

The President Speaking

"KEEPING FIT"

It is a well known axiom in football success that the men who keep themselves "fit" through careful diet, regular hours of sleep and exercise, and a minimum of social distractions, are the ones who make the consistent players on the team, who may always be relied upon "to do their stuff" in every game. It is not enough that players should do their best after the first whistle is blown, they must so prepare for the contest, physically, mentally, that they each HAVE a BEST which they can put into the game when the great day arrives.

That man is deemed disloyal to his team and his school who does not do his utmost to "keep fit" during the practice period. His failure here may lose the game later. The crisis too often is not on the field of battle, but in the way a player uses his time and conducts himself when not on the gridiron.

I wonder if this is not true of all life. Is not our success in any field of activity a question largely of "keeping fit"? What we do on examinations is determined not so much at the examination time. Have we kept ourselves mentally fit during the days and weeks preceding? What we do under the stress of moral temptation is determined largely by

the way we have kept ourselves morally fit during the days before.

Football victories, scholarship attainments, business success, physical health and character-attainment are rarely the results of "breaks". They are due largely to the ability to keep one's self fit.

"In life's small things be resolute
and great,
To keep thy muscles trained;
know'st thou when Fate
Thy measure takes? or when
she'll say to thee,
'I find thee worthy, do this thing
for me?'"

W. P. BEHAN.
