

CHAPTER IV

A Physical Director and Development

1907-1914

TO the new position of Physical Director was appointed Dr. James Warren Barton on July 1, 1907.⁵ From that time until the outbreak of the first World War in the summer of 1914 can be traced a steady growth and co-ordination of athletics and physical training which well and truly laid the foundations of the system as it exists in the University of Toronto to-day. At the end of his first year Dr. Barton reported as follows:—

In superintending the general athletics at Varsity, the most outstanding feature is the high degree of enthusiasm displayed by men who need exercise least, and the lack of interest in athletics on the part of those needing exercise most. Fortunately, by the system of physical examination, we have been enabled to get a larger number than at any time previously to take up some form of athletics. The gymnasium class, boxing and swimming classes, are larger than ever. In general athletics (football, hockey, track, etc.), as Varsity has won six championships out of a possible seven, no comment from the physical director is necessary. It might be worth our while, however, to consider why thinking men are in favour of athletics for college students. It is simply and wholly to ensure health of body not only during student days, but for the days of active business or professional life.

It is not the aim of the physical department of the University to make "competition" its motto, nor to turn out only athletes whose prowess adds fame and lustre to the name of the University. The real aim of the physical department is to render men physically efficient to

⁵James Warren Barton was born in Toronto and educated at Jameson Avenue (now Parkdale) Collegiate Institute, where he was prominent in track athletics in his final year. From 1893 to 1905 he was Director for the Y.M.C.A. at Toronto West End, Baltimore, Md., Kingston, Ont., and Atlanta, Ga. He graduated in Medicine at Baltimore in 1901, gold medallist, and in 1905 commenced private practice in Toronto. After serving the Athletic Association for fifteen years, he retired on account of his largely growing private practice.