

**Quotations**  
**on**

**REPORTER**  
**AND**  
**GAMES**



**S. NAVARAJCHELLIAH**

**M.A., D.P.E., M.P.E.D.**

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# **QUOTATIONS ON SPORTS AND GAMES**

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## PREFACE

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The need for a book on 'Quotations on Sports and Games' is a long felt one.

In these days of scarcity for the books on Physical Education in general, a book on Quotations on Sports and Games is a necessity for all who are interested in the field.

Unfortunately for a long time, this field was a neglected one and the importance of Sports and Games was losing its grandeur. There came a stage that this field which is contributing a lot towards development of the community will vanish one day from the scene.

As a sportsman, I was feeling sad over this situation and decided to do something to rejuvenate the field. As I was doing my postgraduation in the Y.M.C.A. College of Physical Education, my horizon of Physical Education field widened, and I was urged to compile a book on 'Quotations on Sports and Games'.

I don't think it is appropriate to express the difficulties I underwent to collect the materials. The books I have referred, the persons I have met in this regard are innumerable.

I earnestly feel that I have done something which is useful for the future generation, interested in Sports and Games.

I hope this book will be utilised in a fruitful manner by the writers on physical Education. The speakers on this subject will be benefitted much from this book.

I thank Dr. Robson and Dr. J. David Manuelraj for their valuable forewords for my book. My sincere thanks are due to Mr. S. Amaldas, for the encouragement he gave me in bringing out this book and for Mr. R. Adam Socrates and N. C. Rajkumar for the pains they took to bring out this book in a grandmanner.

Gnanamalar Illam  
Madras-600 017

**S. Navaraj Chelliah**

## FOREWORD

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I had the privilege of having Mr. S. Navaraj Chelliah as my student at the Alagappa college of Physical Education, Karaikudi. His thirst for professional knowledge was springing up by that time.

It has resulted in a contribution of more than seventy five books mainly on Sports and Games in Tamil.

This book entitled "Quotations on Sports and Games" is probably the first of its kind in the English language. He might have delved deep into many sources and books to collect quotations on Sports, Games, Exercise, Play grounds, Sportsmanship, Health and Strength which are rare to find.

In the field of Sports and Games, orators and eloquent speakers are very rare to find. One reason is the dearth of knowledge of Quotations on Sports and Games.

This volume will enlighten the readers with wealth of information of quotations on the field.

I am sure that all the physical education teachers and the libraries of all institutions shall own this book for ready reference.

I wish Mr. Navaraj Chelliah all success.

National College of  
Physical Education  
Gwalior,  
Madhya Pradesh

**Dr. M. Robson**  
Principal

## FOREWORD

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Mr. S. Navaraj Chelliah was introduced to me during an Alumni Association meeting of Alagappa College of Physical Education as the Alumni Association President.

I saw in him a spark of contributory fire even during that time and hence, I shook hands with him and exhorted him to contribute more and more to the field of Physical Education.

He was my student at the Master's Degree course at the Y.M.C.A. College during 1978-1979. During this period, he took a vow that he will write and publish 100 books before the end of 1980. I always served as a motivator to him in his marathon efforts.

This book on 'Quotations on Sports and Games' is his first ever literary contribution in English. As a Master's Degree holder in Physical Education, he has started his new venture, writing books in English.



I appreciate his good gesture. Mr. Navaraj Chelliah is now a full time writer, probably 24 hours in a day is too short for him.

He is the first author especially in India who has really become a full time writer in the literary world on sports and games.

Let every one encourage this dedicated young man who is a versatile writer, as well as a sportsman.

This book shall find a place with every Physical Education Teacher and Coach. All those who are interested in sports and games shall possess with pride a copy of this encyclopaedia of Quotations on Sports and Games,

I wish that his efforts never cease to promote the domain of sports and games. May Almighty Lord, the light of the world, shall bless all his ventures.

Y.M.C.A. College of  
Physical Education  
Madras .600 035

**Dr. J. David Manuelraj**  
Principal

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# SPORTS

## A SPORTSMAN'S PRAYER

'Dear Lord, in the battle that goes on through life  
I ask but a field that is fair.  
A chance that is equal with all in the strife,  
The courage to do or to dare.

And if I should win let it be by the Code,  
with my faith and my honour held high,  
And if I should lose, let me stand by the road,  
And cheer as the winners go by.

Lord teach me to conquer, if I can.  
Having shown my worth in the fray,  
But if I should lose, let me lose like a man,  
And not like a coward, I pray:

Let me say 'There they ride' on whom honour's  
bestowed,  
Since they played the game better than, I,  
Let me stand, with a smile by the side of the road,  
And cheer as the winners go by.'

Know ye not that they which run in a race run all, but one receiveth the Prize? So run, that ye may obtain.

- Holy Bible

Sport is an effective antidote against weakness and love of ease; creates a sense of order, educates self control and self sacrifice.

- Pope Pius XII

The important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered but to have fought well.

- Baron Pierre de Coubertin

Sport is the best weapon in the battle for peace on earth.

- Phillippe Noel Baker

Sport is a great missionary and sport is indeed capable of a great deal.

- Lev Lebedev

Oh, sport! you are peace.

- Baron Pierre de Coubertin

Friendships spring up quickly in sports.

- Victor Kuzenstov

In sports and journeys, men are known.

- Proverb

Sport is called a satellite of peace.

- Ludmila Turishcheva

'The concept of sport' is being associated more and more with 'The concept of beauty.'

- Margitta Gummel

'Participation in variety of sports, but perfection in one sport' is the slogan of this modern age. So, all men and women have to recognise that our first concern is Getting Fit and next is Keeping Fit.

- Dr. Vinayak Dhundiraj Bapat

Sports activities not only help an individual to maintain sound Health, but also inculcate in him a team spirit.

- G. B. Shankar Rao

Sports is not only for the olympians but for all the people, irrespective of sex, age, occupation and status.

- Beulah Moses

Athletic plays a vital role in the nation building.

- Buta singh

Sports reveal the life, the culture, the perspective and sense of values of an individual a team or a nation. Sports not only provide relaxation to the mind but also help in bringing fame to the country.

Umrao Singh

Sport makes people more persevering, braver and fairer. It cultivates initiative and makes the mind more searching.

- Lev Lebedev

In top class sports, those who are better prepared will win. The best training system triumphs.

Larry Snider

Sport as a social phenomenon is an integral part of society, the trends in its development, its policies and ideology and its contradictions.

- Lev Lebedev

The popular sports and competitive sports are not exclusive of each other or mutually conflicting, but are complimentary to each other.

- F. V. Arul

We have yet miles to go to keep with world standards. what we need today is the sincere implementation of sports programme which should include short and long term training, enough competition and better facilities to sportsmen.

- Milkha Singh

Before all things, it is necessary that we should preserve in sport those characteristics of Nobility and Chivalry which have distinguished it in the past, so that it may continue to play the same part in the education of the people of the peoples today as it played so admirably in the days of ancient Greece. Imperfect humanity has ever tended to transform the Olympic Athlete into the paid gladiator. But the two things are incompatible. We must choose between one formula and the other.

- Baron de coubertin

Discipline, strength and team spirit are the basic virtues for the prosperity of a nation.

Sports have a major role to play in inculcating these prerequisites among our youths.

- Gurnam singh

Till lately, one of the major draw-backs in our inability to find athletes of international stature was the fact that we could not 'Catch them young' to coach and so build them up.

- S. H. F. J. Manekshaw

Life is a continual challenge, a long adventure and a testing of our worth.

- Jawaharlal Nehru

The 'Sins' of omission and commission of some of our sports officials, who have been primarily responsible for our sporting achievements being near zero over the years.

- Khilaid Ansari

In sports, as in anything else, records are meant to be broken.

- Proverb

Sports is the real wealth of the developed countries.

- Kanthibhai Patel



Athletes are made in the winter, not merely blossom in the summer.

- Proverb

Sport can not survive without the people who voluntarily administer it and direct its competition. Their only reward is the enjoyment of others.

- A. Athichan

Training is an act of faith.

- S. Navaraj Chelliah

Sports is not a human invention. Its beginnings are untraceable. They are natural to the race of man. Running and jumping are like laughing and weeping.

- J. Kenneth

Successful sportsmen are successful in life.

- Peltzer

To participate successfully in this sports, the players should possess at least average intelligence, quick reflexes, good vision, and speed over short distance.

- Christine E. Haycock

The field events have always been considered the more technical branch of athletics. They

lend themselves to analysis and the application of mechanical laws.

- John le Masurier

Physical Education is as old as man himself.

- Dr. K. Venkateswarlu

Sports touch both sexes of all age levels and almost all institutions of society.

- Williams

If sport is contested in the right spirit of sports for sports sake, there will be no occasion to deal it dangerous and the result of it will be the joy of participation.

- Dr. J. David Manuel Raj

Structure decides the function.

- Proverb

Sprinting should be entirely on the toes.

- Richard Miller

Start is the fuel that ignites the rocket propulsion of the sprinter to maximum speed in the shortest interval.

- A. K. Omana

Unity in diversity is made possible through international competitions of sports and games.

- Geroge

A high degree of dominance, endurance, ability to maintain poise, a willingness to learn, self assertiveness, the ability to bear pain, and leadership qualities as being related to a high degree of success in sport.

- Ogilvie and Tutko

A good athlete is like a machine, he needs good fuel constantly in proper amounts in order to maintain top performance.

- Joseph Doller

Sprinting is one of the most exciting and exerting track and field athletic events.

- Geoffrey

Sport, playing the game which still keeps the flag of idealism flying, is perhaps the saving grace in the world at the moment with its spirit of rules kept and regard for the adversary whether the fight is going for or against one.

- John Calsworthy

Play games to learn the spirit of 'Give and Take.'

- H. C. Buck

Physical Education is not a technique, not a particular Skill, indeed not a hygiene of exercise even, but rather a way of life.

- Dr. Jesse Feiring Williams

Modern sport is without sportsmanship. It is like religion without morals; and no sane society will overlook its potent dangers.

- L. K. Govindarajulu

To me there is nothing which keeps the people young like games and play.

- S. Wales Dixon

Lord, make me instrument of your peace;  
 Where there is hatred, let me sow love;  
 Where there is injury, pardon;  
 Where there is doubt, Faith;  
 Where there is despair, Hope;  
 Where there is darkness, Light;  
 And where there is sadness, Joy.

- St. Francis

Sports was created for the players and not for referees.

- D. S. Luther

Physical Education is the only subject which alone can mould the character of scholastic youngsters.

- C. Thankasabapathy

'Sports facility' is a greatful asset than a well studied coach.

- Proverb

A 'good life' is characterized by emotional security.

- Charles A. Bucher

It is not the length of life that matters, but how it is lived. That is the thing that counts. It is not how long, but how well.

- Peter Marshall

## GAMES

To play is to grow.

- Dr M. Robson

You will be nearer to heaven through Football than through the study of Gita. You will understand the Gita better with the biceps with your muscles a little stronger.

- Swami Vivekananda

Cricket is an idea-an idea of God's.

- J. M. Barrie

Cricket is a game played by civil servants against civil servants for the amusement of civil servants.

- Denzil Batchelor

Hockey is a game of great skill. To play it well is an art by itself. It calls for intelligence,

keen eyes, powerful wrists, physical fitness, and speed of mind and body. It also calls for great sportsmanship, tolerance and coolness. In short the game demands you both as a player and as a man.

- Dhyan chand

Team work, resourcefulness, speed, courage, fertile imagination, quick decision, unfailing concentration and a determined effort to foil the attempts of the opponent to dodge are qualities that are indispensable for success in kho - kho game.

- J. B. Mallaradhya

The 'Skills' in the game are 'measuring rod' of the development of the game.

- Raja Jeste

It is not shameful to have played games, but it is shameful not to have left off playing them.

- Horoce Epistles

The young child perhaps learns more and develops better through his play than through any other form of activity.

- Herbert S. Jennings

Life is more like wrestling than dancing.

- M. Aurelius Antoninus.

The chess board is the world. The pieces are the phenomena of the universe. The rules of the game are what we call of the laws of Nature. The player on the other side is hidden from us. we know that his play is always fair, just, and patient. But also we know to our cost that he never overlooks a mistake or makes the smallest allowance for ignorance

- Huxeley, Thomas Henry

Games are the best safety-valve for the spirit of mere pugnacity.

- Thomas Henry

Play not for gain but sport, who plays for more than he can lose with pleasure stakes his heart perhaps his wife's too, and whom she hath before.

- George Herbert

To set the cause above reknown,  
 To love the game beyond the prize,  
 To honour while you strike him down,  
 The foe that comes with fearless eyes,



To count the life of battle good,  
 And dear the land that gave your birth,  
 And dearer yet the brotherhood,  
 That binds the brave of all the earth.

- Sir Henry

He will play a small game rather than stand  
 out.

- Scottish Proverb

Each strives to dupe the other in the game  
 Guilt to the victor to the vanquished shame.

- Lytton

The voice of the schoolboy rallies the ranks  
 "play up play up and play the game."

- Sir Henry Newbolt

It is a silly game where nobody wins.

- Proverb

The little pleasure of the game is from afar  
 to view the flight.

- Mathew

All work and no play makes Jack a dull boy. All play and no work makes Jack a mere Toy.

- Miss Edgeworth

We should play to live, not live to play.

- Proverb

You can do anything with children if you only with them.

- Bismark

I give no thought to my neighbour's birth,  
or the way he makes his prayer,

I grant him a free man's room on earth,  
If his game is only square.

- John Dewey

Yet some relaxation is to be allowed by all. There is nothing that can bear perpetual before boys accordingly, when reinvigorated and refreshed, bring more sprightliness to their learning, nor will play in boys displease me: it is a sign of vivacity.

- Quintilian

Games are evil, games are good, oft are  
games misunderstood.

- Proverb

Men grow old because they stop playing  
and not conversely, for play is at bottom  
growth.

- S. Stanley Hall

For many are called, but few are chosen.

- Bible

A game for each and each for a game.

- Proverb

The most dangerous moment comes with  
victory.

- Napoleon

When I was small  
My father began  
With the help of a ball.  
To make me a man  
Now I am big and tall.  
I am glad  
With the help of a ball  
To keep him a lad.

-Norman Gale.

Life is the greatest of all games. But there is the danger of treating it as a rival game. The chief end is to win through honourably and splendidly.

-Sir Robert Baden.

Play is loving to do things and work is having to do things.

- Tennyson

If you want to rest your body, read a good book. If you want to rest your mind, play football and fishing.

- Proverb

We have to learn to accept the hands we hold, and play the game according to the rules, making best use of all the cards we have.

- E. Graham

Play is not trival. It is highly serious and with deep meaning.

- Frobel

Always try to watch famous players in action and try to imitate to learn their techniques because imitation is the first step to success.

- S. Navaraj Chelliah

Play for child is the golden gate to youth.

- Dr. M. Robson

Children should be encouraged to play at what they were to do seriously as adults.

- Aristotle

The main features of the spirit of the game are simply equality, safety and Enjoyment.

- Staneley F. Lover

Work while you work, play while you play.  
That is the way to be happy and gay.

- Proverb

All books and no balls  
Make jack and jill.  
Dull and nil in life.

- Dr. J. David Manuel Raj

Recreation is not a matter of motion, but rather of emotion, it is a personal response, a psychological reaction, an attitude, an approach, a way of life.

- Slavson

The best recreation is to do good.

- Penn William.

Life is more like wrestling than dancing.

- M. Aurelius Antoninus.

Take time to think

It is the source of power.

Take time to play

It is the secret of youth.

- Austin Dobson

As a rule, the game of life is worth playing,  
but the struggle is the prize.

- W. R. Inge

Games and sports play a vital role in the life of a nation and excellence in them is increasingly becoming a matter of national pride.

- B. P. Bagchi

It is human nature that people possess the emotion of winning things. To entertain this emotion, ever since the beginning of civilization, competitive spirits in human beings were

channelised in the form of 'Games' with rules and regulations to avoid human enmity.

- B. D. Jatti

The youth today is restless and is ebullient in energy. In its search for the new and for channelisation of its energy, it needs guidance. The correct approach to sports in the right spirit will help the youth to grow up as useful citizens with balanced, purposeful and correct outlook.

- D. K. Bhattacharya

The spirit of the game, however lies in learning to co-operative actively for a common end and in subordinating the Individual self to the largest interest of the team.

- B. P. Chaliha

Life is a game but it is you who must say  
Whether as cheat or a sportsman you will play,  
Yours the selection, whichever you do,  
The thing men call character, is all upto you.

- Poem

For proper development of the body and the mind, the foremost requirement is the cultiva-

tion of healthy diversions. I cannot think of a better diversion particularly for school going boys and girls, than open air games and sports.

- Dr. Rajendra Prasad

Games provide the refreshing way to discipline the body and mind. when played in the spirit of competition, they help to throw up the excellence in individuals besides developing in the participants a sense of belonging and fellow feeling.

- Charan Singh

Every one has to play the innings of life. Single minded devotion and constant practice, coupled with judgements can bring achievement.

- Dr. A. D. Avinashi

Make yourself one of actors in the game of greatness which is being played in the world and whether you win or lose, it will leave atleast the renown of a great player.

- Stella

Hit the ball, not the player.

- Proverb



Footballers think with their foot.

- Bernard Shaw

Play can be used as a way to attain better emotional balance.

- Baron de Coubertin

Play is the normal activity of the child, the most important thing in the most formative period of life, so teaching to play was as careful and dignified a job as teaching to sew or to read.

- Alexander Johnson

It is possible to build up a moral fiber through play which can be transferred to other relations in life.

- Atkinson

As it is impossible for a child to be really happy without being healthy; so it is equally impossible for him to be thoroughly healthy without being happy. Childhood is never happy without play.

- Henry L. Curtis

When you play, play hard; when you work,  
don't play at all.

- Charles Timothy

The art of living is the art of using experi-  
ences of your own and other people.

- Sir Herbert Louis Samuel

Games offer many opportunities for the  
wholesome expression of the original tendencies  
and there is no other subject that offers such  
vital opportunities.

- V. E. Easaw

Man wonders over the restless sea...  
The flowing waters, the sight of the sky...  
And forgets that of all wonders  
Man himself is the most wonderful.

- St. Augustine

## Exercise

It is not a mind, it is not a body that we are training. It is a man and he ought not be divided into two parts.

- Montaigne

The body is not a thing to be carelessly thrown away. It has to be preserved. The body, if it is at times the abode of Ravana is also the Ayodhya of Rama. If it is Kurushetra - the field of action, it is also Dharmashetra - the field of duty. Hence, it can not be ignored. It has to be kept fit and strong. Physical Exercise is therefore necessary.

- Mahatma Gandhi

Failure to develop good muscular co-ordination puts a very definite ceiling on genius.

- Dr. Leslie N. Nason

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercises save it and preserve it.

- Plato

If you would cultivate the intelligence of your pupil, cultivate the power that is to govern. Give his body continual exercise.

- Rousseau

That form of exercise is best which not only exercises the body but also is a source of joy to the participant. Therefore, that form of exercise is recommended which contributes to the health of the body and to the harmonious functioning of the parts and the strength of the soul.

- Galen

We do not yet sufficiently realise the truth that as in this life of ours, the physical underlies the mental, the mental must not be developed at the expenses of the physical.

- Herbert Spencer

The principle aim of gymnastics is the education of all youth and not simply that minority of people highly favoured by nature.

- Aristotle

Indulge the body so much as is enough for good health.

- Seneca

Intellectual progress is conditioned at every step by bodily vigour. To attain the best results, physical exercise must accompany and condition mental training.

- Comenius

To learn, to think, we must therefore exercise our limbs, our senses and our body organs which are tools of the intellect. And to get the best use out of these tools, the body which supplies as with them must be strong and healthy.

- Rousseau

Exercise and temperance can preserve something of our body early strength even in old age.

- Cicero

Experience has shown that when children have a chance at physical activities which will bring their natural impulses into play, going to school is a joy., management is less of a burden and learning is easier.

- John Dewey

But excellence implies more than competence. It implies a striving for the highest standards in every phase of life. We need individual excellence in all its forms, in every kind of creative endeavour, in political life, in education, in industry, in short universally.

- John Gardner

It is a lamentable mistake to imagine that bodily activity hinders the working of the mind, as if these two kinds of activity, might not advance hand in hand, and as if the one were not intended to act as a guide to the other.

- Rousseau

Exercise for the body and music for the soul.

- Greek saying

Don't ask God to make you happy. Ask him to make you reasonably useful that happiness will then come of its own accord.

- Rev. Cannon Mitchell

Work hard but don't over work. Too much work is as bad as too little.

- Proverb

With toughness too upon the way of life.

- Mesurier

The age of invention brought the age of discovery. The age of discovery brought the age of power. The age of power has brought the age of leisure with its unsolved problems.

- Robert Milliken

Each raindrop makes some floweret glow.  
Each struggle lessons humam woe.

- C. Mackey

Nature is our teacher. She is a watcher, observer. She is guiding us with tenderness, and yet with toughness too upon the way of life.

- Mesurier

It is your duty to train and develop your mind.

- Hardaryal

Men wear out when idle, just as machines do. Every man is happier when he is working his full hours.

- Henry Ford

Reading is to the mind what exercise is to the body.

- Addison

I slept and dreamed that life was beauty,  
I woke and found that life was duty.

- Ellen Sturgis Hooper

The only exercise some people get is jumping at conclusions, running down their friends, sidestepping responsibility and pushing their luck.

- Arnold H. Glasow

Exercise strengthens the adaptive mechanism of the body and in a physically fit person, there appears to be a better adrenal reserve



with an increased amount of periods available to counter prolonged tension.

- Edward L. Bortz

Under exercise if accompanied by the continued influx of unreleased stimuli may result in weakness, tightness and undue increase of tension.

- Walter B. Cannon

Whatever a man soweth, that shall he also reap.

- Bible

Think big and your deeds will grow;  
Think small and you will fall behind.

- Wilsey

Time and tide wait for no man.

- Proverb

Let us then be up and doing,  
With a heart for any fat;  
Still achieving still pursuing.  
Learn to labour and to wait.

- Unknown

A person who could perform yoga would score extremely high on flexibility.

- Fleishman

Yogic exercises not only increase the general strength but also tone up the muscles.

S. Muzumdar

Exercise means reasonably vigorous or continuous physical activity.

Perry B. Johnson

We can and should keep the parents and the general public advised of our programme by giving a live, active, interesting, inspiring, and recreative group of exercises to the pupils. To give mass demonstrations is not only good salesmanship, it is sound educationally.

-F. W. Maroney

Weight training is a systematic training programme, whereby muscles are gradually provided with the increased resistance in weight and intensity or work per unit of time to tax and to improve the functioning of the systems of the body.

- Ravelle Lon.

Man's existence and effectiveness depend upon his muscles. A good condition of muscle, their strength and endurance are essential to man. Man needs vigorous exercise for growth and development.

- Gene Hooks

The organs and the muscles that are used will develop and those that are not, will atrophy.

- Peter v. Karpovich

Man is of soul and body, formed for deeds, of high resolve, on fancy's boldest wing.

- Shelly

An education which trains young people for work, but not for play, for labour but not for leisure, for toil but not for recreation is a half-done job.

- C. D. Burns

Yogic or static exercises are stretching type of exercises and so flexibility can be improved by training yoga.

- Fleishman

An attitude of inferiority is developed by unnecessary concern for yourself and your personal fortunes. The confident man is thinking about what is to be done, not about his ability to do it.

- Milton Wright

If I could get the ear of every young man but for one word, it would be this; make the most and best of yourself. There is no tragedy like a wasted life, a life failing of its true end and turned to a false end.

- T. T. Munger

If I have ever made any valuable discoveries it has been owing more to patient attention than to any other talent.

- Sir Issac Newton

The pleasant things in the world are pleasant thoughts, and the great art in life is to have as many of them as possible.

- C. N. Bovee

All wish to possess knowledge, but few comparatively speaking, are willing to pay the price.

- Fuvnal

Change your thoughts and every thing changes. Your life is determined by the kind of thoughts you habitually think.

- Dr. Norman Vincent

People who exercise regularly live longer and are less likely to suffer from degenerative diseases.

- Fred Allman

A sedentary person is the repository of diseases.

- C. Tirunarayanan

If a father had to undertake hard physical effort for any length of time to protect his family, his only hope would be to find a club or a gun.

- Donald F. Featherstone

Lift yourself up through your own effort  
Face life with a smile and determination and  
you would be second to none.

Dr. J. P. Thomas

No man ever died of hard work. Activity is  
god's medicine.

- R. S. Mac Arthur

Health is the vital principle of bliss, and exercise of health.

- Thompson

Inactivity, supineness and effeminacy have ruined more constitutions than were ever destroyed by excessive labours. Moderate exercise and toil, so far from prejudicing, strengthen and consolidate the body.

- Dr. Rush

The wise, for cure, on exercise depend. Better to hunt in fields for health unbought than fee the doctor for a nauseous draught.

- Dryden

Motion is life and stagnation is death.

- Proverb

Exercise is a vital factor in life, but it must be combined with enjoyment, fresh air, sun-shine and comradeship.

- Donald F. Featherstone

I then had the false notion that gymnastics had nothing to do with education. Today, I

know that physical training should have as much place in the curriculum as mental training.

- Mahatma Gandhi

Body and mind should be driven alike like a pair of horses hitched to a shaft.

- Proverb

Active habits preserve and prolong life;  
Sedentary habits work in the reverse.

- C. Tirunarayanan

Idleness is the root of all evils.

- Proverb

A man's bodily condition is developed and maintained by active work and exercise.

- Donald F. Featherstone

## HEALTH AND STRENGTH

The greatest of follies is to sacrifice health for any other advantage.

- Schopenhauer

A healthy body can produce a healthy spirit.

- Old Roman Saying

What a disgrace it is for a man to grow old without ever seeing the beauty of which his body is capable.

- Xenophon

Nations have passed away and left no traces; And history gives the naked cause of it. One single, simple reason in all cases. They fell because their peoples were not fit.

- Kipling



Since the time of the ancient Greeks, we have felt that there was a close relationship between a strong vital mind and physical fitness.

- John F. Kennedy

A man is as old as he feels himself to be.

- Proverb

Bodies devoid of mind are as statue in the market place.

- Euripides

The wealth of the mind is the only true wealth.

- Proverb

Health and intellect are the two blessings of life.

- Menander

Without health, life is not life; life is lifeless.

- Aripbron

Health is better than wealth.

- Gnomologia

Health and good estate of body are above all gold.

- Proverb

He who has health is rich and does not know it.

- Italy Proverb

Health is not valued till sickness come.

- Proverb

Health without money is half an angue.

Proverb

Sickness is felt, but health not at all.

Proverb

Health without pence is half sickness.

- Italian proverb

He is most powerful who has himself in his own power,

- Seneca

Tabacco is a filthy weed,  
And from the Devil comes the seed.  
It picks your pockets, scents your clothes.  
And makes a chimney of your nose.

- Jack Lalurne

Health is great riches.

- Gnomologia

Get up and set your shoulder to the wheel. How long is this life for? As you have come in to this world, leave some mark behind; Other wise where is the difference between you and the trees and stones. They too come into existence, decay and die.

- Swami Vivekananda

There is danger at the present time in the enthusiasm for the cramming of the brains of our young people with facts, scientific or otherwise that there will be inadequate time for the establishment and perpetuation of physical fitness which should never stop.

- Dr. Paul Dudley white

Better to hunt in fields for health unbought.  
Than fee the doctor for a nauseous draught  
The wise for cure on exercise depend,  
God never made his work for man to mend.

John Dryden

The health of the people is the foundation upon which all their happiness and all their powers as a state depend.

- Disraeli

What fools indeed we mortals are  
 To lavish care upon a car,  
 And never a bit of time to see,  
 About our own machinery.

- John Kendrick Hangs

Muscular vigour will always be needed to furnish the background of sanity, serenity and cheerfulness to life, to give moral elasticity to our disposition, to round off the wiry edge of our fretfulness, and to make us good humoured and easy of approach.

-- William James

That ye might have life and have it more abundantly.

- Holy Bible

Public health is the foundation on which reposes the happiness of the people and the power of a country.

- Disraeli

Leisure is as the seed - plot of civilization and as the germinating time for art and philosophy.

- C. D. Burns

A good wife and health are a man's best Wealth.

- Proverb

Power is predicted upon organised energy. Energy can be organised only through the principle of concentration.

- Napoleon Hill

He who is happy is rich, but it does not follow that he who is rich is happy.

- Chinglese Prove.b

Never sit down with a tear or a frown, But paddle your own canoe.

- Rev. Cannon mitchell

Good walking is a symbol of life as it should be lived. Bad walking is a symbol of life in a state of Disease.

- E. Graham

He who will not work shall not eat.

- Holy writ

Know ye not that yours, body is the temple of the Holy ghost.

- St. Paul

Keep body in strength and vigour so that may be able to obey and execute the orders of the mind. A sound body is a short but full description of the happy state in this world.

- Jesse Feiring william

Greek know that intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.

- John F. Kennedy

The body is the temple of the soul and to reach harmony of body, mind and spirit, the body must be physically fit.

- Charles A. Bucher

What I want is muscles of iron and nerves of steel. Acceptance, love, toleration for every thing, sincere and honest are required. Don't entertain hypocrisy. Arise, Awake, Stop not till thy goal is scored.

- Swami Vivekananda

Muscles waste if they are not properly used thereby. not only the span of life would be shrunk, but also the thinking power.

- K. Lakkappa

A mind that is conscious of its integrity scorns to say more than it means to perform.

- Robert Burns

Physical fitness does not mean being free from disease, but the ability to think and act quickly that is posses. and cultivate quick reflexes.

- V. M. Manthiram

The dreams of healthy person give a fairly faithful reproduction of his experiences.

- Hippocrates

Health is a state of complete physical, mental and social well being and not merely the absense of disease and infirmity.

- world Health organization

Strength is goodness. Weakness is sin. Infinite strength is religion.

- Swami Vivekananda

The world is only beginning to see that the wealth of a nation consists more than anything else in the number of superior and healthy men that it harbours.

- William James

From a pure fountain, pure water flows.

- Latin Proverb

Man is the measure of all things.

- Protagoras

Health lies in labour and there is no royal road to it but through toil.

- W. Phillips

One cannot forgive too much. The weak can never forgive. Forgiveness is the attribute of the strong.

- Mahatma Gandhi

The devil loves nothing better than a gloomy soul; it is his plaything.

- William Doyle



Live your full life and find old age delightful  
all of your striving, one behind the other.

- Atharva veda

There is no greater glory for a man as long  
as he lives than that which he wins by his own  
hands and feet.

Homer,

To be weak is miserable.

- Milton

Who holds the souls of the children, holds  
the nation.

- Proverb

When you are well you run, when are ill  
also you run.

- Greek Proverb

To man, propose this test.

The body at its best.

How far can that project the soul on its  
lone way?

- Browning

Keep body in strength and vigour so that it may be able to obey and execute the orders of the mind. A sound body is a short but full description of the happy state in this world.

Jesse Feiring williams

The greatest contribution of good posture was towards mental health.

- Anderson and Langton

The individual who is physically fit has a well proportional and well developed body, and his posture is usually good. He performs his activities with a high degree of motor proficiency.

George and Duncan

Physical fitness means the ability to carry one's workload with staggering to participate in recreation with ease and enjoyment, and with all to have a reservoir of endurance to meet the emergencies of life.

Don Cash

Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.

Jahn walsh

Fitness was defined as positive quality extending on a scale from death to abundant life.

Raymond A. Weiss

Physical fitness is the ability to carry out daily tasks with vigour and alertness without undue fatigue and ample energy to enjoy the leisure time pursuits and to meet the unforeseen emergencies.

- Mathews

Self-confidence, self-reliance and independence can be achieved only by taking risks.

- Jay H. Naylor

Man does not die, he kills himself.

- Proverb

Success begins with a fellow's will.  
It is all in the state of mind.

- Wisley

Many illness are due to incorrect posture.

- Health Magazine

It is the birth right of every youth to grow, to develop his mind, soul and body as God planned. Too often we stop his physical growth by confining him in the adult planned routine of a school. We then deny him the blessing of abundant health.

- Dr. Howard

An increase in strength will help prevent muscular injuries, and when injuries do occur, aid in their recovery.

- Richard

I came that ye might have life and that ye might have it more abundantly.

- Jesus Christ

Not to be born is best, and next to die, at soon as possible.

- Sophocles

With health, every thing is a source of pleasure. without it, nothing else, whatever is may be enjoyable, even the other personal blessings-a great mind, a happy temperament are degraded and dwarfed for want of it.

- Eugene Lyman Fisk

we are not working principally for strong muscles, great skills, or smooth team work, or to reduce juvenile crime or fill time with pleasant activity and banish boredom, or save the wonders of nature in vacuous. We are always concerned with these in relation to man, the whole man.

- Luther Gulick

A fitman is one who is well adjusted to his environment, whose mind and body are in harmony, and we can meet the normal demands made on him both mentally and physically without undue fatigue.

- G. A. Mcpartion

Any machinery will be incomplete which has not taken into account the wholeman.

Rev. H. C. Potter

Trust your life to God, and all will work out for your good.

- Proverb

When you sit down at your table, remember this: What you eat today walks and talks tomorrow.

- Helen Spicer Menkel

A man is as old as his arteries.

- Sir William Osler

A master in the art of living draws no sharp distinction between his work and play, his labour and his leisure, his mind and his body, his education and recreation. He hardly knows which is which. He simply pursues his vision of excellence through whatever he is doing and leaves others to determine he is working or playing.

- Jacks

Man postpones or remembers; he does not live in the present, but with riveted eye laments the past; or, heedless of the riches that surround him, stands on tip-toe to foresee the future. He cannot be happy and strong until he lives with nature in the present, above time.

- Ralph Waldo Emerson

The Lord is my light and my salvation; whom shall I fear? The Lord is strength of my life; of whom shall I be afraid?

- Psalm 27, 1

Take care of yourself while you are still in good health.

- Hungary Proverb

Smoking [habit] is one of the filthiest and most offensive kind ever formed.

- John Burroughs

Your body is a master piece of exquisite design. Beautifully engineered, it is governed by several hundred systems of control-each interacting with and affecting the other.

You are given only one body to live with. It intended to be kept active if it is to be alive.

- Dr. J. P. Thomas

Life is probably the toughest of all competitions. If it is to be handled with any degree of success and enjoyment, it requires strength, endurance, energy and the protection from stress and strain that a physically fit body will provide.

- Donald F. Featherstone

Make less thy body hence and more thy grace.

- William Shakespeare

National health is not only a basic weapon of war but also a powerful force for good of peace.

- Walter W. Krueger

Strength is the elixir of life. Worship strength for that is the stuff life is made of.

- C. Tirunarayanan

It must be remembered that an individual's body weight is largely dependent upon his body type, temperament and the life he leads.

- Donald F. Featherstone

Training in the art of living healthfully is part of the training civilized man requires.

- Walter w. Krueger

As we stand and walk, so shall we Act.

- Scandinavian Proverb

Health lies in labour, and there is no royal road to it but through toil.

- Wandal Phillips

A graceful and pleasing figure is a perpetual letter of recommendation.

- Bacon



If money is lost, nothing is lost; if health is lost something is lost; if character is lost everything is lost.

- Proverb

You cannot go to heaven in a rocking chair for the Lord won't have any lazy bones there.

- Proverb

A sound mind is in a sound body; if the former be the glory of the latter, the latter is indispensable to the former.

- Tryon Edwards

Without health life is not life. It is only a state of languor and suffering - an image of death.

- Rabelai ε

Take care of your health. You have no right to neglect, and thus become a burden to yourself, and perhaps to others. Let your food be simple; never eat too much; take exercise enough; be systematic in all things; if unwell starve yourself till you are well again, and

you may throw care to the winds and physic to the dogs.

- W. Hall

Health is the soul that animates all the enjoyments of life which fade and are tasteless without it.

- Sir W. Temple

He who has health, has hope, and he who has hope, has everything.

- Arabian Proverb

To preserve health is a moral and religious duty, for health is the basis of all social virtues. We can no longer be useful when not well.

- Johnson

The ingredients of health and long life are great temperance, open air, easy labour and little care.

- Sir P. Sidney

Health is the greatest of all possessions; a pale cobbler is better than a sick king.

- Bicker Staff

Be sober and temperate, and you will be healthy.

- Franklin

Look to your health; and if you have it, praise God and value it next to a good conscience. For health is the second blessing that we mortals are capable of—a blessing that money cannot buy; therefore value it and be thankful for it.

- Izaak Walton

Health is necessary to all the duties, as well as pleasures of life, that the crime of squandering it is equal to the folly.

- Johnson

Oh! it is excellent to have a giant's strength, but it is tyrannous to use it like a giant.

- Shakespeare

The exhibition of real strength is never grotesque. Distortion is the agony of weakness. It is the dislocated mind whose movements are spasmodic.

- Will-Mott

What is strength without a double share of wisdom? vast, unwieldy, burthensome, proudly secure, yet liable to fall by weakest subtletics; strength's not made to rule, but to subserve where wisdom bears command.

- Milton

Mankind in genuine health can be trusted as being fully capable of work, imagination, wisdom and love needed to face all problems.

- S. Subramaniam

Brush up your muscles, joints and bores through exercise as you brush your teeth every day.

- M. Ranga Reddy

# PLAYGROUNDS

The play grounds are the lungs of the city.

- Dr. M. Robson

The boy without a playground is the father of the man without job, and the boy also with a bad playground is the father of the man doing a job which shall not be done.

- Joseph Lee

Give me forty children at the gate of stadium and I will reveal the world to them.

- Bode

Better a playground without a school than a school without a field.

- Dr. P. M. Joseph

Give me a dozen children. I will make them builders of the nation or breakers of the same, bankers or beggars.

- John Hazunga

Playfields and gymnasiums are places to judge behaviour and to develop character.

- S. Navaraj Chelliah

It is perhaps only in the stadium, during competition, that people so quickly find a common tongue, no matter what the language they speak. Nowhere else do man's greatness, his beauty and his strength reveal themselves so forcefully. Each start is a road to self affirmation and each finish is an accomplishment.

- Noel Baker

Playgrounds are furnaces where future manhood is moulded.

- Dr. J. P. Thomas

Playgrounds are likened to touchstones where the characters of players could be adjudged.

- Mr. J. David Manuelraj

The Umpire has regard to equity, and the Judge to law.

Aristotle

We are all very simple. It is when we forget that, that we go wrong.

- R. H. Benson

The battle of Waterloo was won at the playfields of Eton.

- Nelson

A school without a playfield is like a temple without a priest or a workshop without a machine.

- A. S. Ram Kalia

Yours is a sacred trust, your playing field and recreation centre can be the cathedral, where life is enriched and some of the beauty of living is enjoyed by your participants. Your motto will be to add life to years as well as years to the life of the boys and girls and men and women in India.

Dr J. P. Thomas

We spend much energy and time to clear swamps and breeding places of disease, but we do not pay much attention to provide places for boys and girls to play in between school and dark.

We must punish parents for neglecting their children.

- Thomas C. O'Brien

The gift of land is the gift eternal.

- Playground Magazine

Children must play. Their mind's growth depends upon it. The character growth is built upon it. Their health of body and soul demands play. Children must play and the streets are unsafe. Give them play-grounds where they are out of the terrible danger of the streets.

- Angelo Patri

The play space serves generation after generation of growing children.

- Edward T. Hartman



playground is a place where future citizens are being trained; where social and moral ideal are developed; and beneficial physical results are accomplished.

- Elizabeth O'Neill

If a city is not prepared to provide competent supervision and play leadership for its playgrounds, it is a waste of money to provide them.

- Henry V. Hubbard

## PRACTICE AND COMPETITION

The beginning is half of the whole.

- Pythagoras

For if you put by little to little, and do so often, it will quickly become much.

- Hesiod

If you wish for anything good, seek it from yourself.

- Arrian

There is hope in the living, but the dead are hopeless.

- Proverb

The wise should possess their life in hope.

- Euripides

The life of men stands greatly in need of reasoning and calculation.

- Epicharmus

As the life is, so is the speech.

- Proverb

You cannot make a crab walk straight.

- Aristophanes

Great deeds need great preparations.

- Heliodorus

Milk the cow which is near, why pursue the one which runs away.

- Theocritus

Things good are difficult.

- Greek Proverb

Man is daily in danger from man.

- Seneca

Short pleasure is soon the parent of sorrow.

- Latin Proverb

Slow and steady wins the race.

- D, Lloyd

Industry is fortune's right hand and  
frugality her left.

Proverb

Inexperienced men think all things easy.

- Gnomologia

Keep all you have and try for all you have.

- Lytton

Draw strength from weakness.

- Cerventes

Competition is the world's best coach.

- S. Navaraj Chelliah

If you have all the knowledge in the world,  
you would still be just a fair coach.

If you had all the knowledge in the world,  
and then you had the ability to get it across, you  
would then become a Good Coach.

If you had all the knowledge and the ability to get it across and then you could inspire a man to do his best or better than his best, you then become a **G**reat Coach.

- Bud Winter

Constant practice often excels even talent.

- Cicero

Be sure you are right, Then go ahead.

- David Crockett

Do all things as though someone were watching.

- Seneca

I have done all I could do. Now, I will wait and see what happens. while waiting, I will do something of else.

- Napoleon

We first make our habits and our habits then make us.

- Napoleon Hill

Circumstances are rulers of the weak. They are but the instruments of the wise.

- Proverb

The secret of success is constancy in purpose.

- Disraeli

Deeds are better things than words are, actions mightier than boastings.

- Long Fellow

Competition makes occasions for that possibility short but strenuous testing of oneself that calls for the maximum skillful use of whole body.

- Marbel Davies

In competition with others, one wishes to win or do better for personal gain or prestige.

- Klausmeir

Competition should develop desirable attitude, respect for rules, respect for authority, the attitude for orderliness and self control.

- H. C. Buck

Work like a master and not like a slave.

- Swami Vivekananda

Men must work. There is no work so rude that he may not exalt it. No work so impassive that he may not breathe his soul into it. No work so dull that he may not enliven it.

- Henry Giles

Habits are at first cobwebs. Then cables.

- Proverb

Coaching is a profession which requires lot of tolerance.

- M. Joseph Sam

We the Russians, did not want any miracles on the eve of the Olympics. So, we tried to plan our training so that these miracles would occur, during the games themselves.

- Gavril Korobkot

We live not as we desire, but as we can.

- Greek Proverb

The whole earth is a sepulchre for famous men.

- Thucydides

Man is the measure of all things.

- Protagoras

Tomorrow is too late. Live today.

- Martial

What is my place? my time? my friends?

And What I am? and what my power?

So must one ponder hour by hour.

- Panchathantra

A man is but the product of his thoughts  
what he thinks that he becomes.

- Gandhiji

No one can get through life without failures and mistakes. Admit your mistakes, regret it, learn from it.

- Abraham Lincoln



Self trust is the first secret of success.

- Emerson

Patience and perseverance overcome mountains.

- Mahatma Gandhi

It is upto school children that they make a stronger nation by their regular and religious participation in sports and games.

- Dr. M. L. Mini

Competition evaluates performance and motivates to improve.

M. Vijayalakshmi

Take off is the 'heart' of high jump.

- Granth Singh

Strike while the iron is hot.

Proverb

Life is a battle. The one question left for me to decide is. Will I fight on the right or wrong side in the battle of life.

- Bible

It is not the medals, it is the sense of participation that counts.

Proverb

We are good planners, but bad executioners.

- Jawaharlal Nehru

Catch them while they are young.

-proverb

Practice makes a man perfect.

- Proverb

A player gets for more satisfaction from doing something rather than hearing about it or watching it.

- P. D. Sharma

We argue about the navigation of ships more than about the training of athletes, because it has been less well organised as a science.

- Aristotle

Training is an investment account. The more one puts in, the more one can draw out a futur

date. But the wise athlete consults a coach to make sure that the investment is sound.

Don't be afraid to take a big step if one is indicated. You can not cross a chasm in two small jumps.

- Proverb

It is not in doing what you like, but in liking what you do, that is the secret of happiness.

- James Barrie

A fault recognised is half corrected.

- Proverb

Everything that is done in the world is done by hope.

- Proverb

There is nothing so easy but that it becomes difficult when you do it with reluctance.

- Proverb

The slogan 'press on' has solved and always will solve the problems of the human race.

- Calvin Coolidge.

A ruffled mind makes a restless pillow

- Bacon

Competition makes occasion for that possibly short but strenuous testing of oneself that calls for the maximum skillful use of the whole body.

- Mabel Davies.

Two or more individuals vying with each other for the same goal attainment.

Thompson.

Competition is to provide incentive for learning and is often used in studies of motivation.

- Max wingo.

Competitions provide opportunity to boys and girls to develop sportsmanship, fair play,

truthfulness, and courage that fulfil the broad aim of citizenship.

- B. Collins Laurentine.

Competitions help to enrich the pupils' social experiences.

- Mabel Lee.

Competition is often said to be the basic social process in our culture.

- Delbert Oberteuffer

Games and Competitive sports present many miniature life situations and a development of capacity to adjust oneself under such conditions will prepare the individual to approach life situations more intelligently.

- B. Collins Laurentine.

Competitions are introduced to sublimate the fighting instinct of man.

- S. Navaraj Chelliah.

Competitions give an outlet and focus for emotions which is specially valuable for the adolescents.

- Mabel Davis.

Competitions which provide enjoyment under good leadership will lead to desirable social, emotional and physical growth.

- John H. Jenney.

The effectiveness of thinking and planning as well as the prosecution of the plan, is objectively measured as the game progresses, frequently under the observation of a discerning and critical audience.

- Scott H. Alexander.

The rules of competition limits the means that may be used to gain the competitive end; they tend specially to eliminate force and fraud.

- Diavs Kingslay

There is some evidence that athletes may live slightly longer than non-athletes. This may be due to the fact that however the strenuous competition attracts a type of individual some what average in factors that make for longevity.

- Alexander.

The coach will find it necessary at times to serve as a foster parent, a friend, a wise,

counsellor and protector, and a director of the boy's activities in striving for social prestige and self respect.

John D. Lawther.

Practice merely sets the stage for improvement, for deterioration, or for automation or mediocrity.

John D. Lawther.

Man is prepared by nature to engage in physical combats.

- Williams

The place of motivation in the learning process is distinctive. Girls tend to be more positively motivated than boys.

- Clinton H. Strong.

That you may win at Olympia; and that cannot be done without sweating on it.

- Epictetus.

The way in which an individual thinks and experiences may influence the shape of the body and outward qualities.

Ralph Slovenko

A mule makes no progress when he is kicking, neither does a man.

- Chicago daily Tribune

Our greatest glory is not in never falling, but in rising everytime we fall.

- Confucius

It is seldom that we find out how great are our resources until we are thrown upon them.

- Christian Boves

When things are deferred till the last minute, and nothing prepared before hand, every step finds an inpediment. It becomes harder to do things. we are pushed into blundering througe on hasty judgements.

- The Royal Bank of Canada Monthly letter

The power which resides in him is new in nature; and none but he knows what that is which he can do; nor does he know until he has tried.

- Ralph waldo Emerson



May the people have the vision of the body as thy creation. A beautiful gift to man to be strengthened, made efficient, skillful and graceful and to be kept clean and pure.

- Dr. A. W. Howard

Live most and serve best.

- Proverb

The heights which great men gained and kept were not attained by sudden flight; But they, while other companions slept, were toiling upward in the night.

- Long Fellow

Self-Confidence is the first requisite to great undertakings.

- Samuel Johnson

To have ambition is a noble characteristic. But one who is willing to work hard in order to reach the top has a nobler characteristic.

- K. C. David

In each state, Cricket Soccer and Hockey is to be found on the school curriculum, but there

is too little encouragement for the average player to continue in his sport when school days are over.

- Anthony De Mello

Every hour lost now is a chance of future misfortunes.

- Napoleon

If a man be gracious and courteous to strangers, It shows he is a citizen of the world.

- Bacon

Try and trust will move mountains.

- Proverb

Do not make evil gains: Evil gains are equivolent to losses.

Hesiqd

# SPORTSMANSHIP

Sportsmanship is playing hard to win in a game, but losing well if you have to lose. Good sportsmanship involves such matters as Fair play, keen rivalry; but careful observance of rules, courtesy and a generous attitude towards opponent.

- The world book of Encyclopaedia

For when one Great Scorer Comes  
To write against your name,  
He marks not that you won or lost  
But how you played the Game.

- Gattland Rice

The wise learn many things from their foes.

- Aristophanes

The sweetest sound is praise.

- Xenophon

Men are valued not for what they are,  
but for what they seem to be.

- Lytton

There is such a thing as a man being too  
proud to fight.

- Wilson

For a fighter, the fight itself is victory for  
he takes delight in it alone.

- Gandhiji

Early failure will teach you a lesson that  
you need to learn if you will keep your eyes and  
ears open and be willing to be taught.

- S. Navaraj Chelliah

Remember you are a brick in the wall or a  
player whose job is to play in his place in the  
team.

- Russel Lowell

Be a player in God's team.

- Proverb

The job of the higher mind is to love all, accept all, see all and bridge all.

E. Graham Hawe

The business of life is carried on by a general co-operation.

- Dr. Johnson

Character is property. It is the noblest of all possessions.

- Smiles

Character is not readymade. But is created bit by bit and day by day.

- Ednalyall

A man should never be ashamed to say he has been in the wrong, but saying in other-words that he is wiser today than he was yesterday.

- Pope

Our ability to do is in accordance with our courage and confidence. We have strength in proportion to that courage. Let us therefore learn first courage, which is but a state of mind and we shall be able to accomplish what is seemingly impossible. The courage we desire and prize is not the courage to die decently but live manfully.

- Carlyle

Victory for a player depends on his bravery, strength and skill.

- S. Navaraj Chelliah

Rights without duties make anarchy.  
Duties without rights make slavery.

- Proverb

Give up jealousy and conceit. Infinite patience, purity and perseverance are the secret of success.

- Swami Vivekananda.

We should learn to obey first before commanding, and this could be achieved through sports and Games.

- E. C. P. Prabakar

Work is thy duty; Fruit is not thy concern.

- Gita

Never mind your happiness, Do your duty.

- Will Durant

Let men laugh when you sacrifice desire to duty. You have time and eternity to rejoice in.

- Theodre Parttes

In doing what we ought, we deserve no praise.

- St Augustine

To err is human, to forgive is divine.

- Proverb

That which is selfish is immoral and that which is unselfish is moral. Unselfishness is more paying only people don't have the patience to practice it.

- Swami Vivekananda

Wicked men obey from fear, Good men from love.

- Aristotle

Let them obey who know not how to rule.

- William Shakespeare

Those who command themselves can command others.

- William Hazlitt

Obedience is the mother of success, the wife of safety.

- Proverb

Fundamentally good manners are the embodiment of one's moral respect and consideration for others.

- Harold W. Dodd

Fine manners are a stronger bond than a beautiful face. The former binds; The latter only attracts.

- Alphonse De Lamartine



Courtesy is really nothing more than a form of friendliness.

- M. Bartos

Nothing is lost by courtesy. It is the cheapest, costs nothing and conveys much. It pleases him who gives and him who receives and thus like mercy twice blessed.

- Erastus winman.

A true champion is one who reaches his potential whether that puts him first or last in any class of competition.

- Dr. Arthur W. Howard

A record holder is not, of course obliged to produce only record breaking performances wherever he goes. He is a human being, not a machine. But a real sportsman, a true champion should be able, when necessary, to give all he has got and more, especially when the interests of the team demand it.

- Gavril

Character is simply habit long continued.

- Plutarch

Obedience produces success.

- Greek Proverb

But faint-hearted men never erected a trophy.

- Eupolis

The procrastinating man is ever struggling with ruin.

- Hesiod

Education is a possession which cannot be taken away from men.

- Epictetus

It is absurd that he who does not know how to govern himself, should govern others.

- Latin Proverb

The captains said when the strong command obedience is best.

- Sir Henry

First learn to obey. The command will come by itself. Always first learn to be a

servant and then you will be fit to be a master.

- Swami Vivekananda.

It is generally accepted that superfluous tension is the sprinter's worst enemy.

- Gavril Korobkov

It is the nature of mortals to kick a fallen man.

- Agamemnon

Bear you one another's burden.

- Galatians, 6:2

All is perishable in the world. Power and self will disappear. But the virtue of a great name will live forever.

- Rana Pratap Singh

He that falls into a foul is a player; that grieves and feels is a sportsman and gentleman; that boasts of it is a rogue.

- S. Navarai Chelliah

Put more trust in nobility of character than in an oath.

- Solom

A cynical attitude, a sarcastic remark, a lack of faith can do untold harm.

- J. Maurus

Man reveals himself to man in love and sympathy.

Dr. S. Radhakrishnan

success comes to those who dare and act.

- Jawaharlal Nehru

Better to work and fail than to sleep one's life away.

- J. K. Jerome

It is the efforts that counts, not the applause that follows.

- Scott

Decision is a sharp knife that cuts clean and straight; indecision a dull one that hacks and tears and leaves ragged edges behind it.

- Proverb

Achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others and that's nice too, but not as important or satisfying. Always aim for achievement and forget about success.

- Helen Hayes

Personality is the result of what we start with and what we have lived through. It is the 'reaction mass' as a whole.

- J. B. Watson

The mind is its own place and of itself, can make a heaven of hell and a hell of heaven.

: Milton

Great is to triumph,  
Greater for noble combat.

- Proverb

The dynamic organization within the individual of those psychophysical systems that determine his characteristic behaviour and thought.

- Gordon W. Allport

Co-operation is the secret of successful living.

- C. A. Bucher

And in the world as in the school,  
 You know how Fate may turn and shift;  
 The prize be some times to the Fool,  
 The race not always to the swift;  
 Who misses or who gains the prize,  
 Go, lose or conquer as you can:  
 But if you fall or if you rise,  
 Be each, pray God, a Gentleman.

- W. M. Thackeray

Life can be described thus; as a journey must be completed; as a battle that must be fought; as a pilgrimage that must be pursued and as a race that must be won.

S. Benedict

Cunningness proceeds from want of capacity.

- Proverb

Love others as you do yourself.

- Proverb

Character is very often caught than taught.

- Proverb

Don't judge anyone harshly until you yourself have been through his experience.

- Goethe

Everyone owes it to himself to live a real life, whether he is rich or poor, to be, and not to seem.

- Orison S. Marden

As the soil however rich it may be, cannot be productive without culture, so the mind without cultivation can never produce good fruit.

- Seneca

It is the desire to attain, the struggle to realise our dreams, that unfolds our powers, calls out our reserves, forms the character, makes the man.

- Orison S. Marden

Once I am filled with confidence, I am sure that I can tread along the path of living steadily and happily.

- Robert Y. M. Young

Don't allow minor setbacks and disappointments to sap your courage. Don't block your future by putting an inferiority label upon yourself. Success is achieved by thinking success-by fighting every minute and keeping your face always towards the enemy.

- F. C. Roberts

The way of a superior man is threefold;  
 Virtuous, he is free from anxieties;  
 Wise, he is free from perplexities;  
 Bold; he is free from fear.

- Confucious

Sincere appreciation is from the heart. Let us cease thinking of our own accomplishments, our wants. Let us try to figure out the other man's good points. Give him honest, sincere appreciation for them and he will cherish your words years after you have forgotten them.

- Dale Carnegie

Leadership is not necessarily to be in the front, but essentially with the task.

- Mahatma Gandhi



Be brave, and all the rest follows. If you are brave, you will not fear and will not do anything of which you are ashamed.

- Jawaharlal Nehru

Really great men have the feeling that the greatness is not in them but through them.

- Ruskin

Work is life and good work is good life.

- Proverb

A winner never quits and a quitter never wins.

- proverb

The human life is liable to decay but man's fame lives for ever.

Proverb

Do what you ought, come what may.

- Proverb

Happiness grows at our own firesides, and is not to be picked up in stranger's gardens.

- June Callwood

The glory of young men is their strength and the beauty of experiences is the skill and understanding.

- Proverb

They that wait upon the Lord shall renew their strength, they shall mount up with wings as eagles; they shall run and not be weary.

- H. C. Buck

To be good is noble, but to teach others how to be good is nobler.

- Mark Twain

One good mother is worth a hundred  
school teachers.

One good son is worth a hundred true  
servants.

One good wife is worth a hundred true  
friends.

One good character is best of all.

- Proverb

Our self-made men are the glory of our institutions.

- Wendell Phillips

Self-trust is the essence of heroism.

- Emerson

It is necessary to the happiness of man to be mentally faithful to himself.

- Thomas Paine

Let each man make of himself that which he instructs others to be. Himself well controlled, he may control others.

- Buddha

Sportsmanship is no cloak to wear.

- Proverb

I believe in courtesy, the ritual by which one avoids hurting another's feelings in order to satisfy one's own ego.

- Kenneth Clarke

Pride ends in destruction and that humility brings in honour.

- Proverb

If some one thinks that he is something when he is really nothing, he is fooling himself.

- Bible

The reward of a thing well done is to have done it.

- Emerson

The crest and crowning of all good,  
Life's final star is Brotherhood.

- Edwin Markham

We inherit nothing truly, but what our actions make us worthy of.

- Chapman

Throw a lucky man into the sea and he will come out with a fish in his mouth.

- An Arab Saying

Man's natures are alike, it is their habits that carry them apart.

- Confucious

Man's value is in the few things he creates, and not in many things he amasses.

- Gileram

Rashness brings success to few and misfortune to many.

- Phaedrus

The happiness of man consists in life and life is in labour.

- Tolstoy

Success is a public affair and failure is a private funeral.

- Russel

The test of a man's or woman's breeding is how they behave in a quarrel.

- G. B. Shaw

Through indecision, opportunity is often lost.

- Syrus

Upon the fields of friendly strife  
are sown the seeds.

That upon other fields, on other days,  
Will bear the fruits of victory.

- Douglas Mac Arthur

Children find in play the medium for satisfaction of the great majority of their motives. Indeed, to children play is the serious business of life.

- E. D. Mitchell and B. S. Mason

Life must be lived as play, playing certain games, making sacrifices, singing and dancing, and then a man will be able to propitiate the Gods, and defend himself against his enemies, and win in the contest.

- Plato

Real failure comes only when we forget our ideals, objectives and principles and begin to wander away from the road which leads to their realization.

- Jawaharlal Nehru

In Play there are two pleasures for your choosing. The one is winning and the other loosing,

- Byron

Each one is a copy of God in a small form.

- Manilius

Man is born to labour, and a bird to fly.

- Vulgate

Vain glory may flower but will never bear seed.

- Proverb

The spirit which ever says "No".

- Goethe

Time is man's angel.

- Schiller

Let the most difficult duty be your most sacred duty.

- Lavater

Ambition and Love are the wings of great actions.

- Goethe

Victory is always glorious whether it be due to chance or to skill.

- Ariosto

No path of flowers leads to glory.

- La Fontaine

Necessity is a violent School - Mistress.

- Montaigne

The law of the harvest is to reap more than you sow. Sow an act, and you reap a habit; Sow a habit, and you reap a character. Sow a character, and you reap a destiny.

- Dana Boardman

Without trouble nothing can be successful.

- Sophocles

A true man hates no one.

- Napoleon I

Chance and valour are blended in one.

- Virgil

Revenge is always the delight of a petty, feeble, meagre mind.

- Juvenal

Cowards are cruel, but the brave  
Love mercy, and delight to save.

- Gay John

It is not enough to do good; one must do it in a good way.

- Morley



Cheerfulness is the principal ingredient in the composition of health.

Murphy

Do what you can, being what you are;  
Shine like a glow-worm if you cannot be a star;  
Work like a pulley if you cannot be a crane;  
Be a wheel greaser if you cannot drive a train.

- Payne

Beauty, strength, youth, are flowers  
but fading seen.

Duty, faith, love are roots and evergreen.

- Peele George

Patience and Diligence like faith remove mountains.

- Penn William

All flesh is grass, and all the goodliness,  
there of is as the flower of the field.

- Old Testament

There is no peace, saith the Lord, unto the wicked.

- Old Testament

For glorius is the fruit of good labours; and  
the root of wisdom shall never fall away,

- Apocrypha

Never trouble yourself with trouble till  
trouble troubles you.

- Proverb

The race is not to the swift, nor the battle  
to the strong, neither yet bread to the wise, nor  
yet riches to men of understanding, nor yet  
favour to men of skill; but time and chance  
happeneth to them all.

- Old Testament



**Mr. S. Navaraj Chelliah**, being a Physical Educator himself, with vast experience in the field, and having published considerable literature in Physical Education has brought out this book, as a result of his zest to impart his knowledge to the youngsters and the public.

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He is the only Physical Educationist who resigned his job to find more time to bring more and more books on Sports and Games.

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