# HOCKEY AS A GAME FOR WOMEN

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Hockey as a Game for Women by Edith Thompson

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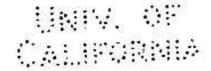
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## HOCKEY AS A GAME FOR WOMEN

BY

EDITH THOMPSON

SECOND EDITION



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### PREFACE

It is, fortunately, no longer necessary to speak apologetically of the girl who is fond of outdoor games. She is now a recognized personality of the twentieth century; and this being so, we may perhaps admit that time has done a good deal towards smoothing down some of her rough edges—for the athletic woman of twenty years ago was really rather a terrible person.

The devotees of hockey have had a good deal of opposition to surmount, for it was declared 'unlady-like and dangerous' long after golf had been condoned, but during the last few years most people have become reconciled to the game. The best way of treating the remnant who still consider the lady hockey-player 'unsexed' is to take them to watch a first-class match. They will probably be much surprised to find that the players are dressed neatly and becomingly, that their skirts are not indecently short, and that they do not shout nor knock each other down, and from that day forward they will say little more to the discredit of the game. As for the

dangers of hockey, they are reduced to a minimum if the rules are adhered to and the game played properly. 'Mixed' hockey—a game in which both men and women take part—is undoubtedly dangerous, as well as being simply a burlesque of the real game, and the associations governing both the men's and women's game have steadily discouraged it.

Hockey cannot, of course, be recommended for those who are delicate, as it must entail a considerable amount of exertion, but for the average girl there is no doubt but that it is excellent exercise, and that both mentally and physically she will greatly benefit by a good game once or twice a week-always providing that she be suitably dressed, and takes ordinary precautions to avoid cold and overfatigue. Of late years it has been very generally recognized that combined games of some sort should form an important part of the curriculum of every good girls' school, as they have always done in boys' schools. Schoolmasters and all interested in education have testified over and over again to the good effects on boys of cricket, football, and games of the kind, and that the practice of these tends indubitably to encourage self-control, self-reliance without undue confidence, unselfishness, and good-fellowship.

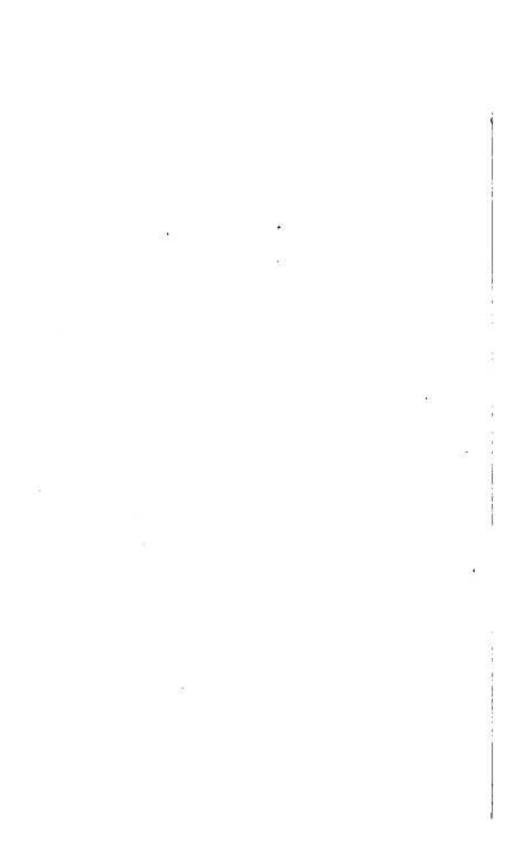
Although it was discovered long ago that all work

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and no play made Jack a dull boy, it has, apparently, only just occurred to the authorities that subjecting Till to the same course of treatment tends to a like result. But now that they are alive to this fact, everything possible is being done to promote athletics among girls. Experience has proved that hockey is, on the whole, the game best suited to them, and most likely to engender the qualities enumerated above, although for the summer months cricket has been found an excellent substitute. That interest in the game, apart from the various schools and colleges, is steadily on the increase seems conclusively proved by the fact that more than 3,000 people witnessed the last international match between the ladies of England and Scotland. Much of the good esteem in which hockey is now held may be attributed to the wise rule of the various Ladies' Hockey Associations, which have shown considerable tact and discretion in dealing with the questions that from time to time have come before them.

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E. T.



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