

Olympic and Modern Games.
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At the present time, physical training and the games of various sorts are attracting more general attention than at any previous time. This awakening of the people to the delights of this nature, together with an increased intelligence of acquiring a strong^d beautiful body both for use^d ornament, makes necessary a corresponding knowledge of the practical laws of health^d and the relation of proper food, sleep, bathing^d clothing as well as exercise to the welfare of the body. Especially are college authorities beginning to recognize the true relation of the body^d mind^d to value athletic games as an aid to the best intellectual activity. The abounding health, grace of motion^d dignity of bearing of the athlete is also causing an increased appreciation of physical beauty.

The Olympic games were the most famous of the four great national festivals of the Greeks. They were celebrated in the sanctuary

of Zeus at Olympia, a beautiful valley in the Pisatis, the southeastern district of Elis, at the junction of the Cladeus with the Alpheus. These games were held every four years beginning with the first full moon of the summer solstice^{ed} and lasting from the eleventh to the fifteenth day of the month. Legend attributes the foundation of these games to Hercules who was worshiped with special honor as a hero at Olympia about 1272 B.C. The sports were said to have fallen into neglect until King Iphitus of Elis^{ed} & Lycurgus of Sparta established "the truce of God" at the celebration of the games^{ed} and restored them to honor. It was not until much later, however that the official list of victors began with Coroebus who won the foot race in 776 B.C. - the Olympiad or period which furnishes their basis for computing time.

At first, the contests only occupied a single day^{ed} and were very simple but in

later times, five or six days were needed to complete the sports. In the earliest times, the games were of a local character but they soon became a national festival and attracted people from all over the world. The competitions were open only to those of Greek descent and of good moral character. All contestants were required to train faithfully for ten months before the games while the last thirty days must be spent at Elis under the direction of the officials unless they were already famed as victors. Just before the games, the list of entries was prepared and from that time, withdrawal was punished with a heavy fine. The order of the events is uncertain and probably varied at different times but the first athletic contest was certainly the stadion and the name of the victor served to designate the Olympiad.

The first day of the festival was given to sacrifices, especially to Zeus while

the officials ^{and} contestants took a solemn oath, the former to judge fairly ^{and} the latter, ^{that} they had observed the prescribed time of training ^{and} would compete with fairness.

On the second day, the various sports began. The list of events included running, jumping, throwing the discus, hurling the spear, wrestling ^{and} boxing, the pentathlon ^{and} the pancratiun, horse and chariot racing, ^{and} contests of heralds, strong lungs and loud voices. Most of the exercises took place in the stadium which was situated at the foot of the hill, the slope being covered with seats.

On the last day of the festival, the victors gathered in front of the temple and received their prizes which were crowns of wild olive from the sacred tree. After this was over, they were banqueted by the state of Elis at the Prytaneion. Then the poets were

called upon to write odes in honor of the victorious ones and the sculptors left their portraits in bronze and marble in the sacred grove for ^{the} future generations to see. On returning to his home, the victor is treated with great respect and honor.

The games were at their height during the fifth and fourth centuries when the contestants were of the best blood of Greece but, gradually, the training became more and more of a profession until the competitors were nearly all professional athletes. The games were finally suppressed by Emperor Theodosius, about 394 A.D. supposedly on the ground that they were opposed to the interests of Christianity.

In 1895, largely owing to the efforts of Baron Pierre de Coubertin, a Frenchman, a number of individuals banded themselves together and organized an International Athletic committee which

held its first meeting in Paris, France. The object was to re-establish the Olympian games by organizing a series of athletic contests to be held once in every four years and to take place at such time and place as the committee might decide. The different competitions were to be open to the world.

A beautiful stadium was constructed at Athens and the first games were held there in 1896. The second festival was held at Paris in 1900 during the exposition and the third was at St. Louis in 1904. The games were divided as follows: Athletic sports and games; gymnastics; fencing; shooting; equestrian sports; cycling sports; motor car racing; aquatic sports; ballooning and firemen's drills.

"Two elements entered into the production of the sentiment which gave the Olympic games such a wonderful and long-enduring popularity in Greece - a passionate fond-

ness for all sorts of contests between individuals, whether decided by strength or dexterity and a theory that education should be directed to the production of citizens worthy of the state who would carry on in the future the best life of the past ages."

The Olympic games tended to unite the people and cultivate the arts of peace as all hostilities were suspended during the festival, that visitors might attend unmolested. They encouraged the development of perfect bodies, the training being designed to produce superior athletes. They inculcated broader views by bringing people together from the different parts of their own land and from other lands. They created a manly spirit and stimulated a national patriotism

Of the many modern games, I shall only attempt to take up golf, lawn tennis, basket ball, field hockey, fencing, bowling, polo, cricket, baseball and football. Since the introduction of these games, the people have seen that women as well as men are benefitted by some of the exercises of this nature.

Golf is a game that has no definite season but may be played in spring, summer, autumn or winter. It is specially beneficial to a woman in that it keeps her in the open air for hours at a time and yet does not weary her for it is a game that does not require physical strength. Lucille Eaton Hill has said that this game will develop the player's character more than any other. She says that in the seven years that she has played golf, she has never seen a woman cheat and that it teaches them to be cheerful losers and generous winners—

- a sure method of forming a good character. Some think that anyone can play golf because it is so simple but it takes long hours of practice for the average person to be able to play a good game. In learning to play, the most important thing is to learn to play correctly and to do this, it is almost necessary that each one begin by taking a number of lessons. There is not a golf player but what wishes to reach some ideal and as this one goal is reached, another far in advance appears so it keeps the players very much interested in the improvement of their playing.

This game is played with a number of different clubs - 5 of which are - the driver, the brassie, the cleek, the masher and the putter. Each club serves a purpose and a good player knows just when to use the right one. Each person has a peculiar way of his own of playing but it is an

excellent practice for one to watch games played by professionals. In this way, new ideas are obtained ^{and} by imitation may be put into use.

Miss Griscom has said that the best game for a woman is golf but for the young ^{and} energetic woman, lawn tennis has many advantages that are lacking in the old Scotch game. In playing golf, the players are trained to stand still as they play ^{and} to be very precise in all their movements. This is too slow for most young men and women, the quicker movements of lawn tennis being much more attractive to them. Here one is taught to be free to move in any direction ^{and} at any time - never to stand still ^{and} study about a play. Tennis gives excellent training to its players, both mentally ^{and} physically, the only danger to guard against being that of over-indulgence. Especially on a

bright summer's day, the players should not let their enthusiasm carry them too far as the game is a severe one ^{and} calls for strenuous effort at all times.

It is a game that exercises the muscles develops the lungs ^{and} heart, makes the eye more accurate ^{and} trains the mind to think fast under the stress of the excitement. Being an outdoor game, it gives the individuals plenty of exercise in the open air. It takes many days, weeks ^{and} even months of practice to learn to play tennis well so players must not grow discouraged if they wish to learn to play.

Basket ball is a game that was first introduced in the training schools of the different Young Men's Christian Associations. Since the game combines both mental ^{and} physical powers, it was soon recognized by the various institutions of learning and at present, it is one of the most popular games. It is a game that

will put into practice nearly all of the gymnasium exercises and has the additional competitive interest. The game is very interesting, sometimes exciting, to both the participants and the spectators. Basketball may be played indoors or out in the open air where sufficient space and conveniences can be found. A team may consist of from five to ten players on a side, their positions being called "centers", "forwards" and "guards" - the game being played on a field not exceeding 3500 square feet. As a general rule, this is a very good game for girls when played under the supervision of some one that knows the physical endurance of those engaging in the strenuous game. "The brilliant playing of individual members of a team will not win a game so to insure a fair chance of success, the team must work together as a whole, each player being without thought of individual applause or praise."

Field hockey is a game that has been popular in England since 1885 though it was not until the autumn of 1901 that the colleges Bryn Mawr, Radcliffe, Wellesley and Vassar all started permanent hockey clubs. Hockey cannot be picked up but must be taught on the field by an experienced player. This is a good social game and is suitable for all ages and gives plenty of exercise in the fresh air.

Fencing has not been very popular for a number of years until recently. It has lately been recommended as an exercise for a woman that will benefit her in every way. It does not require physical strength but skill and quickness of eye are especially developed.

Polo is a game played on horseback that closely resembles hockey. It was first introduced into the United States in 1876 by J. B. Bennett and was first practiced in Dickler's Riding Academy, New York

It can be played by two, three or four on each side. It is a rough exciting game, the breaking of sticks^{and} the unseating of riders being a frequent occurrence. Fresh relays of ponies must be on hand^{at} every game as the sport is an exhausting one.

Cricket is the national game of England^{and} has been played considerably in the United States, principally in the larger cities and eastern colleges. The game is played between two teams of eleven men each, on a level grass field. Each eleven has two innings taken alternately, the total score being the result of the match.

Baseball is an American field game which originated from the old schoolboy game of "rounders". The honors of its place of birth are divided between Philadelphia^{and} New York.

These are only a few of the many games played throughout the country for the people in general realize that without healthy physical beings, their life is not complete^{and} as

games furnish exercise in the fresh air
they are very valuable as a pastime.