

**ROWING, STEERING,  
& COACHING ON  
THE CAM**

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Rowing, steering, & coaching on the Cam by Johnson E. Johnson

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**JOHNSON E. JOHNSON**

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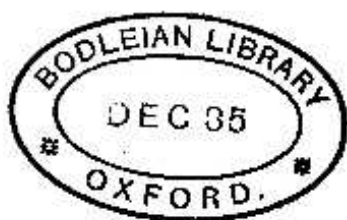


ROWING,  
STEERING, & COACHING  
ON THE CAM.

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## PREFACE.

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MOST men go into residence at Cambridge in the October term. No man, however hard he reads, thinks of working in the afternoon—that part of the day is always devoted to exercise and amusement. The question arises, What is he to do in his afternoons? If he is a good cricketer only, he must wait for the May term. If he is very good at football, he may get into his college team and play, say, five times a fortnight. If he is only moderately good, the only choice left is, either to go in for rowing, or to play some very uninteresting games of football on Parker's piece, with a lot of men whom he has never seen before.

Failing these, he must become a "loafer." Therefore, to all those who are not enamoured of football we strongly recommend rowing. It is very useful, and very pleasant, to know how to row a little; it is

very good exercise, and, if you stick to it, it is pretty sure to bring you into the society of the really best (not fastest) set in the College. It is true that if you want to go in for it thoroughly you must give up every afternoon to it, but on the other hand it keeps you in good exercise and health, gives you pleasant society, is inexpensive, and keeps you from loafing, which only too often degenerates into something worse.

Apart from the good bodily exercise, you will find it no mean mental training; it cultivates your powers of observation and endurance, and develops unselfishness. In cricket, football, and other games, a man too often plays for himself. In rowing, the best oar is the man who rows for the boat. Whatever *κῶδος* is gained comes to the boat collectively and not individually. Again, if you are ambitious, in almost every college a first-boat-man has quite as much *prestige*, and generally more, than a man in the Eleven or football team. Lastly, there is no "pot-hunting" about it. Of course, pots are given, but they are not very numerous, nor very valuable; but the honour and glory is considerable. Therefore, to all Freshmen we say "Incumbite remis."

## INTRODUCTION.

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THIS little book has been written with the following objects. To most men when they come to Cambridge scientific rowing is an utter novelty. Those who intend to go in for rowing naturally want to acquire some idea of the theory before they begin to practise. Those who do not mean to take to rowing may be glad to know something of a subject which must be a prominent one in all University society.

Rowing is here treated of in an elementary and popular way, suitable to beginners in the art, and in quite plain language, such as a coach would use in a tub or from the bank.

A chapter has been inserted on coxing. Coxes, as a rule, get very little instruction, partly because the coaches neglect them, and partly because many coaches know very little about coxing themselves.