind enough to take an interest in our progress we shall find ourselves sharply reprimanded on showing the least sign of slacking. Accordingly golf helps to dissipate worry for the simple reason that we must concentrate upon it. On the other hand, it may upset equanimity, for it is not easy to avoid irritation when having concentrated to the best of our ability we only succeed in impelling divots of turf or moving a topped ball a yard or two from the tee. Unless we be in good form then we may perhaps assume that viewed from the psychologist's angle the plus and minus cancel each other out. For most people, however, the game has an extraordinary fascination, and even bad players love to discuss it. We once spent a few days in an hotel where all the visitors were enthusiasts, and we arrived at the conclusion that both bad and good exponents were determined to tell of their rounds in detail, and that the latter were less boring because they got it over more quickly, but then we only played in a desultory way ourselves and were not bold enough to

admit want of interest, being, as we were, in a great golfing centre. In the old days at Musselburgh the caddies were generally grown men professing a profound knowledge of the theory of the game, and as might be expected with a number of ideas of their own, many of which were probably wrong. Be that as it may, they took their teaching duties very seriously and had in many instances a sense of humour fostered by association with Edinburgh professional men—notably the legal element. The writer began the game under one of these gentlemen, but in spite of a moderately good physique could never hit a reasonably long ball. Then on one occasion driving from the tee, he saw some children playing a long way off near a large bunker, but his caddie ordered him to proceed, saying in a depreciatory voice "Ye'll no get that length." The writer quite agreed with him and then the unexpected happened for with horror he saw his ball hit a little girl. His mentor had also seen it—jubilant for a second over the brilliance of his backward pupil—and then the ball cannoned from the child into the bunker. Here were two men, one acutely anxious lest he had injured a child and the other exasperated with the unfortunate victim who had frustrated the vicarious triumph he was about to enjoy, but the climax was reached when the caddie, unable to contain his wrath, screamed, "Oh ye damned wee bitch!"

As no harm was done to the infant the incident remains as a quaint memory and as an example of how very seriously a game can be taken. And if it be considered of such vital importance by one who merely assists, we can realise how reverently it will tend to be treated by those who play it seriously. For this reason

we are almost afraid to express the opinion that as an exercise from the health point of view we cannot rank it very high. As we shall see later, the chief object of exercise is to counteract the evils of a sedentary life, and above all to check the symptoms so liable to set in with advancing years. We must recognise that the people most concerned in connection with the question are not those who live near a golf course, and whose time is their own, for they can play daily and in doing so no doubt take enough exercise to keep themselves in health. We shall consider the subject of muscle more in detail later, but we feel obliged to interject here the opinion that even two rounds a day will not keep a man in anything approaching the best possible condition. Anatomists tell us that the game calls many muscles into play and we do not for a moment dispute it, but shall allow ourselves to add that it would gain in this respect if we all carried our own clubs and teed our own balls. Even the anatomists would admit that there are some muscles left out and that golf lacks all incentive to quick movements and therefore does not foster agility, but the loss of agility is just the symptom which appears on the threshold which separates youth from age. The people, however, who are most affected by the question as to the value of golf as an exercise are those who, being engaged upon some sedentary occupation, take a day a week off and spend it on the links or on an inland course. Again we have no wish to deny that they have a pleasant outing, a walk and some exercise—this is all to the good. In most instances, however, they will find that the fresh air has increased their appetites, there will, in all probability, be a tempting luncheon at the club house, and the feeling that

they are having a day of open air exercise will serve as an excuse for an extra drink or two. If we attempt to draw up a health balance sheet we doubt whether there will be a favourable showing.

We may now put in a word as to a very excellent form of exercise which is, however, only occasionally available—rowing. There is considerable difference according as it is practised on a river or on the sea, i.e. in a skiff or a boat constructed to live in rough water. We need not dwell upon the difference in method necessitated by the two conditions, which will be familiar to those who have had experience of both. In either case the muscles of the legs, arms, wrists, back and loins will be used, but in rowing a heavy boat in anything but smooth water the biceps and forearm will come more into play. Whatever may be thought of racing—and such evidence as is available seems in its favour—there can be no doubt that ordinary rowing is a most healthy pastime, although it also is open to the charge that it does not make for agility.

Ever since Sydney Smith delivered himself of the dictum that " The outside of a horse is the best thing for the inside of a man," horse exercise has been looked upon as in itself calculated to benefit those who suffer from digestive and specially liver trouble. Among the writer's memories there is one which, owing to the truth of the remark made, very much impressed him, and moreover contains a moral. The circumstances were these—He was hunting and riding with the bearer of a great political reputation and therefore an acute observer. The latter was talking about his health, which was being attended to by a well-known physician, and mentioned the latter's views as to hunting, asking

in the same breath, "What do you think?" We replied that Dr. X. was a most competent man and that in any case it would be against etiquette to express an opinion on a matter of this sort without knowing all the facts. The reply was "Yes, I know Dr. X. is a very good man but I don't think he knows what a day's hunting means and you do." We wonder how often the question of horse exercise has been discussed and even dogmatised about by those who have not given the subject sufficient attention, and who perhaps have had no practical experience. The fact is that the "outside of a horse" may mean little more than sitting in a chair or it may imply excessively hard muscular exertion. Mounted on a perfectly mannered hack with smooth paces the practised equestrian may go on indefinitely without experiencing any inclination to fatigue. In cantering and even in trotting there will be none of that shaking up which is supposed to be so good for the liver and which the beginner so often experiences, but those who seek health on the saddle will not long remain beginners. A horse rough in its paces and perhaps short in the temper, however, will afford exercise, but he will also require a practised hand, so that the proposed cure for hepatic congestion may, if rashly adopted, lead to a case for the surgeon. If riding is to be beneficial there should be galloping as well as trotting, and this we think is valuable because it entails passing rapidly through the air. When we come to hunting and polo everything is changed, for here most of the muscles may be brought into action. While in ordinary hacking we remain in the saddle largely by balance, in passing quickly over rough country and in surmounting obstacles we must grip with the legs.

The skilled equestrian, even then, uses balance a good deal, and has so trained himself that on the slighest sensation of insecurity the knees automatically react to press against the saddle. Sometimes, however, the action may not be rightly timed, and then there is what in the hunting field is called a "voluntary." We remember having presented to us—as if indeed the episode had been specially prepared for our benefit—a most interesting example. Just in front during a run with foxhounds was a dignified gentleman, an excellent horseman and very well turned out. The obstacle was a small wall and its smallness was probably the cause of disaster, for the rider sat loosely trusting to balance. The horse in jumping turned a little to the right and the rider shot over on his own account a little to the left. A good day's hunting probably gives us more exercise than most games or sports and few, if any, muscles are left out. The legs, the back, the arms and the waist are all in turn called into action. Even here the kind of hunter ridden materially affects the amount of fatigue, but to this we may refer in a later chapter. There is, however, another aspect of a day with hounds which makes for health. Most people carry a few sandwiches and a flask, but generally the amount of food consumed on hunting days is well below the average. This may perhaps be counterbalanced by the fact that some people take perhaps a little more alcohol than is their wont, but sometimes the flasks contain only cold tea or coffee. Being a medical man the writer was expected to show some interest in little mishaps. On one occasion an acquaintance of his had a fall, scratching his face rather severely. In a flask the victim had some priceless brandy (Waterloo or something like that) and

as to its use we differed, so that eventually it was employed as a face wash rather than a beverage, not without some show of petulance on the part of its possessor. As we have shown, riding in the form of hunting is both a healthy and a hard exercise. Many busy men can only allow themselves one day a week, but here again we have in the sport an incentive to keep themselves in condition by some form of daily exercise.

Shooting is a form of sport which appeals to people who have only one day a week free. A very common way nowadays is to join a syndicate, as thus better sport is obtained. Certainly the method is good if the chief aim be gunning and large bags, and indeed it is often the only feasible plan for city men. From the exercise and health point of view, however, it cannot be considered ideal. The greater the quantity of game the less will walking be required. Partridges may, if numerous, be driven almost from the beginning and later the coverts will be shot—all stationary work. Walking up partridges in turnips or doing rough shooting over a dog, while it may not supply a large bag, must be rated as superior to all other methods as a healthy form of sport. Grouse driving certainly entails more walking than the other forms of shooting in which game is brought to the guns by beaters, but a quick heating climb to a butt, followed by a long wait, is an excellent way of catching a chill.

Fishing is a fascinating sport, and when practised in river or stream requires a fair amount of exertion in which both arms and legs participate. It has, too, this in its favour, that the sportsman is entirely his own master. He can fish as he likes and when he likes, and may take a rest as he chooses. This is, of course, very

different from hunting or shooting with a party, when it is incumbent upon each to adapt himself to the programme of the day. Fishing then means a day in the open air, a certain amount of exercise (according to taste, as the cookery books put it) and a highly problematical amount of success. For a busy city man who has an occasional day off it will generally be a wholesome way of spending it.

Before passing from a consideration of the field sports in relation to health we should like to emphasise our position. All of them we consider wholesome and all of them give a certain amount of exercise, some much, such as hunting, and some little, such as covert shooting. If they could be practised several times a week they would suffice to keep most people fit and well. In the case of busy men leading sedentary lives, however, we would wish to emphasise the fact that we do not consider one day a week—even if the chosen sport be hunting—sufficient, and that such people should make a point of taking some form of regular exercise daily if possible. The day a week must at best be looked upon as supplying relaxation of mind and body, change of scene, fresh air and a certain amount of exercise. Perhaps we should not leave this subject without uttering a word of warning as to the 12th of August. How many men in anything but good physical condition, who perhaps have taken little or no exercise throughout the year, start on the morning of that day to walk over miles of heather and return dead beat! If they shall have strained nothing more serious than the muscles of their legs we may account them lucky. It has not been the writer's intention in this chapter to attempt to label all the different sports with plus or

minus as regards their influence upon health. He has aimed only at discussing those which are more commonly accessible and therefore more frequently practised. Of those we have mentioned we feel inclined to put lawn tennis played in the open air as *facile princeps*, because while giving exercise to almost all the muscles it also necessitates agility and a great variety of movements, calling into play various joints and ligaments. Golf, rowing, shooting, fishing and even hunting cannot be compared with it in this respect, although the last perhaps runs it closest. In none of them is there the same quick movement and twisting of the body which, as we shall see in the next chapter, is so desirable in combating the symptoms of old age. The pastimes we have referred to have one excellent thing in common —they take place in the open. We may, however, for various reasons desire a form of healthy exercise for indoors, and some are so constituted that they must if possible have it in an attractive form.

The two sports which are best adapted for home use are certainly boxing and fencing as apart from gloves, masks, jackets and foils they only require an empty room.

Boxing, if properly practised, is an exercise which calls for almost every movement of which body, arms and legs are capable excepting kicking. We have written "properly practised" advisedly because some instructors are too much given to encouraging what is termed "light play." There are many objections to this—one is that it materially diminishes the amount and variety of the exercise taken and another that it quite destroys the value of the science from the point of view of self-defence. The writer can speak feelingly on

this point for when about twelve years old he had lessons from an exponent of the light school and arrived at the point where he was able to assume a good position and lead elegantly with the left. Being young and innocent he looked upon himself as to some extent efficient in the noble art, but pride, if pride there was, certainly went before a fall which occurred in this wise. One day he was on his pony and a street boy jeered, whereupon armed with a whip he charged and avenged the insult, feeling very pleased with himself. Some days afterwards while walking with another boy the enemy who had so easily been routed by cavalry methods came up also accompanied by a friend. Now, we thought, was the time to display our latest accomplishment, so the left foot and hand were put into position, care being taken to have everything just right. Imagine his disgust at finding small dirty hands busy pummelling his face from both sides while his extended left encountered only empty space. His defeat was complete, but so far as he remembers there were no more serious consequences. After this there was no more boxing until college days, when there was fortunately an excellent instructor available who inculcated the proper methods. While the elements of boxing are easily acquired, it is not until after long practice that sufficient science is assimilated to make it a really useful accomplishment. Until this stage has been reached the hard hitting will be all on the side of the pupil while the teacher will content himself with parrying or avoiding the blows. The novice will be made to work up his muscles by practice with the punching ball under supervision and after some months, if he has the makings of a boxer in him, he will be ready for all round sparring, during which the instruc-

tor will, while generally exercising mercy, from time to time, let him experience the sensation of being hit hard. Boxing is a sport that may be begun at any time of life up to middle age by a man who is in good health and condition. It is very valuable as an interesting exercise and may on occasion come in as a useful accomplishment if it has been properly learned. There is no doubt that a practical acquaintance with the noble art often enables a confidence to be felt in positions which might otherwise prove trying to the nerves, but in order to feel such confidence we must have accustomed ourselves to giving and receiving hard knocks with the gloves. The writer, even after he had reached middle life, used to have a professional in several times a week to box with him, and found this an excellent way of getting exercise with a minimum expenditure of time. The other forms of self-defence—jiu-jitsu and savate—do not adapt themselves so well to this purpose. Interesting as it is, jiu-jitsu cannot be practised safely excepting with an expert who is so superior in the science that he can avoid either being hurt or hurting. What knowledge the writer has of savate is only second-hand, but he believes that this, too, is unsuitable for obvious reasons.

Fencing lends itself perfectly for use as a healthy exercise. Practised in the ordinary way there is the disadvantage that the muscles of the right side—arm, shoulder and leg—are doing almost all the work. This disadvantage can, however, be overcome if the fencer can learn to use the foil in either hand. It will entail owning two jackets but this is a trifling expense, and for those who are keen on the foils well worth the additional outlay, for thus they will have at their disposal a very perfect means of exercising nearly all the

muscles of the body without wasting much time in the process. Fencing is an elegant accomplishment, but not nowadays of much practical use, although the writer on one occasion found it effective in keeping off a savage dog. He discovered that by holding his stick like a foil and directing its point at the animal's nose, its inclination to attack was damped—after its first rush.

CHAPTER V

MENS SANA IN CORPORE SANO

As has been suggested in the previous chapter the health value of sports and pastimes does not so much concern us while young. Up to early manhood the system, as it were, looks after itself, or, to put it in another way, the routine of life associated with the spirit of youth watches over us. The lazy boy will be spurred on either by school authorities or companions, the adolescent will not wish to be thought of as a ninny. We are not sure whether the motor-car and above all the motor-cycle may not be preparing for us young men whose legs will be undeveloped and whose waists will be protuberant, but this evil is not yet much in evidence, and the importance ascribed to such games as lawn tennis, squash rackets and the like will serve as an antidote.

After a sedentary career has been begun, even if it be not corrected by exercise, we shall not see marked evidence of degeneration until the approach of middle age unless the subject commits gross dietetic indiscretions such as over-eating or drinking. Later, however, he is sure to age prematurely if he does not pay attention to his regimen. We cannot fix the advent of age by the number of years lived—at least not in the sense we desire the term to be understood. We know, however, that in the lives of all of us there must come a time when its stigmata will be recognised by ourselves and others. For this reason we shall attempt to

consider the most prominent physical symptoms of advancing years, but at the same time we must guard ourselves from any endeavour to arrange them chronologically if only because to us it has seemed that the order of their coming is so variable.

A tendency to put on flesh as it is erroneously called may be more or less inherent in the individual, just as there are some spare people who can never get fat. On the whole the latter are very favourably placed in the race of life, for they may, as a rule, indulge themselves with the pleasures of the table without much risk, and it is they who are best adapted to withstand the assaults of advancing years. The others, and more particularly those with an opposite tendency, may at a comparatively early period begin to add to their weight. There is this curious irony in the situation that, other things being equal, those who have in their youth been addicted to games and sports which specially develop muscle are most inclined to put on flesh when they have given up taking exercise. This is, of course, no argument against muscular development, but a very strong one against relapse into physical lethargy.

Let any man who has lived a fairly long life recall to memory old friends or acquaintances—more particularly perhaps those whom he has seen from time to time after intervals of years. How often will he have found the following pictures presented to his mind's eye—A youth slim, active and happy—a man of thirty still quite sprightly but more solid looking, and the old friend will put this down probably quite correctly to a normal process of filling out—ten years more have elapsed and the picture has changed. The subject may have seemed quite active but the complexion will have

been more florid and he may have noted a protuberance in the region of the waistcoat. On talking over old times it will have been learned that business required so much attention that there was only time for a very occasional day's golf or shooting (it will not usually have been hunting) and that for the rest he motored a good deal but rarely walked. If the old friend dined with him he will have been pressed to begin with a cocktail or two and both food and wine will have been lavishly supplied. He will have noted also that his host enjoyed all these good things, and that his spirits revived as the evening went on. After this let us suppose separation for another ten years. If things had gone on as before, and if there had been no setback in prosperity, the face will have been more florid, perhaps also notably flabby, the girth of waist will have been pronounced while there was marked loss of activity noticeable when sitting down and getting up, particularly out of an armchair, as then the hands and arms will have been called in to assist the process. Accordingly there will appear in the mirror of memory a friend who was an old man before having completed his half century. We do not, of course, intend to imply that the results of physical laziness added to good living will inevitably lead to just this course of events. As we have seen people who are naturally inclined to remain thin often enjoy a large amount of immunity, and there are others who escape by dint of a nervous system which keeps the brain busy and leads to involuntary exercise in the form of " fidgets." On the other hand the placid are by virtue of this trait peculiarly susceptible to be caught in the coils of adiposity. Getting fat owing to sluggish living is liable to carry many evils in its train.

The muscles get weaker from want of use, while the increased weight of the body gives them additional work to do. Moreover, accumulation of fat may interfere with the action of the heart and throw increased work upon this organ, especially when ascending a height or going up stairs.

Getting fat, however, is not the only danger to be feared from neglecting the body. It is well known that after middle age there is a tendency to stiffening of the joints in those who refrain from exercise. Sometimes this may really be due to gout or rheumatism, but it may also result from want of use or possibly from a commencing adhesion which might be dissipated by movement. Then we hear a great deal at the moment about fibrositis—the formation of nodules in the muscles supposed to be due to some diathetic condition. We rarely read of ruptures of muscular or ligamentous fibre as possible causes. The writer has sometimes wondered—although perhaps having been identified with another speciality during his active career he may draw upon himself a rebuke for having ventured to do so—how far such ruptures rather than any anomaly of constitution might explain certain cases of fibrositis. It seems reasonable to suppose that if a man with flabby muscles puts a special strain upon them there might result first breaking of fibres followed by cicatrinal healing and the formation of a nodule. Be that as it may, stiff joints and muscular aches are commoner in and after middle age than in youth, and we must therefore assume that these structures become more vulnerable as our years increase.

In the previous chapter we attempted to study the exercise values of various sports and pastimes, but it

is doubtful whether among them there is to be found one which can be said to reach perfection in that it exercises every muscle and joint of the body. Lawn tennis and its allies we found approaching it, boxing and fencing (left and right alternately) almost reach it, while hunting fails chiefly because it is not associated with agility. All these, moreover, occupy time, and that is exactly what the busy man particularly desires to economise. The problem then which confronts us is whether we can suggest something which will enable him to keep fit without encroaching too much upon it.

This is a question which the writer has always thought of as having been too much neglected by many—we might write the majority—of physicians. It is not that they or the medical textbooks neglect to mention exercise, but that in both cases detailed directions are avoided. We have sometimes imagined that if a medical man practising at a spa were to devote time and attention to physical culture he might obtain for himself and the particular water he happens to favour immense kudos, for as a rule it is the people who would most benefit by carefully regulated exercises who frequent such health resorts.

In the last chapter we quoted a remark made to us in the hunting field on want of knowledge as to the meaning of a day's hunting, and we suggested that it carried a moral. We now venture further to emphasise that every physician when he prescribes exercise should have just the same knowledge concerning it and its effects as when he orders a powerful drug. Is ignorance of one more excusable than of the other? We think not. It is not contended that every doctor should play all the games and participate in all the sports, for that

would leave him little time to see his patients. What we may, however, fairly demand is that he should be able to appraise as exactly as possible the therapeutic indications and results. It is of no use to tell a patient to go and play golf, to ride or even to play lawn tennis. He must know exactly how much of it he is to have. Further, if he be not in sufficiently good condition to stand a hard single at tennis steps must be taken to prepare him for it. If he is a practised horseman and goes for a short hack daily the doctor must realise that the exercise so obtained will be very gentle indeed. He must know that a busy man, if told in a casual manner to take some form of exercise, is more than likely not to attribute much importance to a direction so given. He must realise that to prescribe golf will usually be interpreted under the circumstances as meaning one day a week with an excellent lunch between rounds, and unless expressly forbidden a liberal allowance of alcohol. The physician, too, in certain circumstances may find fencing and even boxing suitable for his patient, and he should know just what practising them will entail. In short, having examined his client and having concluded that he is organically sound but suffering from being out of condition, he must be prepared to meet the situation not by generalisation but particularisation. The position to be faced will very frequently be complicated by the fact that the patient cannot spare much time, and then we must think of something which will meet his requirements. This we shall find in what is known as physical culture. Its advantages are numerous—it can be done in any room, it takes little time and if properly carried out is effective. Moreover, it meets therapeutic requirements in that it

can be accurately graduated to meet the indications. Before beginning it there should be a very careful and complete medical examination, special attention being paid to the condition of the heart. Perhaps the older reader may remember the school of physical culture run under the auspices of the late Mr. Sandow. It was, unfortunately, advertised to cure almost everything and so justly incurred censure from the medical profession. Two doctors were employed to examine prospective pupils, but these two gentlemen were, if we remember right, banned for abetting an advertising body. The sentence was certainly just from one point of view, for it would be of the nature of a public calamity if members of the medical profession were free to work with those who without medical knowledge themselves publish flamboyant pæans in praise of something which may, for all they know, be useless or even harmful. In this case, however, the physical culture was at least good for many people, and it was perfectly right to have those about to begin it examined medically.

Let us assume that we are consulted by a man organically healthy but suffering from being in bad physical condition. We recommend physical culture and tell him a little of the methods. In 90 per cent. of cases we shall be told that he does exercises either just before or just after his morning bath. On cross-examination we elicit the fact that this takes him a minute or two, but that he may omit it when he is hurried. Now before breakfast is just the time of day when everybody is almost always hurried. Even the writer, now that he is a completely idle man, experiences this most mornings of his life, so obviously we must look for another time. In our experience during a busy

life there are two possible times, viz. either just before dinner or before going to bed. From fifteen to thirty minutes should be allowed according to circumstances, and before dinner will generally be preferable. Presumably the physician will not superintend the exercises himself so he will be dependent upon a physical culturist to carry matters further. There must be instruction and supervision at first, but afterwards the patient will be in a position to keep up his exercises without further help. The room should be well ventilated and the window open. In doing the exercises it is necessary that the will be concentrated on each movement. The reason for this is that muscular contraction should be complete. The object aimed at is that during the process every muscle should be completely contracted and every joint mobilised.

Various systems have been advocated and a certain amount of caution must be exercised. In the first place we may find that what is advised, although calculated to be ultimately effective, is unnecessarily complicated, in the interest of the instructor. It may be that what could easily be accomplished in a simple way is made so complicated that many lessons are required at, of course, so much a lesson. Sometimes various apparatus are recommended as adjuvants and they can be obtained through the teacher and so on. The goal is then reached eventually by a tortuous approach and at more than necessary expense. Some years ago breathing exercises were much recommended, and it was even stated that by their means adenoids could be made to disappear. In one of the methods which was freely advertised immense ingenuity was shown in making the simple complicated. Breathing exercises, if intended merely to

encourage nose breathing, are salutary, but if carried to the point of really exercising the muscles of respiration are in our opinion to be condemned excepting as part of general physical culture. The reason is that it must be bad to make one set of muscles hard and strong while the others are allowed to remain untrained. The only useful breathing exercises, we repeat, are those which are associated with exercises of other parts of the whole anatomy.

Much has been written as to physical culture, and various systems have been devised. One of the earliest and best books on the subject was written by the late Mr. Sandow before the matter was commercialised. (*System of Physical Training*, 1894.) Later the Müller system was much in evidence, and the only fault to be found with it is that in our opinion too much stress is laid upon rubbing, as the same muscles can be exercised quite as easily in other ways. The army manual of physical training (1914) seems to the writer unnecessarily complicated and verbose. We have always thought that given a number of healthy young men they could be put into the best physical condition by giving them thirty minutes of the exercises we are about to describe and following this by a run of from a quarter to half a mile and possibly a little practice in jumping as well as simple exercises on a horizontal bar in case, as soldiers, they should be required to surmount obstacles.

The scheme we are about to describe is that which has for many years been practised by the writer, and he is glad to acknowledge in this connection that the basis he owes to Mr. Bruce Sutherland, of Edinburgh, although here and there he has introduced modifications of his own.

Exercise I

Throw yourself forward towards the floor, face downwards, so that the weight of the body is supported on the toes and straight arms. Then let yourself down until the face is almost touching the floor and press up into the straight arm position. Up to well over sixty the writer used to repeat this 15 times, but now is content with 6. This exercise should not be undertaken without medical examination and permission, nor ought it to be attempted by anyone whose arms are not fairly strong. It may, therefore, be omitted at first.

Exercise 2

Lie on the back and raise the feet at right angles to the body slowly 6—20 times.

Exercise 3

Still lying on the back keep heels on floor and raise the body so that it is bent forward and the hands touch the toes. Then lie down again, place the hands against the flanks and raise the body at right angles to the legs. Finally, lying on the back, raise both hands from the sides until they are lying behind the head with arms straight, take the fullest possible breath, now rise into the sitting posture and slowly force the breath out, at the same time bring the arms forwards, hands meeting in front and breathing muscles tense (i.e. muscles of expiration)—6—20 times each. For this exercise some people require to put their feet under some heavy object to keep them on the floor.

Exercise 4

Stand up with arms at side. Now flex the arms alternately first with the closed hand palm upwards

and next with knuckles upwards. It is well to do this and most of the subsequent exercises before a looking-glass unless there be an instructor to supervise, because to be effective there ought to be forced bending and straightening so that the respective muscles can be seen to be rigid. To accomplish this the movement must be slow and all the subject's will power brought to bear upon its execution—12—20 times.

Exercise 5

Stand with arms at right angles to body—slowly flex them alternately so that the biceps stands out—6—20 times.

Exercise 6

Stand with arms extended in front of you and palms meeting—throw back hands so that they approach or meet behind the back, at the same time take a deep breath and emit air as the hands are brought forward again—6—20 times.

Exercise 7

Stand with arms at the side—now raise them alternately straight over the head, hands shut and muscles rigid—10—50 times.

Exercise 8

Arms at side—hands closed—bring the rigid, half-bent arms horizontally alternately across the chest so that the fist lies just above the opposite shoulder—6—20 times.

Exercise 9

Arms at side—raise both together straight over the head—take a full breath as they rise—then bring them down, making the hands describe a semicircle so that they meet in front of the body, and during this process

empty the chest so far as possible by forcing the breath out—10—50 times.

Exercise 10

Stand arms at side, hands tightly closed—bend arms forcibly and rotate wrists—at the same time take full breath and rise on toes—then gradually straighten arms, open the hand, forcibly extend the fingers and breathe out strongly—6—20 times.

Exercise 11

Hands at side—close fists—raise first one and then the other towards armpit, forcibly shrugging the shoulders and moving head from side to side—6—20 times.

Exercise 12

Standing swing first one hand closed and then the other across the body, at the same time pivotting the body on the waist in like direction—6—20 times.

Exercise 13

Standing straight fold arms across chest—then sit down so that buttocks meet heels and rise up. According to strength of legs—perhaps 6—12 times.

Exercise 14

Stand arms extended above head—bend from waist so that fingers touch toes. It is also well to repeat this exercise several times so that instead of the toes the outside of the feet are touched. The knees should not be bent—6—20 times.

Exercise 15

Standing arms at side raise each leg alternately so that the foot is above the waist level then rotate both outwards and inwards—6—20 times.

Exercise 16

Standing arms at side—practise kicking backwards with each foot—the kicks should be carried out by drawing the leg up and delivered with the side of the foot which makes this a formidable method of countering an attack from behind—6—20 times.

Exercise 17

Go through the movements of running without moving from the spot. For this the skipping rope can be substituted. The writer formerly used a skipping rope with handles weighing several pounds.

Exercise 18

Standing—lunge forward as far as possible first on one foot and then on the other. In going forward throw up the arms, take a full breath and as the lunge is completed bring down the arms and emit the air.

Exercise 19

Swing light Indian clubs for five minutes, or if preferred do some shadow boxing, but this cannot be continued so long.

This scheme or something like it if carefully carried out will enable a man to keep in good condition so that if called upon to undertake something strenuous either in work or play the muscles will be able to do their

part. We have already indicated that such exercises should, if possible, be begun under an instructor, partly so that the methods may be right but chiefly because it is important that in the muscular action complete contraction should occur. Thus to bend the arm is in itself little or no exertion but to bend it forcibly so that the biceps stands out and then to straighten so that the triceps (i.e. back of the upper arm) becomes hard, constitutes effective exercise of both. The only thing that may be urged against some of these movements is that they may lead to slowness. This objection might have some weight in the case of a man training for boxing. In that case a punching ball may be used, and one can easily be fitted up in any fair-sized room. To some extent swinging light Indian clubs also obviates this disadvantage. As before said the most convenient hour for such exercises is before dinner, and we feel sure that even the most hard working man will, if he really desires to keep himself fit, be able to make time then. The writer has certainly found that even during his most busy years he could generally put in the exercises before dinner, and failing this he did them before going to bed, but in some people this might conceivably interfere with sleep.

The physician who prescribes physical culture will in certain cases have to curtail food or change it. It would be out of place here to introduce questions of dietetics more than to call attention to the fact that it has been proven that what most of us consume in food and alcohol is far in excess of our requirements, as shown, among others, by Chittenden.

To carry out such a scheme as we have outlined will require resolution and to some extent self-sacrifice, in

that temptations to relax our routine, will constantly arise and it should be realised that to give way to these for trivial reasons will in all probability gradually but surely undermine the whole and render what has already been achieved abortive. We may then assume in one who has attained success in keeping his body fit after he has well passed middle age either exceptional opportunities or exceptional will power as well as temperance in eating and drinking.

There is, however, another matter which ought to be considered. Let the body be ever so fit, if life be sufficiently prolonged, a time will come when sports and pastimes which require physical effort will be no longer possible. As a rule the mind retains vigour even after muscles have grown weak and joints stiff. It would, of course, be ridiculous to suggest that it is possible for everybody or indeed for any but a favoured few to cultivate the mind *pari passu* with the body. Obviously this is an ideal which although perhaps we can never hope to reach it, we may yet endeavour to approach. It is no unworthy objective if we strive for such happiness as may be ours in declining years provided we do so without harming others or ignoring the promptings of conscience. Let us endeavour to bring into view the lives of old people as we see them lived. Being physically weak, possibly also suffering from impaired sight and hearing, such pleasures as they can enjoy will depend upon the following three factors: (1) Physical comfort, including food and drink. (2) Agreeable company. (3) Intellectual resources.

The old cannot as a rule enjoy the pleasures of the table without suffering for such indiscretions in some way, so that we may rule out not only the rôle of gour-

mand, but also that of gourmet, and there remains only such enjoyment as can be derived from a good appetite, plain food and bodily comfort—the sort of thing that pleases the domestic cat or dog as it lies upon the hearth rug.

On a higher plane are such social amenities as the aged may be privileged to obtain. There is no getting away from the fact that the young generally visit the old not from inclination so much as from a sense of duty. There may be affection and this may so far overcome distaste that the latter is almost unconscious, but it is nevertheless often present. We might almost go so far as to say that it is natural, and due to the fact that it is very difficult for youth to converse with people whose outlook is completely different from its own. If this be so a strong argument is supplied in favour of the desirability of cultivating an adaptable state of mind. We should, above all, prevent our thoughts from getting into grooves, as this will make us uninteresting and intolerant. Moreover, the more we can keep ourselves abreast of current ideas the better shall we be in a position to sympathise with those younger than ourselves. Conversation, too, depends entirely upon the mental equipment of the talkers, and it follows that he will be the best conversationalist who has the widest range of subjects if he be able to discuss them in an agreeable manner. A diversity of interests will, moreover, militate against that most dangerous trait—intolerance, and observers of life cannot but have noticed how commonly this fault is found in the old. Even in early life some people who have a particular hobby seem determined to ride it to death, and if they live long enough this tendency is sure to increase to such an

extent that they become more and more boring as the years go by. As we have said age is often repellent to youth and can we always blame the latter? If a young friend or relative is constantly told how much better everything was arranged or done half a century ago, if his behaviour or that of his generation is frequently unfavourably contrasted with things as they were "in my young days" and if all this notwithstanding he is expected to listen appreciatively is it to be wondered at if he finds the process trying to patience? We might continue on these lines, but enough has been said to show how desirable it is for the old to have minds which not only have moved with the times but are capable of enabling their possessors to discourse intelligently on subjects of everyday interest at the present time. Apart from life work which, of course, ought to be thoroughly mastered, it will therefore be more conducive to making people agreeable in old age if they have a smattering of many things rather than a great knowledge of one. This we think holds as a general proposition but sport may be used as an illustration. Thus, let us assume that a man is so fond of hunting that it occupies the thoughts of his leisure to the exclusion of other interests, his talk will be of that alone or of that in association with horses and hounds. This will be all very well in a hunting country, but will unfit him for pleasant verbal exchange with those who know nothing of the sport and are not interested in hearing about it. On the other hand, let him be more or less conversant with fishing, shooting, hunting, dancing, Bridge, and supplied with a good gift for small talk, and he will be looked upon as agreeable company in most circles. The conclusion we are entitled to draw thus seems to be

that as a preparation for old age it is better to know many things even slightly than to concentrate on any single hobby.

Some people are so unfortunate that when they grow old they have to spend much time alone, and for them it will be well if they have cultivated a taste for reading. Novels certainly help to pass the time, but even if the works of fiction selected be of the best they will rarely by themselves provide a satisfying mental pabulum. They are no doubt of service to people who lead busy lives, and then serve a useful purpose by relaxing the mind after a strenuous day, but as a permanent resource they are liable to pall. On this account those who have reached middle age should seek some form of more serious literature with which to solace their solitude when the time shall come for them to lead a more or less sedentary life. If a taste of this kind be once acquired it is almost certain to lead the student into all sorts of literary bypaths, so that as the study goes on curiosity will come to be excited which in turn will end in the acquisition of much varied if desultory knowledge. While, as we have said, the mind usually retains youth longer than the body, we are entitled to assume that it, too, requires exercise to keep it in good condition, and the more we attend to this want the more shall we be prepared for the years of enforced sedentary life which await all who live to a great age. In conclusion we may quote from a great authority on worldly wisdom—Lord Chesterfield: "I have not mentioned the pleasures of the mind (which are the solid and permanent ones) because they do not come under the head of what people commonly call pleasures, which they seem to confine to the senses." (Let. 119.)

CHAPTER VI

SPORTSMEN IN RELATION TO ANIMALS

In fishing, shooting and hunting the desire of the sportsman is the destruction of the quarry in almost all cases. There may be a few exceptions, notably in the hunting field, but these are rare. Yet the great majority of those who are fond of sport are kindhearted people, and thus when we try to submit them to psychological analysis we seem to be confronted by a paradox. It cannot be denied that in a sense their attitude towards fur, fish and feather is one characterised by ruthlessness, and yet the general behaviour of most of them is such that we find it difficult to think of them as possessing minds capable of harbouring pitiless thoughts. As a class they are frank, sympathetic and genial—yes and even readily moved to sympathy with man and beast. The only explanation which would seem to meet the case is this—we have seen that our national mentality is not such as to make us analytical, and accordingly we are not introspective, more particularly when we are out for a day's pleasure in the open air. The writer has endeavoured to review his own thoughts and to guess those of his intimate friends in connection with shooting and hunting. Fishing being most often a solitary sport one must depend largely upon introspection and such hints as have been heard during discussion on matters piscatorial.

We have already suggested that these pursuits are to a great extent practised because they gratify what must

have been in the early stages of our race a primitive urge. In like manner if we look into the origin of religion as we find it traced in such a work as *The Golden Bough*, through magic to worship, supplication and sacrifice, we seem to find here too a primitive urge due now to a desire for protection against and propitiation of the supernatural. Perhaps these facts may assist us in explaining the relation between the sportsman and his game.

We have before us the anomaly of numbers of people in no wise below the average as regards culture and kindliness taking pleasure in killing, and apparently oblivious of such pain and suffering as arises in connection with their acts. From introspection and as a result of such observations as have been possible, the writer has arrived at the conclusion that most of those who fish, hunt and shoot never give a thought to the question. Looking back we remember that a running partridge or pheasant sometimes became a source of interest and even of amusement but never stirred to pity. In playing a salmon there was the excitement as of combat and a desire to conquer but never any sympathy with the victim. We did not, on the other hand, assume that it was rather fun for the fish, as we heard suggested by a church dignitary who was also an enthusiastic angler. In the hunting field there was always an overweening desire for a kill, and the wish that when it occurred we should be there to see. Still, every true sportsman hates to cause more suffering than is necessary, and always takes great pains to put a wounded bird or beast out of its agony. We seem to remember how carefully we always endeavoured to accomplish this, and yet that when having had to abandon the attempt the failure did not weigh upon our conscience or produce

twinges of remorse. Everything seems to indicate that the great majority never think of themselves as causing suffering while they are engaged in pursuit of game. Speaking here only for himself the writer frankly confesses that it was so in his case. It was the same when he could only snatch an occasional day, and later when he was able to give most of his time to out-door sports. Now on thinking the matter out it seems to him that the explanation is as follows. In the first place there is our national disinclination to analyse, but there are other reasons. Our sport, just like our religion, has become a tradition generally accepted, and both for centuries have been stored in reason-proof mental compartments. As they really both have their origins in primitive urges this arrangement seems to us quite natural. We have, so to speak, been brought up to them, they are generally accepted by those we associate with, and thus are driven into the range of crowd psychology which is notoriously inimical to reflection. It is for these reasons that we are justified in asserting that while there may be and often is production of suffering, fishing, shooting and hunting in no way tend to brutalise. We shall discuss the reproach of cruelty later but at this point it may be well to answer the following hypothetical question—"If you now realise that your sport causes pain why do you not condemn it? Better late than never!" We do not condemn it because it can be defended by a perfectly logical chain of argument excepting possibly in the case of fox-hunting. It happens, however, that here the cruelty can fairly be said to be nil, but this point will be more fully discussed later.

It cannot be gainsaid that when we catch fish and shoot fur or feather we are doing useful work, even

if in doing it we give ourselves pleasure. As most people are not vegetarians there is a constant demand for animal food among our population. It follows that if we supply trout, salmon and other fish, together with venison, pheasants, partridges, black game, not to speak of hares, rabbits, snipe, woodcock, pigeons, duck and other wildfowl, we are saving the lives of oxen, sheep, calves, pigs, fowls and lambs. Were game no longer protected it would certainly be killed off, and we should sacrifice not only a valuable food supply but such pleasure as we derive from seeing the most graceful of our wild fauna in a natural state. Further, in the struggle for existence which is inherent in nature a species only can survive but its individuals must in any case perish. In this connection game is on the same plain as our domestic animals and the sportsman is doing useful work, just as are our deep sea fishermen and graziers. We do not see how this line of argument can be logically controverted by those who are opposed to sport and game preservation. As to fox-hunting our contention is that if it were abolished we should soon find that both in England and Ireland the breed of horses, of which we are so justly proud, would follow it into the limbo of the past, while in certain districts many people would be thrown out of work. Most of us when we go fishing, shooting or hunting, then, do so without much reflection, but were we called upon to justify our position could readily do so by the above line of reasoning.

We are assisted in our sport by two domestic animals —the dog and the horse, and thus it happens that most sportsmen are animal lovers and that their love is generally of a truer type than that of the sentimental crowd who parade theirs on platforms and collect

subscriptions often used to initiate fussy interference with things of which they know little excepting what they gather from deliberately exaggerated and distorted details.

The dog has been for centuries the friend of man and stands very high in the scale of animal intelligence. This, as might be expected, we find most highly developed in those which become the constant companions of their masters. Almost all people who shoot and hunt are lovers of dogs, although it may be that they select for their indoor pets members of a breed not suitable for shooting purposes. We need not enter here into the vexed question whether or not it is good for a sporting dog to be kept in its owner's house. The writer has found it work well, but others do not agree, so we must leave it at that. The point we desire to stress is that sportsmen as a whole have had great experience of canine friends, and thus have been able to study their psychology, at least from what is now termed the behaviourist point of view. They will have noted that as to character there are great differences. The bitch differs from the dog so much that it is often possible to detect the sex from manner alone. The female is, as a rule, more immediately friendly, and that in a wheedling and deprecating way. In our opinion bitches are, on the whole, more affectionate—at least more ostentatiously so, and more easily disciplined. On the other hand, we do not think that they are so ready to protect the persons of their owners. We sometimes come across a dog with many feminine characteristics, but so far as we have seen there is then apt to be deficient courage. The opposite extreme we find occasionally. The animal is wild and disobedient,

if a spaniel chases, and takes no notice of the whistle while so engaged and only comes back to its master when it has *pro tem* exhausted its running powers. If severely beaten it shakes itself and is immediately quite happy when released. Between these extremes we find innumerable gradations, so that it is very necessary to study the psychology of each of our canine friends. Those who have had experience will agree that in training it is of the greatest consequence to pay attention to differences of temperament. In all cases it is essential that as few orders should be given as is consistent with requirements, but that when once given no trouble should be spared to have them obeyed. A certain amount of punishment will be necessary, but here great caution is required. While a headstrong animal will need the whip, the opposite type will be best punished by verbal reproof and gestures of disapprobation. Probably few sportsmen have read Prof. Pavlov's large work entitled *Conditioned Reflexes*, but as he experimented almost entirely upon dogs it may be of interest to refer to one or two points which have been established in his laboratory. He arranged so that he could measure the amount of saliva secreted by the animals, assuming rightly that this would be increased by the prospect of food. Then he used some stimulus, such as the beat of a metronome, just before feeding, and repeated the experiment a number of times. It was found that after a time, to use his words, " the conditioned reflex " became established, i.e. the beat of a metronome alone caused salivation. In this way it was possible to examine into what we may term the dog's power of observation. Thus in place of a metronome the sight of a luminous square, a rotating disc, etc.,

might be used and a conclusion drawn as to powers of differentiation. It was found that the following could be differentiated—tone from semitone—rotating disc clockwise and counter clockwise—circle and ellipse—while it was possible to produce appreciation of a shade of grey not detectable by the human eye although, curiously enough, real colours were indistinguishable. We now quote a very important sentence from Pavlov's work, " The higher nervous activity exhibited by the cortex (i.e. the higher brain) rests undoubtedly on the same foundation in man as in the higher animals." It follows then that according to this observer dogs have, if in a minor degree, the powers of rudimentary thinking. We have said that most sportsmen are dog lovers, and they, of all people, have opportunities of studying the psychology of their pets because with them they have the bonds of mutual affection. On the other hand they have not usually had the scientific training required to make full use of what they may notice. One of the faults of Pavlov's work is that his dogs were kept in artificial surroundings and that while in one sense he distinguished between what we may call their personalities he does not tell us of any attempts to develop these personalities. Indeed he goes so far as to say that we must not in such experiments " resort to fantastic speculations as to the existence of any possible subjective state in the animal which may be conjectured on analogy with ourselves." Now this which Pavlov excludes is just what appeals to those of us who are fond of dogs and who have therefore known them as friends rather than as subjects for experiment. At this stage the writer will venture upon a rather lengthy quotation from his *Riddle of Personality*, published in 1926.

"Of dogs Romanes has much to tell and a good deal from personal observation. He satisfied himself that dogs can convey definite information to each other, but has never known a case where such information was complex. Sheep dogs seem capable of taking action on their own account, showing elementary powers of reasoning. Romanes describes the behaviour of one of his own dogs as follows:

"'The terrier in question followed a conveyance from the house in which I resided in the country to a town ten miles distant. He only did this on one occasion, and about five months afterwards was taken by train to the same town as a present to some friends there. Shortly afterwards I called upon these friends in a different conveyance from the one which the dog had previously followed; but the latter may have known that the two conveyances belonged to the same house. Anyhow, after I had put up the horses at the inn, I spent the morning with the terrier and his new masters, and in the afternoon was accompanied by them to the inn. I should have mentioned that the inn was the same as that at which the conveyance had been put up on the previous occasion, five months before. Now the dog evidently remembered this, and, reasoning from analogy, inferred that I was about to return. This is shown by the fact that he stole away from our party—although at what precise moment he did so I cannot say, but it was certainly after we had arrived at the inn, for subsequently we all remembered his having entered the coffee-room with us. Now not only did he infer from a single precedent that I was going home and made up his mind to go with me, but he also further reasoned thus: As my previous master lately sent me to town

it is probable that he does not want me to return to the country; therefore if I am to seize this opportunity of resuming my poaching life, I must now steal a march upon the conveyance. But not only so, my former master may possibly pick me up and return with me to my proper owners; therefore I must take care only to intercept the conveyance at a point sufficiently far without the town to make sure that he will not think it worth his while to go back with me'."

This instance is given at length because it was observed by Romanes himself, but the same author gives many other examples of behaviour which could only be explained on the assumption of reasoning, examples which he considers justified in accepting as accurate, e.g. a dog hunting in company with others but leaving them to watch a hole into which he expected the rabbit to run, an expectation which was justified by results.

"A very convincing proof of a dog's power of reasoning and drawing conclusions is supplied by the following account of the proceedings of a spaniel which belonged to Mr. Elmhirst, of York. Mr. Elmhirst, whose reputation as a field naturalist stands high, has been kind enough to furnish the writer with the following details which prove that in this instance the dog must have definitely arranged a plan of campaign—in other words he must have thought of both the "after" and "before" and having done so acted in accordance with the inferences he drew—"On the 15th of August, 1897, I returned to York after three days' grouse shooting on the Sheffield moors. I had with me an old brown spaniel called Ben. He was very tired and footsore after three days in the heather. On arriving at York station I sent my luggage up by an out-porter with a hand-

cart and lifted Ben on to the handcart to save his feet, and started in the opposite direction to walk to my office. I had not gone 100 yards when another out-porter told me my dog had jumped off the handcart. I said 'Never mind, he knows his way home.' On returning for dinner in the evening my housekeeper said 'Where is Ben, he did not come home with the luggage.' I went down to the station to make enquiries and found him tied up in the left luggage office. The foreman knew me and said 'Where did you lose him?' I said 'At the station this morning.' He said 'But we did not get him from here; he was sent to us from Pickering.' At this time I had a shooting at Goathland, near Whitby, two stations beyond Pickering, and Ben had travelled with me many times from York to Goathland. On the 18th of August I went to shoot at Goathland and took Ben with me. When I arrived at Pickering station I called on the stationmaster to thank him for returning my dog to York three days before. He said 'The dog did not want to get out here and I had some trouble to get him from under the seat. Two men got out of the carriage and told me there was a dog under the seat. I found your name on his collar, so sent him back by the first train to York, but it caps me how he managed to change trains at Malton, which he must have done.' I have no doubt the dog thought I was going to Goathland, but how he managed to select a Scarborough train (at York) out of fourteen different platforms was very wonderful. To change trains at Malton did not surprise me so much, as he had done it scores of times, and the Goathland train was always standing on the other side of the arrival platform when the York train stopped at Malton.'"

In both of these dogs we have evidence of what we can only call reasoning. We must remember that in man almost all thinking takes the form of words, but that even the highest of the animal world are without the convenient symbols furnished by language. This alone is a serious handicap, for the only methods we can imagine as open to them would be to employ memory images of sight, sound or sensation. It would be out of place here to go deeply into the subject of animal psychology because in attempting to do so we might weary our readers. For this reason the writer will content himself by expressing the belief that there is not as great a gulf as is generally assumed between the mental outfit of the lowest man and the highest beast. If it be desired to follow out this line of thought further details may be found in the *Riddle of Personality*. Roughly it may be stated that in this connection the question at issue is whether such animals as the higher apes, dogs and elephants logically connect past and future. Köhler, by his study of chimpanzees, seems to have proved it, for these monkeys, while Yerkes showed that his orang-outang had powers of observation and deduction. The two examples of canine intelligence, vouched for as they were by men trained to observe, seem to us to furnish strong evidence that there, too, we had linking of past with future, together with behaviour logically following from such linking. We have said so much because we think that people who keep dogs and make friends of them are in a peculiarly favourable position to obtain further evidence. As many of them will be quite ignorant of the kind of testimony demanded by science we venture to make the following suggestions. Do dogs understand words? Most of us are at

once inclined to answer in the affirmative, but if we put the question thus—" Do dogs understand words without the addition of inflection or gesture ? " many, while inclined to agree, will feel less certain. Therefore, any records to be of value must be adduced with the greatest care as to verification of detail. Another point of scientific interest is the question as to whether acquired characteristics can be passed on to offspring. Most scientists say that they cannot, and the evidence adduced by Kammerer from experiments on salamanders is not generally accepted, while Pavlov seems to have found a flaw in the deductions he drew from the behaviour of successive generations of white mice. On the other side, we may quote Lloyd Morgan (*The Animal Mind*, 1930): " Now the chief interest and the great value of Mr. McDougall's admirable investigation lies in this. He has dealt with rats of a series of generations up to the twenty-third. And he finds that members of the last generation learn to do the trick much more quickly than members of earlier generations; that there is increasing facility of performance in each successive generation.

" Due care was taken to exclude selection of the rats under observation. I cannot here enter into the details which are clearly set forth in Mr. McDougall's reports. So far as I can judge the evidence he adduces in favour of increasing facility goes far to carry conviction."

We cannot, then, assume that the problem has been solved even if the preponderance of scientific evidence is in favour of the view that acquired characteristics cannot be passed on to progeny. To sportsmen and animal lovers generally some arguments on the other side will occur. Thus the gamecock and the bull terrier

we all know to be such clever fighters that they can usually overcome stronger and heavier antagonists. Both we must presume came originally from common stocks—do they inherit their gifts or are they taught by their mothers? We find in the young setter or pointer an early tendency to point, and in the retriever pup to retrieve, and again the question may be asked, and here we think dog breeders might assist. Suppose that from a litter of retriever pups one was removed immediately after birth and given as a foster child to a bitch of some breed in which retrieving does not come naturally, care being taken that it never had access to any of its own kind, a valuable piece of evidence might result. If after such precautions it began to fetch and carry of its own accord we should have to assume that this was the result of heredity.

Unlike the dog, the other domestic animal much used in sport has rarely that close contact with humanity which makes for brain development. Most sportsmen are not much concerned as to higher intelligence in their horses. If they are sound, well-mannered and good performers or workers their owners are usually more than satisfied. We are told that Arabs are often both more gentle and more attached to their masters than other breeds, but this may possibly be due to propinquity and petting. If we consider the life of the ordinary hunter we find that its owner rides it, perhaps pets it from time to time in the course of the day, and fondles it for a few minutes on Sundays. The groom feeds and grooms, but there is never any question of continued companionship between man and animal. Of the two the horse probably prefers the person who feeds rather than the one who rides. Thus we are led to the conclusion that the

dog has much greater opportunities of cultivating what we may venture to call his mind. In spite of this most of us have seen horses which had learned many tricks, and to quote Lloyd Morgan "A quarter of a century ago a *cause célèbre* was that of Kluge Hans, the calculating horse. The whole story is told by Oskar Pfungst, and may be read by the curious in *Clever Hans* (English translation, 1911). It seems that there is little ground for imputing intentional deception to Mr. von Osten, the enthusiastic owner or to some distinguished men of science who gave a good "pass" to Hans after examination in arithmetic. But comparative psychologists have, for the most part, concurred in Professor Stumpf's verdict as pronounced in the introduction. 'A horse,' he says, 'that solves correctly problems of multiplication and division by means of tapping . . . . That was the riddle . . . and its solution was found in unintentional minimal movements of the horse's questioner'" (*The Animal Mind*). It is thus possible that many horses might, given constant attention, prove capable of showing much greater intelligence than we are accustomed to expect from them. While we do not often meet with anything approaching canine sagacity at its best, in their case we certainly do encounter what seems to be a great variety of what we might call psychological states. The rider is in one sense in a better position to appreciate these than the dog lover, because he is in such intimate contact with his horse. If experienced he can frequently anticipate the intentions of his mount partly by what he feels through reins and knees and partly, but perhaps to a smaller extent, by what he observes. It seems to us that a series of notes on the lines indicated by a man who is in the habit of

riding many different horses might afford interesting reading. It is often possible not only to anticipate actions but even to judge of mood, i.e. whether amiable or the reverse, by noting movements of head and ears as well as sensations communicated to the hand and to the knees. Of course any tyro knows that when a horse stops and points his ears he is thinking of shying, but we can often tell whether he is really nervous or merely playful—and sometimes we can diagnose that he is on the point of wheeling and showing temper under a mask of fear.

The Question of Cruelty in Sport

As a nation we may claim that we have done much —perhaps most—to prevent the infliction of unnecessary pain upon the lower animals. The initiative in the campaign against cruelty was taken by the R.S.P.C.A., and we all, including sportsmen, honour much of the work done by this society. Cruelty is sometimes due to thoughtlessness, but it may also result from what is termed Sadism, i.e. sensual pleasure caused to the individual while he is inflicting pain. In either case it is right that it should be followed by deterrent penalties. It is rather curious that our religion contains little, if any, teaching bearing upon this subject. It is true that in the old Testament we find texts such as "The righteous man is good to his beast," and "thou shalt not muzzle the ox that treadeth the corn," but on the other hand we have in the Gospels the case of the unfortunate Gadarene swine which an evil spirit was permitted to drive over a cliff, and there is no record as to how many were maimed. This absence of precept probably accounts for the fact that it was not until recent years that the protection of animals was initiated,

and that in the East and even in some parts of Europe there is little tendency to treat them sympathetically.

While then we are all agreed that so far as possible lower animals should not be allowed to suffer more pain than is necessary, we may demand that questions relating to their treatment should be considered from a commonsense point of view. We fear that of late a vicious circle has been established, and that a number of emotional well-meaning people are allowing themselves to be carried away on a wave of hysteria. The *modus operandi* is this—Something is detected by those who originate the movement, it is then exaggerated and painted in such lurid colours as to elicit shudders of horror on the part of the less balanced members of the public. The latter are stirred to the depths of their being and by the impetus of their hysteria endeavour to increase the momentum of the ball which the originators have set rolling. As examples we may use Vivisection and Stag-hunting. Vivisection is a most unfortunate name, but it serves its purpose well for in the hands of the orator it lends itself to the production of verbal pictures which however wide they are of truth tend to be accepted by unreasoning and ignorant listeners, who then often become fanatics, blind to truth and reason.

The following letter from the British Medical Association (*The Times*, 12th Dec., 1930) puts the case fairly and moderately: "This work is loosely termed vivisection but no severe cutting operation is permitted under the Act without the use of an anæsthetic of sufficient power to prevent the animal feeling pain. Very many of the so-called experiments permitted under the Act are done for the routine purposes of public health or of medical treatment for the immediate benefit

of the community or individual patients. The potency of many remedies in use to-day, notably glandular extract, vaccines, sera and some drugs such as arsenicals (e.g. salvarsan) cannot be determined except by animal experiments. Without being so tested they may be uselessly weak or dangerously strong. Lives depend upon these powerful medicaments being of standard strength.

"Should the expenditure of public money on such work as this be prohibited? Pituitary extract is a good example. It is a valuable drug in childbirth, often diminishing pain and danger, and obviating the use of instruments, but an overdose might easily kill the patient. Before proper control was introduced, different preparations on the market varied in strength up to as high a ratio as 80 to 1 with results that can be imagined. By means of animal experiments a standard of potency, expressed in definite units, has been secured, and is, in fact, now enforced by law. This is one of the national biological standards for which the Medical Research Council is responsible. Some infectious diseases, e.g. some cases of tuberculosis cannot be diagnosed with certainty except by animal tests and animals must of necessity be used in the preparation of certain vaccines and sera. It is a public duty that such work as this should be carried out and in some cases the law requires it to be done. The effective control of therapeutic substances can only be ensured by the State, and therefore by the expenditure of public funds. It is not always realised that the term vivisection covers such work as this, and the British Medical Association is of opinion it is in the interests of the community that Commander Kenworthy's Bill should be opposed."

It may be added that not only have human beings

benefited by researches conducted by experiments on animals but also the latter themselves. Thus we have learned improved methods of dealing with wounds, tetanus, anthrax, snake-bite and hydrophobia—all common to man and beast—while many lives have been saved by diphtheria antitoxin. We have only touched upon these details because it is perfectly obvious that the suffering inflicted upon the lower animals in research work is much less than that due to field sports. This, however, is in no sense an argument against the latter, as we have already shown. On the other hand, if we should find that people prominent in anti-vivisection societies are addicted to shooting, fishing and hunting this would go far to show up the agitation as being based upon perfectly unsound principles, if indeed they deserve the name. We would therefore suggest to the reader to study the names of those who are prominent in the movement and then to ascertain how many shoot, fish or hunt. Should he find that these pastimes are pursued by people who allow their names to be used as supporting opposition to all experiments upon animals he will at once realise that the movement is not honest and must rest upon a rotten foundation, the choice lying between ignorance and insincerity. We stress this point because if it can be proved we may deduce that not only does it apply to anti-vivisection but also to agitations against field sports. The agitators in one case endeavour to stir popular feeling by conjuring up visions which have no objective basis of fact to support them and in the other they have concentrated on stag-hunting. We believe that they have chosen the latter because a hunted stag, being a large and handsome animal, lends itself better to assist propaganda. On the other

hand they have paid little attention to covert shooting, which we consider the least humane of the field sports, but to attack it seriously might alienate a good many subscriptions—there are few stag-hunters but many shots.

Let us now go into this question of cruelty a little more in detail. How shall we define the word? If as the unnecessary infliction of pain we must add the proviso that an action cannot be called cruel if while inflicting pain it prevents greater pain in the future.

It is unfortunately too true that in a sense nature is cruel. It is painful for man or beast to die, but if death be sudden the agony is reduced to a minimum, but natural death is rarely sudden. It follows, then, that we have at hand a suggestion which if carried out would at once reduce the total amount of suffering. If all life—human and animal—were suddenly annihilated there would be nothing left for nature to torture. Even our morbid sentimentalists would, however, shrink from advocating a course so drastic even had they the power to carry it through. We must therefore deal with things as we find them.

We propose now to consider the question of the fear which morbid humanitarians stress so much in their strictures upon field sports. Most human fears imply mental analysis of a situation fraught with danger. We know that at best it is only the highest of the lower animals which are capable of elementary attempts at looking forward and connecting past with future. For this reason we cannot compare fear as it affects ourselves with that which a hunted fox or stag may be assumed to experience. Indeed the latter, when pursued by hounds, has been known not only to soil but even to feed when the pack was near him. (Hendy, in *Wild Exmoor through the Year*, p. 215.) Our own view is that

when a wild animal in full vigour is escaping from danger his behaviour is purely instinctive, and that such mental processes as take place are merely those which will facilitate this end. At times, too, there may be a certain amount of excitation, but even this we do not know. We think, however, that a wild animal in any way incapacitated from previous injury may suffer acutely, for it was found by Pavlov that in experimenting with dogs the application of two opposing stimuli produced signs of suffering. Thus, a wounded bird or beast would be in the position of being urged by instinct to move away and tortured by its physical disability to do so. With regard to the healthy stag or fox, then it would seem justifiable to consider the suggestions which have been put forward by unbalanced sensation mongers as to the torturing fear endured by the hunted quarry as the figments of unhealthy minds sometimes deliberately led astray by those who ought to know better. We may, nevertheless, grant that as the pursuit becomes hotter a period of excitement will ensue, but this will only serve to encourage greater effort to escape. Such suffering as there is will be short and just precede death. The estimation of pain is not so simple as it seems. Pavlov (*Conditioned Reflexes*, p. 29) writes "Thus in one particular experiment a strong nocuous stimulus—an electric current of great strength—was converted into an alimentary conditional stimulus, so that its application to the skin did not evoke the slightest defence reaction. Instead the animal exhibited a well marked alimentary conditioned reflex, turning its head to where it usually received the food and smacking its lips at the same time producing a profuse secretion of saliva." Here if we may so express

it, pain had been changed into an agreeable anticipation of food. Again some animals, such as horses, when fired do not seem to suffer nearly so intensely as we should expect from seeing the burns inflicted. In man, too, if the mind be pre-occupied pain may be blunted. The writer had experience of this in his own person while playing a salmon on an Exmoor stream. He had hooked the fish where such an occurrence was a great rarity, and was therefore presumably rather more anxious to land it than might have been the case had the event occurred where salmon were common. There was with him a friend who although an experienced trout angler had never seen a salmon landed and this possibly added to the excitement. The whole thing took perhaps fifteen minutes and while playing the fish the writer was conscious of some insect buzzing about and of putting up his hand to brush it away but there was no pain noticed. Having landed the fish he carried it several miles over the moor, changed and enjoyed dinner. He went to bed having arranged to start early for the meet of the Devon and Somerset Staghounds and to call for a neighbour on the way. He slept well but on awaking felt his face stiff, and on going to the looking-glass found that it was anything but a pleasant sight, being enormously swollen, with both eyes nearly closed. Although feeling otherwise quite well he gave up the idea of hunting as he did not care to appear in public. By a process of elimination he arrived at the conclusion that he must have been stung by a bee or wasp, but that he was so concentrated on rod and line at the time that he did not feel the pain, and this is exactly the position he would ascribe to the wild animal when pursued. According to this view its whole nervous system would be so

braced for escape that there would be no room for such an emotion as fear, in our sense of the word.

The psychology of people who desire to put down what are termed blood sports presents a puzzling problem. To be consistent they must, of course, be absolute vegetarians, because however humane the method there must be suffering connected with slaughtering and transportation of cattle and sheep—not to speak of pigs and fowls. Even if content with a purely vegetarian diet they might wish to have cereals but in the absence of guns how could our grain crops be protected from migratory birds such as the various varieties of wild pigeon? A good many years ago the writer had a shooting in Scotland where it was not safe to eat wood pigeons because neighbouring farmers were using poison to destroy these birds which had become a plague. We are prepared to admit a certain amount of cruelty in field sports, but their opponents seem never to consider alternatives. If wild animals—feather and fur—are not killed by man they may fall victims to birds or beasts of prey. Just as in shooting death may then be merciful or painful—for example sudden by the stroke of a falcon's beak or lingering while blood is sucked from the neck of a rabbit by a stoat. Fish, birds and beasts, if they survive other vicissitudes, must, like ourselves, eventually become weakened by disease or old age. Fish, apart from the risks they run from others of their kind or from otters, are liable to be attacked by such maladies as that known as fungus. When this is rife we see as we walk along the river banks salmon enshrouded as it were by the horrible yellow growth. The writer will not readily forget how as he was fishing a pool in the Tweed one of these diseased fish kept throwing

itself out of the water presumably to allay irritation and how at last it ran against his waders with a view, we supposed, to rubbing off the masses of fungus. In rivers keepers and bailiffs generally try to remove and destroy the sick fish, and thus do much to save them from suffering, but were there no preserved fishing there would be none to exercise care of this kind.

In shooting there must always be a certain number of wounded, and this applies alike to small and big game. The good sportsman always does his best to put the injured out of pain. After a large covert shoot there will be wounded fur and feather but let us consider the matter reasonably. The injured animal will often die soon or failing this, will be more or less incapacitated, in which case it will, while allowed to live, lead an unhappy existence. We have already admitted that shooting, and especially covert shooting, is the least humane of the field sports, but is the wounded animal really in any worse plight than it would eventually be as a result of loss of vigour from disease or old age which by the laws of nature must otherwise be its eventual fate? In either case there will be suffering due no doubt largely to fear of natural enemies, and there may be difficulty in obtaining food, but all things considered the position will be very much the same that we, the most highly organised and most sensitive of nature's products, will sooner or later have to face. Our fear may be inspired by disease and our lack of sustenance caused by inability to assimilate, but otherwise the situation will be the same if perhaps less crude.

We have already discussed the question of cruelty in connection with hunting, and indicated that the fear upon which most of its opponents lay so much

weight is probably a chimera. But if, in spite of the arguments we have used, they still insist upon maintaining that it is a source of torture to the quarry, we would point out to them that they ought to confine their exercise in the open air to towns, for were they to take country walks or drives they might inspire birds and beasts with just that fear on which they dwell when discussing hunting. Again, they ought to avoid giving pain to or inspiring terror in the lowliest of living things, including flies, bugs, lice, mosquitoes and midges. Indeed, they should act as St. Francis of Assisi would have acted. If they ever eat fish let them consider how many are netted for human food, let them carefully go into the question whether the deep sea fishermen are careful to knock each of their victims on the head lest it should be left gasping for air. So far there does not seem to have been any definite attack on the sport of the angler, but there must be at least discomfort for the trout or salmon while it is being played. We do not think the mouths of fish can be very sensitive because they have been known to be hooked again soon after they had escaped. On the other hand it is possible that they may suffer a good deal from fear when they feel themselves firmly held, as in that case there will be two opposing forces at work—desire for freedom and sense of captivity.

Let us now come back to the question of hunting which as we know has been chosen as the main point of attack. We have seen that probably both fox and stag when hunted are not much pained by fear, we know that the former is almost instantaneously killed when the pack reach him. Further, if foxes were not hunted they would have to be killed either by shooting or

trapping. If the former were employed, as shot would be of necessity used, they would be often wounded, while the latter would produce both pain and fear. Stag-hunting has, however, been chosen as the subject for the main attack by our crusaders against sport. They dwell upon the beauty and nobility of the hunted animal in order to stimulate sympathy—a wounded rabbit would not have nearly such a good effect upon a neurotic crowd. They then concentrate upon some particular episode which they either distort or dissociate from concomitants which might give it quite another complexion. In the centre of the picture will be the noble suffering deer[1]—here again fifty trapped or wounded rabbits would supply a much greater tale of woe but would be less suitable for advertising purposes.

As the writer has spent many seasons hunting on Exmoor he will venture here to interpose a brief account of the position as he knew it.

The red deer of Exmoor would have been extinct long ago had not the Devon and Somerset hunt compensated farmers to some extent for the damage done to their crops, and had not they themselves been keenly interested in the sport. The hunting brings many visitors to the moor, and they with their horses and servants, give employment and conduce to the economic well-being of the permanent population.

[1] *Spectator*. (17th January, 1931)

In a letter to the Hon. Stephen Coleridge, Lord Lonsdale, himself a vice-president of the R.S.P.C.A., writes "I cannot help thinking it would largely enchance the Society's aims and objects if they spent a little more of their funds in applying their time and finance in the investigation of continual cruelty on the roads with overladen wagons, and work on some agricultural farms rather than taking exception to certain acts in public performances, which evidently they do not understand, solely for the purpose of advertisements to catch the eye of the public in the hope of gaining funds."

On the morning of the meet the harbourer will have marked down a warrantable stag. In the early forenoon the field and hounds assemble at the place of fixture. A few of the staunchest of the pack (tufters) are taken by the master or huntsman to the place where the stag has been harboured (i.e. marked down). The tufters are used to separate the deer it is intended to hunt from others, and if possible make him take to the moor. This tufting may occupy a considerable time, and hours may elapse before the quarry is driven to take a line across the heather. When this has been accomplished the whole pack, which has meanwhile been kennelled in a suitable outhouse, is laid on the scent and the run begins. We need not dilate upon the pleasure of galloping over the moor. There may from time to time be a check when the line has been temporarily lost. It is sometimes recovered by casting or possibly information will be obtained as to the direction which the deer has taken. In this case time will be saved by lifting the hounds and laying them on at the point where the stag was last seen. Eventually he will almost certainly take to water. If he has been driven to the sea he will swim straight out followed by the leading hounds. These will, however, be called off and if a boat can be obtained the deer will be followed, captured and dispatched. If, on the other hand, the hunt has been inland the stag will stand at bay in a river bed often against a high bank to protect his quarters. So far as the writer has seen hounds do not often seize or worry him, although perhaps isolated hounds may occasionally inflict a bite. A game deer will often lower his head and with his formidable antlers clear a way for himself through his numerous assailants and still keeping to the

water will move either up or down stream. This may go on for some little time, until the hunted animal is sufficiently tired to make it possible to lasso him. When this has been accomplished he is dragged in and quickly killed. We believe that now shooting is employed so that the last stage has been shortened. Occasionally if there is a deep pool in the river the stag will swim and then the hounds may drown him but this is not a very common occurrence. Of course all of us who have hunted on Exmoor must have frequently felt admiration for the gallant beast we have helped to drive to his doom. We have no doubt that all have from time to time been moved to pity and have regretted the necessity for his destruction. None, let us hope, have had any pleasure in his extremity although all may have enjoyed the hunt.

Those who have been attacking stag-hunting in the Press have not failed to make the most of any episode which could possibly stir the pity of the tender-hearted, and prove that stag hunters are the embodiment of cruelty. Let us therefore review the situation from the matter of fact and common sense standpoint.

The red deer of Exmoor would have been extinct long ago had it not been for the hunting which benefits the natives financially and gives pleasure to many sportsmen. Therefore if individuals perish from time to time their deaths, as it were, keep the community in existence, and surely it would be sad to have the most beautiful of our wild denizens disappear from England. For reasons already given we believe that there is little suffering connected with the sport and that what there is must be of short duration. As to pursuing a swimming deer with a boat perhaps this is a little

repugnant to our sense of fairness until the reason is given, which is as follows: It has been realised that if red deer are to survive their numbers must be kept down, and that it is only just possible to do this by killing as many as possible with hounds. If shooting were to be adopted they would be quickly eliminated, and many would be maimed before the process was completed. Hunting would then cease, the economic position of the inhabitants of Exmoor and its neighbourhood would be seriously affected and animal suffering would be increased. For these reasons then it is necessary to kill as many deer as possible including any that take to the sea.

It may be thought that what has just been written is an *ex parte* statement as coming from one who has been a stag hunter. If the reader will look up *Wild Exmoor*, by Mr. Hendy, whom we have already quoted, he will find there the views of a field naturalist and bird lover which seem to accord in all respects with those just expressed. The following short quotation (pp. 211–12) clearly states his conclusions: "It is difficult for a naturalist, who loves nature and wild life as they are, to realise that there are people who would wish to stop stag-hunting altogether, even if it did mean the annihilation of the whole herd. The reasoning advanced in favour of this ruthless course is, I understand, that at all costs the cruelty involved in hunting must be abolished. I must confess that to me (and indeed to many others) an intelligence which can contemplate in cold blood the slaughtering by clumsy and ineffectual methods of some six hundred wild creatures is guilty of a cruelty infinitely worse than that which it so vehemently condemns. It is illogical to decry hunting on the ground that we have no right to cause pain for our

pleasure and in the same breath to advocate the extermination of wild animals to relieve our own hypersensitiveness. We need sense as well as sensibility. This kind of humanitarianism is sentimentalism, i.e. sentiment divorced from common sense. I have noticed that much of the abuse of blood sports comes from individuals who live in towns and cities and presumably do not know much about the country and the conditions which prevail there. Their visits to Exmoor are probably confined to the holiday season. I suggest that 'backwoodsmen' may understand the animals among which they live a little better than those whose scanty knowledge of them is gained chiefly at second hand."

Let us end with a brief resumé of the conclusions we seem entitled to arrive at with regard to so-called blood sports and the pain they inflict. Angling, we have seen, causes alarm to the victim, but probably little pain and in this connection we must bear in mind that fish have comparatively lowly developed nervous systems. Shooting may result in wounding and after big covert shoots there are generally a number of cripples usually pheasants or rabbits, and for this reason we are entitled to consider this form of shooting as most liable to cause suffering, but even then the animals are in no worse case than if crippled by age or disease. Still, it would show something worse than inconsistency for a man to encourage it and yet allow his name to appear as a supporter of bodies who aim at suppressing experiments on animals and staghunting. In other forms of shooting, excepting perhaps in ferreting rabbits, there is little suffering because the wounded are generally found and dispatched. In hunting we have shown that in all likelihood there is little suffering.

CHAPTER VII

FISHING

FISHING with hook and line dates from prehistoric times. A rod, too, seems to have been added to the equipment at a very early date, and we are told that angling was probably practised as an amusement in ancient Egypt, as representations of people of apparent wealth and position have been found armed with rod and line. Reference to the use of an artificial fly by the Macedonians have been found as early as the third century A.D. Accordingly we cannot claim for this sport that it originated in our islands and yet most of the modern literature as well as methods seem to have been of Anglo-Saxon origin. We have made this brief reference to the history of angling because the above facts would seem to justify us in calling fishing a sport which has been brought to us from foreign lands. On the other hand we may fairly claim to have adapted it to our sporting tastes and yet as we go on to analyse the mental equipment necessary for its practice it may strike us that the required qualities are in a sense different from those which we consider typically British.

After we have decided to go fishing there are many preparations to be made and matters to be considered. We must have suitable tackle, but that is not enough, for the greatest care must be exercised to make sure that rod, reel and above all casting lines are in good condition. We shall require, too, a serviceable landing net or

gaff as the case may be. Careful consideration must be given to the question of lure. We must have flies suitable for the particular water, we may want spinning tackle, minnows or even worms and perhaps other baits. However we do not here aim at instructing as to these matters, but rather at showing how patiently details must be attended to before the sport is begun.

Let us assume that all is ready on the day before and that we are looking forward to the morrow. We shall then indulge in anticipation and there will be some anxiety as to the weather, greater or less according to whether we are going to try our luck in river or loch. In sea fishing, too, barometrical conditions may be important, but of less consequence than where trout or salmon are in question. In river angling especially weather may make or mar our sport. If the water be not in condition or if there be thunder about, our day will probably be spoiled. Too much of the bright sunshine, so welcome on other occasions, may prevent success, so that taking everything together much of our anticipation of pleasure will be cancelled by anxiety. Sometimes when the omens have seemed bad unexpected success awaits us and sometimes innocence on the part of the fisherman may yield results because he has not known how unpropitious the prospects would have seemed to one of greater experience. We are able to furnish instances of each from personal experience.

When the writer was leading a busy life in the practice of his profession a friend who had a stretch of salmon river asked him if he would care to have a few days' fishing. The invitation was accepted gratefully, with the proviso that the date could be fixed a week in advance so that the time could be kept free from engage-

ments and other arrangements made. On the day before the proposed start the host telephoned that he had heard from his keeper that the condition of the water was bad and that he much feared there was little chance of sport, but that in any case he had to go himself. We went prepared for the worst, but next day the writer was fortunate enough to kill five fish and the host four—a record for two rods on the water, we believe.

The other instance occurred early in our fishing career on a West Highland river where sea trout were numerous but salmon scarce. The stream was rising, it was raining and blowing a gale. Even the innocent writer realised that it was not a day for trout, but knowing nothing of the lore of salmon he put on a large fly and fished industriously although the water was rising in the only pool in which he had heard of salmon being killed. After a time he was rewarded by an eight pounder.

Assuming that our prospective sportsman has got over the cares of preparation and the agonies of anticipation we shall presumably find him on the water, i.e. either on the banks of the river or in a boat. Then the question of lure may crop up, but we shall assume that we are dealing with fly-fishing in loch or stream. He will now have to consider what fly to use, and if a ghillie accompanies him there will be discussion. If the sportsman is not thoroughly conversant with the water it may be well to appear to be guided by the man who is to accompany him. No doubt the latter will be desirous of showing sport, but almost certainly he will have strong views as to the best flies, and will be hopeful or despondent according to whether his favourites

are on the cast or not. In the latter case he may feel that under these conditions there is little chance of rising fish, and perhaps unconsciously be less keen on explaining where the best places are, or, if a boatman, on exploring them.

While it is desirable that the assistant should be hopeful, it is imperative that the sportsman should be so, for if not it will be impossible for him to exercise that patience which is so essential to success. The kind of fly used may not always be very important. Thus, it is not improbable that a salmon, if he be in the mood, will rise to almost any fly if it be approximately tight as to size and colour, and that differences in pattern are not of much consequence, but to try changes will act psychologically upon the angler and encourage him to go on trying. Perhaps the same statements apply to sea trout and even in some degree to brown trout in a loch, but the position is very different as regards a stream, and when dry fly is used selection of the proper lure becomes an art.

Still, even if in cold blood we do not think that changing the fly is likely to make much difference, it is better to leave this reasoned and possibly right view at home, because it is so difficult to keep on doing the same thing for hours without any success, and any little distraction is a stimulus to hope, and hope breeds patience. Some men are much more successful as anglers than others even if the actual skill be the same, and we cannot hide from ourselves the fact that perseverance is usually the explanation. With regard to trout it is well known that there are certain rises during the twenty-four hours not always corresponding in time from day to day, and there may be something similar

in the case of salmon, so that it is a great aid to success to be able to keep on casting.

River fishing is an excellent discipline in so far that irritability and impatience are so liable to provide their own punishment. We may flick off a salmon fly and in doing so impose upon ourselves a money fine or, worse still, we may get our flies hung up in a tree or bush, and this really does try the temper. Again, we may lose a heavy fish because we have been too indolent to examine our casting line and see that it was in good order, or we may not have had sufficient patience to change it when we have known it suspect. We may have luck early in the day, we may have none throughout the day, but let us suppose that sooner or later a fish rises to the lure. He may in doing so break the surface of the water or take the fly without doing so. The first is common on the part of trout but a salmon often takes under water. A rise adds much to the pleasure, and it is this that our fisherman is anticipating and hoping for. When it has occurred he will experience pleasure, but this will be immediately followed by an instant's suspense —has he risen short or is he hooked? These thoughts flash through the mind with a poignancy which will be more or less in proportion to the hope deferred which has gone before. Let us suppose the fish hooked—again there is the lightning query what is his size? He may have been seen and then the weight can be approximately guessed, but on the other hand he may have gone down at once, and the only estimate we can form will then be founded on his fighting capabilities. Sometimes the first rush of a sea trout is so powerful as to be entirely deceptive. The writer was fishing a small river he had rented with a shooting. It contained both sea trout and

grilse so that there was always a chance of the latter. Suddenly his fly was taken and about ten yards of line rushed out almost before he was aware of it. He remarked to a friend, " I'm into a grilse "—then winding up " he's off," as all resistance ceased. Presently there was a dead weight and a sea trout of a pound and a half was brought to the bank practically dead. Here the emotions raised were (1) exultation (2) disappointment (3) astonishment, for he has, although many sea trout had come his way before and since, never known one to commit suicide by the force of its first and only rush.

Generally, however, we can form some estimate as to size even when we do not see our quarry. The writer has often tried to analyse the different mental states which may arise in playing a fish. He is not at all sure that in some cases pleasure is not on the whole overcome by its opposite—the unpleasure of the psychologists. The anxiety which may be so strong as to eliminate much of the enjoyment will, we think, only occur when the fish is relatively large. We may have more to say as to this later, but here let it suffice to remark that anything much above the average is to be so classed. Thus a pound trout where the usual size is four to the pound will be very large, but where pounders are common, losing him would not be of much consequence. Again, if we have already grassed a salmon we shall be less worried about a second and so on. The first fish of the beginner, however, is quite another matter. His loss would be a tragedy, his landing a glimpse of heaven. Curiously enough the writer cannot here speak from experience, because the capture of his first salmon was of such an unusual nature. He had just

begun to learn to cast and had succeeded in capturing a few sea trout in a small river near a highland village. There was one fairly large pool with a current under the opposite bank. To this pool he repaired with two sea trout flies on his cast. He aimed at reaching the run on the far side of the water and thought chiefly of trying to learn to throw a line. He kept on doing this, and was pleased with the progress he was making when it seemed to him that he had foul-hooked something. He pulled at it and only after a quite appreciable time was there any spontaneous movement, so that the idea that he had hooked a heavy fish only dawned upon him by degrees. After this the fish seemed to go to the bottom and intend to remain there in one place indefinitely. The writer threw one or two stones which caused a very little change of position. Then people began to assemble, and they all threw stones so fearing for his line he begged them to desist. So far as we remember the position changed little for nearly two hours, excepting that the fish had gradually moved down stream. Then he got caught by the current where the water narrowed and was swept down into a shallow rapid whence he was lifted bodily by a looker-on who nobly leaped into the water. So far as the writer can recall his sensations, there was at no time, excepting just at the end, much excitement, for at first the existence of the fish was not realised and then there was the question of what to do and how long the deadlock was likely to last. If the situation had occurred after some experience of salmon fishing there would have been a feeling expressed by "Whatever have I on?" The curious behaviour of this fish was no doubt due to the fact that he had taken the bob fly, for when he was landed the

part of the cast down to the tail fly was tightly wrapped round him and probably interfered with swimming. How different would have been one's feelings if there had been a pull and a rush followed by attempts at playing, although the end result, we fear, would have been disappointment, more particularly as the novice had provided himself with neither gaff nor landing net.

From what has been already stated it will be realised that there is much to be learned by the beginner before he can become efficient even in technique, and after this a great deal of additional knowledge will have to be added before he can become an expert. As regards manipulative dexterity this, we think, can be attained in a comparatively short time, provided there be a natural physical aptitude. It is not difficult to acquire the knack of putting up a rod, fixing on the reel, threading the line through the rings and attaching the casting line. Certain knots are used for tying on the flies to the latter and these will soon be mastered. Our novice will then have to be taught to cast. In fly fishing this is done overhead—unless trees are in the way when other modifications must be used—but in spinning a minnow underhand casting is employed. Casting a fly is performed differently according to whether we are fishing for salmon or trout—in the first rod and line are light and the end in view is to disturb the water as little as possible, in the second we work with a heavy rod and delicacy is not on the whole essential. We do not here profess to teach the methods, but have merely referred to the matter to show what must be learned. None of the manipulations are particularly intricate so that it is easy to understand that most people could be made fairly efficient after a short course of instruction, but

nevertheless they cannot be made really good anglers on these lines. To become even moderately good takes no end of time, because there is so much to be acquired besides technical proficiency, and yet it is a curious kind of knowledge which can best be gained by experience if, indeed, it be possible to attain it in any other way, which we doubt. There are many who seem to fish reasonably well, but comparatively few attain to the position of experts. We suspect that to become one of them there must be real enthusiasm united with the temperamental qualities to which we have already referred. Angling has many forms. Rods have long been used to capture certain sea fish, such as the young pollack and cole fish, known in the west of Scotland as "cuddies," and mackerel, but of late several of the larger sea fish have been sought with rod and line, the object being to get the sport of playing them. We have had no experience of this so-called big game fishing but believe that there is no great finesse required in presenting the bait. Again, there is angling for coarse fresh water fish with a float or by spinning, but here again we lack much knowledge, but from what we have seen are inclined to think that the technique is simple. Coming now to nobler fish let us begin with the salmon. In a sense he is not shy in so far that when we cast over him there is no attempt at delicacy but often a long line is required. This is, however, by no means always necessary and yet so far as the writer has seen almost every salmon fisher keeps trying to throw just a little further than he can accomplish. It is a curious, rather unreasoning, kind of ambition, and in spite of confessing to having frequently suffered from it, we cannot explain or analyse it. Even when we come to sea-trout and loch

trout we do not require the delicacy of casting which is necessary if we are to hope to catch yellow trout in a much fished stream. This last is certainly the most difficult of all angling, more particularly if the fly be fished dry. Here it is that skill will tell, but let us again emphasise the fact that it is not merely manipulative dexterity that is wanted. There must be knowledge of the habits of trout, of the insects they feed upon, and above all there must be patience and perseverance. Fishing, then, in its higher forms means pitting the wit and inventions of man against the trout which have been gradually taught to fear him and to be wary.

Let us now endeavour to analyse the sport and to discover just in what the pleasure of landing a fish consists. If we compare it with shooting we may say that the rise of the fish corresponds with the bird getting up, then whether we strike or not there is the uncertainty whether he is hooked just as, if we shoot, there is either a hit or miss. If he has been hooked we now have various phases for which shooting provides no equivalent. We have already referred to the question of anxiety and pleasure, but if we ask ourselves what sensation it is that supplies such pleasure as we permit ourselves to experience while we remain in the throes of uncertainty we are inclined to reply that the intermittent " tug, tug " in the case of smaller fish certainly largely contributes. In our experience it only occurs in the form which is so agreeably exciting in fish which are comparatively small and just after they have been hooked. Heavy fish sometimes tug in like manner but at longer intervals and in a different way, and generally when things are not going well for the angler. The salmon, as a rule, pulls steadily and more or less continuously

unless he sulks. In the writer's opinion it is these rapidly repeated rhythmic tugs which make playing smaller fish so much more sporting than killing large salmon. It is they, too, which cause anxiety, so that we are presented with a curious psychological paradox. In this connection it is interesting to note that in fishing we like to have the strength of the tackle, including the rod, proportionate to the size of the fish, and yet it is just this fact which gives rise to the anxiety which we have referred to as interfering with our pleasure. Thus let us suppose that while we are fishing with a powerful salmon rod and cast we hook a 2 lb. sea trout, we shall get neither pleasure nor anxiety out of it, but simply pull our captive ashore. The mental process is, we think, as follows—I am fishing for salmon so don't want sea trout, I don't care whether he gets off or not so let me pull him in anyhow. Now let us assume that we are fishing for trout with a very light rod and fine tackle and again a 2 lb. sea trout takes. There will be a succession of quick tugs rapidly following each other as the line begins to run out; if we have seen the fish our excitement will be increased and so will our anxiety. Even if we succeed in landing him the process will take time and we shall become more and more anxious. If we land him there will be elation, but if he gets off acute distress. As one loves fishing it must be presumed that on the whole it produces more pleasure than unpleasure, but the paradox remains. We go out to catch fish but we adjust our tackle quite deliberately, with the definite intention of making it uncertain whether we shall be able to land them. It seems to us therefore that it must be to elicit the rapid rhythmic tugging, and that this is *par excellence* the source of the pleasure which

arises from angling for smaller fish, for apart from this the methods of playing the captive do not differ from those applicable to fish of larger size.

As we do not get this tugging in the case of larger salmon, excepting in a coarse and unpleasant form, we must assume that the pleasure of landing them is different. Where the fish rises we enjoy the rather rare sight, we like the pull as it tells us he is on, there is a thrill when the line is being pulled off the reel, we may have to put on all the strain we can to keep him out of bushes or a rapid and there will be anxiety, but for ourselves we prefer the stimulus supplied by the tug of his smaller brother and still smaller cousin. We suspect that the thrill in salmon fishing comes at the end and more particularly is this so when the fisherman is alone. He must select a suitable site for the last act of the tragedy, and may have to spend a good deal of thought and calculation over the matter. If there be a shelving bank he must so manœuvre as to get the head of the fish out of the water and keep a strain upon the line, keeping if possible out of sight. Gradually the flapping of the victim will bring it further and further on to land, and then the angler must get between it and the water. If there be no convenient slope things become more difficult. If the fish is not too heavy the writer has found that inserting a finger behind one of the gills is often effective. He has never succeeded in tailing a salmon, but has rarely tried it. A gaff is of course very effective, but a salmon rod is heavy and to keep a tight line with one hand and wield the weapon with the other is no child's play. The writer used to fish a river where gaffing was illegal. As he was wading and casting in a pool, one of the minions of the law, whose

duty it was to enforce it, came up and engaged in friendly converse, perhaps with a view to sampling the contents of our flask. In our breast pocket was no spirituous liquor, but a very short sharp gaff, the hook of which, protected by a cork, hung from the edge of the pocket. The writer felt his instrument fall down his waders just as the officer appeared and worse still found that the cork had remained in the pocket. If he moved the very sharp hook would certainly either fix itself in his flesh or perforate his waders. In his anxiety no doubt the writer fumbled in the region of the pocket and thus the hope of refreshment was kept up. The representative of law and order stopped on talking so there was nothing for it but to go on casting from one spot, and very tiresome it was as the worthy man went on hopefully chatting for the best part of half an hour. If we analyse the position we find on one side fear of the gaff and on the other hope of refreshment to begin with. No doubt later there would be curiosity as to why a man who knew anything about fishing should go on casting so long from one spot and that not a very likely one. As a youth the writer remembers hooking a salmon in a small stream in heavy flood with high banks. He played the fish until it was quite done and then luckily for him found a little island on to which he was able to guide the fish. It was just within jumping distance but most of it was occupied by the salmon. He had no gaff, so taking his pocket knife open in his hand and laying down his rod, he leaped and plunged it into his victim which moved in such a way as partially to close the blade so that the blood of the victor was mingled with that of the vanquished. There was then the difficulty of getting ashore, which entailed a

thorough wetting, but in spite of a rather severe cut and the necessity of carrying a very gory fish the writer remembers that the total effect was pleasurable and that at the same time he enjoyed the experience as a whole. On looking back it would seem that in this case the pleasure must have been due to a great extent to the ultimate sense of achievement, as during the playing anxiety must have been in the ascendant.

Gradually, as the angler gains in experience, he will be better prepared to encounter difficulties. He will not fish without providing himself with gaff or landing net. He will have learned to cast, but he will have to practise modifications in order to meet difficulties in the shape of trees and other obstacles. None of them are in themselves difficult to acquire given the assistance of a competent instructor, but in most cases they are acquired on the trial and error principle, so that their acquisition is a slower process than it need be.

As love of the sport grows there often arises a desire for knowledge as to what we may call its scientific adjuncts such as entomology in its relation to trout flies, observations on the life histories of fish and the like. Again as fishing is a solitary sport its devotee has much time to think and if he be so inclined to study the beauties of nature. It will, of course, depend upon circumstances how far study of science is stimulated in the angler—whether he has many other interests, whether he has sufficient leisure and the like, as well as upon mental bent. The writer must confess that he has not had time to follow the many side interests associated with fishing and that as a result he has never succeeded in becoming an expert. On the other hand he has had many friends and acquaintances who might be legiti-

mately so classed, and he has almost invariably found that their store of information was far beyond that implied by mere success in catching fish. They have often had a very thorough knowledge as to insect life, natural history and sometimes botany. The point we desire to emphasise is that the sport is one which tends to thought and to the acquisition of a form of knowledge bordering upon the scientific. In fishing there are so apt to occur incidents which are difficult to explain and as a result require thinking out. Many years ago, the writer was fishing for sea trout with his older brother. The latter gave up as we had had no luck, but left him a white moth fly to try. Just as darkness set in he took three casts with this fly and landed a sea trout each time—the last weighing about four pounds. So far as we remember we had not had any rises before. Unfortunately the writer cannot remember the exact month in which this occurred, but of course afterwards he repeatedly tried the same fly, but to the best of his belief he never again caught a sea trout with it. Again for years he annually fished the same river in April but rarely was successful in securing more than an occasional sea trout in the sea pool which was near enough the sea to be affected by the tide. Then on one visit he had the following experience. On the first day between breakfast and luncheon he caught thirty and next day about a dozen, including one of about four pounds. During the remainder of his stay (about 10 days) he got only one or two, and this scarcity of fish also applied to all other years. As two such curious experiences have occurred to a perfunctory angler it is to be expected that expert and constant sportsmen will have innumerable instances

of the unusual to relate. We all know the rather cheap witticism about fishermen's tales, but from his own limited experience the writer is inclined to believe that in these cases truth is often stranger than fiction.

The angler often talks of luck, but on the whole he is not more superstitious than another and yet even those of us who may be classed among materialists sometimes fall victims. Thus the writer on the day after a successful day's salmon fishing already referred to (hooked five and landed all) realised that his casting line which had experienced so much strain must be somewhat the worse for wear and in spite of this began to fish with it next morning. He felt that it had been lucky and was loath to remove it. The result was that early he hooked and lost a good fish and with it his cast. After this he lost three more and returned with nothing to show. Probably at heart we are all superstitious about something, although we might be seriously annoyed with anyone who told us so.

We have thus very cursorily sketched the psychology of fishing as it appears to us, and may now endeavour to note how it differs from that of shooting and hunting. If we are invited to shoot, while not fussy about our attire, we still like to arrive tidily and neatly clad although among shooting men it is rare to hear remarks made upon apparel. In the hunting field, i.e. with a pack of foxhounds, dress is either right or wrong, and, if the latter, is at once observed and will almost certainly be commented upon. On the other hand the angler—whatever he may be on other occasions—is, while fishing, clad in what under other conditions would be looked upon as disreputable garments. So much is this the case that it almost seems as if it were done

deliberately and as if by common consent it has become a fashion. Of course no one could expect to look nice in waders, so perhaps their wearers have decided that if they are to be ugly they should be as hideous as possible. The writer remembers well receiving almost a shock under the following circumstances. He was fishing a pool on the Tweed and what with the monotony of casting and the absence of sport may have passed into a half dreamy state. He suddenly caught a glimpse of what for a moment seemed a most horrible object —an ugly, shapeless mass surmounted by a sphere of ivory whiteness. The sensation was, of course, momentary, and immediately he realised that what he saw was a very bald friend fishing the next pool and that for some reason or other he had removed his hat.

Let us however now turn to the question whether there is not really a fundamental difference between the mentality of angling and the other two sports. We are inclined to think that there is, and that the former, from the psychological point of view, is much less compatible with our national character. If this be so we should expect that among sportsmen there would be fewer devotees to rod and line—apart from coarse fishing—than to gun, horse and hound. The impression of the writer is that this is so, but he may be wrong and he certainly has no figures to support his position. The reader will remember that two of the German authors we have quoted—Kircher and Kontorowicz—have indicated their belief that our national mentality is such that we prefer games which do not require any mental effort, and perhaps they are in the main right. If so, however, angling is very definitely an exception, and no amount of intuition will help us. In covert shooting

and hunting much of the work is done for the sportsman, but in fishing he has to do most of it himself however well attended he may be, and above all he has to think for himself. He must have a large stock of patience both in getting together efficient tackle and during the time he is fishing. He must consider weather conditions, weigh probabilities, study the state of the water and decide upon the lure to be used. We have already seen that he ought to have a good deal of knowledge of a semi-scientific kind. He must use all his cunning in order to deceive and circumvent the fish. When the latter has been hooked great judgment will often be required in bringing him to land, so that the sportsman must keep his head often under very difficult circumstances. It will from this be evident that angling needs just those qualities which the Teutonic authors are inclined to deny us as a nation. A great Irishman once said that a nation cannot be indicted, and on the same lines we may argue that all such attempts as the above to generalise must prove futile and perhaps we shall be right.

CHAPTER VIII

SHOOTING

SHOOTING in most of its aspects presents a marked contrast to fishing. In the former there is usually little to learn in the actual technique. Thus, assuming it possessed of sufficient strength, there is nothing required which a young child could not learn in a few minutes. It could be taught to insert cartridges, to close the breech and to pull the trigger and thus to fire a shot. The analogy of golf at once suggests itself. There is a club and a ball and no learning is required to hit one with the other. While, however, anyone can fire off a gun or hit a ball, few can do it perfectly and only a proportion of those who persevere will eventually acquire moderate skill.

Therefore in each case the matter resolves itself into practice and natural aptitude and little or no question of mentality need arise. We shall see later that there is a psychology connected with shooting, but that it is not associated directly with execution. The German authors whom we have quoted would, we think, view shooting as a sport specially adapted to our national characteristics, and yet it is practised by all civilised peoples, and among the uncivilised is replaced by the use of more simple projectiles. It represents undoubtedly a primitive urge to secure food or protect life according as the game is edible or predatory. We have suggested that even the very young can learn to fire a gun, and

this fact makes it all the more necessary that youth should be taught care in handling fire-arms, but that implies no particular mental effort. For the purpose of our discussion we may divide the sport into (1) Small game (2) Big game, and need not enter into the matter of competitive shooting whether at pigeons or target. In considering each heading we shall endeavour to follow the line of thought that is likely to be set in motion. As a further contrast we may suggest that while in fishing the result is largely reached by the exercise of care and quick decision, in shooting the sport itself is often independent of mental processes, but may lead to thoughts and reflections in certain of its votaries. To put this in another way, the former requires intellectual effort, the latter only occasionally requires it, but may inspire it in those who tend towards introspection. Thus, whatever form of shooting we select it can be efficiently carried out by a man, who, owing to natural aptitude is a good performer, without any more intelligence than is required to follow directions. If he chooses to go out by himself with a good pointer or setter after having been instructed in detail as to the ground, the dog will indicate where the birds are and all he may have to do will be to put them up. If he is walking up he need only keep his eyes open, and the same applies if he is covert shooting, partridge driving, or in a grouse butt. When, on the other hand, he is armed with a rifle in search of larger game and accompanied by an expert he will only have to do as he is told. A good shot may then be also a successful one without trying his brain, assuming that he has adequate assistance, while success in fishing, even if much of the drudgery be delegated, requires thought and knowledge

on the part of the angler. Let us now consider the subject more in detail.

SMALL GAME

This heading must be further subdivided according to the method adopted. We may shoot over dogs, a form of sport which is unfortunately dying out, we may walk up the game or we may drive, which last is at present most in favour. There remains, of course, ferreting rabbits, but this need not be further referred to.

(1) *Shooting Over Dogs.*—A well broken spaniel is sometimes used, but in our experience he is difficult to find, and moreover this form of sport is practically walking up. On the other hand shooting over a pointer or setter is to the writer's way of thinking the most interesting method of pursuing small game. In most cases it is desirable to have a man to act as porter, as a weighty game bag interferes with execution ; sometimes two guns shoot over one dog, but this sport in its ideal form is, we believe, reserved for the man who is out alone with a dog he knows. Hares need not be shot and birds are not very heavy. Moreover, it is best adapted to wild country, such as parts of the West Highlands and Exmoor, where game is scarce. A few snipe, an occasional woodcock, now and then a duck, a hill partridge, blackcock or grouse will help to produce a small but mixed bag. Let us endeavour to picture the kind of day we have in mind. Our sportsman will provide himself with a game bag and a light lunch, he will have a dog which he knows well and may have trained—pointer, setter or cross-bred. The best for the purpose the writer ever possessed was a cross between

a setter and spaniel, but broken to set, while it also retrieved. The walking will probably be through beautiful scenery and well away from all evidences of civilisation, the movements of our canine friend will have to be carefully followed, for game is so scarce that we cannot afford to miss any chances. Presently we may note that he is more than usually interested, pauses and then stiffens. If we know his ways we can at once tell whether he is serious or only pulling our leg for a lark, which indeed it may really be. This, you will see, requires judgment on our part, but that is because we are working our own dog and not depending upon a keeper to do it. When the point is definite we follow it and then we experience both expectation and curiosity for we are not always sure what will get up. The actual skill required is less than in driven shooting, but we do not always put the bird in the bag —it may be that a clever hill partridge, a watchful cock grouse, a wild blackcock or a twisting snipe outwits us. If we secure the quarry we shall be pleased, but if not there will be unpleasure, just in proportion to the amount of trouble we have had in getting the shot. In any case, there will be the comfortable feeling that no one is present to criticise our shooting, unless indeed the dog should favour us with a reproachful look. The writer can only suppose that he is greatly in a minority when he confesses that for an active man he considers this the ideal form of shooting when it yields a mixed bag. In the first place the sportsman has done everything himself and he feels that he need not share the credit with any human being but only with his dog. Again, he will have, to some extent, used his brain, e.g. in selecting the ground, in working the dog. He can

rest when he likes and walk as he likes. It seems to us a thousand pities that this kind of shooting is dying out and that everything tends more and more towards big bags, and big shoots with the necessary army of beaters. We are well aware that driving grouse helps to increase the stock of birds, but it also makes them wild, so that they will not lend themselves to sport over dogs.

Shooting over one's own dog is from the psychological point of view more like fishing than any of the other forms of this sport. In the first place the preparation required represented by the training and knowledge of the dog and acquaintance with the habits of game render forethought necessary, while obtaining the bag is gratifying to the ego. The writer recalls a rather interesting case of his own psychology which, let us hope, unconsciously led him to an unduly high appreciation of the ego. He had gone out with his dog and a man to carry his bag who, however, was ignorant of sport. This ignorance was voiced on two occasions. On the death of a blackcock he spoke of the "fine big bird," but the demise of a snipe was greeted by "puir wee thing." On this day the writer was particularly pleased with a mixed bag of black game, grouse, snipe and a hare or two, 18 head in all. He then was highly satisfied with his shooting, did not remember making any misses and finally almost persuaded himself that he killed with every shot. However he had wisdom enough to count his cartridges before he really let his ego assert itself to the extent of telling anyone of his feat, and found that he had fired 32 shots—he had omitted to realise that a considerable proportion of his bag had required a second barrel. If one pursues this method when there are woodcock about in what we may term

the half open, e.g. in thick heather or hazel bushes by water courses, solitude will be a distinct advantage as if a man is taken, the woodcock seems usually to arrange his flight so that he gets the attendant between the gun and himself. A curious point in canine psychology is that so many dogs, even those who are adepts with snipe, take little interest in cock and if required to retrieve one sometimes show marked evidence of disgust. Yet some of them can be made quite keen on the game. Of course we know that our canine friends are affected chiefly by scents, and that they are specially fond of some of those which are most nauseous to ourselves, so that it may well be that the bird we so much appreciate both from the sporting and culinary point of view is to them revolting. If this be so, the fact that some can be made keen on woodcock would be no more surprising than that many humans become fond of what we euphemistically call ripe cheese, the odour of which to the non-initiated is horrible. The dog, then, who comes to like hunting woodcock may be on a par with people who like decomposing cheese and game.

Solitary shooting with a dog we think is associated with the following train of thought—anticipation, studying the country for likely spots, directing the dog to these points, trying to guess what particular game he is pointing, considering the line of approach with a view to getting the best chance of a shot. If the game be killed there is pleasure, if it be missed there is unpleasure. Should it be merely wounded there will be regret, and every pains must be taken to bring it to bag. This may occupy time and may require a good deal of thought, for we must then call upon our experience and knowledge to assist us in searching likely places.

It is in this kind of shooting that a mixed bag is most thoroughly appreciated and it may be of interest to dwell upon the nature of this appreciation. Tastes and views differ but to us it seems that in rough shooting there is an inclination to attach more value according, if we may be allowed the term, to degrees of wildness. Thus we think that speaking generally a duck, teal or woodcock ranks highest, next a snipe, then a partridge, grouse or blackcock, and that hares, rabbits and pheasants come last. In arranging game in this order we do so without reference to culinary value, but purely from the sporting point of view. It is perhaps questionable whether we should not have put the woodcock at the head of the list in a class by himself owing to his comparative rarity, his excellence at table and his beautiful coloration. Duck, and to some extent snipe, vary their habitat, and are therefore in a sense finds, while grouse, partridges and even black game generally frequent the same places, so that we know where to look for them, and this applies even more to pheasants, hares and rabbits. If we are right it would appear that there is an instinctive tendency to increased pleasure in acquisition the nearer we get to the purely natural and the more we get away from the artificial as represented by game preservation and culture. Can it be that here we have a remnant of the feeling which we imagine our early ancestors to have had when they went out into the wilderness or jungle to slay some wild creature for food or pelt?

(2) *Walking Up.*—As already mentioned, this may be carried out by one man accompanied by a well-trained spaniel and then, as far as its psychology is concerned, it only differs from what we have just considered in a few details, depending upon the different method of

working the dog, which while it does not point yet indicates the presence of game by its behaviour.

Generally walking up is carried out by guns proceeding in line, the direction they take being arranged by the owner of the shooting. There will be dogs—retrievers walking to heel, and perhaps a spaniel or two working in front, although unless very well broken they may prove rather hindrances than helpers. In most cases there is no room for initiative on the part of the gun. If the beat be over rough country the knowing man may gain a little advantage by examining likely places and perhaps kicking up a hare, rabbit or even bird where a less initiated person might have passed it, but generally there is only one thing to do, viz. look out for game and having seen it fire. When walking in line one is supposed only to shoot what is one's "own bird," and most people stick to this etiquette, but all who have had much experience have met with the jealous shot. He is often both quick and accurate, and if he happens to be between two slow gunners will freely annex their birds—he has the pleasure and they the opposite. This jealous shooting is not very common, but we find it occasionally in people who are dependent for their sport upon invitations, and who desire to prove themselves useful guns in order to be asked again. The situation may be humorous if two of them are next to one another in the line. Very rarely a sense of apprehension is engendered by the presence of a dangerous gun. The danger may arise from the way he carries his weapon, which perhaps is unpleasantly nearly in a line with his neighbour on the left, or there may be a swinging round due to following a low flying partridge. As a rule such practices cause nervousness, and if they are

persisted in lead first to protests and eventually to excommunication. When the host happens to be the offender a delicate situation arises, and on subsequent invitations we have two contending mental urges: We want to shoot but we don't want to be shot, and there results what some psychologists term mental conflict.

In this form of sport, then, as we have seen there is not much room for thought. We must concentrate, and nothing more is required. Sometimes we may be surprised by the appearance of unexpected game, as for instance when a snipe gets up out of turnips, and thus a little interest may be added.

If we ask ourselves wherein the pleasure consists we must reply that the actual shooting really furnishes all the joy we get from a day so spent. We shall, on introspection, have to admit that we shall be left with agreeable recollections, or the reverse, according to the amount of shots we have had and whether we have acquitted ourselves well or not. We are further led to the conclusion that killing is the chief source of pleasure associated with a feeling of self-satisfaction.

(3) *Shooting Driven Birds.*—This is admittedly the form of sport which requires the most perfect execution, whether in the form of covert shooting or driving partridges and grouse. It is true that in the first the pheasants may be easy or difficult according to the lie of the woods and the position of the guns, but assuming that the birds can be shown high they present most difficult shots, as their pace is very great. Driven partridges and grouse are almost invariably difficult.

If one is shooting as a guest the matter is merely a question of accuracy of sight and aim, so that the pleasure derived will depend entirely upon how far one

is in good form. On the other hand, the host or his keeper will have had much to think of if the shoot is to go off well. Conditions of wind and weather, the placing of the guns for pheasants and partridges, the lines of butts to be selected and so on. All this, however, is merely preparation, and again we must repeat that here, too, the pleasure lies merely in killing and the self-satisfaction arising from it.

These big shoots are still further away from the primitive urge which some of us think can be better ministered to by doing as much of both the preparation and execution as possible for ourselves, as is the case when we go out alone with a gun and dog. Yet for years past the two other methods have been extremely popular, and of course they yield far more game.

In driven shooting as well as walking up we may meet with the dangerous shot, and thus experience a form of excitement which can never be considered agreeable. This occurs most commonly or perhaps we should write most obviously in grouse driving, when the gun in a neighbouring butt swings on low birds and continues the swing until his barrels are pointed at ourselves.

Big Game

As the reader knows, big game may be shot in many parts of the world. At home the only approach to it is found in Scottish deer stalking, so that in order to enjoy it more fully we must travel far afield, and, sport apart, much will be learned and many things of interest will be encountered on such journeyings. The writer has had only a very limited experience of larger game, first in India, in 1877 and then in Kenya just before the war. He has, however, read many books by those who have

been able to devote their time to this form of sport. Some of them have appealed to him while others have suggested criticism and occasionally even mirth. In the best the authors narrate their experiences and supply information which the beginner will often find invaluable. Sometimes they incline to be too modest, and the reader would be grateful for some indications as to the feelings excited by the critical situations which we find described in a manner so matter of fact and modest. In striking contrast are the words of a writer who we at once realise is out to show what a fine fellow he is. So he may be but we shall not give him the credit he seeks if only because we are driven to think that he wants too much of it. Authors of this kind often emphasise the pusillanimity of their shikaris, gun-bearers or beaters, and altogether incline to pose as belonging to the class of fearless men dear to so many lady novelists. Accordingly we begin to doubt, and mentally to add innumerable grains of salt to their narratives.

The psychology of travel suggests an interesting theme, but can hardly be considered as bearing upon sport. We may, however, perhaps permit ourselves to touch upon an interesting fact—at least as regards ourselves—in this connection. In journeying Eastwards for the first time we come upon a condition of things perfectly strange to us. The people are different, the conditions of life are different, the scenery and above all the animal and vegetable life are entirely different. At first we are perhaps a little astonished as well as impressed, but the surprising thing to us is how rapidly we come to look upon all that has been, up to now, so strange and new in a matter of course spirit, and how quick is the adaptation to our new surroundings.

Perhaps big game shooting lends itself better to psychological analysis than any of the other forms of sport, and yet when we try to study it the task is less simple than it seems, especially for one who has had a very limited experience and who has found such outstanding masters as he has been privileged to meet too modest to discuss their exploits from the personal point of view. Yet possibly a novice, because of his being so, may receive and retain impressions which the experienced hunter has only had in the beginning of his career and may well have forgotten.

Probably, whether in India or Africa, the would-be sportsman will have his " baptism of fire " provided by antelope or gazelle, for in both countries these will be most numerous and their haunts most easily accessible. While they can readily be found and seen they may be extremely difficult to approach, and our novice may find that to procure a specimen is by no means always a simple matter. The game will be viewed upon an open plain with here and there patches of bushes, so that the only chance of a shot will be afforded by taking advantage of such cover as is given by the scanty vegetation and inequalities of the surface. In this form of sport we do not think that there is room for more exercise of thought than is required by an endeavour to approach the game unseen and unheard, while we must assure ourselves that the wind is favourable. Should the buck look in his direction the stalker must of course avoid all movement. In India the antelope are accustomed to bullock carts, and this fact is sometimes utilised in order to approach them, the sportsman slipping off when within shot while the cart is moving on. In Africa the writer found a modification of this

method useful. A herd of hartebeest were feeding in low scrub. The writer had with him a gun-bearer, a pony and a boy. He slipped from the saddle and told the others to move off over the plain while he stopped behind after having ascertained that the wind was right. His idea was that the hartebeest would keep watching the others and that thus their eyes would be focused for a distance and less likely to pick up the nearer danger. It turned out to be so, for he had little difficulty in obtaining an easy shot. Probably others have employed the same stratagem on the same line of reasoning.

It is when shooting is done in places where there is a chance of coming upon larger and more dangerous animals that the beginner experiences expectation and occasionally thrills—the latter being often due to inexperience.

When one has been first introduced to a country where the larger carnivora are known to roam one has a realisation of ignorance as to essential points. Thus one does not know what chance there is of meeting them nor is one quite sure of what one's behaviour would be if one did encounter a lion or a tiger. There is, in short, a feeling that adventure may be just round the corner. On the whole the sensation is agreeable but according to temperament it may often be mingled with varying degrees of caution. The writer's first introduction to real big game shooting was in India and in company with two soldier friends, both experienced shots. There was the novelty of camping at the edge of the jungle which contained tiger, bear and panther as well as sambar and chetal. The natives were Bhils, as also the shikari who collected the beaters. The shooting was done in a hilly country which was fairly well wooded

and the guns were posted by the shikari. On the first day we got nothing, but the shikari, who was with the writer, saw a tiger pass in a wooded hollow just below where they stood. So far as we can remember our feelings on this occasion were mixed. There was a sensation of novelty and expectation, but there was also nervousness which, so far as we remember, did not amount to fear. One day we got a sambar which the writer only saw after it had been wounded. It stood on a knoll and he remembers vividly the magnificent picture it presented. We were out for a fortnight and did not get either tiger or panther, although we saw many tracks, and a tiger killed quite close to our camp. We sat up over this in machans tied up in trees and absolute quiet is on such occasions essential to success. However, the marauder did not return to his victim, and so the writer had no reward for his vigil carried out according to order in perfect quiet but in fearful discomfort, because his machan was infested with bugs. As he was altogether occupied in trying to keep still under such trying circumstances he cannot relate any other psychological experiences in connection with this occasion. There came, however, a day when he and one of his friends were standing on a flat rock on a hill-side which was being beaten. A narrow game path led through bushes straight down towards it and then turned at right angles. We heard a heavy animal crashing down this path, and just then the writer's companion turned round in time to see a bear which he fired at and wounded. It then stood up and seized a tree, upon which we both fired and killed it. On this occasion the writer does not remember any feeling of nervousness, but that was no doubt due to inexperience, as his

friend afterwards apologised for taking the shot, explaining that he thought the animal was a tiger, in which case it would have probably leaped on to the rock.

Later the writer spent another fortnight in the same country, but on this occasion, apart from the shikari and a servant, he was alone. It was his custom to spend those nights when the moon was up in a small square enclosure, the mud walls of which were about two feet high which the shikari had arranged on the bank of a nullah overlooking the only drinking place for wild animals in the neighbourhood. The nights were fairly cold, so the writer had his thick quilt pillow and ulster brought there and slept, being wakened by the shikari when there was a chance of a shot. On one occasion he was wakened by a great noise—screaming and beating of tom toms which seemed to be approaching. The shikari appeared rather perturbed and indicated that he thought a tiger was being driven towards us. It was still quite dark as the moon had not yet appeared, but he wished us to sit up with our weapons ready facing the point from which the noise emanated. The writer does not remember being much frightened but he does recall that he realised immediately that to sit up was the worst possible method of meeting the situation and that he would be much safer if he lay down and wrapped himself in his quilt, which accordingly he did. It turned out that a bear had attacked some villagers and that what we heard were their efforts to drive him off. After a few nights spent in this way the writer again used his tent, which was on the edge of the jungle and at no great distance from the village. As the Bhils were known to be rather fond of fire-arms he always kept his guns under his bed in case of theft. On the first night

after his return to the tent he was awakened by a slight pull on the bed clothes, he immediately put out his hand expecting to catch a human being, but it came into contact with fur—for a moment he was rather staggered but on reflection realised that the intruder must have been a village dog which had probably utilised his couch in his absence and was investigating the state of matters. Soon after returning to the civilised life of the station it was rather amusing to overhear a man telling a lady at an afternoon gathering of an almost similar occurrence embellished a little with thrills, and in reply to her question: "And what was it?" the answer "Undoubtedly a tiger." Young as we were then, we realised that it would have been cruel to tell of our experience. On this trip the writer had a very curious hallucination—he was just inside the jungle not far from his tent, he was in a sitting posture at the edge of a sandy pit surrounded by trees. A dog appeared on the other side of the hollow but for an appreciable time—probably a second or two—it seemed to be as large as a cow. The illusion lasted too short a time to produce fear, and so far as we remember, the only feeling tone was amazement and perhaps curiosity.

During this trip the writer remembers two episodes which occurred in the same kind of country. He and the shikari were on the edge of a cliff just above the end of a wood which the beaters were driving towards us. On one occasion we saw a panther coming under cover of the cliff in our direction and watched it, hoping to get a shot. It must in some way have become conscious of our presence for when more than a hundred yards away it suddenly leaped up the cliff and disappeared. Writing from memory we think the rocky wall must have been

about 100 feet high and almost perpendicular, and yet the panther went up it just as an ordinary cat will jump on to a bed. The other occurrence was more unpleasant, for during the beat we heard screams of agony but could not get down the declivity. It turned out that an unwounded bear had attacked a beater, but fortunately he was comparatively little injured. Still bruin had succeeded in ripping a large flap of skin from the upper arm. The writer thought he was very anxious to get a tiger and the shikari certainly was because of the then very considerable reward which was given in case ambition was crowned by success. Everything was arranged but before starting the writer, who knew little Hindustani, made careful enquiries through his English speaking servant, whether there was a safe and suitable tree from which he could shoot. He asked these questions because he had no desire to run any unnecessary risk and he had been warned that the shikari was inclined to be foolhardy in pursuit of his reward. He was, we believe, afterwards killed by a tiger. Thus we started, one undoubtedly very keen on finding a tiger, the other undergoing what the psychologists call mental conflict. He would like to shoot a tiger certainly, but he had no wish to be the tiger's victim. As we shall see, the beat had been most perfectly planned, and after about an hour's walk we came to the place where the burra bagh was expected to pass, but to the writer's dismay there was no suitable tree. He felt alarmed, but had sufficient presence of mind to conceal his fears and to look for some other point of vantage, and the best he could find was a flat boulder about 6 ft. high and just below it was another forming a natural step. The shikari now proceeded to build a screen of leaves and branches along the

side of the higher of the two rocks facing the beaters and there we were hidden. The writer did not like it at all, and looking back upon the event is by no means sure that he would not have welcomed failure of the bandabast. It was, however, not to be, and soon we heard a stone falling, our companions whispered " bagh " and a little after the tiger's head and neck appeared above the rock almost at our feet and into it our rifle was fired. The tiger rolled over, and after another shot to make sure was pronounced dead. Then, of course, all nervousness was forgotten for the moment in the joy of victory, but became an unpleasant memory. The psycho-analysts tell us that such unpleasant recollections tend to be eliminated, or, as they put it, repressed into the unconscious, but in the writer's case this process certainly failed. It would, of course, be much nicer to think that there had been no sense of fear, but *magna est veritas*. As far as the ego was concerned there remained only the satisfaction of achievement in securing the trophy and in having so far suppressed the emotion of fear that it was not noticeable and did not interfere with carrying out the required action. So far as the writer can remember his nervousness rather diminished as the crisis approached, so that as he fired he was able to concentrate on that.

It was not until the end of 1913 that he was able to arrange for a shooting trip to Africa. He and a friend were able to secure a comfortable bungalow built by a syndicate as a shooting lodge. This had the disadvantage that it confined our sporting efforts to one particular piece of country, but on the other hand it eliminated the possible hardships of travelling by safari. It was really, so to speak, a voyage of discovery, having

behind it the intention of returning the following year—an intention which was, of course, frustrated by the outbreak of war. The writer was much impressed by the numbers of wild animals in Kenya. At first there was the game reserve, seen from the railway, and later on our shooting ground. On the latter we had heaps of Grant's and Thomson's gazelles, hartebeest, steenbok, dik-dik and zebras, a few impala, klip springer and Chandler's reed buck, but other larger animals were scarce excepting giraffes, ostriches and warthog, which we did not shoot. With regard to the buck we were interested in getting them because we required them for food, so it was rather a serious matter if neither of us shot anything, but this only happened once. All this led to no mental processes worthy of mention, so let us pass on to events which might be considered worthy of note.

With the bungalow we took over a tame lemur and its owner told us of a recent experience he had had when a leopard came prowling about its domicile and he stood to attention with his rifle in the darkness of the night. The writer's bedroom had a french window which opened directly on the veld. He was awakened by a slight sound and by the light of a brilliant moon saw the window gradually open. His rifles and gun were not near him and for a minute or so he expected to see some animal appear, but it turned out that the night breeze had caused the phenomenon. On this occasion he was certainly startled, but to the best of his recollection there was not a real sense of imminent danger, as he immediately realised how improbable it was that any dangerous beast would enter a house to attack a human being. There was, however, a rather intense curiosity as to how the event had come about.

While we frequently saw spoor of lion and buffalo we only once saw a specimen of the former and never the latter. On the 12th January, 1914, the writer and his gun-bearer found a zebra which had been killed near a water hole. The tracks showed that this had been the work of a lion. Near the kill was a wall of rock and against this we built a shelter by leaning sticks and then covering them with thorn bushes. Just before dark we, with the two gun-bearers, took up our quarters here to await events. We had tossed for first shot and the lot had fallen to the writer. Soon after dark, and before the moon had quite risen, a lioness appeared standing over the dead zebra. Taking careful aim the writer fired. We thought the shot had killed her, but we were presently undeceived as she began to make coughing noises very near us although we could not see her. This lasted for some time and then there was silence. We spent a rather uncomfortable night and in the morning, before it was properly light, the other three were in an unaccountable hurry to be off in pursuit. The writer, if he had followed his own judgment, would have sent for the three dogs which were available at the bungalow, but was overruled and did not press his opinion, so off we went, to find the lioness lying under a tree uttering deep growls. Fortunately she was past charging, so we were able to kill her where she lay. Analysing his sensations during this night the writer arrived at the conclusion that while in the shelter he was more excited than afraid because while he realised that the boma was not strong enough to keep the lioness out if she made a determined attack, he felt sure it would check her sufficiently to enable us to shoot her before she could do much harm. On the other hand, he thought that it was

running needless risk to follow up so immediately, for it is well known that wounded animals tend to stiffen and lose activity. What perhaps impressed him most was the deep and angry growling of the animal as it lay under the tree. It all turned out well, but that was due to the fact that the wound was sufficiently serious to incapacitate the animal, but of this we had no proof. As neither of us had been in contact with lion before our rapid and rather casual follow up was really due to our gun-bearers, who presumably had had more experience, but to the writer who knew what care was taken in approaching wounded tigers in India the proceeding seemed unwise. We have dwelt on this point because it is so often suggested that the natives of Africa and India are lacking in courage when compared with white men. It is perhaps unjustifiable for anyone who has had such limited experience of dangerous game to express an opinion, but the writer cannot refrain from mentioning that what little he has seen inclines him to the view that Indian shikaris and African gun-bearers are quite ready to take risks. For the novice this is perhaps not so satisfactory as for the expert, for the former has to be guided while the latter has things done as he considers best. The former quite rightly will not wish to appear too cautious, while the reputation of the other places him above such considerations. Most of the writer's knowledge as to big game was theoretical, from studying the best writers and, where possible, hearing their words. Thus he had a fairly good idea of what ought to be done to avoid undue risk. Such theoretical knowledge is however a poor substitute for practical experience. It may lead one to expect danger where there is none. Thus one day we found fresh rhino

spoor and proceeded to follow. This seemed all right in the comparative open, but then the tracks led us into a game path just wide enough to allow of walking in single file. Our reading seemed to indicate that rhino were excitable beasts and that a whiff of humanity made them charge about wildly. To the writer it occurred that if the creature was in front and scented us it might charge back instead of forwards, and in that case it would be quite impossible to get out of the way if a shot failed to stop it. As it turned out we did not find our game and possibly our fears may have been quite groundless. In any case, one could not have avoided going on if the gun-bearer wished to do so.

Sometimes, however, theoretical knowledge triumphed. On one occasion both the gun-bearer and his deputy accompanied us. We had stopped to lunch under the shade of a tree and as we got up the former pointed out a small pack of wild dogs which had lain down quite near us. These animals are about the size of a large sheepdog, have hyæna-like heads, coarsely striped bodies and tufted tails. Having seen them the writer naturally wanted to secure a specimen. On this occasion the gun-bearer indicated that he would rather leave them alone. His English was not fluent but expressive. "You shoot, they come," he said. More decided was the deputy, for he departed at once. This caused us surprise, because he was looked upon as an unusually reckless person. The writer was never able to discover whether this aversion to dealing with wild dogs was due to fear of physical consequences or to superstition. He was inclined to think that it was accounted for by the latter. Indeed the head gun-bearer, who was a Mohammedan, suggested that it was so in the case of his deputy, who

was a Wakamba. Now it so happened that just before we had come to Africa there had been a good deal of discussion in the *Field* as to whether the African wild dog was dangerous to man, and that those who took the negative view appeared to have proved their point. It thus seemed to the writer that he could get his specimen without much risk, and this he proceeded to do. He wounded one and followed it up in order to put it out of pain which he eventually succeeded in doing. The experience was very interesting. There were only seven in the pack, but they were so little afraid that in following up he could probably have killed the lot. Had he realised how destructive they were he would have tried to do so. He must admit that as far as he saw he might have approached much nearer to them than he did, but at the back of his mind was a little seed of doubt sown by the gun-bearers and those writers in the *Field* who took the view that the animals were dangerous. However, he got his specimen, and was much interested in seeing the behaviour of these curious beasts. While they were being followed one of them actually ran a little way towards us, at the same time making a barking noise. This was, we imagine, an unusually small pack. As there are generally many more together it is quite comprehensible that they should inspire fear in the denizens of the wilds and not have yet learned to respect man.

If we compare big game hunting with the other forms of shooting we have discussed we are led to the conclusion that from a psychological aspect it presents many more points of interest. It is carried out in surroundings which are quite different from anything we have at home. The novice when he is first introduced to it experiences expectation not only of novelty but of

adventure. He will soon come to realise that a cunning which pits itself against the wariness of the wild animals is one of his weapons. He will learn to distinguish the spoor of one animal from that of another. In most cases he will have studied the writings of admitted experts, and thus have acquainted himself with the habits of the game in the country which he proposes to visit. When there is a chance of meeting with dangerous game anticipation will take different forms according to the temperament of the sportsman. If he be thoughtful he will perhaps wonder how he will behave if confronted with danger requiring quick decision. The writer has always believed that no man living can be quite sure how he will meet a perfectly new situation of this sort. The best kind of courage is probably that which results from conquering fear, but can we always be quite certain that the conquest will be within our powers? Stalking is an art to be learned and to be successful will require much rapid thinking. We have said enough to show that the mind of a man who starts for the first time to shoot the larger fauna of a foreign land will have a good deal to occupy it. If the reader will refer to some of the good-natured efforts of the Germans to understand our national attitude towards sport quoted in a previous chapter, he will see that they believe us to be attracted chiefly by sports which require action without thought. Nevertheless, we suspect that the Anglo-Saxons have really been the pioneers of modern big game hunting, undertaken purely for sport.

If we ask ourselves what are the special attractions of this form of sport we venture to suggest that one of them, and perhaps the most important, is that its pursuit involves a very near approach to the conditions which

existed among our primitive ancestors. We go into the wilds, are dependent on our hunting for food, and we may have to repel the attacks of dangerous beasts. In other shooting and in fishing we do not generally openly seek trophies, but the big game hunter is confessedly out for trophies. These give him pleasure because they minister to his sense of achievement. We suspect that this, again, is a remnant of an atavistic characteristic. A boy when he shoots his first grouse or partridge no doubt looks upon it chiefly as a symbol of prowess, and perhaps the adult man who has taken to sport late in life really does the same, although if he is British he will not let the fact appear. Among continentals, who have less reserve, we believe that this is often much more in evidence.

A feature in connection with expeditions in pursuit of larger animals which has interested the writer is the fact that—at least as far as he was concerned—small game seemed to lose their power of attraction to a disproportionate extent. Certainly it is to be expected that a man who has gone to the trouble and expense of reaching the haunts of the larger carnivora and herbivora would not desire to waste his time in a sport analogous to that which he can get nearer home, but even then there arise occasions when something small is wanted for the pot. Yet when it does become desirable to annex a brace or two of birds this is carried out more as a duty than a pleasure. If others have experienced the same feeling it would not be surprising, for as already suggested we have it in fishing, where a pound trout caught where the average size is $\frac{1}{4}$ lb. is looked upon as a much greater source of pleasure than if he is captured where pounders are common.

The writer has neither the knowledge nor the experience to discuss whether all the varieties of bird and beast which are taboo among white men as being unclean feeders are really so, or if so whether they are unwholesome. He can, however, vouch for the fact that the suggestion is in his case generally quite enough to take away any desire for food upon which this suspicion has been cast. So far as he remembers he partook of a partridge in India which was quite palatable but under the ban. Again, when he and his friend first settled down to their shooting in Africa, he, being very fond of hare soup, enjoyed this luxury for some days, and then there came along a white man who by suggestions as to the feeding habits of the animals made it quite impossible for us to continue enjoying the delicacy we had so much appreciated without ill effects. In such matters, no doubt, we are easily influenced by suggestion, and yet most of us partake of pork, bacon and ham without scruple.

While shooting by himself in Africa the writer had an experience which although not directly connected with sport, occurred during its pursuit. Wandering over country he knew well—sand studded with thorn bushes and withered vegetation—he saw a lake surrounded by vegetation. Realising that this was a mirage he kept his eyes fixed upon it, and presently—a matter of seconds—it gradually disappeared, and it seemed to him that just as it vanished it passed into what we all know as a heat shimmer. It is known that the simulation of water is due to changes of refraction in different atmospheric layers causing the sky to be reflected, and that these changes are due to heat.

CHAPTER IX

HUNTING

In hunting we find a sport which is pursued for a variety of reasons. We have first of all the real enthusiast who is out to see all he can and who is able to appreciate every move in the game. As the writer has no pretensions to be included in this category he has asked a friend—Mr. A. J. Meldrum, late M.F.H. of L. and S. Hunt—to let him have his views, which are as follows :—

"The question whether there is any considerable demand made by hunting upon the brain capacity of the foxhunter is one largely dependent upon the part played by the individual. The leader is usually doing active and very rapid mental work while the follower who is content to remain a follower is probably doing no more than showing a little technical skill in following his leader and taking his horse across country with the minimum of risk. Quite possibly his only mental exercise beyond the rule of thumb technical skill, is when he decides whether to follow the pink back or the grey one in front of him; but the position of the leaders is very different. Among these I include the master, huntsman and those who desire to ride their own line. Individuals are able to do this in many ways, and included in the class are those who never jump a fence, as well as those who ride at the top of the hunt. The sole requirement is that they ride to hounds in the

strict sense of the word, and are not mere followers of other men. To take first the class that ride at the top of the hunt, who find themselves at the beginning of a run which may be a good one or not as the fates decide —their object is to see everything hounds do, and to persevere to the end wherever and whenever that may be. The instrument they use to do this is a horse and they have continual mental exercise to determine how, by the utmost use of their technical skill combined with the successful solution of the problems in front of them, they may be able to see everything before the very limited powers of their horses come to an end or are unduly overtaxed.

"The problems set them are just the same as any other mental exercise—what are the conditions existing and what solution best fulfils all the requirements? The conditions vary in an almost infinite manner, and there are a large number of factors to be considered—capabilities of the mount, i.e. is he good at water, rails, blind ditches, is he stout so that some liberties may be taken, or is he rather a weakling who has to be smuggled across country with the maximum of consideration for his failings and the recognition that if a certain position is eventually arrived at, failure to ride the line on one's own or to complete the run is the conclusion? The brains used may not have been sufficient to make up for the lack of ability on the part of the instrument used. It is no use trying to force over fourteen feet of water a horse well known never to have jumped anything bigger than a two foot ditch. On odd occasions the best of men get caught when in a strange country, but on the other hand one hears a good man say he had wonderful luck in hitting the only bridge when he happened to be

on a horse that would not jump big water. It was not luck, it was the ordinary mental process called foresight, and it was based on the things upon which foresight is usually based—experience, skill and a correct judgment formed from the evidence seen. Knowledge wisely applied is its usual name when a similar process is gone through by an engineer, doctor or any other professional man.

"If one turns to the art displayed by a huntsman one comes at once up against the problem of whether it is possible for a person who shows all the usual attributes of genius to appear in a pursuit which does not demand the use of brains and high forms of thought and reasoning.

"Names will not be mentioned, but huntsmen of this calibre have existed in the past and certainly did exist twenty years ago at least in one case. This man had marvellous success in the sport he showed, his processes were not to be followed by the usual interested, reasonably expert follower, and it is doubtful whether he himself quite knew in its entirety how he arrived at certain conclusions. He lived for his art, was mildly eccentric and showed most of the attributes which a genius in any other profession or art does show."

This epitome of the mental processes likely to occur in men who are real whole-hearted enthusiasts from the pen of one who himself can be so described seems to the writer to cover the position so far as it can be done, and he feels that for him to offer any criticism as to facts would be both presumptuous and unwarranted. The man who really rides to hounds in the sense indicated will be able to give a full description of each run which he has seen from beginning to end, and we

meet with a few people like that in most hunts. They are rightly admired by those who pursue the sport, but in a less efficient manner. A few of the latter, however, on occasion realising that it is considered admirable to have an exact knowledge as to hound work acquire their information in some way other than by riding to hounds, and then pass it on without troubling to indicate its source. We may frequently suspect that this is being done, but it can rarely be proved. On one occasion, however, the writer was furnished with such proof. He had been hunting with a pack of foxhounds, was in a small field with another man, and suddenly saw hounds streaming over a hill some three hundred yards away. He jumped out of the field, leaving his companion, and was just able to get into the tail of the hunt, but did not succeed in seeing much of it. Some days later he met his acquaintance whom he had left in the aforesaid enclosure and told him that he had not been able to see much of the run and expressed curiosity about it. To his astonishment his friend, who had evidently forgotten that they had been together, gave many details, and added, " You see I got a very good start." It would obviously have been tactless to pursue the matter further.

Among hunting people who are not enthusiasts as to hound work we may find a variety of motives which lead them to hunt. Some enjoy above everything the opportunities of riding over fences and galloping. Their pleasure is supplied by a good horse and surmounting obstacles by its aid. Many of them never seem to give a thought to danger, nor do they desire to pose—all they think of is getting on. It may even be that in their hearts they sympathise with the man who

is supposed to have said, "What splendid sport hunting would be if it were not for those damned dogs." Again, in most hunts we meet with men who like teaching young horses their business. Certainly in doing so they may hope to reap a pecuniary reward, but we think that not a few of them enjoy schooling, and they, too, seem quite oblivious of the risks entailed in the process. We think, however, that the majority are out from mixed motives. They like to meet their friends, they enjoy the riding, the fresh air and seeing the country, while at the same time there are some more, others less interested in the hound work. There is probably no form of sport so conducive to health as hunting and such fatigue as it induces is pleasurable rather than the reverse, especially if followed by a hot bath. People who are out for these various reasons differ widely in their going. Some are bold riders while others like to get along without risking anything, but probably all have a great deal of fun out of a run. It is sometimes suggested that people who aspire to social advancement adopt hunting as a stepping stone towards their goal. It may be so in a few instances, but it seems to us that for a man who has not been accustomed to ride to select deliberately a sport in which riding is essential in order to advance his social status would be to surround himself by too many pitfalls. In addition to surmounting equestrian difficulties, he would have to learn the etiquette of the hunting field, and might so easily expose himself to ridicule that it seems to us that the game could hardly be worth the candle, but on such a point we cannot dogmatise, and snobs are rarely influenced by logic. We have thus far seen that in the sport itself there will not be much room for mental

processes on the part of the rank and file, although various problems may from time to time present themselves to the élite. For the others the problem will be merely how best to get across country.

A good hunter can always be obtained at a price from one of the high class dealers, but most men who hunt either have some knowledge of horses or at least think that they have. Their ambition will be to get a good performer cheap, and very often they will find themselves disappointed, for horse dealing is no exception to the general rule that the professional is more efficient than the amateur. If, therefore, the latter endeavours to get the better of the former he will generally be worsted in the end. The dealer with a big name will supply what is wanted at his own price and as a rule his word may be accepted, but the case is very different with the smaller fry, and they are often adepts at misleading a customer, more particularly if he poses as a smart man. The psychology of this horse coping is really very interesting. The buyer, if he be astute, will begin by doubting every statement of the seller, not obviously or rudely, but in so far that he will accept nothing until he has proved it. The latter will almost certainly be an adept in the art of suggesting, and the suggestions are often so skilfully made that it becomes extremely difficult to resist them. Let us assume that a man sees an animal which he thinks will suit him and that he has assured himself of its soundness. The dealer may know of some fault which would only become obvious in the hunting field, and he will find innumerable reasons against letting it be tried with hounds. Some horses are quiet as hacks but get so excited by the chase that they become not only troublesome but dangerous,

some are kickers and cannot be taken among their fellows, while others are too sociable and refuse to be parted from their kind, often emphasising their views by rearing. These and other disabilities can only be discovered by experiment, and if they exist the seller will do his best to prevent the proposed test. On the other hand a horse may seem to have perfect manners in the hunting field at first because it has been underfed, but when it has assimilated a certain quantity of oats its conduct may undergo a change for the worse. The writer's experience, although comparatively small, has been sufficient to afford examples illustrating most of the statements just made. Thus, he had in his stable a cob which had the most perfect manners as a hack, but when it saw hounds it seemed to lose its head and thus become anything but a pleasant mount. Again requiring a horse he heard from a friend (?) of a wonderful animal and on interviewing the owner was regaled by further accounts of its excellence. Finally, it was arranged that the latter should take it hunting when the writer was also out. The performance was cleverly staged, and everything glibly explained so that the prospective buyer had had his suspicions allayed although he did not see any jumping done. The price asked was low, the seller seemed to shed real tears at the prospect of parting with his pet and appeared happy that it was going to a good home. The result was that the writer became possessed not only of a useless but also of a vicious animal. Here he frankly admits that he was made a fool of by means of suggestion. In another instance he was more fortunate. Having taken two horses from Scotland to England with a view to hunting for a week or two with a Yorkshire pack he wanted an

additional mount and was supplied by a cab proprietor with a bay gelding—16.2 in height but in bad condition although only 5 years old. On the day he rode it there was not much doing but the horse seemed to have perfect manners. It was very thin but well shaped. Having satisfied himself that it was a good feeder by having it stabled with his horses for a night he went north again but kept his Yorkshire mount in mind. A few weeks later he ascertained that the horse could be bought for £46 and sent his groom to try it over jumps and had it vetted. The report was satisfactory, so he became the owner of a well made, sound but emaciated weight carrier. With better treatment it soon put on flesh, but quite lost its placid good temper and became a real handful. If annoyed its favourite method of remonstrance was to spin violently round and round on its hind legs—a quite original and very disconcerting form of rearing. On one occasion when this occurred without warning the writer was thrown quite a distance, which would have been greater had he not retained a hold on the reins which checked any further flight. However, gradually things got better, and as the horse was a perfect jumper as well as very fast, we were eventually very satisfied with our bargain and hunted him for seven or eight seasons, until he had to be put down. Instances might be multiplied, but enough has been said to show that much care has to be exercised in buying a hunter. We have seen that to the enthusiast riding is merely a method of conveyance which enables him to study the doings of the pack. In order to attain this end a certain number of obstacles will usually have to be surmounted. An exception to this statement is to be found on Exmoor, where stag-hunting is the *pièce*

de résistance, although there are also harriers and fox-hounds. Here a horse requires pace and endurance but he will rarely be called upon to jump. In other countries the sportsman will generally have to overcome all sorts of obstacles if he desires to follow hounds. It is in this connection that both knowledge and judgment, as well as an eye for country, are desirable mental attributes as we have already seen. Some little acquaintance with veterinary science, too, is useful in case of mishaps, and to enable us to perceive when a horse is on the verge of exhaustion. In an enclosed country this is desirable as much in the interests of the sportsman as of his mount, for if the latter be induced to attempt a jump when done up it will, in all probability, come down, and if the rider is unfortunate enough to be underneath, fall upon him as a dead weight. This kind of accident is, however, uncommon, because most people who hunt will have had sufficient experience to avoid it. On Exmoor, however, where as we have seen there are no fences to negotiate and where great distances are often covered, we hear of horses dying after long days. This, we think, is due to the fact that many people go out with the staghounds who have had little or no opportunity of gaining knowledge of the symptoms of fatigue as shown by the horse.

In order to enjoy hunting it is necessary to have sufficient nerve to deal with the obstacles we may encounter. The risks run need not be great although some people seem to go out of their way to increase them. It is tempting here to make a brief reference to the interesting subject of courage. According to lady novelists fearless men are common, but in real life most sane people are accustomed to exercise a reasonable

amount of caution. A few may be deprived of this valuable psychological asset by excitement and so we find in most fields one or two riders who when hounds begin to run become perfectly reckless. An apparent absence of fear, too, is observable in those whose business it is to school young horses. We cannot see into their minds, but we must remember that the exercise of a vocation has a wonderful effect in controlling nerves. We see this in the soldier during war and in the doctor when called upon to deal with infectious disease. Mr. Jorrocks used to say of fox-hunting, "It's the sport of kings, the image of war without its guilt and only twenty-five per cent. of its danger," but we cannot help thinking that he very much overestimated the risks if only because accident insurance companies, who are excellent judges and by no means philanthropists, accept hunting men without any additional premium. Certainly accidents occur, but, considering the number of falls which are followed by no serious consequences, we are led to the conclusion that the dangers of the hunting field are more apparent than real. If a man deliberately set out to kill himself by reckless riding we doubt whether he would often come near success, because he would have the sanity of his horse to overcome, and most horses very much dislike falling. Still, when we go ahunting, if we begin to think of the things that may happen we can conjure up all sorts of unpleasant possibilities.

We must admit then that nerve is a desirable quality for those who hope to enjoy the sport, but it must at the same time be realised that it is not incumbent upon any member of the field to risk more that he is inclined to do. People who are accustomed to horses know so

well that what can be attempted safely with one may be dangerous with another that we rarely, if ever, hear criticisms which tend to reflect upon a rider's courage. As has been already mentioned, enthusiastic followers of hounds may pursue their favourite sport by getting along as best they can without jumping at all, but in that case they must be blessed with a good eye for country. Where most of us have had our courage tested is when we have been going gaily over small fences and then suddenly found ourselves confronted by something really big. We must then decide quickly —" to do or not to do that is the question." The answer will depend upon the kind of mount we have, but the decision ought to be reached if possible before we are actually committed, as it is bad for a hunter to be taken away from a fence which he sees other horses jumping. The thing that really calls for criticism is to see a man demonstrating at a jump but palpably not wishing his mount to attempt it. This may reasonably be objected to because it causes other horses to refuse whose owners may really wish to get over. The writer can only judge of his own nerves, and for himself he must frankly admit that he has often funked jumps and still wished to surmount them. At first when he felt thus his horse always refused, so he set himself to consider the question as a problem—how does the horse discover that the rider is feeling nervous? It seemed to him that it must be through touch. The two possible points of contact are the mouth by way of the reins and the legs. Examining himself further he realised that on such occasions there was a tendency to unsteadiness of the hands and that the leg muscles were inclined to relax. When he remedied this his

horse was no longer able to divine the workings of his mind.

Horses have a rather limited intelligence as compared, for instance, with dogs, but they are in some respects extremely sensitive, hence the great importance of what is called in horsey parlance, good hands. We suspect, however, that it is impossible to have really good hands without a firm seat. If we consider the difference between an old steady hunter and a young one it seems at first sight as if the former really deserves the adjective clever so often applied to him, but if we look into the matter we shall arrive at the conclusion that he is actuated by two motives only, viz. (1) a desire to be with hounds; (2) a wish to avoid falling. Horses vary widely in what we may term temperament. One thoroughly enjoys being out with hounds, and will do his best to be near them. He will do his utmost to get over whatever comes in his way, and if he be a safe jumper will give his rider an enjoyable day, if not too keen. Such keenness may show itself in different degrees. There may be only a slight taking hold while perfect control remains with the rider, but on the other hand it may lead to a state of matters not far removed from being run away with. Another may be less interested in the sport and require waking up at his jumps, and this type is liable to be careless and come down if left to himself. Again we may find an animal who never puts a foot wrong in the hunting field, but is liable to stumble on the road. All these peculiarities we meet with among horses which may be classed as good hunters. Perfection, where we have a mount which will go well if required and show little impatience if restrained, is rare. Such a paragon, if found, is worth a fortune to his lucky owner, pro-

vided it also has a good turn of speed. If a horse is keen he will with practice learn to negotiate all sorts of difficult places, and will quickly, gaining by experience, acquire the art of keeping on his legs when doing so. He will become able to estimate the resistance of an object, and even early in their careers most horses will avoid striking stone walls or solid-looking rails.

If an owner desires to be his own master he must know something of stable management. Grooms may be good or bad, and it is highly desirable that one should be able to distinguish between them. Even the best may have views quite at variance with knowledge and common sense, and the less worthy among them will not be above lining their pockets at their master's expense. For these and other reasons then a man who keeps hunters ought to have knowledge not only as to grooming and feeding, but also as to minor ailments and accidents. Failing such knowledge he will be at the mercy of his stud groom who, unless he be of exceptional character, will hardly fail to take advantage of him. Having thus touched upon hunting and cognate matters, let us ask ourselves whether the sport can make any claims upon such mental equipment as its followers possess. Many intellectual people hunt and enjoy the sport, but we very much doubt if it can ever produce more than elementary thinking. If we consider the description given by our M.F.H. of the people who ride to hounds in the best sense of the word, we are driven to the conclusion that their one aim is to see the hounds working on the scent. It is a perfectly laudable ambition, but when reduced to plain language it merely means that they are striving to see. As he reminds us,

they will encounter difficulties which must be overcome —fences, the staying powers of their horses and so on, but here again the kind of skill required will be instinctive rather than reasoned. Indeed, that peculiar sympathy which often exists between man and horse is of the nature of the primitive, can only be very partially replaced by thought, and upon it will generally depend the question whether the rider gets the utmost possible amount of effort out of his mount. Again, even the work of the huntsman is admittedly, in certain cases, intuitive rather than reasoned. He must, however, have knowledge of his hounds individually, and know the peculiarities of each, as, for instance, their note, so that he can recognise their voices when out of sight. So far he must exercise both memory and observation, while his duties as to keeping the pack fit and getting ready for cubbing will be arduous. These are, however, not matters which directly affect the men and women who hunt, and it is with their minds we are concerned. After considering the matter in the light of what has been stated, we venture to think that the only striking psychological characteristic which hunting is calculated to foster is the power of quick decision as to direction, and especially as to jumping. A mistake made often results in the loss of a day's sport, and so far riding to hounds may be considered a useful mental gymnastic. We have seen, too, that it should lead to a knowledge of horses, of their management and of their ailments. If one has taken the trouble to acquire some knowledge as to the last two points, it is often a source of cynical amusement to listen to the kind of conversation one hears among those who pose as knowing all there is to know concerning the horse.

For the rest we may say that the people who form the hunting crowd are in the words of the song "a glad throng." They are happy in a careless and free way, expect to enjoy themselves and yet are perhaps inclined to be just a little fussy. We notice this when some trifle occurs, such as a kicking horse which obviously has done no real damage, or in the event of a fall which has resulted in someone being for the moment knocked out. Sometimes such an accident is serious, generally it is followed by no bad consequences. If an unfortunate medico be at hand he will not only find himself pestered by questions, but he will have to stand on guard to prevent spirits being poured down the throat of the sufferer, for should there really be any serious head injury alcohol is liable to do much harm.

There is a good deal of the democratic spirit among followers of hounds, and we may learn that a man who drops his H's may in other respects be a very good fellow, while after a sporting run even the most inveterate snob will unbend if it be in him to do so.

The writer has sometimes thought that among horsey people their proclivity tends to induce a certain facial expression characterised by thinning of the lips, but this may be fancy. He had arrived early at a meet of the Devon and Somerset, the riders practically all entered a small field. He and a friend noted the faces as they came in, and it seemed to both that compressed lips were more common than thay would be in any everyday gathering of people. It may be that those whose lives are spent among horses are so often called upon to force themselves into determined action that a set expression follows.

After a good day's sport we reach home as nearly free from cares as is possible for us poor mortals, and this alone is enough to justify us in describing hunting as one of—if not the best of all our sports and pastimes. As already mentioned, the fatigue induced by a long day in the saddle has in it something *sui generis*, and induces a feeling of well-being different from most other forms of tiredness.

It is now generally recognised that most people in ordinary life eat a great deal more than is either necessary or desirable. During a long day with hounds most of us eat and drink much less than usual, and it is possible that this may contribute to the pleasant after effect.

CHAPTER X

SOME GENERAL CONSIDERATIONS

We have thus endeavoured to trace the psychological processes associated with sports and games. We have seen that in most instances they are extremely simple, but in spite of their simplicity we cannot help regarding them as beneficial if only because they offer distraction to those in need of mental relaxation. There is, however, one class the members of which, while endowed with sufficient wealth to make gratification of their tastes possible, have not enough brain equipment to think of anything beyond amusement. For them, too, sports and games will have a relative value, in so far that they may help to direct their lives into channels which are clean and healthy rather than completely vacuous or vicious. Still, we cannot but pity those who have neither pursuit nor object in life beyond gratification of sporting tastes, for if they live long they will be preparing for themselves a dreary old age, and even in earlier life there can never be the relaxation of mental distraction, if only because the mind will be so atrophied as to be almost incapable of it. Fortunately these words apply to a very small minority, for most of our wealthy compatriots make themselves useful in one way or another—some of them superlatively so.

This question of mental relaxation becomes extremely interesting when we seek to analyse the working of the process. Whatever be our views as to mind—and the

question is admittedly obscure—most of us believe that it is closely connected with the cells of the brain. It seems probable that these are stimulated by the senses, and that such stimulus becomes diffused in patterns which, as a result, produce thought pictures. For the man who is deeply engrossed in some particular study or profession they will tend to be similar, and it is legitimate to conclude that the brain cells thus repeatedly stimulated will be fatigued. If, however, some mental process be started which results in quite different thought patterns it is fairly obvious that a new series of cells not recently much in use, will be called into play. On some such lines as these the writer has endeavoured to explain the beneficial effects upon brain workers of such games as, for example, bridge and chess, both of which demand considerable concentration. He has in mind, too, the case of the late Prof. Crum Brown, a brilliant chemist and lecturer on that subject, who devoted much of his leisure to the study of other sciences and languages, and whose physiological researches on the semi-circular canals are quoted on every textbook of Physiology—these studies in a great measure replacing pastimes. Indoor games, then, we may consider can act beneficially on men who lead busy lives and use their brains in their business or profession. In addition to cards and chess, billiards must also be included among them, but the latter, as we have seen, does not require much mental effort, and is yet not altogether physically restful. So far we have considered these pastimes from their beneficent aspect, but there is another side. Cards, chess and billiards are—at least in this country—invariably played indoors, and often in an atmosphere vitiated by tobacco. Many busy men who

work hard with their brains in offices, studies and consulting rooms, when their labours are over for the day proceed to their clubs and there occupy themselves with cards or billiards, which certainly rest their minds but in surroundings which are detrimental to physique. Probably, however, the alternative in their case would be a solitary walk, and this, while benefiting the body, would allow the mind to go on with the thoughts which had occupied it and such worries as had incidentally arisen—in that case there would not be rest for the brain. The ideal would be a walk in company with one whose conversation would suffice to distract, but this will generally be difficult to arrange. There remains leaving the club sufficiently early to allow time for 15—30 minutes physical culture with an open window before dinner. According to the writer's observation and personal experience considerable will power is required to carry out this scheme regularly, but he feels sure that such self-discipline will be amply repaid in retained health and strength, provided, of course, that there is no organic disease, and that it is associated with temperance in food and drink.

Mental distraction is, however, not desirable for brain workers only. It is also good for all whose occupations are such as to give them exercise in the open air. The conditions will, of course, be different, so that here billiards and cards before dinner will be of unmixed benefit, for they will distract the mind from the day's work and at the same time give the body the rest it requires after a day of outdoor toil, even if the latter has taken the form of shooting, fishing or hunting. Presumably the day's physical labour will not have been associated with much mental activity, so that in the

evening it will be desirable to do something towards the culture of the mind, for to achieve the best results for the individual we must have a proper mixture of physical and intellectual exercise.

As we have already indicated, many rich men with sporting tastes do not allow the latter to monopolise their time but devote themselves to the service of the country or its people. They, moreover, often follow some line of culture which will involve reading standard works and articles, so that they become specially conversant with one subject and frequently well informed as to many others. We, however, have another side of the picture in the man who makes a hobby either of sport as a whole or of one particular form of it and absolutely ignores all other interests in life. He is, perhaps, most common in the hunting field, but is not unknown on the golf course, nor indeed is his type altogether absent from any of our important sports. Of course the obsession may be present in varying degrees, but in extreme cases it leads to the subject becoming nearly a monomaniac. His particular hobby will almost entirely occupy his waking thoughts, and may recur in his dreams. If it be hunting he will certainly know a good deal about horses and sometimes about hounds, but the knowledge may not always rest upon sound foundations. He often lives well and is usually a conservative in politics of the die-hard variety, but will have little, if any, knowledge of current thought, while he may denounce all politicians who do not see eye to eye with him as scoundrels. He is usually a strong supporter of the Church, but here, as in public affairs, his views are stereotyped, the result of conviction acquired without reference to logic. These are the characteris-

tics of an extreme example. In others there may be some interest in shooting, fishing or games, but even with them hunting will come first, and usually such intelligence as they possess will be directed towards it, so that conversation on other subjects will be rather forced and uninteresting. People of this kind may have quite pleasant lives so long as they remain vigorous but when enfeebled by age or illness a very poor time awaits them. It does not much matter what the particular hobby may be; while it is being followed successfully it will give pleasure, but even then there will be incidental worries. Later, when strength or skill begins to fall off, there will be much heartburning and gloom, while finally will come the inevitable conviction that the body is no longer equal to the task. What is then to be the lot of a man who has no other resource with which to occupy himself during his remaining years of life?

From a consideration of the rich man's pleasures we may pass on to the question of sport in the lives of those who work for a living, and who perhaps have little money to spare for indulgence in amusements. The latter will naturally vary according to education and culture. Let us take first the case of a professional or business man who is struggling along in circumstances which make it difficult for him to make a bare competency. Will sporting tastes be a help or hindrance? Assuming that they are present much will depend upon the individual. If he has sufficient strength of mind so to arrange his life that they shall always remain as servants and never obtain dominance, we have little doubt that love of outdoor sports and games will be beneficial.

People in straitened circumstances will generally have some friends who are better off, and thus there may come offers of occasional day's shooting, fishing and sometimes of a mount. Lawn tennis, too, and allied games may be indulged in without undue expense, while in most cities gymnasia with boxing and fencing are available. It does not, however, so much matter whether the means of gratification are immediately at hand, but it does matter that the body should be kept in a condition which will enable opportunities to be grasped. If this be realised the poor man with sporting proclivities will have a strong incentive to careful living, with all that the term implies. If we turn now to the wage earner we find things *mutatis mutandis* very much the same. The love of sport, whatever the surroundings, will often have a most beneficial effect upon the individuals who are so fortunate as to possess it. If anyone who doubts this statement will spend some evenings in watching the boxing entertainments in any of our large cities he will, we think, have proof of it supplied. He will see a number of youths in the pink of condition, generally well behaved and clean living, competing with each other in manly fashion. If, then, he will wander round the adjacent streets with their public-houses and loose women he will see the reverse side of the picture, and the substitutes which are sought by the young men of the locality who have no healthy incentive to turn them from drink and vice. So far we have had in mind individual sport, but whether what we may term vicarious sport be good or bad is a much more open question. No doubt many among the crowds which visit professional football matches and race-courses enjoy seeing the games and the races, and take an

intelligent interest in both, but unfortunately they also lead to a great deal of betting, and gambling is, like drinking, a vice that grows in proportion as it is indulged. Moreover, as the German author, quoted in a previous chapter, has pointed out, it tends to commercialise sport and thus promotes professionalism in games. On the other hand we do not think that the bulk of people who attend boxing entertainments do much betting, and it has seemed to us that the great majority have always been keen on the sport itself for its own sake. If a man works hard using his muscles during most of the week it is probable that looking on at races, games and boxing may supply him with just that amount of relaxation of mind and body which is good for him. On the other hand, it may readily furnish an incentive to gambling which, once begun, may degenerate into a vice. When everything is taken into account, however, the fact remains that relaxations for the masses which are not in themselves harmful, have become not only desirable but necessary, and that all that can be done is to attempt to minimise incidental evils. In a sense Great Britain has for centuries been a leader in games and sport, and now several of the former have spread from this country over the world, as, for instance, football, boxing and golf. If we look to the future we may reasonably expect them to continue, and even to become increasingly popular. The position is, however, different in relation to what have been termed blood sports—hunting, shooting and fishing. Their future will depend upon a variety of circumstances—social, political and economic, which really merge into one another. Both social and political power have to a considerable extent passed from the old aristocratic caste, and even from the

plutocrats, who threatened at one period to become well-nigh omnipotent, and at present seem to be gradually concentrating towards those of all classes who preach socialism in one form or another. We are not specially concerned here with either sociology or politics, but, as a class, socialists are against so-called blood sports. They are often highly cultured people, but their tastes and the upbringing of many of them have fostered this attitude. Then, again, there is the question of the game laws, which many of them think ought to be abolished. If this were brought about no doubt shooting and fishing would continue, but in a way entirely different from that now in vogue. There might still be a certain amount of preservation, but it would be carried out by small land-holders who had combined to let a tract of land or river for sporting purposes. Under such conditions fishing might be much as it is now, but shooting would return to what it was before the days of big covert shoots and reared pheasants. Hunting has always been conducted on sufferance, and its continuance will depend chiefly on economic factors. If they benefit farmers hounds will be welcome, but not otherwise. We must bear in mind that tenants, however keen may be their sporting instincts, very often can neither afford to hunt themselves nor to adapt their agriculture and fencing to the requirements of a hunt. Many of the great landowners in former days paid nearly all the outlay connected with packs, but now few, if any, can afford to do so. In recent years the subscriptions of the members of the different packs have been enormously increased, but even then it is often extremely difficult to find a suitable man to assume the mastership, because there will generally be a good deal left over for him to

pay however generous the subscribers may have been. In spite of all these handicaps, we must hope that hunting will continue for many years to come, as its disappearance would remove what, all things considered, is a blessing to many a countryside. The omens are, however, not propitious for it is conceivable that the sport may be attacked from another side. We may find that the personnel will either cease to have the inclination or become, for financial reasons, unable to pursue it. The state of matters now is that children who, in former times, would, as a matter of course, have been taught to ride, are rather instructed in the use of mechanical transport. Their ambition is directed towards the car or motor bicycle rather than to horses. Thus many who would have acquired tastes which might culminate in the hunting field, have ceased to be available as possible hunt subscribers. Again, the expenses incidental to hunting have very materially increased, while we have no reason to assume that incomes have advanced in proportion. To-day the man who keeps hunters will certainly have a motor car, he will often be driven to the meet and fetched at the end of the day. Sometimes even his horses will be transported by motor horse-box and thus we find an increase of luxury, so that one is driven to wonder how far this will assist in undermining the sport to which it has become accessory.

So far as we know authors have rarely referred to the psychology of sport, and indeed the writer has failed to find any considered discussion of it. The nearest approach is in *Social Psychology*, by Thouless. This author is inclined to believe that there is in us all an instinctive tendency towards cruelty, and then goes on:

" There are two instincts in which the willingness to inflict pain is serviceable—the hunting and the fighting instincts—and it is at least possible that the cruelty of the hunting field or the boxing ring is the expression of these instincts, and that it is totally unconnected with the sex instinct. Professor Bovet seems to regard cruelty as a by-product of the objectification of the fighting instinct; for pleasure taken in watching fighting necessarily involves pleasure in seeing blows dealt.

" Transformation of the impulse to Cruelty—While to a predominantly fighting and hunting community indifference to suffering had considerable survival value, particularly to the males, this ceases to be true in a more civilised community. The cruel impulses find, in fact, their only socially unobjectionable outlet in sports. In a very much transformed condition they are probably of great value in undoubtedly useful activities. The occupation of the surgeon, for example, is generally taken as an example of the sublimation of cruelty and there is probably truth in this view.

" For most persons, however, cruel sports offer the only outlet to this element in their character, and in any civilised country they form an outlet which is strictly ' canalised.' Only a limited number of cruel sports are tolerated in any civilised community. The fox-hunting Englishman is revolted by bull-fighting, and his pleasure in shooting pheasants does not lead him to tolerate the shooting of larks. The progressive canalisation of cruel sports in England has been a remarkable example of the tendency of a mental disposition to atrophy under changing conditions. The abolition of cock-fighting and bull-baiting have taken place because, partly through a weakening of the impulse to cruelty, partly through a

growing extension of the sympathetic emotions to animals, social disapproval of these sports grew stronger than the instinctive demands they satisfied.

"The process is still going on and there is a rapidly growing expression of social disapproval of certain forms of cruel sport still generally permitted (such as the hunting of carted stags and pigeon shooting); and, of course, large numbers of people abstain from all forms of cruel sport. It is not improbable that in the course of time all such activities will be eliminated from adult hunting-play. We appear to be witnessing the atrophy of an innate disposition for which no socially useful outlet is available for most people. Mr. Perry has pointed out how rapidly cruel behaviour can be acquired by a gentle and peaceful people when these acquire warlike behaviour. An example of this near to our own time is also probably to be found in the outbreak of violent and brutal crime which is stated to have taken place in England and other countries after the conclusion of the war. We seem to have, in this progressive decrease of cruel behaviour, an illustration of the opposite fact, that the suppression of an instinctive tendency through successive generations leads to a progressive atrophy of the tendency. It is not true that human nature never changes; what is true is that it changes very slowly, much more slowly often than human institutions."

There are some statements and assumptions in the words we have just quoted which lend themselves to criticism. We do not admit that the author has proved that an impulse towards cruelty is common, for if it were most of us would belong to the horrible brotherhood of the sadists who, however, have always been

regarded as mentally abnormal. We need not repeat the views expressed in a previous chapter which we were able to support by evidence pointing to the fact that sportsmen as a class are by no means cruel. We cannot help suspecting that Mr. Thouless has approached the subject of sports in an uncritical spirit and perhaps without having had any practical experience. Thus to speak of the "cruelty of the hunting field or boxing ring" and of "pleasure taken in seeing blows dealt" seems to show lack of appreciation of the position. We hope that we have already shown that hunting is not to be regarded as cruel in a reprehensible sense, and frankly we cannot see any cruelty at all in boxing. The men are there by their own choice, they are competing, they will not complain of any pain nor, in the excitement of contest, will they feel it, while the referee will see that no undue punishment is inflicted on an obviously beaten man. Most of the spectators will be people with some knowledge of the noble art, and their pleasure will be derived from critical study of boxing as a science rather than from sadistic enjoyment of "blows dealt." The "sublimation of cruelty" assumed in the surgeon strikes us as fantastic. This question of sublimation is largely discussed in psycho-analytical literature, but with many psycho-analysts it is the sex impulse which they find sublimated in all kinds of activity. The idea is that the urge is buried in the "unconscious," and that in well-living folk its energy is driven into useful channels (i.e. sublimated). This device of the "unconscious" is very useful in argument if it be accepted, but as it implies a contradiction in terms it is untenable as a logical premiss. We have made this digression because, having ourselves performed a number of operations,

we cannot conceive that there is any connection between surgery and gratification of a cruelty impulse. It would be equally logical to say, as extreme Freudians do, that almost every action is really generated by eroticism.

Again we think the comparison of fox-hunting with bull-fighting shows evidence of an ill-considered mental attitude. In the former there is the chase of a free predatory animal, while in the latter a domestic animal is driven into an enclosed space, goaded into rage which often leads it to disembowel horses—again domestic animals—and is finally killed.

It may be that our author is right in anticipating the gradual elimination of field sports, but when this shall have occurred—if it ever does—we suspect that the result will be due to social, political and economic reasons rather than as a protest against cruelty. If the reader will consider the last few lines of our quotation he may think that the author is not altogether convinced as to this part of his theory. We, of course, refuse to admit that a cruelty impulse has any share in the production of sporting tastes, but even if this be granted, the observation of Mr. Perry would seem to indicate that it can be very readily resuscitated after partial extinction. Accordingly if sport was given up owing to elimination of the cruelty impulse on Mr. Thouless's hypothesis, it would appear that the taste for it might revive on very slight provocation.

This cruelty question has many sides, most of which we have already discussed. We have seen that some of the people who embark upon anti-cruelty crusades are both neurotic and illogical, while others have done much to protect domestic animals from ill-usage. If we look back upon sports which have been banned or given up

we must admit that some of them such as bull and bear baiting were objectionable—again an animal tied up and attacked, but what must have been a very pretty and by no means cruel sport—falconry—has also been more or less abandoned. Cock and dog fighting are no longer practised, and possibly they may be correctly stigmatised as cruel, especially when steel spurs are used in the former. It must, however, be remembered that game cocks and dogs of the bulldog strain like combat, and seem to enjoy a battle, and there are many who would sympathise with the words of Montalembert: "It is not the victory that constitutes the joy of noble souls but the combat."

In connection with pointer and retriever pups we pointed out the fact that they often spontaneously point and retrieve without any teaching (Chap. VI). We further indicated that this fact seems to supply an argument in favour of the possibility of inheriting acquired characteristics, and that the removal of the young to a foster-mother who had no such inclinations might strengthen the evidence on the one hand or discredit it on the other. Now in the case of game fowl and bulldogs or bull terriers the same line of thought naturally occurs. The writer years ago placed a large and powerful barn-door cock with a game chicken so young that its sex was not very obvious. As we expected, they at once began to fight, but to our astonishment the battle only lasted for a minute or two before the large bird took to ignominious flight. One has seen the same in the case of small bull terriers and large dogs of other breeds. In both cases it looks as if there had been inherited not only pugnacious dispositions but actual scientific methods. Here, again, carefully checked observations

would be of value. In addition to the suggestions made in Chap. VI it might be noted whether crossing with a bitch or hen of a notoriously timid strain and avoiding all contact with animals of the same strain as the male parent would result in offspring with combative inclinations and skill in fighting.

INDEX

A

Accidents, Hunting, 170.
Adaptability, Mental, 80.
Africa, 141, 147, 150, 152, 155.
Age, Middle, 31, 51, 52, 55, 61, 63 65, 68, 79, 80, 176.
Age, Old, 31, 32, 79, 80.
Alcohol, 50, 170.
America, 36, 43.
Anatomy, Exercises, 73.
Angler's Luck, 127.
Angling, *see* 5, 6, 9, 17, 106, 112, 119, 121, 179.
Anglo-Saxon characteristics, 36, 40, 45, 112, 153.
Animal Intelligence, 87, 89, 90.
Animal Mind, 94, 96.
Animal Psychology, 93.
Animals and Sport, 83, 86.
Animal Temperament, 88.
Antelope, 141.
Antiquity of Sport, 11, 16, 45, 85, 112, 130, 136.
Archery, 46.
Army, 28.
Army Training, 73.
Artistic Pursuits, 13.

B

Badminton, 52.
Bag, Mixed, 136.
Baptism of Fire, 141.
Bear, 143, 144, 146.
Bear-baiting, 185.
Betting, 5, 42, 50, 178.
Bhils, The, 142, 144.
Big Game, 139, 141, 142, 152, 153.
Billiards, 6, 42, 43, 50, 173.
Blood Sports, 104, 111, 178.
Boat Races, 13, 14.
Bovet, Professor, 181.
Bowling, 46.
Boxing, 6, 13, 46, 61, 63.
Boxing Exhibitions, 177.
Brain, The, 2, 173.
Breathing Exercises, 72.
Bridge, 6, 42, 50, 173.
British Medical Association, 98.
British Mentality, 49, 128, 153.
British Sport, 35, 37, 38, 45.
Brown, Professor Crum, 173.
Buffalo, 149.
Buck, 148.
Bull-Baiting, 46, 181, 185.
Bull-fighting, 181, 184.
Business Life, 10.

C

Canine Psychology, 135
Card Games, 6, 42, 50, 173.
Card Sense, 42.
Carnivora, 142, 154.
Chess, 6, 37, 50, 173.
Chesterfield, Lord, 82.
Children and Sport, 80, 180.
Chittenden and Food, 78.
Clerical Angler, 84.
Clever Hans, 96.
Clothes and the Sportsman, 127.
Cock-fighting, 46, 181, 185.
Colonies, The, 28.
Commercialism of Sport, 13, 38, 73, 178.
Complex, Inferiority, *see* 3, 31.
Compulsory Games, 24.
Conditioned Reflexes, 88, 102.
Conversation, Value of, 80.
Courage, Psychology of, 153, 164.
Covert Shooting, 138, 179.
Cricket, 6, 38, 51.
Crowd, Psychology, 3, 14, 15, 85, 98.
Cruelty, 20, 31, 97, 101, 104, 111, 180.
Cruelty and Religion, 97

D

Dancing, 26.
Dangerous Guns, 137, 139.
Danger of Hunting, 165.
Deer Stalking, 139.

Democratic Spirit in Hunting, 170.
Derby, The, 15.
Destroying Life, 31, 83, 84, 85.
Dibelius, 4, 35.
Dietetics, Food.
Dik-Dik, 148.
Difficulties, Stimulus of, 125.
Doctors and Sport, 69, 70.
Dog-fighting, 185.
Dogs, Shooting over, 132.
Dog, The, 86, 87, 88.
Dogs, Wild, 151.
Drink, 58, 65, 78, 79, 171, 174.
Driven Birds, 138, 139.
Duck, 136.

E

East, The lure of the, 140.
Economics of Sport, 178, 179.
Edinburgh, 33, 54.
Eidetic Psychology, 3.
Elmhirst, Mr. 91.
Erotic Impulse, 32.
Etiquette of Hunting, 160.
Etiquette of Shooting, 137.
Exercise, Need for, 31.
Exercises, Breathing, 72.
Exercises, Physical, 70, 72.
Exercises Recommended, 74.
Exmoor, 33, 103, 107, 109, 132, 163, 164.

F

Fairplay, 4, 37.
Falconry, 185.
Farmers, Tenant, 179.
Fat People, 66, 67.
Fencing, 46, 61, 63.
Fibrositis, 68.
Field Sports, 30, 60, 105.
Field, The, 152.
Fighting Instincts, 181.
Fishing, 6, 17, 59, 106, 112, 119, 121, 179.
Fishing, Sea, 18, 106, 113, 120.
Fives, 52.
Food, 58, 65, 78, 79, 171, 174.
Football, 6, 13, 46, 51.
Football Crowds, 177.
Foresight, 158.
Fox, The, 85, 106, 156, 181.
Fox-hounds, 159, 164, 184.
Freud, 3, 184.

G

Gambling, 5, 42, 50, 178.
Game, Big, 139, 141, 142, 152, 153, 154.
Game Laws, 179.
Game Preservation, 179.
Game, Small, 132, 154.
Games, Compulsory, 24.
Gazelle, 141, 148.
Germans and Sport, 35, 38, 153.
Gestalt's Psychology, 3.
Giraffes, 148.
Golden Bough, The, 84.
Golf, 6, 36, 44, 53, 55.
Great Britain as a leader in Sport, 178.
Grouse, 138, 139.
Gymnasia, 177.

H

Hares, 132, 136, 155.
Hartebeest, 142, 148.
Hawking, 46.
Health, 50, 58.
Health Value of Sport, 65.
Hendy, Mr., 101, 110.
Henley Regatta, 15.
Heredity, 94.
Hero Worship, 41.
Hobbies, 29, 80, 82, 175.
Hockey, 52.
Holidays, 29.
Home Influences, 18.
Horse Dealing, 161, 163.
Horse, The, 56, 81, 86, 95, 157.
Horse, The Calculating, 96.
Horse Training, 160.
Horsey People, 170.
Hunting, 6, 17, 46, 57, 81, 106, 156, 179.
Hunting Accidents, 170.
Hunting, Etiquette of, 160.

I

Impala, 148.
India, 28, 139, 141, 142, 150, 155.
Indian Clubs, 78.
Inferiority Complex, 3, 31.
Influence of School Life, 21.
Influence of Social Life, 34, 44, 160, 181.
Instinct, 4.
Instincts, Primitive, 11, 16, 45, 85, 112, 130, 136, 154, 169.
Intellectual Resources, 79.
Intelligence in Animals, 89, 90.
Intelligence in Horses, 167, 168.
Introspection, 2, 27, 33, 83, 131.
Intuition, 39, 40, 46.

J

Jealous Shots, 137.
Jiu-jitsu, 63.
Jorrocks, 165.

K

Kammerer, 94.
Kenworthy, Commander, 99.
Kenya, 33, 139, 148.
Killing, as a Sport, 31, 83, 84, 138, 139.
Kircher, 4, 14, 37, 39, 40, 44, 128.
Klip-springer, 148.
Kluge Hans, 96.
Köhler, 93.
Kontorowicz, 4, 37, 128.

L

Larks, Shooting, 181.
Lawn Tennis, 6, 44, 52, 61.
Lawyers, 10.
Lemur, Tame, 148.
Leopard, 148.
Life, Destroying, 31, 83, 84, 85.
Lion Shooting, 142, 149, 150.
Literature, 180.
Lonsdale, Lord, 107.
Luck, Angler's, 127.
Luxury and Sport, 180.

M

Macedonians, The, 112.
Masculine protest, 31.
Mastership of Hounds, 179.
McDougal, Mr. 94.
Medical Congress, A., 39.
Melville, 46.
Meldrum, Mr. A. J., 156.
Mental Adaptability, 80.
Mental Conflict, 138, 146.
Mental Relaxation, 172, 174.
Mental Similarity, 45.
Mentality of Angling, 128.
Mentality, British, 49, 128, 153.
Middle Age, 31, 51, 52, 55, 61, 63, 65, 68, 79, 80, 176.
Middle Age and Hobbies, 81.
Middle Age and Reading, 82.
Mind, The, 114.
Mirages, 155.
Mixed Bag, A., 136.
Money, Playing for, 42.
Money Values, 9, 12.
Monomania, 175.
Montalembert, 185.
Morgan, Lloyd, 94, 96.
Motor Cars, 65, 180.
Motor-cycles, 65, 180.
Müller System, 73.
Musselburgh, 54.

N

National Characteristics, 40.
Navy, 28.

O

Old Age, 31, 32, 79, 80.
Olympian Games, 9.
Osten, Von, 96.
Ostriches, 148.

P

Panther Shooting, 143, 145.
Partridges, 138, 155.
Patience, 115.
Pavlov, Professor, 88, 89, 94, 102.
Perry, Mr., 182, 184.
Pfungst, Oskar, 96.
Pheasants, 138, 179, 181.
Physical Culture, 70, 72.
Physical Side of Education, 24.
Pigeon Shooting, 131, 182.
Pleasure Lovers, 27, 176.
Polo, 26, 57.
Press, The, 15, 38, 109.
Primitive Instincts, 11, 16, 45, 85, 112, 130, 136, 154, 169.
Professional Men, 176.
Professionalism, 13, 178.
Pseudo-Sportsmen, 13.
Psycho-Analysts, 147, 183.
Psychology, 1, 3, 23, 31, 47.
Psychology, Crowd, 3, 14, 15, 85, 98.
Psychology of Animals, 93.
Psychology of Courage, 153, 164.
Psychology of Fishing, 127.
Psychology of Horse Dealing, 161.
Psychology of Hunting, 158, 169.
Psychology of Shooting, 130, 134, 136, 141, 152.
Psychology of Sports, 172.
Psychology of Travel, 140.
Public Schools, 23.
Punching Ball, 78.
Punishment of Animals, 88.

R

Race-Course, 6, 13, 177.
Rackets, 6, 52.
Reading, Value of, 82, 175.

Record Breaking, 38.
Relaxation, Mental, 172, 174.
Religion and Cruelty to Animals, 97.
Rhinoceros, 150.
Riddle of Personality, 89, 93.
Riding, 56.
Risk, The element of, 160.
Romanes, 90.
Rowing, 56.
R.S.P.C.A., 97.

S

Sadism, 97, 182.
Salmon, The, 120, 123, 124.
Sambar, 143.
Sandow, 71, 73.
Scent and Dogs, 135.
School Influences, 21.
Sea Fishing, 18, 106, 113, 120.
Sex Instinct and Cruelty, 181.
Shooting, 6, 17, 59, 130, 179.
Shooting Etiquette, 137.
Shooting, Psychology of, 130, 134, 136, 141, 152.
Single-Stick, 46.
Small Game, 132, 154.
Smith, Sydney, 56.
Social Disapproval of Cruelty, 182.
Social Influences, 34, 44, 160, 181.
Social Psychology, 180.
Socialism and Sport, 179.
Spoor, Importance of, 153.
Sport and Cruelty, 181.
Sport and Doctors, 69, 70.
Sport and Socialism, 179.
Sport Antiquity of, 11, 16, 45, 85, 112, 130, 136.
Sport British, 35, 38, 45.
Sport, Commercialism of, 13, 38, 73, 178.
Sport, Value to Health, 65.
Sport, Vicarious, 177.
Sporting Mentality, 18, 30, 48.
Sporting Rights, 179.
Sports, Field, 30, 60, 105.
Sportsmen, 1, 5, 6.
Sportsmen and Animals, 83, 86.
Squash Rackets, 6, 52.
Stable Management, 168.
Stag Hunting, 98, 106, 163, 182.
Stalking, 153.
Steenbok, 148.
Struggle for Existence, 86.
Stumpf, Professor, 96.
Suffering and Sport, 31, 83, 84, 85.
Suggestion, Power of, 155.
Superiority, Waning British, 46, 48.
Superstitious People, 127, 151.
Surgical Work, 10.
Survival, 8, 13, 181.
Sutherland, Bruce, 73.

T

Temperament in Animals, 88.
Temperament in Horses, 167.
Temperance, 58, 65, 79, 174.
Tenant Farmers, 179.
Tennis, 46.
Tennis lawn, 6, 44, 52, 61.
Thouless, Mr. 183, 184.
Tiger Shooting, 142, 143, 144, 146, 147.
Tobacco, 50, 173.
Travel, Psychology of, 140.
Trophies, Desire for, 154.
Turnips, 138.

U

University Life, 26.
"Unpleasure," 117, 133.
Unwholesome Creatures, 155.

V

Veterinary experience, 164, 168.
Vicarious Sport, 177.
Vivisection, 98.

W

Walking Up, 136, 139.
Waning British Superiority, 46, 48.
Wart-Hog, 148.
War, The Great, 33, 148, 182.
Whip, Use of the, 88.
Wild Exmoor, 101, 110.
Wild Life, 86.
Women, 15.
Woodcock, 135.
Working Classes, 177.
World-Wide Interest in Sport, 178.
Wrestling, 46.

Y

Yerkes, Professor, 93.
Yorkshire, 34, 162.

Z

Zebras, 148, 149.