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THE LIFE AND PROFESSIONAL CONTRIBUTIONS OF ARTHUR STANLEY LAMB, M.D., TO PHYSICAL EDUCATION IN CANADA.

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THE LIFE AND PROFESSIONAL CONTRIBUTIONS OF
ARTHUR STANLEY LAMB, M.D., TO
PHYSICAL EDUCATION IN CANADA

Dissertation

Presented in Partial Fulfillment of the Requirements for
the Degree Doctor of Philosophy in the Graduate
School of the Ohio State University

by

John Douglas Eaton, B.P.H.E., M.A.

The Ohio State University

1964

Approved by

Bruce L. Bennett
Adviser
Department of Physical Education
PLATE I

Dr. A. S. Lamb, 1956
Dedication

to

Elinor
Bill
Elizabeth
John
Foreword

Within recent years there has been an encouraging trend towards historical research in the field of physical education. This has been especially noticeable in the area of biographical studies of many eminent personalities in the field. Such pioneers as Dr. Edward Hitchcock, Dr. Thomas Wood, Dr. R. Tait McKenzie, Dr. Dudley Sargent, Dr. William Anderson, and Dr. Clark Hetherington have, within the past fifteen years, been the subjects of biographical studies.

This research into the problems, the philosophy, and the lives of these prominent physical educators has enabled the profession to come to a better understanding of the problems of the present in the light of their development in the past. Our present programmes of physical education are largely the result of the impact of these personalities on the development of these programmes.

In Canada, historical research in physical education is practically non-existent. The available literature on the past record of the profession is so limited that an effort will have to be made to record its history. Like the United States, Canada had its pioneers in physical education. Indeed, Canada contributed two great pioneers to the profession in the United States in the persons of Dr. R. Tait McKenzie and Dr. James Naismith. Other personalities were not attracted south of the border, but rather chose to remain
in Canada and to make their contributions at home. Such people as Arthur Stanley Lamb, Howard John Crocker, Mary Ethel Cartwright, and many other pioneers of physical education in Canada merit a permanent place in the history of Canadian physical education.

This study is an attempt to record the life of one of these pioneers, Arthur Stanley Lamb. Often called the "Dean of Physical Education in Canada," Dr. Lamb played a leading role in the development of a Canadian philosophy and programme of physical education.

Dr. Lamb's influence in Canada was largely determined by two roles which he played, one as Director of Physical Education at McGill University, Montreal, from 1919 to 1949, and the other as a force in determining policy and procedures of many national Canadian sports governing bodies. It is realized that Dr. Lamb was not the only influence in Canadian physical education, but his impact was great indeed.

Dr. Lamb's contributions to the literature of physical education are very limited. Only occasionally would he put his thoughts on paper with a view to publication. He was, rather, a crusader on the public platform. With an audience to listen, Dr. Lamb was always ready to express his views on any subject pertaining to health and physical education, even though he realized that his views might not be popular. Despite this, or perhaps because of this, he was in great
demand as an after-dinner speaker, and at conventions of professional associations.

Most of Dr. Lamb's speeches have been preserved. These, together with annual reports, minutes of meetings, and newspaper clippings have been collected, and are located in the Sir Arthur Currie Memorial Gymnasium-Armoury at McGill University. These papers and documents were made available to the author through the kindness of the Physical Education Department at McGill.

Unfortunately, the majority of Dr. Lamb's personal files were destroyed some six years ago when all old correspondence files in the Department of Physical Education were burned. Those remaining were loaned to the author by Mrs. A. S. Lamb, widow of Dr. Lamb. Efforts to locate correspondence written by him to his friends were of no avail. However, the files of the Principals of McGill University, from 1900 to 1940, pertaining to physical education were located and loaned to the author by the University Archivist.

The minutes of meetings of all pertinent committees at McGill were made available, as were documented newspaper scrapbooks dating back to 1850. Other primary sources of information were located in the Registrar's Office and in the Faculty of Medicine Office at McGill.

Pertinent data on this study were also located at Springfield College, University of Toronto, and at the University of Western Ontario, all of which were visited by the
The available files of the Amateur Athletic Union of Canada were made available for study, as were the documents located in the files of the National Office of Canadian Association for Health, Physical Education and Recreation in Toronto.

Personal interviews with Dr. Lamb's relatives, colleagues, and friends were arranged. Correspondence with his relatives and friends in distant places, such as Vancouver, British Columbia, and Ballarat, Australia, proved very fruitful in verifying data. Many pleasant hours were spent at the home of Dr. Lamb's son, Dr. Roland T. Lamb, in Montreal.

Every effort has been made to collect and verify the available data pertinent to Dr. Lamb's contributions to Canadian physical education. He was a man of many parts each of which has been examined in the light of the available evidence. In certain areas, such as his contributions to, and influence in, the Quebec Physical Education Association and the British Empire Games Association, the lack of historical data has presented certain limitations. However, the available data has been examined and this study is the result of this examination.
Physical education in Canada owes a debt of gratitude to those pioneers of education who saw in physical activity the means whereby young people may be educated physically, mentally, socially, and morally. The role that these pioneers had to play was a difficult one, for Canada is the melting pot of the ideas of two great nations, Britain and the United States. This was, and is, especially true in education where the theories of the educational developmentalists of the United States blended with the traditionalism of Britain. Physical education has been curiously influenced by American specialization and spirit of competition; by the British Public School tradition of the "game for the game's sake;" and by the British system of physical training.

Called the "Dean of Physical Education in Canada," Arthur Stanley Lamb attempted to introduce to Canadian physical education the best of both the American and British influences. His successes and his failures are the story of his life, and in no small measure the story of the growth of physical education in Canada.

The author is indebted to many people and institutions for assistance in this study. McGill University very kindly made available official documents of the university from 1890 to 1950. Mr. Alan Ridge, University Archivist, was most helpful in this regard. Miss Kay M. Cresswell, Dr. Lamb's secre-
tary for 24 years, gave considerable assistance. Springfield College, the University of Western Ontario, and the University of Toronto made available documents pertinent to the study.

Mrs. A. S. Lamb, Dr. Lamb's widow, and her son, Dr. Roland T. Lamb, provided gracious assistance, as did many friends and former colleagues of Dr. Lamb.

Finally, the author acknowledges his debt to his Advisory Committee, Dr. B. L. Bennett, Dr. F. P. Weisenburger, Dr. W. P. Ashbrook, and Dr. L. A. Hess for their council and guidance.
V I T A

April 9, 1925
Born - St. John's, Newfoundland

1948
B.P.H.E., University of Toronto

1948 - 1949
Physical Director, Y.M.C.A.
Belleville, Ontario

1949 - 1953
Supervisor of Physical Education
Public Schools, Yarmouth,
Nova Scotia

1954
M.A. Columbia University,
New York

1954 - 1964
Director of Physical Education
Memorial University of
Newfoundland
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CHAPTER I

AUSTRALIA 1886-1907

Arthur Stanley Lamb was born on September 16, 1886, in the town of Ballarat in the State of Victoria, Australia. He was the sixth of seven children born to Jessie and Tom Lamb. One of Arthur's brothers, Robert Edgar, was killed in France on April 11, 1917. The other, Charles Edwin, died of natural causes on July 27, 1925. Of Arthur's four sisters two are now dead and two living in Australia.¹

Arthur's mother, Jessie Jane Davey Lamb, was born on January 12, 1856, and died on March 7, 1928, at the age of 72. Prior to her marriage she had been a school teacher at Carapook, in the State of Victoria. To prepare herself for this teaching position she was required to serve a three year apprenticeship under a qualified teacher. She began the apprenticeship at the age of 15, completing it at 18, when she was examined by a State Supervisor in Education. Her teaching certificate states that she was qualified to teach reading, composition, grammar, geography, and arithmetic.²

¹Personal papers of the Lamb family in possession of Dr. Roland T. Lamb, Montreal.

²Examination Report of Jessie J. Davey, Education Department, State of Australia, dated August 13, 1873.
Her teaching career was short lived for on December 23, 1876, she married Thomas Lamb, and one year later on December 22, 1877, her first child, Eliza Susannah, was born.

Tom Lamb was born on June 7, 1851, and died at the age of 94 on March 3, 1945. His mother, Susannah Westley Lamb, immigrated to Australia from England during the first part of the nineteenth century. Her family name was Westley, and there is some evidence to suggest that there is a family connection between the Westley family that immigrated to Australia and the Wesley family in England of whom John and Charles, the founders of the Methodist Church, are the most famous.

Following his retirement in 1949, Arthur Lamb became very interested in the genealogy of his family, and carried on an extensive search of the literature in an effort to prove or disprove a relationship between the Westley family of Australia and the Wesleys of England. There is some evidence that the two names, Westley and Wesley, were used interchangeably both before and after the lives of the famous John and Charles Wesley. The possible relationship of the two families has never been clarified.

Tom Lamb operated a small knitting mill in Ballarat which he sold in 1924. He was a tall, erect gentleman with, in his latter years, a snow white, well trimmed beard. He was proud of his old age and his good health. On occasion he would write poetry, in simple verse, to describe an event
which was of interest to him. One of the proudest moments in Tom Lamb's life was on November 20, 1934, when his son, Arthur, was accorded a civic reception in Ballarat. Arthur was, at that time, visiting Australia as manager-coach of the triumphant Canadian schoolboy track and field team.

He was a world figure in physical education, making his father justifiably proud of his son's success. Arthur in turn stated that his own small success was the result of the training given to him by his parents and the town of Ballarat.3

The town of Ballarat is located to the east of Melbourne, the capital of Victoria. The word Ballarat, or Ballaraät, as it was originally spelled, means camping place. Sheep ranchers found the place to be ideal for their headquarters when tending or rounding up sheep.4 The town developed quietly and was not unlike other small Australian towns until 1851, when gold was discovered in the surrounding hills. This brought a great influx of prospectors and speculators, but the nature of the ore was such that "get rich quick prospects" were limited. The discovery of gold and

3The Ballarat Courier, November 20, 1934.

its consequences gave Ballarat a place in Australian history because of the "Ballarat revolution."5

Following the discovery of gold the Australian government imposed a tax in the form of a mining license on all mines. Many miners chose to ignore the need for the license and refused to pay the required fee. Troops were sent in to enforce the law. The miners banded together and decided to fight it out against the government troops. The two forces met in a brief battle on December 3, 1854. Thirty men were killed, mostly miners, and the government won the day. The little revolution at Ballarat was ended.6

By 1860, the gold had petered out and mining became an unprofitable venture except for those who could afford the most modern refining techniques. Gold mining remained an important industry, but the gold rush was over. Farming and sheep-raising continued as important and basic industries.

Ballarat itself has been described as a town famous for its parks, gardens, and statues. Today approximately twenty-five per cent of the town is given over to recreational areas. Lake Wendouree, about which the town grew, has been preserved and has, for generations, been used for all


forms of aquatic activities. The ready accessibility of
this lake no doubt accounts for Arthur Lamb's ability in
swimming, for he spent many happy hours in the water during
the first twenty years of his life in Ballarat.

The information about Lamb's early education is some­
what limited. He received his elementary education at the
Urquhart Street School in Ballarat. There can be no doubt
that he attended high school, or at least received some high
school education. It may well be that he attended one of
the three Technical Schools in Ballarat at that time. These
three schools were later incorporated into the Ballarat School
of Mines. Lamb learned the trades of carpentry and of pattern
making and also took night classes in draughting. For a time
he was employed both as a carpenter and as a pattern maker by
the firm of Ronaldson and Tippett in Ballarat.

Lamb was active in many organizations. He was a mem­
ber of the Neil Street Gymnasium, the Ballarat Swimming Club,
and the Christ Church Young Men's Club. He was well known
as an athlete, especially as a swimmer. There was no Y.M.C.A.
in Ballarat when Lamb was growing up, though one was started

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7Spielvogel, loc. cit.
8Letter from Mr. A. M. Steane to the author dated April 4, 1964.
9A. S. Lamb's diary, May 1907 - June 1908.
some years later. One of its earliest physical directors was Leslie Judd who, like Lamb, became a distinguished alumnus of the Springfield Y.M.C.A. Training School.\textsuperscript{10}

In 1907 Lamb and his friend, Jimmie Summers, left Ballarat and immigrated to Vancouver, British Columbia, Canada. One can only speculate as to why these two young men traveled to North America. Two reasons suggest themselves. The first is that they left with the specific intention of becoming students at the Y.M.C.A. Training School at Springfield, Massachusetts, since both eventually graduated from that institution. Summers worked in Vancouver during the summer of 1907, and then went directly to Springfield. Lamb, however, worked for two years in Vancouver before going to Springfield. However, had finances permitted, he would have gone to Springfield in September of 1907 with his friend.\textsuperscript{11} The evidence would suggest that their specific purpose in coming to North America was to enroll as students at the Y.M.C.A. school.

A second reason for leaving Ballarat is to be found in the prevailing economic conditions in Australia and in North America. Canada and the United States were booming, whereas Australia was just recovering from the worst drought


\textsuperscript{11}Lamb, \textit{loc. cit.}
in its history.\textsuperscript{12} Canada was actively recruiting skilled workers from all parts of the world,\textsuperscript{13} and many Australians immigrated to the west coast of North America. When Lamb and Summers landed in Vancouver they were constantly meeting fellow Australians and, indeed, old friends from Ballarat. Vancouver, San Francisco, Seattle, and other west coast cities were booming, and employment was easily found. Whatever their reason for leaving, Lamb and Summers left Australia on May 8, 1907. Thirty-one days later, travelling steerage on the S.S. Moona, they landed in Vancouver, British Columbia, on June 7, 1907.\textsuperscript{14}

\begin{flushright}
\textsuperscript{12}Shann, \textit{op. cit.}, p. 336.
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\textsuperscript{13}Carl Wittke, \textit{A History of Canada} (Toronto: McClelland and Stewart, 1941), p. 255.
\end{flushright}

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\textsuperscript{14}Lamb, \textit{loc. cit.}
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CHAPTER II

VANCOUVER 1907-1909

Arthur Lamb was born in 1886. Vancouver was also born in 1886. The city was incorporated on April 6 of that year. No sooner had the city government established itself than a great fire broke out on June 13 destroying a large part of the city. Showing great foresight and wisdom, the city fathers established strict regulations with respect to the reconstruction of the city, making ample provision for wide streets, parks and the like. The great beauty of the Vancouver of today is the result of this careful planning by the original municipal government.¹

Vancouver had its beginning as a seaport and a lumber centre, for its main industry was in wood and wood products. The names Milltown, Gastown, and Granville are associated with the area which later became Vancouver. The Province of British Columbia entered the Canadian Confederation as the sixth Province in 1871. One of the conditions of this union was a provision that the Federal Government would build a railroad line connecting the Pacific coast with Eastern Canada. Sir William Van Horne, the general manager of the company building the railroad, the Canadian Pacific Railway,

insisted that Granville be the Pacific terminus. It was his suggestion that the new city be given the name Vancouver. On May 23, 1887, the first transcontinental train shunted into Vancouver. From 1887 to 1912, the city enjoyed a period of continuous growth and prosperity. Land speculation reached such a pitch that real estate values touched levels never to be equalled in the history of the city. This prosperity was in very large measure the result of the expansion of port facilities as Vancouver developed into an important centre for the Pacific trade.² So it was to this Vancouver, the boom city, that Arthur Lamb and Jimmie Summers arrived on June 6, 1907.

Work was easily found. Lamb found employment as a finished carpenter with the firm of Dixon and Lyle. He went to work at noon of the day following his arrival. His pay was $2.50 for a nine hour day. His lodgings cost $1.25 per week, with meals costing 25¢ per day. On occasion he and a friend would treat themselves to a special meal which would cost 25¢.³

Vancouver, like Ballarat, was blessed with excellent swimming facilities, and it was not long following his arrival


³A. S. Lamb's personal diary, May 1907 - June 1908.
that Lamb was in training for the various swimming meets that were to be held throughout the summer. In company with fellow Australians he would spend his evenings swimming at English Bay or in Stanley Park. Impressed with the growth of the city and the many opportunities for advancement, he sought for better employment throughout the summer of 1907. In this he was successful, and on September 10, he began working as a construction foreman for a private contractor. His salary was $49.50 for two weeks' work, and for a time he was responsible for the construction of six separate buildings.

On August 24, 1907, Lamb joined the Vancouver Branch of the Y.M.C.A. In October, the Physical Director of the Y, Mr. George A. Smith, invited him to join the leaders' corps which he was very pleased to do. Thus began an association with the Y.M.C.A. which Lamb was to value for the rest of his life.

Mr. Smith was so impressed with Lamb's ability that he asked him to join the permanent staff. This, Lamb readily agreed to do and on September 20, 1908, he became Assistant Physical Director, proving to be the "right man in the right

Ibid.
place." The following August he resigned to begin his course at the Y.M.C.A. Training School at Springfield.

Lamb's interest and prowess in swimming have resulted in claims that he introduced the Australian Crawl method of swimming to Canada. There is no direct evidence to support this contention. Lamb himself did not claim it. His diary makes no mention that his style of swimming differed from that of other Vancouver swimmers nor can two of his living contemporaries recall that he introduced the "crawl" to Vancouver. They both felt that that particular stroke was in use before Lamb's arrival. Several Australian swimmers had preceded him to Vancouver and since the Australian Crawl, or the splash stroke, as it was known in Australia, was an established swimming technique before 1900, it is reasonable to assume that these swimmers used this particular stroke in Vancouver before Lamb's arrival. Finally, Menke states that the Australian Crawl was introduced to North America in 1903 in San Francisco. Scott Leary, in 1905, using this stroke, became the first American to swim 100 yards in 60 seconds.

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6 Ibid.


Swimmers from Vancouver and San Francisco were in competition with one another at that time. The evidence, then, suggests that Lamb did not in fact introduce the Australian Crawl to Canadian swimming.

There is practically no information available on Lamb's activities with the Y.M.C.A. in Vancouver. With the departure of his friend Summers for the Training School in Springfield, Lamb was most anxious to follow in his footsteps. He carried on a correspondence with Dr. Doggett, the principal of the School, and with Dr. McCurdy, head of the Physical Directors' Course.\(^9\) He received every encouragement from them, but financial circumstances prevented his going until the fall of 1909. His resignation as Assistant Physical Director was accepted with regret. Upon his departure for Springfield he was presented with a "beautifully illuminated and framed address" as well as a "fine leather travelling bag" by the membership of the "Y."\(^{10}\)

\(^{9}\)A. S. Lamb's personal diary, May 1907 - June 1908.

\(^{10}\)Fairbairn, loc. cit.
CHAPTER III

SPRINGFIELD COLLEGE 1909-1912

Arthur Lamb enrolled as a student in the freshmen class of the International Y.M.C.A. Training School in September of 1909. The Training School was at that time opening its doors for its twenty-fourth session. Established in 1885 as a two-year course to prepare Christian workers for the Y.M.C.A., the School later expanded both its curriculum and its facilities. In 1895, the two-year course of study was expanded to three. In 1905, the School was granted the right of awarding the Bachelor of Physical Education Degree. In 1912, the name of the School was changed to the "International Young Men's Christian Association College."¹

The original Training School was established in the downtown Springfield Y.M.C.A. building. In 1891, when the facilities there proved to be inadequate, thirty acres of land were acquired on the shores of Massasoit Lake near Springfield, and in 1894 the first of many buildings, a gymnasium, was opened. It was to this campus that Arthur Lamb came in 1909.²


The three-year curriculum at the School in Lamb's day is detailed in Chart No. 1, p. 15. The purpose of the course was to train Christian workers for the Y.M.C.A.s and other institutions. A great deal was expected of each student upon graduation, as this quotation from a Catalogue of the School reveals.

To accomplish these various ends he (the graduate) must know the body and its laws (anatomy, physiology and hygiene). He must have a detailed knowledge of the effects of exercise upon the body (physiology of exercise). He must know how to get men into the best condition for the performance of any physical effort (training). He must be acquainted with the fundamental relations existing between a man's reproductive system and his bodily, mental and spiritual states (personal purity). He should know what to do in case of accidents (first aid to the injured). He must be able to make intelligent examination of heart, lungs and other organs (physical examination). He must know how to prescribe exercise for those needing remedial gymnastics sent to him by physicians (prescription of exercise). He must have at his service the experience of those of the past (history, literature, philosophy of physical training). He must be perfectly familiar with all the work which he is to use or teach (gymnastics, athletics, aquatics, games & sports)...4

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3 The curriculum extended over three years: the Junior year or first year; the Middle year or second year; and the Senior year or the final year.

4 Catalogue and Announcements 1910-1911, International Y.M.C.A. Training School, pp. 81-82.
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<th>YEAR</th>
<th>FAL</th>
<th>OLD TESTAMENT</th>
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Lamb became very interested in the physiological aspect of physical training, and by the end of his second year he was determined that he should proceed on to study for his medical degree following graduation from the School. There has been some speculation that this decision was largely the result of the influence of Dr. R. Tait McKenzie. There is no evidence to support this view.\(^5\) Many of the leading physical educators in North America had been medically trained for physical education, Dr. Dudley A. Sargent, Dr. Edward Hitchcock, Dr. William G. Anderson, and Dr. R. Tait McKenzie, to name but a few.\(^6\) Lamb was an ambitious man who wanted to succeed in physical education. To do this, he realized he must be well trained, and medicine at that time offered the best possible preparation for a physical educator.

During his first year at the School, Lamb was elected vice-president of his class and a member of the Student Senate, an organization that acted as a liaison between the student body and the faculty. There is no evidence that Lamb participated on any varsity athletic teams, nor is there any indication of a rule prohibiting freshmen from Varsity participation. He was, however, active in the British Society and the McKinley Society. This latter organization confined its ac-

\(^5\)Conversation with Mrs. A. S. Lamb, June 24, 1963.

tivities to debating and public speaking. It was here that Lamb gained his first experience in public debate, an experience which was to prove invaluable to him in the many public debates in which he found himself in Canada throughout his career.

When Lamb came to Springfield he roomed with his fellow Australian, Jimmie Summers. During the summer of 1910, the two friends made a return journey to their native Ballarat. They worked their passage to Australia on the R.M.S. Manuka, Lamb as an assistant pantryman, Summers as a night watchman. Two weeks were spent in Ballarat, and then the return journey was begun. They were unable to find employment for the return trip, and travelled the cheapest way possible, steerage, on the R.M.S. Zealandie. There is no doubt that Lamb's main purpose in returning to Ballarat was to visit his parents and to see his future wife, Viola Bennetts.

The academic year 1910-1911 was a very energetic one for Lamb. He was a member of the Student Senate for his second year. It was at this time, October 10, that the Senate decided that the "Springfield Student," published as a section of the journal called the Association Seminar

7The Massasoit 1910.

8James Summers, "Australia and Return," The Springfield Student (April, 1911), pp. 21-23.

9The Massasoit 1911, Yearbook of the International Y.M.C.A. Training School, p. 156.
would become a separate publication. Its purpose was to create more school spirit on the part of the student body, and to be a forum for student opinion. Lamb, a member of the first editorial board, was Organizations Editor and as such was responsible for the reporting of the various activities of the student groups. He also contributed one article on swimming, in which he decried the fact that twenty-eight per cent of the students at the School were unable to swim. During the year Lamb acted as a tutor for freshmen gymnastics and also won his Varsity Letter in soccer.

As a part of the graduation celebrations held in June, 1911, a swimming meet was conducted between the freshmen, junior and senior classes. The junior class won all the events "with the aid of their Captain Arthur Lamb, who is a veritable fish, and his ability to glide through the 'Adam's Ale' was responsible for their good standing." Lamb's swimming prowess was responsible for his securing a job as

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10 The Massasoit 1911, p. 155.
11 The Massasoit 1912, p. 117.
14 The Massasoit 1911, p. 144
15 "Commencement Exercises," The Springfield Student (June, 1911), pp. 5-6.
swimming instructor at Bar Harbour, Maine, during the summer of 1911.

Lamb’s final year at Springfield was extremely active, and gave some indication of the great energy that the man had. He was a tutor in freshmen gymnastics; he was president of the British Society, and the McKinley Literary Society; he was manager of both the soccer and lacrosse Varsity teams; and he was an instructor in swimming and English rugby. His graduation thesis was entitled "Localized Fatigue and Recovery." There can be no doubt that one of Lamb’s purposes in returning to Ballarat during the summer of 1910 was to make an arrangement with Miss Bennetts, for in 1912 she travelled alone to Vancouver and then to Toronto where on May 5 she and Lamb were married. The couple travelled to Springfield for the graduation exercises after which a honeymoon was spent at the summer cottage of George B. Affleck, famed Professor of Physical Education at Springfield.

During the summer of 1912, the Lambs lived in Bar Harbour, Maine, where Arthur once again acted as swimming


18 Conversation with Mrs. A. S. Lamb, June, 1963.
instructor at the club there. It was during this period also that Lamb was accepted as Physical Director of McGill University, Montreal, and as a student of medicine at that university. Thus began an association of forty-six years between McGill University and Arthur Lamb.

Lamb, however, never forgot his Springfield College, nor did Springfield College forget Lamb. Through the years he acted on many committees for the College and for the Y.M.C.A. in general. In appreciation of this service the College, in 1954, awarded him the Tarbell Medallion. This medallion is the "highest award that the Alumni Association can grant to an Alumnus" for distinguished service to the College. 19

A. S. Lamb, 1912
CHAPTER IV

McGILL UNIVERSITY AND WAR SERVICE 1912-1919

On December 19, 1813, a wealthy and influential Montreal merchant, James McGill, died. His will, dated January 8, 1811, bequeathed the tract of land in Montreal known as the Burnside estate to an organization known as the Royal Institution for the Advancement of Learning. This Royal Institution had been established in 1801 for the purpose of promoting education in Lower Canada (Quebec). James McGill's will dictated that the Royal Institution for the Advancement of Learning should, within ten years of his death, establish a University College on the Burnside estate to be known as McGill College. The Royal Institution created a Board of Governors for the new college and, on March 31, 1821, King George IV granted McGill College its charter.¹

The early years of the college were not happy ones because of a legal battle which raged between James McGill's nephew and the Institution concerning the Burnside property. This matter was settled by the courts in favour of the College. In 1823, the Montreal Medical Institution came to an agreement with the College whereby a University Faculty of

Medicine was established. Classes in the Arts followed in 1827.\(^2\)

A succession of circumstances prevented an early rapid growth of the university. Lack of government support, lawsuits with McGill's heirs, and a succession of ineffective Principals were largely responsible for this. However, in 1855, Sir William Dawson was appointed Principal, and the university's growth went ahead by leaps and bounds. Sir William held the Principalship from 1855 to 1893, and he has been described as the man who made McGill. The Burnside estate, in 1821 on the outskirts of Montreal, developed into a complete university campus, but, at the same time, the City of Montreal grew around it, so that it was not too long before the campus was surrounded. Today the McGill campus is located almost in the centre of the city. Land is, and has been for some fifty years, at a premium, making expansion most difficult.\(^3\)

The university up to 1935 was governed by two groups, a Board of Governors which had the control of finances, and a body called Corporation which had "all powers in relation to university educational policy and to all matters of aca-

\(^2\)Ibid., p. 43.

\(^3\)Ibid., pp. 49-71.
ademic interest."^ Some seventy-five persons served on Corporation, forty-seven of whom were laymen. As a result, this body did little save receive reports from faculties and departments. As a general rule it exercised little control over the academic life of the College. This control was left to the individual faculties. In 1935, Corporation was abolished, and a University Senate became the highest academic authority in the university. The Director of Physical Education, who held a seat on Corporation, was not included in the membership of the Senate.\(^5\)

In 1912, when Arthur Lamb came to McGill, the university had a student population of 1,690, most of whom lived in private homes in Montreal. The university at that time had very limited residence accommodations.\(^6\) The faculty of medicine was possibly the strongest of all faculties on the campus and one of the strongest in North America.

In 1910, the Carnegie Foundation for the Advancement of Teaching, having made a thorough study of medical educa-


\(^5\)Ibid., pp. 12-19.

tion in the United States and Canada, reported that

In the matter of medical schools, Canada reproduces the U.S. on a greatly reduced scale. Western University (London) is as bad as anything to be found on this side of the line; . . . McGill and Toronto are excellent; . . .

Lamb, then, had come to one of the best medical schools for his education. At the same time, he held the post of Physical Director for the university.

Lamb was not the first Physical Director that McGill had employed. Indeed, he was following in the footsteps of many distinguished Physical Directors. In 1858, Mr. Frederic S. Barnjum was appointed as the first Physical Director. His title, actually, was Drilling and Gymnastics Master. He died of apoplexy in 1888, and was succeeded by his young assistant James Naismith, who is credited with inventing the game of basketball. Naismith resigned in 1890 and was succeeded by R. Tait McKenzie, who was a student in the faculty of medicine. In 1901 Dr. McKenzie’s title of Physical Director was changed to Medical Director of Physical Training. Mr. W. J. Jacomb was appointed Physical Director at the same time. Mr. Jacomb resigned in 1912 and was succeeded by Arthur Lamb.


He was selected for the position from a number of applicants by the Medical Director of Physical Training, Dr. Frederick W. Harvey, who succeeded Dr. McKenzie in 1904. Of Lamb's predecessors at McGill, Dr. McKenzie was held in the highest esteem. On many occasions he was consulted by McGill University authorities on problems pertaining to physical education.

The gymnasium in which Lamb was to work was built by McGill in 1858. It was a source of considerable annoyance to each succeeding Physical Director. Located one block from the campus, it was not readily available for physical training classes, which were voluntary. By 1881, the building was in a very poor state of repair, and was very nearly sold by the university. Temporary repairs were made instead, but the building was a constant source of complaint by Dr. McKenzie who in 1895 made public complaint at the terrible conditions that they are working under in the gymnasium; plaster falling from the ceiling; rain drops through the roof, often onto the students; the showers are in a dark corner of the gym; in the winter the heating is insufficient and ventilation is extremely poor, etc.

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10Leonard and Affleck, op. cit., p. 397.

11Unidentified newspaper clipping dated 1895 located in the Physical Education Department, McGill University.
Dr. McKenzie's complaints must have fallen on deaf ears for the following complete description of the gymnasium is contained in a university publication of 1898:

Our gymnasium is unique among the various departments of McGill because of its situation at such an inconvenient distance from the College campus, near which we would naturally expect to see it. It also, we believe, can justly lay claim to a greater resemblance to the antique than any other university building.

For those who can gaze with equanimity upon the unadorned simplicity of its exterior, the forbidding gloom of its interior; the patched condition of its flooring and the holey state of its roof, and not exclaim in unfeigned rapture. "It is admirable as a relic?"

Its architecture is indeed one of its chief beauties and partakes of the Noah's Ark or Diluvian style. But alas! There is a modern extension on one side, which even Noah might envy, and through its dust begrimed skylight the snow of winter and rain of summer find easy access, thus preserving the proper humidity of the atmosphere within, which is essential to any gymnasium. This also serves to keep the floors in a cleanly condition, and on several occasions has served as an improvised shower bath.

On one side we see the chest weights and indian clubs, on another the bar-bells and flying rings, while on another the horizontal and vaulting bars, the inclined and horizontal ladders, the rowing machine and the parallel bars strive vainly for a footing with numerous props, supports and pools of water.

The lockers are exceedingly simple in structure, so that anyone may open them at any time, even without the necessity of a key.

The shower bath is of the spasmodic type which works when it feels like it; its temperature is always sub-normal; varying according to that of the city reservoir. Since we have but one, in a very dark corner, there is always a rush for the first place,
and thus pleasure and hygiene are profitably combined in this innocent amusement. The method of heating is admirable and anyone who has become thoroughly accustomed to it can pass a winter in Klondyke, or on an Arctic expedition without discomfort. Such then is the edifice called the Gymnasium, where a conscientious student, often overworked, and sometimes of weak constitution, strives hard with vapour, dust and carbon di-oxide to exercise the body, upon whose state of health the condition of the nervous system and his scholarship directly depends...\textsuperscript{12}

The condition of the building continued to deteriorate until in November of 1912 it was condemned by the university architect who feared it would collapse as a result of some underground railroad construction in the area.\textsuperscript{13} Thus, three months following Lamb's arrival at McGill, the university gymnasium was closed. There is no evidence indicating what facilities were used by the men for the balance of the 1912-1913 academic year but in subsequent years the facilities of the nearby local Y.M.C.A. were used. A new gymnasium was not to be built, despite persistent efforts until twenty-eight years later, when the Sir Arthur Currie Memorial Gymnasium-Armoury was opened. The closing was a rather inauspicious beginning for a young ambitious physical educator.

\textsuperscript{12}The McGill Daily, March 15, 1927, quoting an article on "The University Gymnasium" in the Yearbook \textit{Old McGill} dated 1898.

\textsuperscript{13}Letter from University Architect, Percy Nobbs, to the Secretary of the University, January 2, 1913.
Participation in gymnasium classes at McGill was voluntary up to 1916. Reports vary as to the extent of participation, but it does seem apparent that in the absence of a requirement, the students were not overly enthusiastic in their participation.

The women students of the university had their own facilities for physical education located in the Royal Victoria College. This college, in reality a residence for the women students of McGill, was given to the university by Sir Donald Smith, later Lord Strathcona. In addition to residence accommodation, the building also provided many recreational facilities. The McGill School of Physical Education which was concerned with the education of prospective physical education teachers was housed here from 1912 to 1945. The senior administrative officer of the college is called the Warden. In actuality she is the Dean of Women for the whole university, a position of considerable importance. The Warden of Royal Victoria College has over the years exerted considerable influence on the School of Physical Education.

Athletics at the university prior to 1919 was under the nominal control of the Athletic Committee of Corporation, but the real control rested with the Students' Athletic Committee. In 1906, the Canadian Intercollegiate Athletic
Union was organized with McGill as a charter member. Canadian football was the main intercollegiate sport at that time, and had a large following of both students and graduates. This interest, sometimes carried to extremes, was to become one of Lamb's greatest problems at McGill as he strove to keep athletics in its proper perspective in the university.

One of Dr. R. Tait McKenzie's great contributions to physical education in Canada was the introduction of the health examination for all McGill students in 1894. This examination found favour with most of the faculty, with some protests from the faculty of Arts, who felt it to be an invasion of individual privacy. However, the university administration supported McKenzie, and the rule was rigidly enforced.

There is little information available on Lamb's activities during his first year at McGill. The closing of the gymnasium, no doubt, greatly curtailed the gymnasium programme. Following its closing in December, there is no report of other facilities being acquired, although the report of the Medical Director of Physical Training, Dr. F. W. Harvey, for the year, states that "classes were successfully

14 Minutes of Canadian Intercollegiate Athletic Union dated May 26, 1906.

15 Leonard and Affleck, *op. cit.* , p. 466.
conducted by Mr. Lamb."

Possibly, use was made of the gymnasium at either the local Y.M.C.A. or the nearby Montreal Amateur Athletic Association. Despite the upset in his work in physical education, Lamb pursued his medical studies with zeal, and passed his year with honours.  

The academic year 1913-14 was very active for Lamb. Satisfactory arrangements were concluded with the local Y.M.C.A. for the use of its gymnasium facilities. Classes were scheduled for 5:15 p.m. Tuesdays, Thursdays, and Saturdays. The McGill Daily carried many articles featuring the physical training programme. Constant reference was made to Lamb's enthusiasm, as well as to the nature of the programme offered. The paper also carried articles on the physical education programmes at several American universities.

This publicity campaign, no doubt sparked by Lamb, created great interest in physical training. A Leaders' Corps was formed to assist in conducting the programme, which consisted of indoor games, mat work, bar work, gymnastics, folk dancing, and regular floor work. In addition to these activities,


17 Conversation with Dr. L. G. Stephenson, Dean of Medicine, McGill University, July 25, 1963.

18 The McGill Daily, November 8, 11; December 4, 5, 8, 1913.
Lamb coached McGill’s basketball team to the Canadian Intercollegiate championship.\(^1\)

Lamb's personal life was enhanced in 1913 when on February 8 a son, Roland Thomas, was born to his wife, Viola. The new arrival was immediately elected class baby of the Medical Class of 1917. At the graduation exercises in 1917 the class baby participated in the ceremonies, and was presented with a loving cup to mark the occasion.\(^2\) A second child, Arthur Bennetts, was born on October 30, 1914. It was the birth of these two children that brought the nickname of "Dad" to Arthur Lamb. The name "Dad" remained as a term of affection for him for the rest of his life. It was first used in an editorial in the *McGill Daily* on March 15, 1916, in which the editor praised Lamb's service to the Students' Society throughout the current academic year.

In the student elections, held in March of 1914, Lamb ran for the post of President of the Students' Athletic Association. He was elected. In his report for the year 1914-15, Dr. Harvey, the Medical Director of Physical Training, reported that in addition to conducting the gymnasium classes, Lamb, as president of the Athletic Association, also

\(^1\) *The McGill Daily*, November 11, 1913; March 17, 1914.

\(^2\) "Old McGill, 1917," Yearbook of McGill University, p. 72.
performed invaluable service in supervising the various athletic activities of the university.21

The Great War of 1914-1918 had a tremendous impact on McGill University. This impact was felt in the School of Medicine and in the Physical Training Department. As doctors were needed to treat the casualties from the war, an accelerated medical training programme resulted, with classes being continued through the summer months.22

The war also promoted an interest in the fitness of university students, and discussions were held by Corporation with a view to compulsory physical training. After considerable discussion, a decision was reached, and beginning with the academic year 1916-17 all students in their first three years of attendance were required to take military drill or gymnasium classes.23 This requirement remained on the books until 1944, when it was revoked. Because of a variety of circumstances, to be discussed later, the regulation was never enforced for the men students, but was enforced for the women.

Lamb's interest in student affairs continued. Elected


22Minutes of Corporation, February 6, 1917.

President of the Students' Society for the academic year 1915-16, he carried out his duties in a very capable manner and was commended for his work by both faculty and students. His management of both his energy and his time was the subject of an editorial in the student newspaper. "He knows the secret of saving rather than making time and he uses it well." The Students' Athletic Association asked Corporation to appoint a faculty adviser to be present at its meetings in order to effect a closer relation between the Society and Corporation. Lamb, although a student, was appointed, and both groups were satisfied with his efforts.25

The 1916-17 academic year for Lamb began in the spring of 1916 because of the wartime accelerated medical programme. In addition to his duties as Physical Director he was also appointed as an Instructor in the School of Physical Education.26 This is the first record of his association with the School which was to be so important to him in the years to come.

The new three-year physical training requirement for


26 Announcement School of Physical Education, McGill University, 1915-1916, p. 4.
all students came into effect with the academic year 1916-17. This put a tremendous burden on Lamb, but he was more than equal to the task. Not only was he responsible for the gymnasium classes but also he was the physical training instructor for the students enrolled in the McGill University Canadian Officers Training Corps. His medical degree was approved on February 6, 1917, and the occasion was marked by an editorial in the McGill Daily praising Lamb for his invaluable contribution to the university.

When Arthur Stanley Lamb walks away from Convocation tomorrow with his M.D.C.M. parchment tucked under his arm, the student body of the university will have lost one of the most devoted leaders which it has had in recent years. Dad Lamb has been connected in a prominent way with undergraduate activities, and never, in all the offices which he has held, has Dad been found wanting. A man with many interests and a student of brilliant order (as frequent prizes testify) Mr. Lamb nevertheless found time during the five years of his course to devote attention to even the smallest details of the various activities under his direction. Only those who have been in close touch with him know the amount of time and energy which he has spent upon student activities, and of the faithful manner in which he has discharged every duty to which he has been assigned. While he was president of the Athletic Association, Mr. Lamb brought that department of student activity to a high state of efficiency, and this spirit he instilled into

28 Minutes of Corporation McGill University, February 6, 1917.
his work as president of the Students' Society. The remarkable part of it all was that Mr. Lamb had any time at all left for his academic work, but more remarkable still was the fact that, when the results of the year's work were announced, he invariably stood among the class leaders, and usually had a prize or two thrown in as well. In view of the great service which Mr. Lamb has rendered to the student body of the university, it is peculiarly appropriate that he should be the president of the graduating class, and that his studies should be recognized with the Senior Medical Society Prize. Mr. Lamb's example in immediately offering his services to the Army medical authorities is one that undoubtedly will be followed by many of his classmates. McGill Daily takes this opportunity of thanking him, on behalf of the students, for his years of service in the furthering of their interests, and of wishing him the best of luck.

Lieutenant Arthur Lamb was enrolled in the Canadian Army Medical Corps on February 20, 1917. Following a brief training period in Montreal, he left Canada for England on April 28, 1917, where he was promoted to the rank of Captain, and appointed Adjutant on the staff of the Canadian Army Medical Corps Depot in England. The nature of his work being totally administrative led to some discontent on Captain Lamb's part. Repeated requests for a posting to France were turned down, and this gave rise to even more discontent. To provide an outlet for his energies, he became very active in the organization of games and sports with the armed services. But he had come to Europe to provide medical service for the

wounded, and he continued to press for a posting to an active
theatre.\footnote{30}

This posting finally came on October 8, 1918, when he was appointed to the No. 3 Canadian General Hospital in France. Later, on October 29, 1918, he was posted to the No. 8 Canadian Field Ambulance, and there he got his first taste of the war in treating both the military and civilian wounded. However, the German war machine was broken by this time and in a few weeks the war was over. In February of 1919, Lamb returned to England, and on March 19 returned to Canada. He served for a few months in a Military Hospital in Montreal before being discharged on September 11, 1919.\footnote{31}

There are but two sources of information on Lamb's army career. The first is the official transcript of his service retained by the Canadian Department of National Defense at Ottawa. The second is a personal diary kept by Lamb from August 10, 1918, to March 29, 1919. Neither source gives any information as to the nature of his work. Lamb himself makes reference to his annoyance at not being at the front, but he does not give any extra information save the basic facts. At one point, in November, 1918, he does men-

\footnote{30}{Diary of Capt. A. S. Lamb, August 18, 1918, to March 29, 1919.}

\footnote{31}{Letter to the author from Colonel G. M. C. Sprung, Director of Historical Section, Canadian Army, Ottawa, May 16, 1963.}
tion witnessing a victory celebration in Mons, that impressed him as the happiest event he had ever seen. Present at this celebration was General Sir Arthur Currie, Officer Commanding of the Canadian Army,\textsuperscript{32} who was later to have a profound influence on Lamb's life. Though they did not realize it at the time, the two men were later to become colleagues at McGill University, and to share in its post war development.

\textsuperscript{32}Diary of Capt. A. S. Lamb, loc. cit.
University education in Canada prior to 1900, and indeed for a great many years since then, has been dominated by two great educational institutions, the University of Toronto and McGill University. Dalhousie, one of the first universities to be established in Canada at Halifax, Nova Scotia, has exerted its influence primarily on the eastern Maritime area of the Dominion. With the western expansion of the population and the birth of the newer Provinces of British Columbia, Alberta, Saskatchewan, Manitoba and Newfoundland, higher education became essential to their development. Eventually each Province established its own university whose organization and educational programme was patterned after that of either the University of Toronto or McGill. This was the case in the development of physical education in Canadian universities.

As has been noted on page 25, Mr. Frederic S. Barnjum was appointed Drilling and Gymnastics Master at McGill University in 1858. This was a part-time appointment and participation in the classes offered by Mr. Barnjum were entirely voluntary. A gymnasium, described in some detail in Chapter IV, was provided by the university. This facility was used by both men and women students until the completion
of the Royal Victoria College in 1899. This residence building included a gymnasium for the exclusive use of the women students.

Meanwhile at the University of Toronto, a gymnasium, apparently for men only, was built in 1893. The Board of Governors paid for the construction of the building but held the student Athletic Directorate responsible for supplying its equipment and for its management. The Directorate appointed Sergeant-Instructor Alfred "Casey" Williams to teach classes in physical training, gymnastics, boxing, fencing, wrestling and bayonet fighting. Attendance on the part of students was voluntary. Sergeant Williams remained as an instructor until his death in 1922. In the meantime a Dr. James Warren Barton was appointed Physical Director by the university. He held the post from 1907 to 1914. Participation by the students continued to be voluntary.¹

Athletics in Canadian universities prior to the turn of the twentieth century were organized by the students themselves. The great distances separating sister institutions prevented the early development of leagues or unions but games, on an exhibition home and home basis, were arranged not only with Canadian universities but also with nearby American institutions. In 1906 the first steps were taken.

¹T. A. Reed, The Blue and White (Toronto: The University of Toronto Press, 1944), pp. 1-50.
taken towards the organization of the Canadian Intercollegiate Athletic Union. Both faculty and students from each member institution were represented on the Union with the faculty representatives having the greater authority. Intercollegiate competition on a more formal basis was now established.²

Professional education in physical education had its beginnings with a number of private institutions offering instruction around the turn of the twentieth century. A School of Expression which offered a diploma course in gymnastics for men and women was opened in Toronto in 1901 by Miss Emma Raff Scott. This school became, in 1906, the Margaret Eaton School of Literature and Expression and later in 1925 changed its name to the Margaret Eaton School of Physical Education. Enrollment by this time was restricted to women. The University of Toronto in 1900 approved a two-year diploma course in gymnastics and physical drill for men. One year later the course was opened to women. In 1908 a four-year diploma course in physical training was offered to both men and women. None of these university offerings was popular. The number of men students was so low that the course was no longer offered them after 1925. A few women

²Minutes of Canadian Intercollegiate Athletic Union Meetings 1904. These minutes are located in the office of Mr. Philip Loosemore, Athletic Department, the University of Toronto.
continued to enroll but the course was far from successful. The Margaret Eaton School attracted most of the women interested in professional preparation.  

The McGill School of Physical Education, established in 1912, is discussed in detail in Chapter VIII. This School, with the Margaret Eaton School in Toronto, trained practically all the Canadian women physical education teachers until the middle 1940s when degree programmes were offered by several Canadian universities. Until these degree programmes were available, Canadian men continued to be educated in the United States.

When Dr. Lamb returned to McGill in 1919 and was appointed Director of Physical Education he was directed to present a plan of organization for a department of physical education for McGill which would include athletics, the required programme, the health service and the School of Physical Education.

Prior to 1919, several committees within the general organization of McGill were responsible for the administration and conduct of activities concerned with physical training and athletics. The Athletics Committee of Corporation, established in 1908, had "vested in it the ultimate authority

3Dorothy H. R. Jackson, "Three Schools," a brief history of the development of professional education in physical education in Toronto (mimeographed) located in the office of Professor M. G. Griffiths, Hart House, University of Toronto.
of supervision in all matters affecting athletics in the university."\(^4\) However, the real authority in athletics rested with the Students' Athletic Association. Furthermore, the Graduates' Society, having formally opened Molson Stadium in 1920, also had an interest in athletics. Lines of authority were not well established, and very often the policies of one committee or group were in conflict with those of another. The development of the athletic programme and the problems associated with it are discussed in Chapter VI. The problem of athletic facilities is discussed in Chapter VII.

In 1916 Corporation passed a regulation requiring all students in the first three years of attendance at the University to participate in two hours of physical education per week. This requirement placed a heavy burden on the Athletics Committee of Corporation.\(^5\)

The School of Physical Education, established in 1912, was by 1918 experiencing financial difficulties. The School, as the School of Physical Education was often called, was concerned only with the preparation of teachers for the physical education profession. It was not responsible for the required programme, athletics or the health service but

\(^4\)Minutes of Athletic Committee of Corporation, November 4, 1908.

\(^5\)Minutes of Corporation, April 30, 1918.
only for the preparation of teachers. The development of the McGill School of Physical Education is considered in Chapter VIII. Being somewhat of an appendage to McGill, it had up to 1919 supported itself entirely on its own fees. It now appealed to the university for financial assistance from general university funds. 6

These three problems, the conflicting lines of authority in athletics, the required programme of activity, and the administration of the School of Physical Education, were carefully considered by the Athletics Committee of Corporation during the academic year 1918-1919. On June 5, 1919, a resolution was presented to, and passed by, Corporation recommending that a Department of Physical Education be established to "control all gymnastic and athletic activities in the University, including the School of Physical Education." 7 Dr. Lamb was re-appointed to his post as Physical Director of the university to begin duties at the beginning of the fall term, 1919. One of his first responsibilities was to make recommendations to the Athletics Committee of Corporation for the organization of the Department of Physical Education. 8

6 Letter from Dr. F. W. Harvey to Secretary of McGill University, March 25, 1919.
7 Minutes of Corporation, June 5, 1919.
8 Minutes of Athletics Committee of Corporation, June 5, 1919.
Having studied the administration of several similar departments in leading American universities, and having sought the advice of Dr. R. Tait McKenzie of the University of Pennsylvania, he presented his plan to the Athletics Committee on October 29, 1919. Following considerable debate and revision, his report was adopted and sent to Corporation for approval. Here again debate and revision took place and, finally, on January 14, 1920, the report was adopted.

The essential feature of Dr. Lamb's recommendations was the establishment of a Standing Committee on Physical Education, which would replace all former committees of Corporation having anything to do with physical education.

1) A standing committee for Physical Education shall be appointed by Corporation to replace the present Athletics Committee of Corporation, the Committee on Physical Training, the Committee of the School of Physical Education, and any other committees of Corporation, at present dealing with Physical Training or Athletics.

2) This Committee shall be charged with the administration of physical education, including the management of the university Gymnasium, of the Stadium, through a representative of the Graduates' Stadium Committee and of the McGill School of Physical Education.

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9Minutes of Athletics Committee of Corporation, October 29, 1919.

10Minutes of Corporation, January 14, 1920.
It shall also be responsible for carrying out the regulations of Corporation for Physical Training and for such other matters as shall from time to time be delegated to it.

3) The Committee shall consist of eight members and its composition shall be as follows:

a. The Principal of the university, who shall act as Chairman.

b. A representative of the Governors of the university.

c. A representative of the Graduates' Stadium Committee.

d. The President of the Athletic Association (who shall be entitled to vote only on such matters as bear directly on student activities).

e. Four members representing the Faculties of Law, Arts, Medicine and Applied Science to be elected by the several Faculties from among their own members.

4) The Director of the Department of Physical Education and the University Medical Officer shall be responsible to the Committee for the efficient performance of their respective duties.

5) The Committee shall have power to appoint such Committees as may be necessary for the effective administration of the matters entrusted to it.

6) The Physical Director for Women or the Warden of the Royal Victoria College, or both, shall be invited to attend Meetings of the Committee on Physical Education when special questions con-
This Committee met for the first time on February 17, 1920, under the chairmanship of the recently appointed Principal, Sir Arthur Currie. Dr. Lamb was appointed Director of Physical Education and became the senior administrative officer for the new department, which also included the health service. Dr. F. W. Harvey retained his post as University Medical Officer.

The Standing Committee established three subcommittees at its first meeting, one on finance for the department, one on physical education for women, and a third which became known as the Executive Committee of the School. Thus, two subcommittees concerned with women's programmes were created: the one on physical education for women and the other for the School of Physical Education which at that time trained women only, yet the Standing Committee itself included no women. The Warden of Royal Victoria College was added in 1921, despite the objections of Dr. Lamb and Dr. Harvey, who felt

11 Ibid.

12 Minutes of Executive Committee of the School of Physical Education, January 6, 1920.
that any views that the women held could best be expressed through the Director of the Department. 13

The Department of Physical Education was now an official arm of the university, and its Director was responsible to the Principal for its administration. Dr. Lamb was given a seat on Corporation to represent the views of his Department on that body. 14

Although the educational policy established in the organization of the Department was quite sound, the administrative policy was much less so, especially in financial matters. The Finance Committee of the Standing Committee was composed of three students, a member of the Graduates' Stadium Committee, the Bursar, and Dr. Lamb. Conflict and disagreement arose almost immediately in matters concerning men's athletics. Since all funds for the athletic programme came from the students, they naturally demanded a voice in the administration of that programme. Other resources came from the general university funds but, by and large, the greater part of the revenue came from the students themselves and from gate receipts. 15

13 Minutes of Executive Committee of the School of Physical Education, January 13, 1920.

14 Correspondence between Dr. Cyril James and A. S. Lamb, March, 1940.

At this time, too, there was a great revival of interest in intercollegiate athletics which, very popular before the war, were suspended for the duration. The University of Western Ontario in 1919 joined with McGill, Queens, and Toronto Universities in sponsoring athletic competition.\footnote{Minutes of Canadian Intercollegiate Athletic Union, April 17, 1920.} Following the example of the universities in the United States there was great interest in intercollegiate football. Hockey also had a considerable following with basketball and track and field following in that order of interest.

The organization of the Department was not as effective as Dr. Lamb had hoped and, by 1923, as a result of pressure from within the university community, pertaining to the athletic programme, a subcommittee of the Standing Committee on Physical Education was established to govern all athletics. This subcommittee, known as the Athletics Board, was given executive power but was, at the same time, responsible to the Director of the Department for its actions.\footnote{Minutes of First Meeting of Athletics Board, April 23, 1923.}

In spite of the dual control in athletics, things went along fairly smoothly in the Department. There were problems, of course, but largely as a result of the interest and influence of Sir Arthur Currie, these were handled in a satisfac-
tory manner. Sir Arthur, however, died on November 30, 1933, and with his influence gone, the direction and administration of the athletics programme drifted further and further away from the Department. The Athletics Board had, in effect, become a separate administrative unit within the university.

On January 30, 1935, Corporation of McGill University was abolished, and replaced by a much smaller organization, the Senate. Later in the year, on May 27, the Standing Committee was reorganized as the Committee on Physical Education. It was now a committee of the Senate. The responsibilities of this committee fell into four categories, and a subcommittee for each was appointed. These subcommittees were Student Health, Physical Instruction, Athletics, and the School of Physical Education. Dr. Lamb was not made a member of the Senate, but he was a member of the Committee on Physical Education, and secretary of all subcommittees except the Athletics Committee, still known as the Athletics Board, which included him in its membership. In this reorganization, also, he was no longer Chairman of the subcommittee of the School of Physical Education.\(^\text{18}\)

Following the reorganization of 1935, the Athletic programme drifted even further away from the jurisdiction of the Department. Constant differences of opinion existed between Dr. Lamb and certain groups on the campus. Editorials

\(^{18}\)Minutes of Senate, May 27, 1935.
in the *McGill Daily* questioned the right of the Senate Committee and the Department of Physical Education to regiment athletics.\(^\text{19}\)

The advent of the war and the opening of the new Currie gymnasium prompted the newly appointed Principal, Dr. Cyril James, during the early months of 1940 to make a thorough examination of the relationship of athletics to the Department of Physical Education. In June of that year, with the approval of the Senate, he announced a change in policy in which the existing Senate Committee on Physical Education was abolished, and was replaced by a new committee bearing the same name. The subcommittees on the School of Physical Education, Student Health, and Physical Instruction were abolished. The Athletics Board, as well as the Senate Committee itself, became advisory committees to the Senate and the Director of the Department. The budget of the total programme of the Department was to be consolidated, prepared by the Director and submitted in the usual way for the necessary approval.\(^\text{20}\) Dr. Lamb's dream of a unified control of policy and administration seemed to be at hand. But darker clouds still lurked on the horizon.

The War of 1939-1945 saw McGill University fully geared

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\(^\text{19}\)News item in *The McGill Daily*, October 22, 1939.

\(^\text{20}\)Cyril F. James, "Proposals for the Reorganization of Physical Education and Athletics at McGill University" June 1, 1940 (mimeographed).
for a concerted war effort. The physical education programme was so directed, and intercollegiate athletics were suspended for the duration. With the end of the war the old problem of athletics presented itself again, with the students demanding more authority in the conduct of the programme. Their protests were not unheard and, on January 14, 1946, the Committee on Physical Education was again reorganized. The Committee was now known as the Committee on Student Health and Physical Education. The Athletics Board became a separate organization of the Department, but it now had executive power and could establish policy, the administration of which was the responsibility of the Director. A further organizational change took place in 1948, in which the School of Physical Education became an independent unit. Dr. John R. Kirkpatrick was appointed Director of the School. Dr. Lamb became Director of Athletics, Physical Education and Recreation, and Mr. Victor Obeck was appointed Director of Intercollegiate Athletics. These changes, coming in quick succession, were difficult for Dr. Lamb. This, together with his increasing ill-health, resulted in his retirement in 1949.

In the late 1930s, Lamb became afflicted with arthritis which became increasingly worse as the years progressed. As

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21 Minutes of Senate Committee on Physical Education, January 14, 1946.

early as 1937, he was experiencing considerable difficulty at
times in getting in and out of his car.\textsuperscript{23} At times he was
able to walk only with difficulty, and with the aid of first
one cane and then two. He set up physiotherapy equipment in
the Currie gymnasium for his own treatment. Early in 1940,
he became bothered with colitis and was obliged to enter
hospital for treatment of both the colitis and the arthritis
of both hip joints. By 1948, the colitis caused such diffi­
culties that he was obliged to take a year's leave of absence
from his post at the university and to enter the hospital for
a series of heavy operations. He never recovered sufficient­
ly to return to his post, and retired officially in 1949.
The following year he was made Professor Emeritus of Physical
Education at McGill University.\textsuperscript{24}

\textsuperscript{23}Conversation with Major Jack Davies, Montreal,
August 19, 1963.

\textsuperscript{24}Conversations with Dr. R. T. Lamb, June, 1963.
CHAPTER VI

ATHLETICS

Dr. Lamb's greatest problem at McGill was the intercollegiate athletic programme. He had definite views on the place of athletics in the university, and he did not hesitate to express them. He was well aware of the evils which had crept into the American intercollegiate athletic programme and was determined that they should be kept out of, not only McGill athletics, but also Canadian intercollegiate athletics. He saw in athletics a way of education for the total personality. He detested underhand activity, and was a constant foe of the invasion of amateur athletics by professional practices. He loved the game for the game's sake, and throughout his career held to these principles despite many criticisms heaped upon his shoulders.

During his years at McGill from 1912-1917, little is known of Dr. Lamb's views on athletics. He did coach the varsity basketball team to the intercollegiate championship in 1913, and acted first, as President of the Students' Athletic Association in 1914, and later as President of the Students' Council in 1915. Apart from these facts, little is known of his attitude toward intercollegiate athletics at that time.

Upon his return to McGill in 1919, Dr. Lamb was anxious to have the athletics programme controlled and administered
by his department. This was indeed his intention when his recommendation, establishing the Standing Committee on Physical Education, was approved by Corporation. There was no thought in his mind that athletic competition was anything but a part of the total physical education programme. It was part of the whole and, as he saw it, the whole would be incomplete without athletics.

Following the war there was a considerable increase in interest in intercollegiate and intramural athletics, particularly in football. Dr. Lamb was particularly pleased by the increased participation in the intramural programme.¹

The athletic programme was financed by the students by means of an athletic fee which, by a Students' Society regulation, each student was required to pay. The McGill Stadium, used primarily for football, was built by the Graduates' Society who were responsible for its debt and its maintenance. The cost of athletics to both the Students' Society and the Graduates' Society was great making the financial returns from the football games most important. This necessitated a winning or at least a very competitive team which in turn would assure good attendances. Responsible for its financing,

both the Students' Society and the Graduates' Society demanded more authority in the athletic programme.\(^2\)

An athletic recruiting programme was suggested by some graduates, but this overture was rejected by Dr. Lamb and by Principal Currie, who made his position clear when he stated:

\begin{quote}
Naturally we are pleased when a newcomer has athletic prowess as well as academic talent, but McGill must leave a different impression in the minds of the world than that of a great athletic club.\(^3\)
\end{quote}

This concern for a winning team at any cost, plus the concern for paying for such a team, troubled Dr. Lamb. He was well aware of the experiences of a great many American universities, and of the efforts of leading physical educators to have the athletic policy conform to the educational practices of university education.\(^4\) In this regard he was in contact with Dr. McKenzie of the University of Pennsylvania, Dr. Maylan of Columbia, Dr. Raycroft of Princeton, and the Society for Directors of Physical Education in Colleges. Their advice led him to take the stand that Canadian universities should do everything in their power to avoid the

\(^2\)Minutes of Standing Committee on Physical Education, February 8, 1921.


difficulties that American universities and colleges were facing in athletics.  

Dr. Lamb was concerned with the attitude of students and graduates who held the view, "will it pay?" He felt that the concern should be for the merits of participation rather than for the financial returns.

Frequent happenings of late have convinced me beyond doubt that unless something is done to relieve the students of financial responsibility that the present mental attitude will become more aggravated, and we will lose the true ideal of competition for the love of the game, and that everything will be measured according to the revenue the particular activity can produce.

The athletic seasons of 1920 and 1921 made it readily apparent that there were great weaknesses in the administration of the programme. The Standing Committee on Physical Education had, in theory, the ultimate authority in all athletic matters. However, the Students' Society controlled the budgeting of all money collected from the students for student activities. This included the athletic fee. The Student Athletic Association, the agent of the Students' Society had certain powers controlling the athletic budget given it. Individual team managers were responsible for

\[\text{Arthur S. Lamb, "Administration of Athletics at McGill University" (mimeographed), November 17, 1922, pp. 1-7.}\]

\[\text{Ibid., pp. 6-7.}\]
arranging playing schedules for their teams. At times the lines of authority were not at all clear. Playing dates were arranged by a team manager only to discover that the necessary finances or permission to play were not forthcoming. There was no central control for the administration of athletics, and it was to the solution of this problem that Dr. Lamb turned his attention in 1922.\(^7\)

Three groups had interests in athletics at McGill—the students, the graduates, and the faculty. Dr. Lamb suggested to the Standing Committee on Physical Education that a subcommittee on athletics, on which all three groups would have representatives, should be established. At the same time, the Graduates' Society presented a resolution to the Standing Committee recommending alterations in the existing system of control of the athletic programme.\(^8\)

Following considerable debate between the Standing Committee, the Graduates' Society, and the Students' Council, a subcommittee of the Standing Committee was established on March 6, 1923, consisting of—

(a) The Principal - chairman,

(b) The Bursar,

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\(^7\)Ibid.

\(^8\)Minutes of Executive Committee of the Graduates' Society, November 22, 1922.
(c) Three representatives of the teaching staff, appointed by the Principal after consultation with the Students' Council,

(d) Three graduates appointed by the Executive Committee of the Graduates' Society, after consultation with the Students' Council,

(e) Three students, one of whom shall be the President of the Students' Council, and the other two elected by the Students' Society.9

The representation of three members of the faculty, three graduates and three students on this subcommittee was in keeping with similar plans used at many eastern American universities. In his original proposal to the Standing Committee on Physical Education Dr. Lamb recommended that two representatives from each group should sit on the subcommittee but his suggestion was not followed. As can be seen, the influence of the Students' Council was very apparent in the appointment of membership on the subcommittee. However, the Principal of the university, Sir Arthur Currie, refused to accept the method of appointment for the representatives of the faculty, maintaining that these should be made by Corporation. This procedure was followed until Sir Arthur's death in 1933.10

The first meeting of the subcommittee, known as the

9Minutes of the Standing Committee on Physical Education, March 6, 1923.

10Arthur S. Lamb, "The Athletics Board" (mimeographed) March 1, 1940.
Athletics Board, was held on April 25, 1923, for the purpose of organization. At this meeting the Chairman, Principal Currie, outlined the chain of responsibility of the Board, that it was a subcommittee of the Standing Committee, and responsible through it to Corporation and the Board of Governors. The policy of the Board would be the policy of the university. It was stressed that the Director of the Department was responsible to the Board for the carrying out of its policy. To this end all members of the coaching staff, in addition to the Athletics Manager soon to be appointed, were responsible to the Director. The students' athletic fee and all revenue from athletics were to be deposited with the Bursar's office through which all purchases and expenditures were made. Any deficit in connection with the athletic programme would be met from general university funds.\textsuperscript{11}

Major D. Stewart Forbes, a McGill graduate, was, on Dr. Lamb's recommendation, appointed Athletics Manager. Major Forbes had received a Bachelor of Science degree and a Bachelor of Architecture degree from McGill prior to serving with the Canadian Army in the war. He assumed his duties on May 1, 1923, at which time the transfer of authority took place. The Athletics Manager was now responsible for the administra-

\textsuperscript{11}Minutes of the Athletics Board, April 25, 1923.
tion and supervision of the total athletic programme. The Students' Athletic Association was abolished; all duties and responsibilities formerly performed by the Students' Council were transferred to the Board; approval of trips, appointment of officials, purchase of equipment, and all correspondence pertaining to athletics were transferred to the Board. All athletic facilities, including the Stadium, were subject to the control of the Board.\(^{12}\)

Dr. Lamb had given considerable attention to the formation of the Athletics Board. His experience and training had led him to the belief that in athletics, both intramural and intercollegiate, there was a great opportunity for the positive development of young people. In preparing his recommendations that led ultimately to the formation of the Athletics Board, he felt obliged to put on paper his beliefs concerning intercollegiate teams. He did this to make his position clear to all concerned:

1. I believe that the commercialism and over-specialization of competitive athletic teams which has brought about such consternation in the universities of the United States, is decidedly harmful in the conduct of our intercollegiate athletic programme.

\(^{12}\)Minutes of the Athletics Board, April 30, 1923.
2. I believe that there is a tendency in this university towards the specialization and commercialization of our athletic activities, and that great care should be exercised in order to safeguard ourselves from the situation in which many universities find themselves today.

3. I believe that there is a very great danger in attaching too much importance and devoting too much time and money to the development of representative teams.

4. I believe that there should be representative intercollegiate teams, but I believe that most of our time, energy and money should be spent on "athletics for all," rather than for the selected few.

5. I believe that athletics in our universities cannot be satisfactorily conducted without professional coaches.

6. I believe that it is unwise for these coaches to be men who are professional athletes, in other words, men who have been or are participating in athletic activities for monetary gain.

7. I believe that university coaches should be men who are non-competing amateurs, who have not received money for participation in or promotion of athletic contests for financial reward.

8. I believe that university coaches should be men who are thoroughly trained in the aims and objectives of physical education; who have a knowledge of the principles underlying the various forms of activity; who have a thorough knowledge of the anatomical and physiological problems involved in exercise; whose services can be utilized in many branches of activity; whose ideals of competition should be of the very highest; whose interests should be the interests of the physical and moral welfare of the student body; who can be relied upon to represent the university at any athletic contest; who place the welfare of the student and the spirit of the game far above winning in any particular contest; who would be an ex-
ample for the students of the professional School of Physical Education to emulate; who could take his place on the teaching staff of the School of Physical Education as a member of the teaching staff of the university; and whose ideals and aspirations should be those of true amateur sportmanship.

9. I believe that over specialization and the excess amount of time, thought and energy that is required for certain teams is not in the best interests of the student or the university.

10. I believe that the reason why a student comes to the university should constantly be kept in mind, and while I believe that it is particularly desirable for all students to be active physically, I feel that the principle which should guide us in our activities is the future health and welfare of the individual.

11. I believe that the fundamental principle of participation in athletics, that of playing the game for the love of the game, should be adhered to as closely as possible.

12. I believe that competitive athletics offer a splendid opportunity for the development of esprit de corps, but I believe that the advantages thus gained might easily be more than offset by the disadvantages of too great a specialization and too great a desire to win.

13. I believe that many of the moral qualities that can be developed in our athletic activities are greatly minimized by previously analysed mathematical plays through lack of initiative, resourcefulness, generalship, etc., which occurs when a team is directed from off the field.

14. I believe that once the players take the field, they should play the game as they know it, that they should exercise their utmost skill to win, that they should play their hardest and their fairest and that, if defeated, they should come off the field proud of the effort that they have made, and
conscious of the fact that they have done their best, and that they and others will feel that they are a credit to the institution they represent.\textsuperscript{13}

The Athletics' Office, under the direction of Major Forbes, was established in Molson Hall early in 1923. Molson Hall had, in 1920, been set up as a men's gymnasium where the Physical Education offices were also located. Later in the year, the Athletics' Offices were moved to the Students' Union building.\textsuperscript{14} This move was probably the result of Students' Council pressure to have athletics more directly under the control of the Council. The separation of the offices, Physical Education and Athletics, was symptomatic of compromise on the part of McGill, in which, increasingly, the Athletics Board acted as an independent unit.

In spite of the dual control, things went fairly smoothly under the chairmanship of Principal Currie. Following his death in 1933, the Board became more and more independent. The financial affairs originally handled by the Bursar's office were transferred to the Board, and the university disclaimed any responsibility for financial losses.\textsuperscript{15}

\begin{flushright}
\textsuperscript{13}Arthur S. Lamb, "Memo Concerning the Coaching of University Teams" (mimeographed), March 14, 1922.
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\textsuperscript{14}Minutes of the Athletics Board, October 24, 1923.
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\textsuperscript{15}Minutes of Committee on Physical Education, February 13, 1936.
\end{flushright}
The Standing Committee on Physical Education did not hold regular meetings after 1928 because the membership of the Athletics Board was almost the same as that of the Committee. Also, all matters excepting athletics were being handled adequately by the established subcommittees of the Standing Committee.16

In 1935, when Corporation was replaced by the Senate, a Senate Committee on Physical Education was established. This committee appointed four subcommittees one of which became the Athletics Board. The new Athletics Board had the same responsibilities as the former. Its membership was as follows:

(a) The Chairman, appointed by the Senate.

(b) Two faculty members appointed by the Committee on Physical Education, and approved by the Senate.

(c) The Director of the Department of Physical Education.

(d) Three Student members appointed by the Students' Society.

(e) Three Graduate members appointed by the Graduates' Society.

(f) The Athletics Manager, who shall be Secretary, and Executive Officer of the Board.17

16Minutes of Committee on Physical Education, February 19, 1936.

17Minutes of Senate, May 27, 1935.
On December 19, 1929, the Athletics Board appointed an Executive Council, composed of three student members, one graduate, Dr. Lamb, and the Athletics Manager, to handle the executive detail involved in carrying out the policy of the Board. A Students' Athletic Council was established in 1936 composed of ten students with the Athletics Manager as Secretary. Dr. Lamb was not a member of this committee, which was given "full powers of administration and control over all university Athletics for men" subject to the final decision of the Athletics Board.

The creation of the Students' Athletic Council was, to Dr. Lamb, the final step in which the university relinquished its administrative supervision over the athletic programme, a programme for which he was responsible. However, the students having paid the piper called the tune.

Whenever Athletics has been under the "control" of students or graduates, there have been friction and conflict between it and the Department of Physical Education. The Department must view athletics from the standpoint of the general educational policy of the university. It must think of them as an agency for the protection and promotion of bodily, mental, moral and sound health, which will ultimately affect not only the body of the student, but the whole student body. It must be aware of the ethical as well as the technical aspects of sport. In all these things, it must have a co-ordin-

18 Minutes of Senate, March 13, 1936.
ated and continuing policy. It is hardly to be expected that this will be the point of view of the student-graduate group. Differences of opinion are bound to occur, and when the Department has to enforce the university policy, the "controlling group" labels it "obstruction". 19

The years 1938 and 1939 were particularly difficult for Dr. Lamb. Difficulties arose in the administration of the required medical examination of athletes. McGill won the intercollegiate football championship in 1938 and, almost immediately, pressure was brought to bear to have the payment of bonuses to the coaches. The thought of pay for results was unthinkable to Dr. Lamb. This, he felt, was one of the great curses of athletics in the United States, and he argued successfully against its adoption at McGill. 20

The advent of World War II saw a new Principal appointed to McGill, Dr. Cyril F. James, who assumed his duties on January 1, 1940. Dr. Lamb did not hesitate to make his views on Athletics known to the new Principal, and they were sympathetically received. He was requested by Principal James to submit his recommendations for the reorganization of the Physical Education Department. Seizing the opportunity to try once again to present a plan of organization for a total

19Arthur S. Lamb, "Recommendations for the Reorganization of Physical Education and Athletics" (mimeographed), March 1, 1940, p. 3.

20Ibid., pp. 21-23.
physical education programme, Dr. Lamb, accordingly, presented to Principal James a detailed statement on the reorganization of physical education and athletics at McGill. This was on March 1, 1940. 21

Using the proposals submitted to him by Dr. Lamb, the Principal then prepared a statement of policy and organization for the Physical Education Department which would correct the apparent shortcomings.

As a result of innovations and changes during the past twenty years, we now have an uncertain chain of responsibility which is utterly inadequate. All the available evidence indicates that (a) the forbidding rigors of the athletic machine may best be avoided (b) general participation in sports may best be developed (c) effective health service may be conducted, and (d) efficient instruction in physical education may best be given by a department organized to conduct its own programme and manage its own affairs as other departments. 22

The James Plan was submitted to the Physical Education Committee which, having approved it, recommended it to the Senate. This latter body approved the plan, and it was put into effect on June 1, 1940.

The essential features of the James Plan were that the total programme of physical education was to be completely

21 Ibid., pp. 38-41.

22 Cyril F. James, "Proposals for the Reorganization of Physical Education and Athletics at McGill University" (mimeographed), June 1, 1940.
integrated into the Department of Physical Education; the exist­ing committees on Student Health, Physical Instruction, and the School of Physical Education were abolished; the Athletics Board was to act in a purely advisory capacity and, finally, the total budget was to be integrated, with special provision being made to credit gate receipts to athletics.

The implications of this plan were many. Control and supervision of the athletic programme rested with the Director of Physical Education. The student athletic fee was integrated into the general university fee, and was no longer imposed by the student body. The Athletics Board no longer had executive powers, but rather was to function in an advisory capacity.23

Dr. Lamb felt that one of the "hot spots" in the reorganization would be to convince the Students' Society and the Graduates' Society that the Athletics Board was advisory only. Because of the war and the suspension of intercollegiate athletics, no immediate objections were voiced by either the Students' Society or the Graduates' Society. But this all changed in 1945 with the resumption of intercollegiate competition. Immediate objections in 1940 were raised, however,

23Ibid., pp. 6-23.
by the women members of the staff and the women students.\textsuperscript{24}

The James Plan was to apply to all the activities within the Department of Physical Education, including the women's programme. The women's objections to the James Plan were that it was drawn up for men not women; the McGill Women Students' Athletic Association was organized and administered on a different basis than the men's association and, as a consequence, the memo did not apply; there were fears that the athletic fees would not necessarily be used for athletics; the faculty adviser had the power of veto over student decisions; and finally, the women objected strenuously that they were not consulted when the plans for reorganization were discussed.\textsuperscript{25}

Dr. Lamb's unwillingness to consult the women members of his staff is somewhat curious. In the organization of the Standing Committee on Physical Education in 1920, he did not include any women in its membership, and resisted the appointment of the Warden of the Royal Victoria College to the Committee in 1921.\textsuperscript{26} In 1922, he appointed an additional woman to the staff of the School of Physical Education without

\textsuperscript{24}Memorandum of Conference between Women's Physical Education Staff and Dr. A. S. Lamb (typewritten), May 10, 1940.

\textsuperscript{25}\textit{Ibid.}

\textsuperscript{26}Minutes of Executive Committee of the School of Physical Education, January 13, 1920.
prior consultation with the Warden of the Royal Victoria College, where the School was housed, or with Miss Ethel Cartwright who, as Director of Physical Education for Women since 1907, had been the driving force behind the School since its inception in 1912. The Warden complained to Sir Arthur Currie that she should have been consulted. The Principal agreed, suggesting to Dr. Lamb that, in future, he should consult his women colleagues on such matters. Then, in 1940, his recommendations on the James Plan were made without consultation with the women members of his staff. Again this attitude was unusual, because it was the women's programme in required physical education, athletics, and in teacher education that mirrored Dr. Lamb's views on what a good programme should be. However, the James Plan became effective on June 1, 1940, and remained in effect until 1946.

During the academic year 1945-46, there were many criticisms of the athletic organization at McGill centring especially on the James Plan. The Students' Athletic Council and the McGill Women Students' Athletic Association submitted critical reports on it in May of 1946. Just prior to this, the Senate abolished its committee on Physical Education and,

27Correspondence between Sir Arthur Currie and Dr. A. S. Lamb, May, 1921.

28Memorandum of Conference between Women's Physical Education Staff and Dr. A. S. Lamb (typewritten), May 10, 1940.
in its stead, established a Committee on Student Health and Physical Education. The Athletics Board was separated from this committee but its function was left in a questionable position, pending a report of a special Senate committee appointed to investigate Student Athletics.²⁹

This report was received and approved by Senate on January 19, 1947. It reported that there existed in the university considerable confusion concerning athletics and physical education. In the minds of the students there was a definite distinction between the two and, because of this, they felt they deserved more authority, since athletics was a student activity. Fears were expressed that the university was concentrating on the development of the School of Physical Education to the detriment of athletics. It recommended that the name of the Department be changed to the Department of Athletics, Physical Education and Recreation, and that the Athletics Board be given policy making powers. The Director of the Department would be responsible for the administration of the decisions of the Board. The School of Physical Education, with its own Director, was to be clearly separated from the organization of the Department. A separate Women's

²⁹Minutes of the Athletics Board, May 21, 1946.
Athletic Board was established, giving the women more autonomy in the policy of women's Athletics.\textsuperscript{30}

This reorganization of the Department was done without the counsel and advice of Dr. Lamb, who was forced to seek a year's leave of absence at the end of 1946–47 academic year, and to retire in June, 1949. The Senate Committee was very sympathetic to his views, but he was too ill at the time to appear before it.\textsuperscript{31}

Except for the period between 1923 and 1933, Dr. Lamb was never successful in seeing at McGill an intercollegiate athletic programme supervised and administered in the way he wanted. He saw in athletics an educational value of prime importance. He was an advocate of amateurism, and has been credited with keeping Canadian intercollegiate athletics amateur. Detesting the "what do I get out of it" attitude, he promoted the love of the game and strove for high standards of sportsmanship.

It is not smart to countenance despicable and dirty tactics, nor does it smatter of the pansy to call attention to manly and noble acts of unselfishness, courtesy and chivalry in sport and recreation. Is it not possible, even in the most vigorous sports in which our red-blooded young men take part, to strive toward a national consciousness which is the equivalent of

\textsuperscript{30}Report of Senate Committee on Student Athletics, April 14, 1947.

\textsuperscript{31}Ibid.
"playing cricket"; a national consciousness of fitness, courtesy and sportmanship, based upon our glorious traditions of play, and adapted to our Canadian citizenship?32

But it was for his views on amateurism that Dr. Lamb became known in sporting circles across Canada. Supported by Sir Arthur Currie, himself a devoted amateur, Dr. Lamb led a crusade for the preservation of amateurism, not only in intercollegiate athletics but also in the Amateur Athletic Union of Canada. His contributions to the Amateur Athletic Union of Canada are discussed in Chapter IX. With the Canadian Intercollegiate Athletic Union he served as a member of the Board of Governors continuously from 1919 to 1948 during which time he championed the cause of the spirit of amateurism in intercollegiate sport. Greatly influenced by the report on American College Athletics published by the Carnegie Foundation for the Advancement of Teaching, in 1929, he feared the evils of the commercialization of sport which would exploit the boy, expert in skills, to the detriment of his academic work. He saw in sports the opportunity

for the development of social and moral qualities such as initiative, leadership, honesty, loyalty, fortitude in defeat, modesty in victory, co-operation, courage, courtesy and self-control.33


33Arthur S. Lamb, "The Place of Sport in High School" (mimeographed), June 10, 1927, p. 3.
These qualities, he felt, could not be developed in professional athletics because there the major concern was to play for pay. He felt there should be a firm conviction for the ideals of amateurism and sportsmanship which would promote a sincere interest in participation for participation's sake. He wished to promote in the younger generation a joy of effort, and a love of the game for the game's sake, rather than for some form of external award.\(^{34}\)

He was constantly fighting for a clear definition of amateurism, and detested what he called "shamateurism," in which an athlete was paid "under the table" for his services. He protested in 1932 that "amateur sport is riddled with double-dealing pretense, hypocrisy and deceit," and called for sanity in sport, in which sport received its proper emphasis.\(^{35}\)

In a radio debate in 1939, Dr. Lamb pleaded for an end to the hypocritical practices so rampant in Canadian Amateur Hockey activities. He said in part,

> We must not blind ourselves to the seriousness of the situation, not only for the athlete, but for the patron as well. The man in the street knows that there is

\(^{34}\)Ibid., pp. 1-4.

crookedness and camouflage. There is a regrettable acceptance of smart practices. The press openly and boldly admits that there are violations of the regulations and it is, in many circles, considered smart if one can get away with it. There is a toleration, yes, an encouragement on the part of owners, managers and promoters to have young lads violate their honour for the sake of financial return.36

These thoughts on amateurism were uppermost in Dr. Lamb's mind during the meetings of the Canadian Intercollegiate Athletic Union (C.I.A.U.). Dr. Lamb attended his first meeting of this organization in 1914, when he represented McGill as President of the Students' Athletic Association. Following the war of 1914-1918, he attended C.I.A.U. meetings until his retirement in 1949.

Throughout his association with the C.I.A.U., Dr. Lamb strove for the introduction of regulations which would give some semblance of order to intercollegiate athletics. He was instrumental in the introduction of a one-year residence rule, and in introducing a more accurate form of record keeping. In 1926, he attempted to introduce a "freshmen rule," but with no success. In 1928, he was successful in introducing a four-year participation rule. All these efforts were

36Arthur S. Lamb, "The National Forum," a debate on Hockey and Amateur Sport, broadcast over the National Network of the Canadian Broadcasting Corporation (mimeographed), March 12, 1939.
directed towards keeping athletics within the educational framework of the university.\textsuperscript{37}

Dr. Lamb attended his last meeting of the C.I.A.U. on March 29, 1947, in Montreal. At that meeting it was reported that the Presidents of the universities represented in the C.I.A.U. had met to discuss the problem of amateurism in university sport. They agreed that the following regulation would apply to College athletes.

That no student participating in Intercollegiate Athletics shall receive from the university or any part of it, or the athletic directorate, or graduate society, or any other body under the jurisdiction of the university, any scholarship (other than one regularly awarded by the academic authorities on the basis of academic standing) nor any remuneration in cash or prerequisites.\textsuperscript{38}

Dr. Lamb was forced to take a year's leave of absence during the year 1947-48. The C.I.A.U. at its December meeting of that year passed the following resolution:

That the sincere appreciation of the Board of Governors (of the C.I.A.U.) be recorded and extended to Dr. A. S. Lamb, Major D. S. Forbes, and Mr. J. H. Crocker, on their retirement, for their outstanding services rendered to the C.I.A.U. over many years.\textsuperscript{39}

\textsuperscript{37}Minutes of Canadian Intercollegiate Athletic Union 1920-1930: Annual Reports of Governors, Principal and Fellows, McGill University, 1924-1925, pp. 203-206.

\textsuperscript{38}Minutes Meeting of Board of Governors of Canadian Intercollegiate Athletic Union (C.I.A.U.), March 29, 1947.

\textsuperscript{39}Minutes Meeting of Board of Governors, C.I.A.U., December 5, 1947.
His services to the Athletics Board of McGill were not unappreciated despite his resolute stand on athletics. The following resolution was passed by the Board at its May meeting of 1950.

Whereas Dr. A. S. Lamb, as Professor of Physical Education and as Director of the Department of Athletics and Recreation, has been actively associated with the development of Physical Education at McGill University for many years,

And Whereas he has exerted a steady and powerful influence in the motion (promotion) of healthful participation in all phases of athletics and recreational activities on the part of all students at the university,

And Whereas, in all his personal and professional associations he has shown adherence to the highest principles of amateurism and true sportsmanship,

Therefore, Be It Resolved that his associates on the Athletics Board of McGill University extend to Dr. Lamb, on behalf of the university, their warmest appreciation of his many years of self-less service to the Institution, their hopes for his complete and early recovery from his present illness, and their best wishes for many happy and productive years to come.
CHAPTER VII

THE REQUIRED PROGRAMME OF PHYSICAL EDUCATION AND THE HEALTH SERVICE

The required physical education programme and the health service were very close to Dr. Lamb's heart. He believed both essential to any complete physical education programme. During his years at McGill he was not successful, despite continued effort, in seeing an adequate men's programme in required physical education. The women's programme and the health service were, on the other hand, highly successful and emulated by other Canadian universities.

I. THE REQUIRED PROGRAMME

Participation in physical training activities at McGill University was entirely voluntary on the part of the students until 1916. During the years when James Naismith and R. Tait McKenzie held the position of Physical Director of the university, those students who did not participate in some form of athletics were encouraged to attend gymnasium classes conducted by the Physical Director. The same situation obtained when Arthur Lamb came to McGill in 1912. As Physical Director he conducted classes on three afternoons per week. Students were encouraged rather than required to participate.

During times of national crisis, involving war, the nations of the world have always evinced a keen interest in
the physical fitness of their peoples. If the war was to be won, the people, especially those in military service, must be fit. Such a situation existed in Canada during the World War 1914-1918. University students, being of military service age, were given special attention to prepare them for active service.

The Graduates' Society of McGill, no doubt prompted by the advent of the war, submitted to Corporation on October 21, 1914, a recommendation that some form of compulsory physical training be instituted at McGill. Corporation accordingly appointed a committee to study the implications of the recommendation and to submit a report on its findings.

The investigating committee reported to Corporation in May of 1915 recommending that all students in their first three years of attendance at the university be required to participate in some form of physical training activity for a minimum of two hours per week. It was hoped that most students would participate in the various games sponsored by the Students' Athletic Association to meet the requirement. Those who did not would be required to attend the gymnasium classes. The report was approved by Corporation following extended debate, and the three year requirement became effective in September, 1916.¹

¹Minutes of Corporation, October 1914 - May 1916.
There is no direct evidence to indicate that Dr. Lamb had any influence on the recommendations of the investigating committee. However, it is quite probable that he did. As Physical Director he was undoubtedly consulted. At this time also he was, in 1914-1915, President of the Students' Athletic Association and, in 1915-1916, President of the Students' Society. He was indeed directly responsible for the conduct of the total requirement, for the Students' Athletic Association was at that time responsible for the athletic programme, and as Physical Director he conducted the gymnasium classes. The whole programme ran very smoothly for three years, first under Dr. Lamb's direction and then under the direction of Mr. Arthur Lambert Walsh, who succeeded Dr. Lamb when he enlisted for active service in 1917.2

Encouraged by the success of the required physical education programme, the Physical Education Committee appointed in 1916 to oversee the programme, recommended to Corporation in April, 1919, that physical education be placed on an equal footing with other subjects in the curriculum, and that academic credit be given for it. At the same time, it was recommended that the three year requirement be continued. Strenuous objections were raised by the Faculty

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of Arts to the first proposal. The idea of granting academic credit for physical education was inconceivable. So strenuous were the objections, that the recommendation found little support and was dropped.\(^3\) The second proposal was approved, and the three year requirement remained in effect, on paper at least, until 1944.

Returning from the war in 1919, Dr. Lamb was re-appointed Physical Director, charged with the responsibility of submitting recommendations to the Athletics Committee of Corporation for the organization of the Department of Physical Education. He recommended, among other things, that the required programme be the direct responsibility of the new Department. Following some debate, his recommendations were approved by Corporation in June of 1919.\(^4\)

Facilities for physical education were very limited. The women had the use of a small gymnasium in the Royal Victoria College, but the men had to find accommodation in nearby schools and private associations, such as the Y.M.C.A. and the Montreal Amateur Athletic Association. Dr. Lamb was successful in having a temporary gymnasium for men built in Molson Hall, where the physical education offices were to be located. However, this new facility proved to be inadequate

\(^3\)Minutes of Corporation, April 9, 1919.

\(^4\)Minutes of Corporation, June 21, 1919.
to meet the needs of the students. With no other facilities available, the physical education requirement for men was restricted in 1920 to one hour per week, for freshmen only.\(^5\)

The women's programme continued to meet the three year requirement.

Hampered though he was by the lack of facilities, Dr. Lamb knew in his own mind what he wanted in his physical education programme.

It is no longer necessary to be called upon to explain the many advantages that accrue from the scientific application of physical exercise in the life of the undergraduate body. The day of haphazard, hit or miss policy of exercise has gone, and is replaced by an application of the psychological and physiological principles involved in all the various phases of exercise to the mental, physical and moral welfare of the individual. The effects of the various types of exercises are carefully studied to meet the particular needs of the individual student.\(^6\)

It is unfortunate that during the greater part of Dr. Lamb's career at McGill, he did not see his concept of a total physical education programme fulfilled because of the lack of adequate facilities. Making the best of the situation, he proceeded to press for regulations that would make the requirement, such as it was, effective. Since no academic

\(^5\)Report of A. S. Lamb to Corporation on Organization of Department of Physical Education (mimeographed), April 14, 1920.

\(^6\)Ibid.
credit was given for physical education, Corporation ruled in 1922 that

students who are delinquent in attendance shall be allowed to make up their deficiency during the present term in so far as the facilities of the Department of Physical Education permit. If not made up by the end of the session, they shall be required to take the supplemental course during the month of September. In the event of failure to meet these requirements, they shall not be permitted to register for the succeeding session in the next higher year of the course.7

This regulation was enforced to the extent that in the fall of 1922 several students were required to take the supplemental course in September prior to the opening of the fall term. No student was ever denied permission to register for a succeeding year because of failure to comply with the regulation. In 1926, the gymnasium in Molson Hall was converted to classrooms and, with the loss of this facility, the requirement for men was cancelled. Hoping that a new men's gymnasium would soon be built, a statement was inserted in the university calendar each year stating that the physical education requirement for men was cancelled for the current year, leaving the impression that it might be in effect the

7Minutes of Standing Committee on Physical Education, February 13, 1922.
next year. Except for the women's programme, it never was, during Dr. Lamb's career at McGill. The only opportunities for participation in physical activities for men were in the intramural programme where, as a rule, instruction in basic sporting techniques was not given.

Dr. Lamb persisted in bringing to the attention of the university authorities the importance of a physical education programme for all students. In 1931, Principal Currie asked each department within the university to make a survey of its own needs and its plans for the future. This afforded Dr. Lamb an additional opportunity to promote his concept of physical education. In his arguments for a required programme he had this to say:

The young men and women who go out from our schools and colleges year by year, carry with them habits, attitudes and powers of judgment that have been moulded and developed by their experience as undergraduates. They are, or become, a part of the best informed proportion of society, and progress in a large measure depends thereon; the recognition and approval of the standards and practices of the future are in their hands. Is it not our duty to see, that in addition to the relation the graduates bear to their special or professional spheres of life, that they bear the right relationship, or have the right ideas and ideals of health in its broadest aspect, physical, mental and social, and thus become more powerful factors in living to the fullest as desirable citizens?

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8Calendar of Faculty of Arts, McGill University, 1935-1936, p. 86.

9Report of Survey Committee, Department of Physical Education (mimeographed), May 8, 1931, p. 2.
It was the women's programme that in practice mirrored Dr. Lamb's views on required physical education. Having the minimum in facilities, the women students enjoyed the benefits of a complete physical education programme. The women staff were devoted and enthusiastic in their work and probably were not given as much credit for their successes as they should have been.

Not only was the requirement enforced, but the staff also introduced the latest techniques of teaching, using performance tests to evaluate progress. Written examinations to supplement the practical tests were given, with a final grade being assigned to each student.10

The policies established for the women's required physical education programme were as follows:

1. To set up an approved programme and allow students free selection within the limits of their health.

2. To give individual and personal advice for selection to students entering Year 1. Thereafter selection rests with the student.

3. To allow Third Year students to split their requirement taking one hour per week in the last two years, keeping an active interest over a longer period.

4. In classes with limited enrollment, to give first choice to upper classmen.

10Report of Corporation McGill University, 1930-1931, pp. 204-212.
5. All classes start the second week of October, and are held outdoors whenever weather permits.

6. In January and February, skiing, skating and ice hockey may be substituted for indoor classes.

7. Grades are given in all classes similar to those in other subjects. A theoretical or practical examination is given at the end of every course.

8. After health examinations, small groups are selected for correction of postural defects.

9. Hygiene: Health Knowledge test given in October. Lectures carried out once per week, attendance voluntary. Second exam. given in March. Passing of second examination is a requirement within the Department.

10. Three unexcused absences are permitted each year.

By 1936, active consideration was being given to the building of the new men's gymnasium, the Sir Arthur Currie Memorial Gymnasium-Armoury. Dr. Lamb, active in the planning of this new facility, was looking forward to the day when his men's physical education classes would parallel those of the women's. But the second world war was to prevent this.

The Currie gymnasium was partially completed when the war started in 1939. Physical fitness for men once again became important at McGill, making the completion of the gym-

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Minutes of Subcommittee on Physical Instruction, January 21, 1936, p. 2.
nassium essential to the war effort. Construction on the building went on twenty-four hours a day until it was finished. Military training for all male students was made compulsory. Included in the training was a physical fitness and physical training programme. Dr. Lamb was made responsible for the organization and administration of the physical training aspects of the military programme.\textsuperscript{12} The old regulation of two hours per week for students in their first three years still applied to the women. This dual programme continued until the end of the war, when the military training for male students was cancelled.

In the spring of 1944, discussions were initiated by Dr. Lamb with the Senate Committee on Physical Education, with a view to the introduction of a physical education requirement for all first year students except the returning war veterans. It is apparent that there was considerable confusion as to the legality of the three year requirement, and the principle of a requirement was hotly debated. There was considerable support and sympathy for a voluntary participation programme, and little for the principle of compulsion.

\textsuperscript{12}Annual Report of McGill University, 1940-1941, p. 98.
In contending that participation should be required and not voluntary, Dr. Lamb had this to say:

No exception can be taken to the contention that ideally, the results would be far better if students would participate voluntarily, but the very fact that they will not do it, is the reason for recommending a requirement. So many students come to the university with no knowledge or experience in how to play and what to play, is it little wonder that they are hesitant about displaying their deficiencies before others. The natural dislike of any requirement is well recognized, and every effort would be made to make the required programme as interesting and attractive as possible. Naturally, there will be difficulties in administering such a programme, but if it can be done successfully elsewhere, it can be done here.13

The spirit of the times, influenced by the many restrictions and requirements of war, was against compulsion. Dr. Lamb lost the argument and McGill, for the first time since 1916, was without a required programme in physical education.14 Dr. Lamb retired from the university in 1949. One year later the Senate passed the following resolution:

The Senate therefore decided that, commencing in the autumn of 1951, all first year students who are physically fit will be required to participate in a programme of physical education designed to acquaint them with the facilities in the university and to develop their personal skills, so that they

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13 Minutes of Senate Committee on Physical Education, June 5, 1944.

14 Minutes of Senate, June 9, 1944.
may in later years find greater health and pleasure in athletic recreation.\textsuperscript{15}

This was a requirement without academic credit. The programme, requiring attendance for two hours per week, offered basic instruction in a wide variety of activities.

As Professor Emeritus of Physical Education, Dr. Lamb must have received great satisfaction on seeing this regulation passed. It is regrettable that he was no longer on the staff when the regulation was approved. Throughout his career the total physical education programme, especially the required programme, suffered because of a lack of facilities.

In 1912, when Dr. Lamb came to McGill, its 1960 students had reasonable facilities for physical education activities. The women students had a gymnasium in the Royal Victoria College, and the men students had one on Burnside Street close by the campus. Several tennis courts were located in what is presently known as the "Hollow," opposite the Royal Victoria College. A football field on the lower campus was used for a variety of activities in the fall and spring. Local ice rinks were used during the winter.

Great plans were being made at this time for the development of an area of twenty-five acres to the northeast of the campus, given to the university by Sir William McDonald

\textsuperscript{15}Annual Report of McGill University, 1950-1951, p. 11.
"for a playground for McGill students, the grown up children of all Canada." 16 This property, known as McDonald Park, was intended to be, and indeed became, the athletic centre of the university.

In 1914, because of the influence and hard work of Percy Molson, a football stadium was begun in McDonald Park. Killed in the war, young Molson, in his will, left money for the completion of the stadium which, called the Molson Stadium, was formally opened on October 20, 1920. 17 Many additions have been made to the Stadium since 1920, making it one of the larger football arenas in Canada.

The opening of McDonald Park immediately renewed interest in the building of a men's gymnasium. Principal Peterson promised the student body in 1913 that "the first building to be put up will be the Gymnasium, but I cannot say definitely whether it will be started this spring or not." 18 It was intended that the new gymnasium would be built in McDonald Park in association with the stadium, a rink, a drill hall, and a swimming pool. Architectural plans for a gymnasium-


17 Ibid.

18 The McGill Daily, March 17, 1913.
drill hall were completed, but construction was postponed until the end of the war. There is no evidence of Dr. Lamb's participation in the planning of these facilities. Whether he was consulted or not is a matter of speculation. However, when he assumed the position of Director of Physical Education in 1919 he had a definite role to play in the building of the new gymnasium.

The temporary gymnasium in Molson Hall was opened in 1920 and continued in use until 1926, when it was converted into classroom space for the Faculty of Arts. Use was made of gymasia in nearby schools and private clubs. At one point some thirteen different gymasia were being used by the Department to conduct its programme.\(^{19}\)

Supported by Principal Currie, Dr. Lamb pressed for a new gymnasium and, in 1922, was given permission to proceed with the planning by the Board of Governors. Because McDonald Park was some distance from the main campus, Dr. Lamb did not wish to have the gymnasium built there. Two reasons prompted him to take this view. The first was that the facilities should be readily available to the students to give them sufficient time for participation in the required physical education classes. This he felt was essential to the

\(^{19}\)Annual Report of Governors, Principal and Fellows, McGill University, 1922-1923, p. 173.
success of the required programme. The walk from the main campus, approximately one-quarter of a mile, to McDonald Park might, he thought, dampen interest in the programme. His second reason for having the gymnasium located on the lower campus was that the School of Physical Education was in desperate need of additional facilities close to the Royal Victoria College.20

Dr. Lamb convinced the Board of Governors that the new gymnasium should be built on the lower campus, and plans were made accordingly. This brought great criticism from the student body and the Graduates' Society, who wanted it located in McDonald Park. Resolutions by both the Students' Society and the Graduates' Society were passed, protesting the decision of the Board. The controversy raged in both university publications and the Montreal press for some years. Construction was delayed to provide time for further study.21

In the meantime, the Graduates' Society, committed to the development of McDonald Park, was active in soliciting support for its cause. More formal resolutions were passed and, by 1927, the Board of Governors, aware of the great opposition to the building of the gymnasium on the lower campus,


21The McGill Daily, October, November, 1922.
informed the Graduates' Society that "before a Gymnasium is proceeded with, that the site on which it is to be erected will again receive their careful consideration."\(^2\)

At this time Dr. Lamb and Dr. R. Tait McKenzie corresponded with reference to the proposed site. Dr. McKenzie had obviously been consulted by either the Board of Governors or the Graduates' Society for advice on the problem. He favoured the McDonald Park site and tried, to no avail, to bring Dr. Lamb to his view. Dr. Lamb was unconvinced, but was realistic enough to see that his case was lost.\(^2\)

By 1932, it was obvious to Dr. Lamb that if the gymnasium was to be built, it would have to go in McDonald Park. Accordingly, he supported the Graduates' Society, whose executive, by this time, had become keenly interested in the project. To stimulate interest among the graduates, the Society sponsored a world-wide architectural competition, limited to McGill graduates, for the best design of a building with complete facilities for physical education. The competition was won by Mr. A. J. C. Paine, a Montreal architect.\(^2\)

\(^2\)Letter from A. P. S. Glassco, Secretary of McGill University to W. D. McLellan, Executive Secretary of the Graduates' Society, January, 1927.

\(^2\)Correspondence between Dr. R. T. McKenzie and Dr. A. S. Lamb, April-May, 1929.

Construction of the new building, the Sir Arthur Currie Memorial Gymnasium-Armoury, using somewhat revised plans, was begun in 1939 and formally opened the following year. Throughout the planning and construction of the building, Dr. Lamb worked as a member of the Graduates' Society Gymnasium Committee and with the architect. Of Dr. Lamb's role in all this the architect had this to say:

Dr. Lamb, as head of the Dept. of Athletics was a level-headed, practical adviser who, along with members of his staff Van Wagner and Finlay kept insisting on practical solutions to keep within the bounds of the money available. I always found Dr. Lamb easy to work with, quietly determined to do the right thing.25

In 1946, a swimming pool, built as a memorial to those McGill graduates who were killed in the war, was added to the building. Except for an ice arena, to be completed some years later, McDonald Park now offered excellent physical education facilities for the men of McGill.

Meanwhile, the women's facilities in the Royal Victoria College were in dire need of expansion. In 1930, plans for the extension of the existing facilities were made, but for some reason, probably the depression, these plans were dropped. Finally, in 1945, a gymnasium and a swimming pool were added.26

Throughout Dr. Lamb's career at McGill facilities were always a problem. The university, it seems was prepared to establish the policy that a required physical education programme was desirable and, indeed, legislated that this be so. However, it did not see fit to provide the necessary facilities for the implementation of its own policy. Had university politics not interfered in the construction of the gymnasium in 1922, physical education at McGill, and at Canadian universities generally, would undoubtedly have achieved a status far superior to that which it has today.

II. THE HEALTH SERVICE

Dr. R. Tait McKenzie is credited with introducing the first medical examination for all freshmen students at any Canadian university. McKenzie, a graduate of the McGill Medical School in 1892, succeeded James Naismith as Physical Director of the university in 1891. During the summer of 1894 Dr. Dudley Sargent, Director of Physical Education at Harvard University, invited McKenzie to teach anatomy at the Harvard Summer School. Influenced by Sargent, he decided to recommend to Corporation of McGill that a physical and medical examination be given each incoming student.27

Despite protests the plan was approved and in 1894

the first medical examination for students was introduced to
Canadian universities. Using the medical examination for
educational and remedial purposes, McKenzie hoped that it
would bring to light diseases and defects in students needing
medical attention, and that it might be used as a basis for
advice to students as to the amount and degree of exercise
they needed. Since physical education was entirely volun-
tary at McGill, there was little opportunity to force students
to take any form of exercise to correct any defect. However,
the medical examination continued, despite apparent difficul-
ties. Dr. McKenzie resigned his position in 1904 and was
succeeded by Dr. F. W. Harvey, who held the position of Uni-
versity Medical Officer until his retirement in 1938. Dr.
Harvey brought Arthur Lamb to McGill in 1912, and in 1920 the
two men worked together to inaugurate the first health service
for students in any Canadian university.

Basic to any physical education programme was, to Dr.
Lamb's view, the medical examination. Here defects and dis-
eases were discovered, but the health education programme did
not stop there. Having discovered the defect, Dr. Lamb felt
it was essential that something should be done about it.
Remedial exercises should be prescribed for the defects, and
corrective measures should be taken to treat diseases. It

28 Ibid.
was useless to discover the defect or disease and then do nothing about it. To supplement the medical examination, Dr. Lamb sought and obtained approval to institute a health service at McGill beginning with the academic year 1920-1921.29

The essential features of the service provided a medical examination for all students in their first two years of attendance; a daily clinic for men, twice weekly for women; home visitation service by the University Medical Officer for those students unable to attend the clinic; vaccination and inoculation service; referral service for those needing specialized treatment; and, finally, the service provided hospitalization for a period of not more than seven days for any one illness. To meet the cost of this, the university included a $2.00 Health Service fee in the general university fees for undergraduates.30 Dr. Harvey was charged with the responsibility for this programme. He was, in effect, a member of Dr. Lamb's staff in the Department of Physical Education. The very opposite relationship existed in 1912 when Dr. Lamb was responsible to Dr. Harvey.

Prior to 1920, both Dr. Harvey and Dr. McKenzie had experienced considerable difficulty in arranging suitable times for the medical examinations. The students never

29Annual Report of Governors, Principal and Fellows, McGill University 1920-1921, pp. 115-120.

30Letter from Dr. A. S. Lamb to University Secretary A. P. S. Glassco (undated) 1922.
seemed to be free when the doctors were. Then there was difficulty in locating and contacting students. In presenting his plan for the organization of the Department of Physical Education in 1919, Dr. Lamb was successful in having the various faculties agree to set aside specific days at the beginning of the fall term for medical examinations. The administrative offices of each faculty agreed to act as liaison between the University Health Officer and the students.\textsuperscript{31}

Receiving every co-operation from the various faculties the Health Service programme continued to expand. In 1931, through the co-operation of the Royal Victoria Hospital, urinalysis was added to the medical examination for the detection of diabetes.\textsuperscript{32} Dr. Lamb was very interested in the detection of this disease for in 1927 it was discovered that his son, Bennettts, was a diabetic.\textsuperscript{33}

Late in 1931 a student, who had been medically examined by the University Medical Officer, was admitted to the hospital with active pulmonary tuberculosis. The Principal was very disturbed that the medical examination had not detected this disease and, accordingly, inquired of Dr. Lamb why it had not been. Dr. Lamb's reply was to the effect that the

\textsuperscript{31}\textit{Review of the Health Service. Minutes of Subcommittee on Student Health, December 16, 1935.}

\textsuperscript{32}\textit{Annual Report of Corporation, 1931-1932, pp. 163-165.}

\textsuperscript{33}\textit{Conversation with Mrs. A. S. Lamb, June, 1963.}
only positive means of detecting this disease was by the use of X-ray. He suggested that the technique be used on a group of 500 students to discover its effectiveness as a mass survey process. He estimated that the survey would cost $350.00. The Principal agreed, and the X-ray became a permanent part of the medical examination at McGill in 1933. This was the first time that such a mass survey examination was used in Canadian universities.

Dr. Lamb, ever anxious to provide the best possible health service for McGill students, suggested in 1937 that additional staff was necessary to provide greater service. He wanted a more adequate follow-up service, a better health instruction programme, an extension of the mental hygiene service, and some provision for the medical examination of the faculty and staff. No action was taken on these suggestions.

Very few changes were made in the health service from 1939 to 1945, when it was decided to transfer it from the Department of Physical Education to the Department of Health.

34 Correspondence between Sir Arthur Currie and Dr. A. S. Lamb, November 1931-October 1932.

35 Minutes of Subcommittee on Student Health, December 16, 1935.

36 Minutes of Subcommittee on Student Health, April 14, 1937.
and Social Medicine. This action was contemplated some years previously, but had been postponed. There is no evidence of any reaction on Dr. Lamb's part to this move. He was at this time in poor health and felt, possibly, that since the health service was doing an excellent piece of work, and had the support of both faculty and students, it no longer needed his supervision. Whatever his feelings, he had the satisfaction of knowing that he had in the past twenty-five years developed the service to one of the finest in Canada, one which other Canadian universities could and did emulate.

37Annual Report of McGill University, 1945-1946, p. 27.
When Arthur Lamb came to McGill in the fall of 1912, as Physical Director, the School of Physical Education had been established for two months, the first session having been held during the previous summer. The course was so successful that it was decided to offer a part time, or extension, course during the regular academic year. The full diploma course would be offered over three academic years, with instruction being given for two hours on two afternoons per week. The details of this programme are outlined in Chart II on page 104. From its beginning the School was a success, even though its connections with the university were somewhat nebulous.

The idea of starting the School began with the Teacher Training Committee of the university. This Committee, like most university committees at that time, acted rather independently of Corporation, and reported to it for information rather than for approval of its actions. One member of the Teacher Training Committee, Mr. G. A. Dale, Professor of Education, was most influential in the organization of the School, and became Chairman of the Executive Committee which was established to govern the School's affairs. Two members of this Committee were Miss Ethel Mary Cartwright and Dr. F. W. Harvey. Miss Cartwright was undoubtedly the driving force.
SCHOOL OF PHYSICAL EDUCATION
McGill University

Subjects of Diploma Course 1912 - 1916

First Year
Anatomy
Physiology and Histology
Hygiene
First Aid
Theory of Movement

Second Year
Applied Anatomy
Physiology
Public Hygiene
Anthropometry
Theory of Movement
Psychology of Play
Playground Equipment

Third Year
Applied Anatomy
Physiology of Exercise
Physical Diagnosis
Theory of Movement
Remedial Gymnastics
Educational Gymnastics
History of Physical Education
Heredity and Evolution

Educational Gymnastics
Folk Dancing
Games and Athletics
Class Management and Teaching

Lectures and practical work were held on Wednesday and Friday afternoons from 4.00-6.00 P.M.

Announcement of the School of Physical Education, McGill University Session 1915-1916, pp. 6-8.
behind the School in its early years. She did most of the work and was largely responsible for its success. Dr. Harvey, the Medical Director of Physical Training, was also active in the administration of the School. The courses of instruction were open to both men and women but for many years women only enrolled in the School.

In 1916, the Executive Committee decided that the three year course, taught on a part-time basis, was not as successful as it might be, and that instead, a one-year programme of full-time study would be offered. This was done and proved to be successful. Up to this time the gymnasium in the Royal Victoria College had been used but, with the full-time course, additional facilities were needed. These were found in the nearby Montreal Amateur Athletic Association building and were excellent for the purpose.¹

The teaching staff for the School was drawn from the existing university faculty. No provision was made, however, by the university for a readjustment of regular teaching assignments, for teaching duty at the School was considered extra, and not a part of a normal teaching load. Honorariums were paid to instructors from students' fees which were collected and administered by the Executive Committee without recourse to the university administration. When it was found

¹Minutes of the Executive Committee of McGill School of Physical Education 1912-1916.
necessary to hire a full-time instructor for the practical classes, it was done by the Executive Committee. The instructor's salary was paid by the Committee and not by the university proper. This rather curious administrative arrangement was to persist for many years, causing some doubts as to the place of the School in the university.

In 1918, the Executive Committee considered the feasibility of extending the one-year course to two years, and decided to do so beginning with the academic year 1919-1920. The two year curriculum is outlined in Chart IV on page 108. However, as the School was experiencing financial difficulties and had to find other means of support in addition to the fees, the Executive Committee made representations to the university for financial assistance. At this time, Corporation and the Board of Governors were considering the establishment of a Department of Physical Education which would be responsible for athletics, physical training, and the health service and which, it was now decided, would also be responsible for the School.

The Executive Committee of the School was advised on January 14, 1920, that "the School of Physical Education has, at its own request, been taken over by the university, and has

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2Ibid.
3Minutes of Corporation, January 14, 1920.
### Chart III

**School of Physical Education**  
McGill University

Subjects required for the Diploma Course 1916 to 1919

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anatomy, general and applied</td>
<td>Educational Gymnastics</td>
</tr>
<tr>
<td>Physiology</td>
<td>Games</td>
</tr>
<tr>
<td>Physiology of Exercise</td>
<td>Dancing and Folk Dancing</td>
</tr>
<tr>
<td>Hygiene (personal, school and public)</td>
<td>Class Management and Teaching</td>
</tr>
<tr>
<td>Theory of Movement</td>
<td>Remedial Gymnastics</td>
</tr>
<tr>
<td>Anthropometry</td>
<td>History of Physical Education</td>
</tr>
<tr>
<td>Physical Diagnosis</td>
<td>Educational Psychology</td>
</tr>
<tr>
<td>First Aid</td>
<td>Psychology of Play</td>
</tr>
<tr>
<td>Heredity and Evolution</td>
<td>Playground Equipment and Management</td>
</tr>
</tbody>
</table>

Session lasts from second week in October until the end of May.

---

Announcement of the School of Physical Education McGill University Session 1916-1917, P. 8.
<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiology</td>
<td>1 hour</td>
<td>Kinesiology &amp; Applied Anatomy</td>
<td>1/2 hr.</td>
</tr>
<tr>
<td>Chemistry</td>
<td>1 &quot;</td>
<td>Psychology</td>
<td>1 &quot;</td>
</tr>
<tr>
<td>General Anatomy &amp; Physiology</td>
<td>3 &quot;</td>
<td>Physiology of Exercise</td>
<td>1 &quot;</td>
</tr>
<tr>
<td>Osteology &amp; Myology</td>
<td>1 &quot;</td>
<td>Physical Diagnosis</td>
<td>1/2 &quot;</td>
</tr>
<tr>
<td>Voice Development</td>
<td>1/2 &quot;</td>
<td>Remedial Gymnastics</td>
<td>1 &quot;</td>
</tr>
<tr>
<td>Class Management</td>
<td>1 &quot;</td>
<td>Anthropometry</td>
<td>1/2 &quot;</td>
</tr>
<tr>
<td>First Aid</td>
<td>1/2 &quot;</td>
<td>Preventive Medicine</td>
<td>2 &quot;</td>
</tr>
<tr>
<td>Playground Problems</td>
<td>1 &quot;</td>
<td>Theory of Physical Education</td>
<td>1 &quot;</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>5 &quot;</td>
<td>Class Management &amp; Teaching</td>
<td>1 &quot;</td>
</tr>
<tr>
<td>Games &amp; Athletics</td>
<td>4 &quot;</td>
<td>Organization &amp; Administration</td>
<td>1 &quot;</td>
</tr>
<tr>
<td>Dancing</td>
<td>2 &quot;</td>
<td>Child Welfare</td>
<td>1 &quot;</td>
</tr>
<tr>
<td>Aquatics</td>
<td>1 &quot;</td>
<td>History of Physical Education</td>
<td>1/2 &quot;</td>
</tr>
<tr>
<td>Practice Teaching</td>
<td>2 &quot;</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1 hour = one hour per week, or 30 sessions per year.

Announcement School of Physical Education McGill University 1919-1920.
been made a part of the University Department of Physical Education.\(^4\) Dr. Lamb was named Chairman of the Executive Committee, replacing Professor Dale, who was asked to remain on the Committee. This, apparently, he was unwilling to do, as he did not attend subsequent meetings. The Committee continued to function harmoniously under Dr. Lamb's chairmanship.

The enrollment of the School had dropped from twenty in 1916-1917, the first year of the one-year course, to eleven in 1919-20.\(^5\) This was one of the main causes of the financial difficulties in which the School found itself. Steps had to be taken to increase enrollment. The two-year programme of studies was the first step. The second was to provide more adequate living accommodations for those students from outside Montreal. A residence at 3466 University Street was opened by the Executive Committee, providing facilities for twenty women.\(^6\) The Committee continued to operate this residence until 1932, when it was taken over by the Graduate School of Nursing. The enrollment of the School doubled in 1920-21, and by 1923-24 had increased to fifty-four,\(^7\) taxing all facilities to the utmost.

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\(^4\)Letter from University Secretary A. P. S. Glassco to Dr. F. W. Harvey, January 14, 1920.

\(^5\)See Table I, page 110.

\(^6\)Annual Report of the Governors, Principal and Fellows McGill University 1922-1923, pp. 119-123.

\(^7\)See Table I, page 110.
<table>
<thead>
<tr>
<th>YEAR</th>
<th>WOMEN ENROLLED</th>
<th>YEAR</th>
<th>WOMEN ENROLLED</th>
</tr>
</thead>
<tbody>
<tr>
<td>1912 - 1913</td>
<td>16</td>
<td>1932 - 1933</td>
<td>26</td>
</tr>
<tr>
<td>1913 - 1914</td>
<td>22</td>
<td>1933 - 1934</td>
<td>18 (1)</td>
</tr>
<tr>
<td>1914 - 1915</td>
<td>30</td>
<td>1934 - 1935</td>
<td>17 (2)</td>
</tr>
<tr>
<td>1915 - 1916</td>
<td>34</td>
<td>1935 - 1936</td>
<td>21 (3)</td>
</tr>
<tr>
<td>1916 - 1917</td>
<td>20</td>
<td>1936 - 1937</td>
<td>25 (3)</td>
</tr>
<tr>
<td>1917 - 1918</td>
<td>18</td>
<td>1937 - 1938</td>
<td>27 (4)</td>
</tr>
<tr>
<td>1918 - 1919</td>
<td>15</td>
<td>1938 - 1939</td>
<td>22</td>
</tr>
<tr>
<td>1919 - 1920</td>
<td>11</td>
<td>1939 - 1940</td>
<td>15</td>
</tr>
<tr>
<td>1920 - 1921</td>
<td>22</td>
<td>1940 - 1941</td>
<td>19</td>
</tr>
<tr>
<td>1921 - 1922</td>
<td>28</td>
<td>1941 - 1942</td>
<td>21 (1)</td>
</tr>
<tr>
<td>1922 - 1923</td>
<td>42</td>
<td>1942 - 1943</td>
<td>22</td>
</tr>
<tr>
<td>1923 - 1924</td>
<td>54</td>
<td>1943 - 1944</td>
<td>22</td>
</tr>
<tr>
<td>1924 - 1925</td>
<td>50</td>
<td>1944 - 1945</td>
<td>22</td>
</tr>
<tr>
<td>1925 - 1926</td>
<td>50</td>
<td>1945 - 1946</td>
<td>118 (57)</td>
</tr>
<tr>
<td>1926 - 1927</td>
<td>56</td>
<td>1946 - 1947</td>
<td>77 (28)</td>
</tr>
<tr>
<td>1927 - 1928</td>
<td>49</td>
<td>1947 - 1948</td>
<td>172 (93)</td>
</tr>
<tr>
<td>1928 - 1929</td>
<td>46</td>
<td>1948 - 1949</td>
<td>160 (89)</td>
</tr>
<tr>
<td>1929 - 1930</td>
<td>43</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1930 - 1931</td>
<td>43</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1931 - 1932</td>
<td>35</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

BRACKETS indicate number of MEN enrolled.
It is worthy of note that there were no men enrolled in the School until 1933-34, when the first male student registered. The School was designed for women, and it was not until 1945-46 that men registered in any great number. The early efforts of the School were directed towards the training of women, and in this regard Miss Cartwright played a most important role.

Since the university had accepted the financial responsibility for the School, Dr. Lamb was anxious that the university should also give its formal approval to the successful candidates for the Physical Education Diploma. Prior to 1923, the Executive Committee alone approved the awarding of diplomas and conducted its own graduation exercises, quite independently of the regular University Convocation. In 1922, Dr. Lamb requested that Convocation now include the Physical Education Diploma in future graduation exercises, and that Convocation approve the list of successful candidates on the recommendation of the School, as was the practice in any other faculty on the campus. This was agreed to, and the Spring Convocation of 1923 saw the physical education diplomas presented at the regular Convocation exercises. The course

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8 Ibid.
9 Minutes of Corporation, May 25, 1923.
of study in Physical Education for Teachers was finally ac-
cepted as an integral part of university education.

The increased enrollment in the School brought with it other problems. The facilities in the Royal Victoria College were taxed to the very limit, and use had to be made of the gymnasia in nearby schools and private institutions. A temporary gymnasium for men was set up in Molson Hall in 1920, and was used on occasion by the women students. It was sub-
sequently closed in 1926 to make way for classroom space for the Faculty of Arts. Active consideration was given to the building of a new gymnasium close to the Royal Victoria Col-
lege, but, for a variety of reasons, actual construction was not begun.

These problems were specially pressing for Miss Cart-
wright, who was responsible not only for the practical work of the girls in the School, but also for the practical work of all the girls in the first three years of study at the university. Repeated requests from her for additional facil-
ities received little attention. She felt that the girls in the School did not have adequate facilities with which to practice, and this she felt she could no longer tolerate. Early in 1927 she decided to resign her position as Director of Physical Education for Women. She was, however, unhappy that her association with Dr. Lamb would be broken:

My personal relationship with yourself during the past few years has been so
happy and so inspiring that I most sincerely regret we shall no longer work together on common ground.\(^{10}\)

Miss Cartwright's relationships with Dr. Lamb are difficult to evaluate. Her letter of resignation indicates that they did work together in the development of the School. However, it is also obvious that their relationship was not always harmonious. When Dr. Lamb assumed the chairmanship of the Executive Committee of the School replacing Professor Dale he did not always consult with Miss Cartwright on important matters of policy concerning the women's programme. This aspect of Dr. Lamb's character has been discussed on page 72. It does seem apparent, however, that with the passage of time both Dr. Lamb and Miss Cartwright worked out a happy relationship with one another.

Miss Cartwright's contribution to Physical Education in Canada and to McGill University has never been properly evaluated. She pioneered the School from its birth in 1912, and has made a significant contribution to Canadian physical education. She was succeeded at McGill by Miss Jessie Herriott who, in her turn, was most active in the organization of the Canadian Physical Education Association in 1933.

Throughout the 1920s the School was very successful with the enrollment staying around fifty. There was a great

\(^{10}\)Letter from Miss E. M. Cartwright to Dr. A. S. Lamb, February 28, 1927.
demand on the part of schools and colleges across Canada for physical education teachers, and most graduates had several positions offered them.

To conform with professional educational trends in the United States, and to give his students a better grounding in the sciences and the humanities, Dr. Lamb attempted to introduce a four year degree programme in physical education. Three reasons prompted him to take action. First, he felt that students could be educated just as well in Canada as they could be in the United States, where most Canadians in physical education were being educated at that time. Secondly, he thought that a four year programme of studies for a physical education teacher was absolutely essential and, finally, he wished to stop the flow of talent in physical education to the United States, for many Canadians having gone there to attend university, very often remained for the rest of their lives.\(^{11}\)

In 1930, Dr. Lamb made his first attempt to inaugurate the degree programme, and pursued the matter for two more years, until he saw that he had no chance of succeeding. Corporation, at that time, was not at all receptive to the idea of granting a university degree in physical education. However, it did appoint a Committee of Corporation to meet

\(^{11}\)Report of Special Survey Committee on School of Physical Education, 1931 (mimeographed), p. 5.
with the Executive of the School to consider mutual interests. A compromise was agreed upon, in which the two-year diploma course was extended to three years, and a programme of studies leading to a higher diploma in physical education was approved. Thus, Dr. Lamb achieved part of his aim of extending the course of study for his students. Corporation, on the other hand, was successful in keeping out the degree course in physical education.\textsuperscript{12}

Beginning with the academic year 1933-34, all students planning to study for the diploma course in physical education were required to complete the regular first year of arts and science, before being admitted to the first year of physical education. The student thus had some foundation courses in arts and science before proceeding to the physical education programme. The details of this three year programme are outlined in Chart V on page 116.

A higher diploma in physical education was also offered in 1933-34. This was a graduate course in physical education open to students who held a Bachelor of Arts degree. This course was not a success, and only a few students availed themselves of it.\textsuperscript{13}

The economic depression of the 1930s was now having a

\textsuperscript{12}Minutes of Corporation, February-April, 1923.

\textsuperscript{13}Minutes of Corporation, May 20, 1933.
CHART V

SCHOOL OF PHYSICAL EDUCATION
McGill University

Courses of Instruction 1933-1934 to 1944-1945

(a) Completion of one year in Faculty of Arts & Science.
(b) An aptitude for the teaching profession.

<table>
<thead>
<tr>
<th>YEAR II</th>
<th>Lecture</th>
<th>Lab</th>
<th>YEAR III</th>
<th>Lecture</th>
<th>Lab</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anatomy</td>
<td>2</td>
<td>1</td>
<td>Physiology</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physiology</td>
<td>2</td>
<td>1</td>
<td>History of</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Physical Education</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Principles of</td>
<td>3</td>
<td></td>
<td>Principles of P. E.</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Physical Education</td>
<td></td>
<td></td>
<td>P. E. Methods</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Psychology</td>
<td>2</td>
<td>1</td>
<td>Physical Education</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Practice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personal &amp;</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hygiene</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Physical Education</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practice</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2 = 2 lectures per week throughout academic year.
1 = 1 laboratory period per week throughout academic year.

Minutes of Corporation May 20, 1933.
severe effect on the financial structure of the university. Accordingly, the Board of Governors initiated an investigation to determine where economies could be most easily effected. The enrollment in the School of Physical Education had dropped from forty-three in 1931 to thirteen in 1935, causing a deficit in the budget. The Board ruled that unless the School could become self-supporting, it would be discontinued. A special study of the financing of the whole Department of Physical Education was ordered to be made.\(^\text{14}\)

When the financial structure of the Department of Physical Education was studied by this Committee of the Board, it was found impossible to study any one aspect, such as the School, without becoming involved with other aspects, such as athletics and the women's required programme. The faculty of the Department were still teaching in the School, almost in the role of visiting lecturers. To effect a saving, a very detailed study would have to be made. A recommendation to make this study was made, and the Senate, which replaced Corporation in January 1935, accordingly appointed a Committee to study the place of the School of Physical Education in the university.\(^\text{15}\)

This Committee began the study in May, 1935, and sub-

\(^{14}\)Minutes of Executive Committee of McGill School of Physical Education, November 15, 1935.

\(^{15}\)Minutes of Senate, May 27, 1935.
mitted its report to Senate in January, 1935. The question of finances was being studied as part of a larger problem of the university's relationship to the training of teachers. MacDonald College, located at Ste. Anne de Bellevue, some forty miles west of Montreal, was the Teacher Training College of McGill. The Committee gave some thought to the moving of the School to MacDonald College.

Five questions were studied by this Committee:

(1) Is there a need for such a School?

(2) What is the value of the existing School?

(3) How much does the School cost the university and what economy could be realized by its abolition?

(4) Is the training of teachers of physical education a proper function of the university?

(5) If the School is to be continued, should it be attached to the Training School for Teachers?16

Dr. Lamb was successful in the defence of the School. The Committee resolved that there was, indeed, a need for the School, and that the training of competent physical education teachers was important to Canada. When consideration was given to the financing of the School, the Committee felt only a negligible saving would be effected by closing it. Concern-

16Report of the Senate Committee on the "Place in the University of the School of Physical Education," May, 1936, pp. 1-3.
ing the question of whether the training of physical education teachers was a proper function of the university, the Committee reported as follows:

This was not in all cases an inescapable duty of the university to the Community. Yet it agreed that it is not an obviously improper field of activity for a university which is already committed to the training of teachers in the intellectual disciplines.17

The fifth question studied by the Committee concerned the moving of the School to MacDonald College at Ste. Anne de Bellevue, where the majority of teachers for the Quebec Protestant School Board were educated. Dr. Lamb was very much against this move, citing two reasons which brought the Committee to his viewpoint. First, Dr. Lamb argued that there was much less opportunity for student practice teaching for physical education teachers at MacDonald College and, secondly, the facilities for teaching physical education there were inadequate. Accordingly, the Committee recommended that the School remain at McGill.

At this time, 1936-1938, the whole question of teacher education was being studied by the Province of Quebec Protestant Board of Education. In the final report concerning the whole problem of Protestant Teacher Education, it was recommended that a Teacher Training Institute be established at MacDonald College where all Protestant teachers would be

17Ibid., p. 1.
18 Physical education was not mentioned specifically, but there can be no doubt that it was intended that the Institute would include all teacher training, including physical education. Dr. Lamb opposed the idea of the move to MacDonald College from the beginning, and was successful in his stand. However, following his retirement, the School did become associated with the Teacher Training Institute at MacDonald College in 1957 conducting some classes at McGill and the remainder at MacDonald College. 19

On June 1, 1940, Principal James announced the reorganization of the Department of Physical Education. While this reorganization was primarily concerned with the athletic programme of the university, it did have important implications for the School of Physical Education. The subcommittee for the School, the Executive Committee, was now abolished. The affairs of the School were the complete responsibility of Dr. Lamb, who now reported directly to the Principal. 20

The enrollment of the School remained fairly constant during the war years, averaging twenty-two students per year.


20 Cyril F. James, "Proposals for the Reorganization of Physical Education and Athletics at McGill University" (mimeographed), June 1, 1940, p. 10.
Two events, one which occurred in 1940 and the other in 1943, influenced Dr. Lamb to attempt once again to introduce a four year Bachelor's degree programme. The first event in 1940, was the approval by the University of Toronto of a Bachelor's degree in Physical and Health Education.\textsuperscript{21} Reports to the contrary, the University of Toronto was the first university in Canada to grant a Bachelor's degree in physical education. The second event, one which Dr. Lamb himself was partially instrumental in bringing about, was the establishment of the Canadian National Fitness Act in 1943. One provision of this Act called for the training of leaders in all areas of physical fitness.\textsuperscript{22}

Armed with this evidence and his own resolute feelings on the importance of the education of teachers, he once again approached the Teacher Training Committee of Senate with a view to a degree programme in physical education. Following negotiations that extended over a period of one year, the Senate, on recommendation of the Teacher Training Committee and the Faculty of Medicine, approved a Bachelor of Science degree in Physical Education on May 23, 1945. The course of study is outlined in Chart VI on page 122. It was indeed a

\textsuperscript{21} Calendar of School of Physical and Health Education, University of Toronto, 1963-1964, p. 7.

CHART VI

SCHOOL OF PHYSICAL EDUCATION
McGill University

Course of Study 1945-1946

Year I. English; Zoology; Chemistry; Physics; Basic Techniques in Neuro-muscular Activity.

Year II. English; Physiology; Psychology; Chemistry; Sociology; Principles of Physical Education; Analysis and Practice of Activity.

Year III. Education; Applied Anatomy; Psychology; Bacteriology; Methods and Analysis of Teaching and Observation.

Year IV. Physiology of Exercise; Organization and Administration of Physical Education; History, Development and Present Day Requirements in Mental Health, Preventive Medicine, Nutrition, and Technical Application of Physical Medicine. Curriculum Content and Planning; Practice Teaching.

McGill University Calendar for the Session 1945-1946, pp. 833-835.
proud moment for Dr. Lamb when he wrote in his Annual Report for the year 1944-1945:

The Faculty of Medicine has co-operated with the Faculty of Arts & Science in establishing a four-year programme leading to the degree of Bachelor of Physical Education in order that the university may provide more satisfactory training for those in schools, factories and community centres, who are going to assume professional responsibility for maintaining the health and physical fitness of large numbers of young men and women.23

The new degree programme attracted one hundred and eighteen students in 1945-46 and one hundred and seventy-two in 1947-48, as the table on page 110 indicates. The opening of the university year in September of 1945 saw, for the first time, the registration of men in great numbers in the School. For years Dr. Lamb had wanted to open the programme of the School to men but the complete absence of gymnasium facilities, until the opening of the Currie Memorial Gymnasium-Armoury in 1940, prevented it. Dr. Lamb was the Director of the School for only three years during which the degree was offered, from 1945 to 1948. Forced to take a year's leave of absence in 1948 because of ill-health, he was obliged to retire for the same reason in 1949. In 1951, Dr. Lamb's friends presented the A. S. Lamb Scholarships to the School, to be awarded annually to the best male and female students.

Dr. Lamb's influence in physical education in Canada can be traced largely to his influence through the School. The women graduates of the School were devoted to him, as he was to them. His philosophy of physical education, and his devotion to that philosophy endeared him to his graduates. It is unfortunate that the lack of facilities up to 1945 prevented more men from enrolling in the School. When, following the war, men did enroll, Dr. Lamb was ill and unable to give the students the attention he would like to have given them. His influence in physical education, and in education, was exerted primarily through his women graduates.

At McGill he strove for more and more education for his students. He saw that the two-year programme instituted in 1919 was not adequate to prepare teachers to do the job as he thought it should be done. In 1930, he was successful in extending the course to three years, by requiring all students to take the first year arts and science course, before beginning the physical education course. Then in 1945 he introduced the four-year degree programme. It was a long and continuous struggle, but in the end he saw his dream realized.

Early in his career, 1925, he stated his views on the essential requirements for a teacher of physical education. Such a person must be particularly well qualified for the job. He must, above all, be a person with high ideals, moral
character, and qualities of leadership, and he must have a thorough knowledge of the aims, objectives, and history of physical education. An understanding of exercise is important to the successful teacher. His academic qualifications should be at least on a level with academic teachers. Finally, Dr. Lamb deemed it essential that the prospective physical education teacher should teach the values and skills of play, to counteract the increasing tendency of thousands of people watching the skilled few play.²⁴

To accomplish these goals Dr. Lamb felt that the background of a physical education teacher should include a study of:

<table>
<thead>
<tr>
<th>Subject</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anatomy</td>
<td>Theory of Physical Exercise</td>
</tr>
<tr>
<td>Chemistry</td>
<td>Organization and Administration</td>
</tr>
<tr>
<td>Pedagogy</td>
<td>History of Physical Education</td>
</tr>
<tr>
<td>Physics</td>
<td>Child Welfare</td>
</tr>
<tr>
<td>Physiology</td>
<td>Personal &amp; Public Hygiene</td>
</tr>
<tr>
<td>Physiology of Exercise</td>
<td>Physical Diagnosis</td>
</tr>
<tr>
<td>Psychology</td>
<td>Remedial Gymnastics &amp; Massage</td>
</tr>
<tr>
<td></td>
<td>Study of theory and practice of all forms of physical activity.²⁵</td>
</tr>
</tbody>
</table>


²⁵Ibid.
Dr. Lamb attempted to include these courses in the two-year programme. Realizing that physical education teachers are educators and not necessarily specialists or technicians, he saw the need for the inclusion of some of the humanities in the diploma course to provide the prospective teacher with a broad background in general education. This was the reason for the recommendation, in 1933, that the first year arts and science course be required before a student be permitted to proceed to the more specialized courses. It was his insistence on the importance of a broad basic education for all physical education teachers that determined the course of study for the degree programme instituted in 1945.

Strathcona Trust. It was Dr. Lamb's insistence on the emphasis on education in physical education, as well as his belief that the physical educator should be as well prepared as his academic colleague, that brought him into conflict with the Strathcona Trust.

In 1909, Lord Strathcona, Sir Donald Smith, former Chancellor of McGill, donated the sum of $200,000 to encourage physical training and military training in Canadian schools. One year later he donated an additional $300,000 for the same purpose. The total sum was placed in a Trust fund to be administered by the then Minister of Militia, who would be advised by an Executive Committee of the Trust. Each Canadian province was encouraged to participate in the
programme, and a certain degree of provincial autonomy was given to those provinces who joined the plan.

The Militia Department undertook to provide instruction for all prospective teachers in the area of physical training and military drill. To provide this training, senior non-commissioned officers were trained by commissioned officers, who in turn had been trained at a Military Physical Training School in England.

Upon the completion of their training of three months, the non-commissioned officers were sent to the various Normal Schools in the participating provinces, where they trained the teachers. Identical programmes were given both men and women, the period of instruction being forty-five hours. Each student successfully completing the forty-five hours of training was given a cash bonus, plus a certificate indicating his or her competence to teach physical training.26

The general principles of the Trust as interpreted by the Executive Council were as follows:

His object being not only to improve the physical and intellectual capabilities of the children, by inculcating habits of alertness, orderliness and prompt obedience, but also to bring up the boys to patriotism and to a realization that the first duty of a free citizen is to be prepared to defend

his country. The intention of the Founder is that, while physical training and elementary drill should be encouraged for all children of both sexes attending public schools, especial importance is to be attached to the teaching of military drill generally to all boys....27

The association of physical training with military training was particularly distasteful to many Canadian educators. Of these Dr. Lamb was probably the most outspoken. In 1923, in addressing the Ontario Educational Association, he was very critical of the Trust. He protested that School Boards were prone to accept teachers holding the Strathcona Certificate, as specialists in physical education. He said it was impossible for a teacher to do an adequate job in physical education having taken only forty-five hours of training. School Boards would never hire a teacher to teach any other subject with such poor preparation. Then why in physical education! He felt that the Trust was perpetuating an obsolete system of physical training which was entirely unsuited for Canadian boys and girls. It disregarded the nature and need for play in all people, and was essentially an adult emergency measure that had a military basis and objective. He protested that it was this type of programme which perpetuated the belief that physical education meant uncanny muscular skill, profuse perspiration, rapid response

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27"Strathcona Trust Constitution" 1909 (mimeographed) p. 2.
to command, bulky musculature, and painstaking attention. There were no educational values in discipline as interpreted by the Trust programme, and because of this it was small wonder that people looked upon physical education as something to be tacked on to education, rather than as a part of education.  

Dr. Lamb saw man as a unified whole with physical, mental, moral, and social aspects, dependent one upon the other to form the unified personality. What affected one aspect of the individual had its effect upon the other. A healthy individual was healthy physically, mentally, morally, and socially. The Strathcona Trust did not take this view, but rather concentrated on the physical. This to Dr. Lamb was intolerable, for physical education to him provided the means whereby the whole man was educated.  

By 1932, Dr. Lamb's criticisms of the Trust were challenged by the Army Cadet Officer in charge of the Trust programme in the Montreal area. During the winter months of that year a controversy raged in the Montreal newspapers.

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concerning the merits of the Trust's objectives. Dr. Lamb was very prominent in this debate.\textsuperscript{30}

His constant criticism of the Strathcona Trust was not without success. Many provinces discontinued their participation in the physical training aspect of the Trust programme, and employed professionally trained physical education teachers at the Normal Schools. By 1945, few Normal Schools, now called Teachers' Colleges, used the Army physical training instructors in the teacher training programmes. Most of the colleges which continued to use them were in the Province of Quebec.\textsuperscript{31} Dr. Lamb was successful in his campaign of making most Canadian educators aware of physical education as a means of education. His own province, Quebec, was, unfortunately, one of the last provinces to discontinue the use of the Army Physical Training Instructors.

\textsuperscript{30}Newspaper reports in Montreal Gazette, Montreal Herald, and Montreal Star, February-March, 1932.

\textsuperscript{31}Communication from Mr. Sinclair Laind, Secretary of Protestant Local Committee (Quebec) Strathcona Trust to Dr. A. S. Lamb, January 24, 1946.
CHAPTER IX

CANADIAN LEADERSHIP

Dr. Lamb’s professional contributions to physical education in Canada were not restricted to his activities at McGill University. He organized both the Quebec Physical Education Association and the Canadian Physical Education Association. Also he was intimately associated with the Amateur Athletic Union of Canada, the Canadian Olympic Association and, to a lesser extent, with the British Empire Games Association.

I. THE QUEBEC PHYSICAL EDUCATION ASSOCIATION

Following his return to Canada, in 1919, Dr. Lamb became interested in forming a professional physical education association in the greater Montreal area, where the majority of the graduates of the McGill School of Physical Education were employed. Several preliminary meetings were held, at which the values of such an association were discussed. Finally, in 1923, it was decided that the Montreal group would serve as the nucleus of a professional organization for the Province of Quebec. Accordingly, the Quebec Physical Education Society was formed.¹ This was the first provincial

physical education association to be formed in Canada although in 1922 a group of Toronto teachers formed themselves into a physical education unit which met in conjunction with the Ontario Educational Association.

At the first meeting of the Quebec Association, Dr. Lamb outlined six important functions that the association might well serve: the exchange of professional opinions on matters pertaining to physical education, a discussion of the city's (Montreal) needs for physical education and how they might best be met, a co-ordination of the efforts of all physical education teachers in the area, the presentation of papers and discussions on theoretical subjects, practical demonstrations of physical activities, and, the promotion of a wider interest and recognition of physical education in the Province of Quebec and in the rest of Canada.

Dr. Lamb was elected Honourary President and Life Member of the Quebec Association at one of its early meetings and, although there is constant reference to this fact in the literature, there is no direct evidence as to the date or the meeting, when he was so honoured. He was active in the affairs of the Association and, in 1931, suggested that the Quebec group look into the possibilities of the formation

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of a Canadian Association. Under the Presidency of Miss Jessie Herriott, the Director of Physical Education for women at McGill, the members of the Quebec Association lent a willing hand to Dr. Lamb in his efforts to form the Canadian Association.\(^3\)

II. THE CANADIAN PHYSICAL EDUCATION ASSOCIATION

Following two years of negotiation and correspondence between Dr. Lamb and key physical education people in Canada, it was agreed that the first meetings of the Canadian Physical Education Association would be held in Toronto in conjunction with the meetings of the Ontario Educational Association. On Wednesday, April 19, 1933, some one hundred and sixty people, twenty-six of whom represented the Quebec Association, met at the Margaret Eaton School of Physical Education in Toronto, and the Canadian Association was born. Dr. Lamb was elected President, a post he held for six years.\(^4\)

In his acceptance address Dr. Lamb outlined the problems that lay ahead for the Association and its members. He called for a professional, scientific examination of phys-

\(^3\)Clerkson, *loc. cit.*

ical education programmes which he said were shackled by preconceived ideas. He stated that the extravagant claims made by some "supposed" physical educators were doing the profession a great deal of harm. Calling for a rededication to the fine English traditions of play, he took the opportunity to once again protest the physical training being perpetuated by the Strathcona Trust.  

With the launching of the Canadian Association, Dr. Lamb called for a unified professional association to plan for the future of physical education in Canada. Of the Association he said:

There is no reason to believe that this child, now in its swaddling clothes, will undergo any greater trials than one might expect. Sound prenatal care has been exercised, and if we obey the known laws of health...it should weather the storm through infancy and childhood and through adolescence to the usefulness of maturity. Just how rapid and thorough that growth will be depends upon many factors. It must have ideals, objectives, aspirations, breadth of vision, enthusiasm and courage. If it does not have these things, then its days will be numbered, for unless these constructive defences are strongly built and well maintained, there will surely be an invasion resulting in an "itis," which will terminate in its ultimate end. Its platform must be basically sound, its vision broad, its ideals high, its enthusiasm boundless and its courage great...Its members must constantly aspire toward a richer background of professional

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training, wider scholarship, ripe experience, and a constantly high purpose to interpret and inspire, for youth will follow only those who have met these standards...  

The Association was well launched, and it was planned to hold national meetings every second year, a practice which has been continued to the present day. Because of the vast distances separating the major centres of population in Canada, it was decided that a bulletin would be published three times a year to keep members informed of the affairs of both the Association and the profession.  

The second convention of the Canadian Association was held at McGill University in Montreal in May, 1935. Representatives attended from every province except Prince Edward Island. The two day programme consisted of discussions on the relationship of mental health to physical education, recreation, leadership, and accident prevention. Sectional meetings for both men and women were held for the discussion of mutual problems.  

Dr. Lamb was re-elected President, and in his acceptance speech he reiterated his plea for a professional outlook on the part of the Association and its members. He called for more research into all aspects of physical educa-

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6Ibid., p. 10.
7Fred Bartlett, loc. cit.
tion, including the process of growth and development, the sociological aspects of physical activity, and the place of physical education in general education.9

The third meeting of the Association was held in Toronto on March 30, and 31, 1937. The special guest at this Convention was Elmer D. Mitchell, Professor of Physical Education and Director of Intramural Sports at the University of Michigan. Dr. Lamb was not anxious to be returned to the office of President but was pressed to do so by the Association. Reluctantly, he agreed.10

A decision of major importance to the Association was made at this meeting when it was decided that the 1939 Convention would be held in Vancouver. Dr. Lamb questioned the wisdom of this decision, mainly on the ground that the vast majority of the people in the field of physical education worked in Eastern Canada and would be unable to attend a Convention held in such a distant city as Vancouver. However, Vancouver and the Province of British Columbia had embarked on an ambitious physical education and recreation programme


10Correspondence between Dr. A. S. Lamb and Miss Florence Somers, October 1938-March 1939.
in 1935, and were, therefore, most desirous to host the national convention in 1939.\textsuperscript{11}

Plans for the 1939 Convention did not go too well for Dr. Lamb. Concerned for the need of a substantial representation of members from Ontario and Quebec, he carried out a personal campaign to encourage his colleagues to travel to Vancouver. He was very disappointed with the results of his efforts, receiving only three replies to many letters sent to the members of the Association in Quebec and Ontario.\textsuperscript{12} In spite of his fears, the 1939 Vancouver Convention was a huge success.

One hundred and twenty-five delegates, representing seven provinces, registered for the 1939 Convention, held in Vancouver from June 19 to June 22. Dr. Lamb's fears that the attendance would be very poor were groundless. British Columbia declared a Provincial Physical Fitness Week to mark the holding of the Convention there, and the Vancouver newspapers gave wide publicity to all phases of the Convention. Dr. Lamb was in great demand as a speaker and took every opportunity to stress the importance of all aspects of physical education.\textsuperscript{13}

\textsuperscript{11}Ibid.

\textsuperscript{12}Ibid.

\textsuperscript{13}Newspaper clippings from Vancouver papers June 19-June 23, 1939.
The Vancouver Branch of the Canadian Physical Education Association had done an outstanding job in planning and conducting this national meeting of Canadian Physical Educators. The Convention gave a national status to the Association, in that it was realized that membership was not restricted to Eastern Canada but was national in scope. It marked the beginning of a new era for physical education in Canada.

At this Convention Dr. Lamb was adamant that he would not accept the office of President, feeling that six years was long enough for any one person. He was elected Honourary President and Life Member in appreciation of his services. Miss Florence Somers, Director of the Margaret Eaton School in Toronto, was elected President, to succeed Dr. Lamb.¹⁴

Because of the war, the Convention planned for 1941 was postponed until 1942, when it was held in Montreal on April 10 and 11. At these meetings Dr. Lamb presented a paper on "Fatigue and Physical Fitness - Importance of Training," which was a technical paper dealing with the physiological aspects of fatigue and its relationship to training. This paper is the only one available, except his Springfield College Thesis, "Localized Fatigue and Recovery," that gives any indication of Dr. Lamb's interest in detailed physiolo-

gical study in physical education. In spite of his medical training, Dr. Lamb is better known for his educational views on physical education than for his physiological views.

Dr. Lamb was prevented by illness from attending the 1944 Convention held in Winnipeg, Manitoba, in October. His last formal association with the National body was in 1948 when he was made a Fellow of the Association for his long and faithful service, not only to the Association itself, but also to physical education in Canada.\textsuperscript{15}

When Dr. Lamb organized the Quebec Physical Education Society in 1923, and the Canadian Physical Education Association in 1933, one of the thoughts he had in mind was to encourage these groups to promote the fitness of all people in Canada. He, like a great many others, was convinced that the rejection statistics for military service during the first world war were cause for great alarm, and that there must be more awareness of the importance of fitness in Canada.\textsuperscript{16}

By 1937, he had the Canadian Association present a brief to the Federal Government in Ottawa, stressing the importance of physical education and physical fitness. In addition to the Association's efforts, Dr. Lamb carried on a personal


campaign for a national fitness programme. He was in constant communication with various departments of the Federal Government, but to no avail. Thinking that the Canadian Army might be interested in this problem, he wrote, offering his services. It is not surprising that his offer was not accepted, since his views on the Strathcona Trust were so well known, especially to the Army.

By 1939, nothing had happened with regard to a national fitness programme, but one of the provinces, British Columbia, had embarked on an ambitious provincial programme. A resolution, sponsored by Dr. Lamb, was passed at the Canadian Physical Education Association Convention in 1939, in Vancouver, calling on the Federal Government to establish a National Physical Fitness Programme. Also in 1939, the Canadian Medical Association made representations to Ottawa, stressing the importance of national fitness, and the responsibility of the Federal Government in this area. Dr. Lamb was an active member of the Canadian Medical Association, but there is no

17Correspondence between Dr. A. S. Lamb and the Honourable Norman M. Rogers, Minister of National Defence, October, 1937.
evidence that he was associated with this representation.\textsuperscript{18}

With the outbreak of the war, Dr. Lamb was convinced that he had a responsibility to the national fitness and, in this regard, wrote the Minister of National Defence offering his services.

\textit{This is the first time in my life that I have asked for a job, and I do hope I might have the privilege of discussing the matter with you or anyone whom you might suggest.}\textsuperscript{19}

Dr. Lamb was never given the opportunity of discussing the matter with Ottawa. Despite repeated efforts on his part, it was obvious his assistance was not wanted. Disappointed that his offer had been rejected, he made enquiries of the Royal Air Force in Britain as to the possibilities of service there. There were none. Undaunted, Dr. Lamb tried Ottawa again, but to no avail.\textsuperscript{20}

Realizing that his services to the Department of National Defence were rejected, Dr. Lamb next tried to interest Ottawa in promoting a national fitness programme for young people, who in a few years would be eligible for service in the Armed Forces. In this plan he had the support of the

\textsuperscript{18}Memorandum on Physical Fitness located in National Office of Canadian Association for Health, Physical Education and Recreation, May 27, 1943.

\textsuperscript{19}Letter from Dr. A. S. Lamb to Minister of National Defence, Ottawa, September 25, 1939.

\textsuperscript{20}Letter from Dr. A. S. Lamb to D. A. L. MacDonald, March 25, 1940.
Principal of McGill, Dr. James, and of the Dean of Medicine, Dr. Grant Flemming. The reply from the Federal Government was to the effect that the "matter would be looked into."  

The National Convention of the Canadian Physical Education Association held in Montreal in 1942 again passed a resolution urging Ottawa to take action. Dr. Lamb undertook to send copies of this resolution to all departments of the Federal Government who might or should be interested.  

Finally, on October 1, 1943, the Canadian National Fitness Act was passed. This Act provided the sum of $225,000 per year for financial assistance to the various provinces as soon as they established provincial organizations for the promotion of fitness. The Act provided for a National Advisory Council on Physical Fitness, each province having one representative on the Council. Dr. Lamb was not asked to serve on it. This did not prevent him from giving his support to the Council and its programme. In 1944, he was in communication with the Canadian Broadcasting Corporation urging that body to devote broadcast time to the pro-

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21 Correspondence between Dr. A. S. Lamb and various Departments of the Canadian Government, 1941-1943.  


motion of the Fitness Act. He suggested that members of the Canadian Physical Education Association might be used as speakers to publicize the importance of the Act. Dr. Lamb feared that lack of interest might cause the bill to lapse.  

The Act did not lapse. One of its sections made provision for the training of teachers and leaders in the area of physical education and recreation. Dr. Lamb made use of this fact when he tried, for the third time, to introduce a four-year degree programme of studies in Physical Education at McGill. The Physical Fitness Act of 1943 was one of the reasons for his success in 1945, when the degree programme at McGill was finally approved.

Throughout his career Dr. Lamb maintained a keen interest in national problems of health and physical education in Canada. The professional physical education associations, the national fitness programme, and the nation's health were all the subjects of his attention. But his activities were not restricted to professional organizations only, as he was active in such associations as the Amateur Athletic Union of Canada, the Canadian Olympic Association, and the British Empire Games Association.

24Correspondence between Dr. A. S. Lamb and the Canadian Broadcasting Corporation, January, 1944.
III. THE AMATEUR ATHLETIC UNION OF CANADA
(A.A.U. of C.)

Of his non-university activities, none was closer to Dr. Lamb than his association with the Amateur Athletic Union of Canada, the Canadian Olympic Association, and the British Empire Games Association of Canada. The A.A.U. of C. gave birth to the Canadian Olympic Association, which in its turn gave rise to the British Empire Games Association. All three organizations exerted a great influence on all levels and kinds of sport in Canada. The A.A.U. of C. was for a time the largest sports governing body in Canada. In 1928, it had articles of agreement, and consequent control, with ten different national sports groups, including the Canadian Amateur Hockey Association, the Canadian Amateur Basketball Association, the Canadian Amateur Lacrosse Association, and the Women's Amateur Athletic Federation of Canada. There being no national track and field association, the A.A.U. of C. controlled and sponsored that activity itself. For thirty-five years Dr. Lamb strove to keep the A.A.U. of C. strictly an amateur organization, and it was for his stand on amateurism that his name was known to Canadian sportsmen.

The A.A.U. of C. was founded in 1884, when the Montreal Amateur Athletic Association convened a meeting of representatives of several national sporting bodies to discuss mutual problems in connection with sport. As a result of these meetings the A.A.U. of C. came into being.
Branches of the national organization were organized in various provinces and affiliations with national sports governing bodies were agreed upon. Within a very short time the A.A.U. of C. became a truly national organization.  

Each year the A.A.U. of C. would hold a national meeting when reports would be presented from the various sporting groups affiliated with the Union, as the A.A.U. of C. is sometimes called. Since track and field was the direct responsibility of the Union, much discussion would centre on this sport. However, the main function of the A.A.U. of C. was to promote amateur sport in Canada and it was not too long before the problems of amateurism and professionalism began to creep in. From 1920 on, the problem of amateurism was a great one for the Union.  

When the Olympic Games were revived in 1896, the A.A.U. of C., being the sports governing body in Canada, formed a small committee to arrange for the Canadian representation at the Games. In 1920, a permanent Olympic Committee composed of representatives from the various sports participating in the Games was established by the A.A.U. of C. This committee, being a subcommittee of the Union, submitted reports to the parent body at its annual meeting. No minutes were kept of the Canadian Olympic Committee meetings up to

1934 but its yearly reports were recorded in the minutes of the annual meetings of the A.A.U. of C. Unfortunately a serious flood in Winnipeg, Manitoba, in 1950 destroyed most of the records of the Union, making it difficult to trace the development of Canadian participation in the Olympics prior to 1934. In 1946, a Canadian Olympic Association was formed completely separating itself from the A.A.U. of C.\textsuperscript{26}

Dr. Lamb first became associated with the A.A.U. of C. in 1921 when he attended its annual meeting as a representative of the Canadian Intercollegiate Athletic Union. His ability as an administrator was soon recognized and in 1923 he was elected Honourary Secretary, a very difficult post in view of the large amount of correspondence necessary to operate such an organization in a country with its population so widespread as in Canada. He was re-elected Honourary Secretary for the next four years, during which time he became an outspoken champion of amateurism. His annual report as Secretary always made reference to the need for the preservation of amateurism and for the teaching of the game for the game's sake.

The line of demarcation is perfectly clear, either we are an amateur union or we are not. Since we are on the

\textsuperscript{26}Minutes of Canadian Olympic Association, November 16, 1934, to November 26, 1949. Nelson C. Hart, Secretary, located in the library of the University of Western Ontario, London, Ontario.
amateur side of the dividing line, we must allow those who choose to commercialize their skills to go their own way with the business or enterprise in which they are engaged and let us confine our energies and legislation for those who desire to remain as amateurs and who wish to participate "solely for the pleasure and the physical, mental and social benefits to be derived therefrom" and who experience the thrill and joy of effort and accomplishment for its own sake.27

In 1923, Dr. Lamb was appointed Manager of the Canadian Olympic team for the 1924 Games to be held in Paris. He performed his duties in a very capable manner receiving high praise from the President of the Canadian Olympic Committee, Mr. P. J. Mulqueen.

The work of Dr. Lamb of McGill University, overseas, cannot be adequately appreciated by any except those who were there to see for themselves. He worked night and day bringing his splendid training and ability to the use of every individual on the team.28

Mr. Mulqueen, a veteran official of the A.A.U. of C. and President of its Olympic Committee, changed his opinion as to Dr. Lamb's ability, as a result of the latter's actions at the 1927 Annual Meeting of the A.A.U. of C. and later as a result of his actions as Manager of the Canadian team at the 1928 Olympics. This feud between Dr. Lamb and Mr. Mulqueen was to erupt at the 1928 Annual Meeting of the


A.A.U. of C. held in Port Arthur, Ontario. This meeting has been popularly known as the "Battle of Port Arthur."

Prior to the 1927 Annual Meeting of the A.A.U. of C. Dr. Lamb made it known that he could no longer continue as Secretary of the Union. No reasons were given for this decision; he simply did not wish to accept any office.

Enroute to Edmonton, Alberta, where the 1927 meetings were to be held, Dr. Lamb was pressed by some of his associates to allow his name to stand for President. It was felt by his colleagues that the Union was facing very difficult times and only a strong man like Dr. Lamb could save it from disintegration. Dr. Lamb was convinced, and allowed his name to stand. Unopposed, he was unanimously elected, much to Mr. Mulqueen's distress. He felt he had been "double-crossed" by Dr. Lamb, in that he had first intimated that he would not stand for any office and then changed his mind and stood for President. Why Mr. Mulqueen was so upset is not clear, as there is no evidence of any disagreement between the two men prior to this time.\(^\text{29}\)

Dr. Lamb was elected Manager of the 1928 Olympic Team and Mr. Mulqueen was elected President of the Canadian Olympic Committee. From the time the Games started until their finish, the two men had a difference of opinion on

\(^{29}\text{Minutes of Annual Meeting of the Amateur Athletic Union of Canada, 1928, pp. 126-129.}\)
almost every aspect of the Games. It was this difference of opinions that led to the Battle of Port Arthur. Dr. Lamb was very disturbed at the conduct of certain Canadian officials including Mr. Mulqueen at the Games. Mr. Mulqueen was incensed over Dr. Lamb's actions following the finals of the women's 100 meter race and for his action in voting against having women participate in future Olympics.

The finals of the women's 100 meter race saw a very close finish between the American sprinter, Elizabeth Robinson, and the Canadian, Fanny Rosenfeld. The American girl was awarded first place on a split decision of the judges. The Canadian coach immediately lodged a protest and, to make it official, asked both Mr. Mulqueen and Dr. Lamb to accompany her to the jury tent. All three proceeded to the tent where the coach made her verbal protest official. Considerable debate followed, and to everyone's amazement, Dr. Lamb disassociated himself from the protest. The situation was electric and the protest lost. Dr. Lamb later claimed that he was not aware that a protest was to be lodged for he never would have accompanied the other two to the jury tent, if he had known. Mr. Mulqueen claimed Dr. Lamb was fully aware that the protest was to be made and "backed out to save face." Canadian newspapers quoted, at length, Mr. Mulqueen's criticisms of this and other incidents affecting the Canadians at the Games. Supported by other Canadian delegates, Mr. Mulqueen was highly critical of the treatment the Canadians
were receiving from Olympic officials, of the housing accommodations, and, finally, he even suggested that perhaps Canada would not be represented at the next Olympic Games to be held in Los Angeles.30

Dr. Lamb tried to maintain some form of dignity in the midst of chaos. One newspaper reporter had this to say of the 1928 Games.

Our athletes did amazingly well. Their performances were nothing short of brilliant. The only thing that marred the fine Canadian invasion was the everlasting appeals and protests filed by some members of the team. Dr. A. S. Lamb, the fine Montreal sportsman, seems to have been one of the few Canadians who held his head and retained his sense of athletic dignity in the midst of turmoil. While the Ontario and Western official delegation was finding technicalities on which to base protests, Dr. Lamb refused to take part in these, and would not even support a protest made by his own directorate in the heat of the games. To this writer's way of thinking, Dr. Lamb showed fine moral courage, a fine sense of dignity, and sportsmanship of the real amateur type in taking this attitude.31

The second incident in which Dr. Lamb came into conflict with Mr. Mulqueen concerned Dr. Lamb's voting against a motion which would permit the participation of women in subsequent Olympics. Prior to the 1928 Games women did not participate but it was decided that a limited number of events

30Ibid., pp. 104-134.
31The Montreal Herald, August 8, 1928.
would be included in the 1928 Games by way of an experiment. Following the Games a decision would be made whether or not to permit women in future Olympics. It was decided that they would but Canada, represented by Dr. Lamb, voted against the proposal.\footnote{Minutes of Annual Meeting of the Amateur Athletic Union of Canada, 1928, p. 84.}

Dr. Lamb had two reasons for voting as he did. First, he had consulted his male colleagues at the Games, only to discover that none had an opinion one way or the other. Mr. Mulqueen expressed no views on the subject. Dr. Lamb, however, had strong views. He was against women competing in strenuous competitive activities. Women were too highly strung and were not physically capable of such competition. He felt that serious injuries might result, and because medical evidence was indefinite on the point, he felt compelled to vote against further participation.\footnote{The Montreal Herald, September 7, 1928.}

Dr. Lamb's vote, taken without consultation with the Canadian women at the Games, was the subject of immediate controversy. Mr. Mulqueen claimed Dr. Lamb had no right to vote at all, and further he should have consulted the women before voting. Dr. Lamb felt that as the President of the A.A.U. of C. he had every right to vote as he wished, since
no one else had expressed an opinion one way or the other. On professional grounds he felt obliged to vote as he did.\(^{34}\)

The constant complaints of the Canadian officials were very depressing for Dr. Lamb, who felt that the "true spirit of sportsmanship" had been lost. Returning to Canada he resolved to resign his positions as President of the A.A.U. of C. and as Secretary of the Canadian Olympic Committee. He announced his intention to do this in the following dramatic letter to all branches of the A.A.U. of C.

Nov. 23rd. 1928

Dear Sir or Madam:-

The Annual Meeting of the Amateur Athletic Union of Canada and the Canadian Olympic Committee will be held in Port Arthur on Dec. 6, 7 & 8, 1928.

It is my desire to familiarize you with my decision that at that time I shall not be a candidate for any office in the A.A.U. of C. and also that I shall then submit my resignation as secretary of the Canadian Olympic Committee.

Yours sincerely,

A. S. Lamb.

As President of the Union, Dr. Lamb presided at the Annual Meeting held in Port Arthur from December 6 to 8, 1928, where the whole problem of the 1928 Games was aired. Dr. Lamb defended his actions concerning the protest of the

\(^{34}\)Minutes of Annual Meeting of the Amateur Athletic Union of Canada, 1928, p. 10.
women's 100 meter finals, as well as his actions concerning the controversial vote on women participating in the Olympics. He complained of the unfair and untrue statements in the press concerning his actions and finally he complained of the attitude of some officials towards the spirit of the Olympics.

It is a sad but true commentary that our athletes in Amsterdam demonstrated beyond any doubt a vastly different attitude to that assumed by some officials and that the contribution which the athletes made toward a better understanding and a more kindly feeling toward their fellows was marred by the rollicking verbosity of uncontrolled and violent emotions on the part of some who were in charge of them. There was constant apprehension lest each event, or each day, would result in another cyclonic outburst. The whole programme of activity which we supervise is not worthwhile unless there is the right attitude of tolerance, sympathy and forbearance, unless there is a thorough understanding of the ideals and objectives of the Games and unless we enter with the spirit of what we can give rather than what we can get. In this way only can Canada's contribution toward the Olympic ideal be realized.35

The Battle was on, with charge and counter-charge. Personalities became as important as issues. The circumstances surrounding Dr. Lamb's election to the Presidency of the Union in 1927 were fully aired. Dr. Lamb for his part demanded the answers to some twenty-six questions concerning the actions of Mr. Mulqueen and some of his associates. He was especially disturbed that Canada was

not properly represented at many international meetings held in conjunction with the Games. Finally, Dr. Lamb suggested that unless a different attitude prevailed, Canada should not participate in future Olympics.

If I or any other officials are guilty of such dereliction of duty in accordance with the true ideal of the modern games, then it is not worth while for Canada to spend public funds for Olympic purposes, and it never will be unless we can, win or lose, make our contribution toward a more harmonious relationship between ourselves and the people of other lands, and unless our programme is wholly and directly concerned "in the true spirit of sportsmanship for the honour of our Country and for the glory of Sport."\(^{36}\)

Dr. Lamb's outspoken criticisms were contained in his report to the Union as Secretary of the Canadian Olympic Committee. Before adopting the report a special committee was established to consider it and to report back to the general meeting. Extracts from this adopted report are as follows:

1. With reference to the 100 metre women's race the Committee felt that both sides, at the same time, believed and still believe, that their respective positions were justified. On such a point we believe that both sides are entitled to their opinion...We feel that no blame should be attached to either party.

   We believe that Dr. Lamb, as President of the A.A.U. of C. was entitled to act as spokesman in the matter of women's participation in Olympic games under the existing conditions...It would have been wiser, as Dr. Lamb states in his report, to have consulted in this matter with the women's

\(^{36}\)Ibid., p. 115.
representative at Amsterdam...

In Dr. Lamb's report to the Olympic Committee, he states that the questions he asks are for the purpose of obtaining information. We feel that the answers to these questions have been obtained... whether or not it was wise to have done so (raised the questions) is another question upon which further discussion would serve no good purpose.37

The Battle was over with all parties feeling that their own case had been well and truly made. Dr. Lamb did not stand for re-election nor was there any indication of any effort being made to nominate him. The Canadian press carried daily reports of the meetings and there was not a sportsman in Canada who was not aware of "Dad" Lamb's position with respect to the Olympic Games and sports in general. He was a very disappointed man, but he did hope that the controversy at Port Arthur would be of some benefit to Canada's future participation in international competition. He expressed his views:

As anticipated, the convention was rather stormy. I am more firmly convinced now than I was before I went to Port Arthur, that conditions demanded the airing that took place. Both the A.A.U. of C. and the Olympic Committee have most important missions to perform and I hope as a result of what transpired that they will be aided to that end.38

Dr. Lamb did not attend further meetings of the A.A.U. of C. until 1932 when he represented the Canadian Intercol-

37Ibid., pp. 133-134.

legiate Athletic Union. His return was welcomed by sports-
men across Canada and he was soon active again in determin-
ing policy for the Union. Track and field, a sport dear to
his heart, and the problem of amateurism-professionalism
received his attention. He was reappointed to the track and
field committee and asked to chair a committee to make a
study of the mixing of professional with amateur athletes in
some sports governed by the A.A.U. of C.39

Dr. Lamb's committee made a thorough study of the
problem, not only in Canada but internationally as well. It
recommended that rather than relaxing the rules governing
amateur sport the Union should strengthen them and that a
renewed emphasis should be placed on amateurism. The report
was adopted at the 1933 annual meeting but not without stren-
uous objections from some sports governing bodies such as the
Canadian Amateur Hockey Association.40

This opposition to the strict interpretation of
amateurism increased, ultimately resulting, in 1937, in the
severance of the Articles of Alliance between the A.A.U. of
C. and the Canadian Amateur Hockey Association, the Canadian

39 Minutes of Annual Meeting of the Amateur Athletic
Union of Canada, 1932, pp. 117-119.

40 Minutes of Annual Meeting of the Amateur Athletic
Union of Canada, 1933, p. 83.
Amateur Basketball Association, and the Canadian Lacrosse Association.\textsuperscript{41}

Their departure from the Union was regretted by Dr. Lamb but he felt that it was really the only honest thing that they could have done, for as he pointed out:

There is, of course, a general tendency to commercialize all forms of sport, but we must remember that amateur sport is for the player, not the spectator or promoter...Hypocrisy is even more rampant today in what is supposed to be amateur hockey than it was before...we must not blind ourselves to the seriousness of the situation, not only for the athlete but for the patron as well. The man in the street knows there is crookedness and camouflage. There is a regrettable acceptance of smart practice.\textsuperscript{42}

Dr. Lamb did not change his views on amateurism throughout his life. He often recounted with glee that he was called a "moss-backed, archaic diehard" but he felt it was a matter of principle with him and he stood by it.

In 1934, Dr. Lamb was asked to act as Manager-Coach of a Canadian School Boy track and field team which was to compete in Intra-Empire games to be held in Australia in November. He was delighted to do so because not only did it give him the opportunity to revisit his native land but also it kept him in close association with the sport he loved.

\textsuperscript{41}\textit{Minutes of Annual Meeting of the Amateur Athletic Union of Canada, 1937}, pp. 84-101.

\textsuperscript{42}Arthur S. Lamb, "Hockey and Amateur Sport," a radio debate sponsored by the Canadian Broadcasting Corporation, March 12, 1939.
The Canadians were victorious. The athletes scored resounding victories on the track and Dr. Lamb had a field day on the lecture platform where he was in constant demand. He spoke of the new methods of training being used in Canada and in the United States. Suggesting that Australian athletes might profit from more specialization, Dr. Lamb went on to stress the need for a well-balanced programme of physical education for all people.\textsuperscript{43}

His suggestion fell on fertile soil for a few years later the first state supervisor of physical education in Australia was appointed - a Canadian, Mr. Gordon Young, who was recommended for the post by Dr. Lamb.\textsuperscript{44}

In 1934, Dr. Lamb was appointed Chairman of the National Track and Field Committee of the A.A.U. of C. Its purpose was to promote participation in that sport across Canada. He laboured hard in the promotion of this activity but interest following the 1936 Olympics was lagging. By 1939, interest was at such a low ebb that Dr. Lamb resigned as Chairman stating that it was practically useless to carry on under the circumstances. A new chairman was appointed

\textsuperscript{43}Newspaper clippings of Canadian School Boy Australian Tour, November, 1934.

\textsuperscript{44}Letter from Dr. A. S. Lamb to Mr. C. R. Blackstock, May 13, 1938.
but the outbreak of war prevented any further action on his part.\textsuperscript{45}

The A.A.U. of C. suspended operations during the war years and no meetings were held from 1939 to 1946 when the annual meeting was held in Montreal. Dr. Lamb attended this meeting and was appointed to the newly formed Canadian Olympic Association. The 1946 A.A.U. of C. meeting was the last that Lamb attended. His twenty-five years of service to the Union had come to a close. However, he did remain active for two more years with the Olympic Association before retiring because of ill-health.\textsuperscript{46}

**Canadian Olympic Association.** As has been noted, Dr. Lamb was appointed Manager of the Canadian Olympic teams for the 1924 and the 1928 Games. Following the "Battle of Port Arthur" he declined membership on the Canadian Olympic Committee, but following his return to the A.A.U. of C. in 1932, he was asked to serve once again. In 1936, he was Chairman of the Olympic Trials Committee charged with the responsibility of selecting the Canadian teams for the Games at Berlin.\textsuperscript{47}

\textsuperscript{45}Minutes of Annual Meeting of the Amateur Athletic Union of Canada, 1939, p. 86.

\textsuperscript{46}Minutes of Canadian Olympic Association, March 6, 1948, p. 7.

\textsuperscript{47}Minutes of Annual Meeting of the Amateur Athletic Union of Canada, 1937, pp. 5-6.
In 1946, when the A.A.U. of C. resumed its activities following the war, Dr. Lamb was appointed to serve on the newly formed Canadian Olympic Association, now independent of the A.A.U. of C. Preparations were begun for the 1948 Games to be held in London. He was asked not only to serve on the Finance Committee of the Association, but also to act as Chairman of the Track and Field Committee. He was also asked to act as medical doctor for the team at the Games. Agreeing to do everything in his power to further the cause of Canadian sport, he soon discovered that he had been too willing. By the spring of 1948 ill-health forced him to resign all his posts with the Association. The executive of the Association was unwilling to allow Dr. Lamb to sever his connections with the Canadian Olympic Association, and on March 6, 1948, he was elected Honourary President, and as such, held an executive post with the Association until his death in 1958.48

The British Empire Games Association. From 1891, efforts were made to hold athletic competition between the various countries within the British Empire. Inter-Empire Championships were held in 1911 to mark the coronation of King George V. Empire games were held in England following the 1920 Olympic Games at Antwerp and the 1924 Games at Paris.

48Minutes of Canadian Olympic Association, March 6, 1948, p. 7.
At the 1928 Olympic Games, Mr. M. M. Robinson, a Canadian delegate, called a meeting of Empire representatives to discuss the possibilities of holding the British Empire Games in Canada in 1930. If these proved successful, he suggested that they be held every four years, with two years separating the Olympics and the Empire Games.

Largely through the efforts of Mr. Robinson, the first British Empire Games were held in Hamilton, Ontario, Canada, in the summer of 1930. They were a huge success and it was resolved to hold the second Games in London in 1934. Since that time the Games have been held in Australia in 1938, in New Zealand in 1950, in Canada in 1954, in Wales in 1958, and in Australia in 1962.49

The Canadian British Empire Games Association was formed in 1933. This was the first formal step in the organization of a definite group to be responsible for the necessary arrangements for Canada's representation in subsequent games. Dr. Lamb was asked to serve on this Association, as were most of the "old-time" members of the A.A.U. of C.50 He was not as active in the affairs of this Committee as he was with the Olympic Committee. In 1939, he was appointed Secretary of the


Association, whose main purpose at that time was to plan for the 1942 Empire Games which were to be held in Montreal. Because of the war these Games were cancelled. Dr. Lamb's services to the British Empire Games Association were never resumed although he continued to be listed on the Executive Committee.

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CHAPTER X

PROFESSIONAL AND OTHER ASSOCIATIONS

During his life Dr. Lamb was a member of a great many professional and non-professional associations, most of which were concerned with some aspect of physical and health education. With most of these associations, he usually held an executive position and in some cases was honoured by being elected honourary president or honourary life member, in recognition of his contribution to the particular organization. ¹

I. PROFESSIONAL ASSOCIATIONS

American Academy of Physical Education. Dr. Lamb was elected a Fellow of the American Academy in 1931. He was, for some years, the only Canadian to be included in the membership of this organization and was the only Canadian to be elected a Fellow. In 1943 he was elected Vice-President of the Academy.

American Association for Health Physical Education and Recreation. From 1925 to 1950 Dr. Lamb was the Canadian representative to the Legislative Council of this Association. In 1933, in recognition of his work in physical education in

¹Most of the data in this chapter has been supplied by Miss Kay M. Cresswell, Dr. Lamb's secretary for 24 years.
Canada, he was presented the Fellowship Honor Award of the Association.

**College Physical Education Association of the United States of America.** Dr. Lamb was an active member of this association and upon his retirement in 1949 was made an Honourary Life Member.

**Other professional associations.** To keep up with the latest information on physical and health education and allied fields, Dr. Lamb maintained membership in the following professional associations:

- Royal Institute of Public Health and Hygiene
- Health League of Canada
- American Medical Association
- Canadian Medical Association
- Medico-Chirurgical Society
- College of Physicians and Surgeons (Quebec)
- American Public Health Association
- Canadian Public Health Association
- American Association of School Physicians
- World Federation of Educational Institutions
- American Social Hygiene Association
- Canadian Council of Child and Family Welfare
- Canadian Tuberculosis Association
- National Council of Education
- American Student Health Association

**II. NON-PROFESSIONAL ASSOCIATIONS**

**Montreal Parks and Playgrounds Association.** This Association was first organized in 1903, to promote the playground movement in the city of Montreal. Through public subscription and support it was instrumental in seeing recreation become an agency of the Municipal Government.
Dr. Lamb first joined this Association in 1921 and was elected Secretary in 1923, a post he held until 1939 when he was elected President. Following his retirement in 1949 he was elected Honourary Life President. Throughout his long career he was an outspoken critic of the Municipal Government for its lack of interest in the playground movement. His constant criticisms did not pass unnoticed and Montreal did develop a sound recreational programme for its citizens.\(^2\)

When Dr. Lamb retired in 1949 the Mayor of the City was inspired to write:

> I have noted with admiration the great services you have rendered through your inspiration and guidance in matters pertaining to the recreational needs of our young people. It is not far from the mark to say that much of the growth and development of our park and playground facilities are the result of your interest and leadership.\(^3\)

**Province of Quebec Track and Field Association.** This Association was organized in 1934 with Dr. Lamb as its President. Each year provincial track meets were held, usually at McGill University. He resigned his position in 1940 whereupon he was elected Life President.

**Province of Quebec Golf Association.** Always an ardent golfer, Dr. Lamb, early in his career, became a member of the


\(^3\)Letter from Camillien Houde, Mayor of Montreal, to Dr. A. S. Lamb, June 9, 1950.
Senneville Golf and Country Club. Senneville is a suburb of Montreal. He was elected President of the Senneville Club and this involved him with the Provincial Association. In 1935, he was elected President of the Quebec Golf Association, a position he held for one year. From 1935 to 1937 he served on the executive of the Royal Canadian Golf Association.

Royal Caledonia Curling Club, Canadian Branch. In 1922, Dr. Lamb, together with a group of citizens of Ste. Anne de Bellevue, applied to the Provincial Government of Quebec for letters patent to incorporate the town's Curling Club. He was elected to the first Board of Directors of the Club, serving as President in 1929-1930. In 1944 he was made Honourary President. He was the only member of the Ste. Anne de Bellevue Club to be elected to honourary membership in the Royal Caledonia Curling Club, Canadian Branch. This is the highest honour that can be given a curler in Canada.4

Other associations

Honourary President, Amateur Skating Association of Canada
Honourary President, Montreal Track and Field Club
Past President, Ascension Fishing Club
Canadian Youth Hostels Association
Board of Governors, Canadian Intercollegiate Athletic Union
Chairman, Board of School Trustees, Ste. Anne de Bellevue
Boy Scouts Association of Canada

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4Letter from Ste. Anne de Bellevue Curling Club to Dr. A. S. Lamb, April 17, 1950.
CHAPTER XI

THE PERSONALITY OF ARTHUR LAMB

When Arthur Lamb graduated from Springfield College in 1912, the class biographer wrote of him, "The students very early realized that the twinkle in Arthur's eye spelled mischief." That twinkle in Dr. Lamb's eye was symptomatic of his whole personality which had a very definite twinkle. He enjoyed life to the fullest and his life was very full indeed.

Arthur Lamb was a distinguished looking man with a jolly but quietly resolute face. He was short in stature, about five feet seven inches tall and, in his latter years weighed about 165 pounds. He moved very quickly and seemed to be everywhere at once. As a young man he had a strong athletic figure with a fine head of curly black hair. As he approached middle age his hair thinned out considerably, turning quite grey. At this time, also, he was required to wear spectacles which he used for the rest of his life. He wore the old fashioned steel rimmed glasses, giving him a distinctly professorial look. He was meticulous about his personal appearance always wearing clothing appropriate to the occasion. As an official at a golf tournament or a

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1The Massasoit 1912, Yearbook of the International Y.M.C.A. Training College, p. 50.

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track and field meet, Dr. Lamb presented a dashing figure in his white shoes, white flannel pants, navy blue jacket, white dress shirt, and blue bow tie.

Dr. Lamb was very proud of physical education considering physical educators to be just as important as educators in any other field. For this reason he insisted that his staff and students conduct themselves in a professional manner. He insisted on proper dress and was quick to notice any violation. It was also at his insistence that all members of his staff should frequent the faculty club and mix with faculty members from other disciplines. Through this association he hoped that members of the general university faculty might come to a better understanding of physical education, and at the same time, his own staff could come to a better understanding of the problems confronting other departments of the university.

As an administrator Dr. Lamb was one of the old school. He did not consult the members of his staff on important policy decisions. Rather, he made the decisions and as a consequence fought most of his battles alone. However, he loved an argument feeling that controversy was essential to progress. He was devoted to his staff treating each with respect and, sometimes with too much consideration. Through the years, unfortunately, he was unable to obtain approval for the promotion of those members of his staff who, he felt, merited it.
Dr. Lamb's family life was close and intimate. He and his wife were devoted to each other. Mrs. Lamb had a sympathetic understanding for her husband's work, realizing that it required him to be away from home at times when most husbands and fathers were at home. Feeling a duty to the family Mrs. Lamb usually remained at home rather than accompany her husband to the many conventions and meetings which he attended. Dr. Lamb enjoyed a close relationship with his two sons, Roland and Bennetts. The elder son, Roland, is presently a prominent dentist in Montreal. Bennetts, the younger son, died in 1960. He had been a Professor of Science at the University of Saskatchewan.

In addition to a very full professional life, Dr. Lamb enjoyed an equally full private life. His enthusiasm for every activity in which he engaged was the source of amazement to his friends, colleagues, and students. He seemed to have time to do everything.²

Not being one to recommend the acquisition of recreational skills by other people only, he developed his own skills in a wide variety of activities. His particular interests during his life were fishing, curling, and golf.

²The data in this and the following eighteen paragraphs were obtained from conversations with Dr. Lamb's relatives and many of his former colleagues and friends. Dr. Lamb's widow, his son, Dr. R. T. Lamb; Dr. T. H. Matthews, former Registrar and Secretary of the McGill Senate; Miss Iveagh Munroe, present Director of Physical Education for Women at McGill, and Miss K. M. Cresswell were especially helpful.
Dr. Lamb was an ardent fisherman. He was a member of Ascension Fishing Club, located at Green Lake some miles north of Montreal. Access to Green Lake was, for years, over a rough path from the highway. Members of the Club had to walk from the highway to the Clubhouse, carrying their provisions with them. Following his retirement in 1949, Dr. Lamb continued to frequent Green Lake, despite his arthritis which made it impossible for him to walk from the highway to the Clubhouse. A local farmer installed a hammock in a horse-drawn cart and, with Dr. Lamb in the hammock playing his harmonica, the happy band of fishermen would make their way to the Lake.

The maintenance of the Clubhouse at Green Lake was a responsibility which Dr. Lamb assumed early in his association with the Club. An expert carpenter, though, curiously, many of his Ascension Club associates were not aware that he had been trained as a carpenter, Dr. Lamb undertook each repair job with his usual vigour. It was this vigour that not only was a source of complaint for his fishing friends but also gives some understanding as to why he could accomplish so much.

Dr. Lamb was one of those people who needed only five to six hours of sleep each night. His friends at the fishing club relate stories of playing cards with him into the wee hours of the morning. Four to five hours later, Arthur Lamb
would be up and about, making repairs to the Clubhouse or fixing breakfast. His friends, needing the usual eight to nine hours of sleep, did not, at times, appreciate his enthusiasm for living.

Dr. Lamb was a great story-teller. His many speeches were usually interspersed with jokes and stories many of which concerned his fishing exploits at Green Lake. It has been suggested that in many of his stories Dr. Lamb used a certain amount of fisherman's "poetic licence." However, one story, though improbable, has witnesses to verify its authenticity.

Fishing with a friend at Green Lake, Dr. Lamb made a bet, and he bet on everything pertaining to golf and fishing, that he would catch a larger fish than his friend. As the day was drawing to a close it was obvious that unless he had a change in luck he would lose his bet. Casting into a distant pool, the hook on Dr. Lamb's line became entangled with the line, forming a loop which diminished in size as the line extended itself to its full casting length. At that instant, a large trout leaped from the water into the loop which encircled itself about the body of the trout, trapping it. The fish was landed, much to Dr. Lamb's glee. He collected his bet and subsequently claimed that he held some kind of championship for fish lassoing.

Dr. Lamb's fondness for Green Lake was deep and long-
lasting. Following his retirement he spent many happy hours there with his family. Conscious of safety through the years, he saw to it that all possible measures were taken to prevent fire. It was he more than anyone else who insisted that every precaution be taken. During one of his visits to Green Lake with his family, a fire broke out trapping him inside the house. Unable to run or climb because of his crippling arthritis, he was forced to tumble backwards out of a window to escape being burned. Perhaps it was his experience as a gymnast that prevented serious injury.

Golf was another of Dr. Lamb's recreational activities. He was an above average golfer shooting in the middle seventies. His proudest moment in golf occurred in 1935, when playing in a student-faculty tournament, he shot a seventy-one which was the lowest score for the day and also par for the course.

Although he was a serious golfer, Dr. Lamb enjoyed every game to the full. Being an inveterate gambler he would make bets on almost every aspect of the game being played. He would wager on each shot, each putt, the score for each hole, and on every other conceivable point in the game. His friends usually were as prepared to wager with him as he was with them. Their only complaint was that at the end of the match it was almost impossible to settle accounts because of the number of bets made. The amount of each bet was usually
very small, never exceeding twenty-five cents, and it seemed to make the game much more interesting for Dr. Lamb.

Betting was not his only vice, if it could be called a vice. He was also an incorrigible practical joker. He took great delight in playing jokes on his friends. His students tell stories of his distributing examination books at all classes on April Fool's Day giving every impression that a surprise examination was to be held. The looks of dismay and consternation on the faces of his students as well as the looks of relief when he announced that the books were indeed intended a joke, gave him a great deal of pleasure.

His practical jokes were not reserved for students. On one occasion he was asked by a close friend to address a group of which his friend was president. It was agreed that he would, and Dr. Lamb appeared at the supper meeting of the group. Following the meal, Dr. Lamb offered his friend a cigar which upon being lit subsequently exploded, much to Dr. Lamb's and his friend's consternation. When he got up to speak, Dr. Lamb apologized for having given his friend the wrong cigar and asked him to accept another. To everyone's surprise, except Dr. Lamb's, the second cigar exploded some minutes later.

There are no stories of Dr. Lamb's activities in curling. He was a charter member of the Club in his home town of Ste. Anne de Bellevue and subsequently was elected to the
presidency. He was later elected an Honourary Member of the Royal Caledonia Curling Club, Canadian Branch, the highest honour for any Canadian Curler. Some of Dr. Lamb's curling colleagues remember him leading vigorous sing-songs following bonspiels and curling banquets.

Dr. Lamb had the happy knack of making people feel at ease in his presence. He enjoyed listening to and telling anecdotes. He had an explosive laugh which pierced the thickest walls and the coolest hearts. Students found it easy to talk to him and, as a consequence, brought many of their problems to him. The name "Dad", although coined under different circumstances, was not inappropriate, for he was a father to many hundreds of students.

Despite his agreeable nature he did not hesitate to enter a debate if he felt he should, and there were many times he felt this way. His principles of physical education were very dear to him and he seized every opportunity to persuade others to his view or to defend his position.

On one occasion, no less a person than Professor Stephen Leacock, Low Professor of Political Economy and famous Canadian humourist, questioned the merits of the athletic programme at McGill. Professor Leacock, writing in The McGill Daily, challenged that the McGill athletic programme was too concerned with the talented few, and that the athletic fee, charged of all students, was being used unwisely. A humour-
ist, Professor Leacock could not resist the temptation to make some personal observations on sport.

To a parent there is no finer sight than the broad playing field of such a school, dotted with a hundred little boys, intent on games, each playing worse than the other....Let me make one thing clear. I am not attacking athletics - meaning athletics in the real sense. The cultivation of a sound mind in a sound body. I have been an athlete all my life. In my younger days I was put off more football and cricket teams than any of my contemporaries. I played cricket for McGill University at Ottawa in 1904 in the presence of the Governor-General. He himself said that he had never seen cricket like mine.3

Dr. Lamb, a humourist himself, enjoyed Leacock as a humourist, but he did not enjoy him as a critic of the athletic programme especially when he felt the criticisms were based on inaccurate information. Instead of concentrating on a chosen few, McGill at that time had from fifty-five to sixty per cent of its students participating in some form of athletics. This Dr. Lamb pointed out to Professor Leacock in a spirited reply to the latter's criticism.4

Dr. Lamb had the interesting ability to disagree wholeheartedly with a colleague, yet, at the same time, to maintain an air of levity which tended to break the tension of disagreement. One newspaper reporter stated that although one

3The McGill Daily, March 16, 1934.

4Arthur S. Lamb, "Athletics at McGill - Is Professor Leacock Right," address given at Kiwanis Club meeting, Montreal, April 5, 1934.
could disagree with him on an issue, one invariably ended
the discussion laughing with him.5

This ability to debate seriously and earnestly, and, at
the same time, to keep tension at a minimum was well illus­
trated by an incident which occurred at the Convention of the
American Physical Education Association in 1931. The Presi­
dent of the Association, Professor Mabel Lee, tells the story.

Strong in my memory at this moment is an
incident of nineteen years ago, April in
Detroit 1931: National Convention! I
was presiding at a general session which
developed a real argument from the floor.
The topic is forgotten. The argument
started to generate unhappy heat, when
suddenly there came from the balcony at
the rear of the room a clear firm voice
ringing out in a most apropos Shakespear­
ian quotation which broke the angry spell.
Arthur Lamb of McGill University had saved
the day! Remember? I have never forgotten
that electric moment.6

One of Dr. Lamb's associates and fellow member of the
Ascension Fishing Club was Dr. Thomas H. Matthews, former
Registrar of McGill. Of Dr. Lamb, he said:

When things were serious, Dr. Lamb treated
them seriously, but when it was time for
amusement, no one extracted more fun from
the proceedings or put more into them than
he did.7

5Montreal Daily Star, June 12, 1951.

6Letter from Professor Mabel Lee to Dr. A. S. Lamb,
April 30, 1950.

7Conversation with Dr. T. H. Matthews as quoted by
Professor Winona Wood, Director of School of Physical Educa­
tion, McGill University.
In addition to his personal contact with physical education personnel in Canada, Dr. Lamb carried on an extensive correspondence with a great many associates. It is regrettable that most of this correspondence has been destroyed, for his letters were as stimulating as his conversation. Writing to a professional colleague who was discouraged and disappointed with the progress of recreation in Canada, he wrote:

> Your job, brother, is to dig your toes in even further. Keep your indignation and disgust. Cajole 'em, coax 'em, kid 'em, inspire 'em, shame 'em, browbeat 'em, damn 'em and poison 'em and shoot 'em if you like, but you've got to remember that a few isolated souls can't revolutionize the thinking of our people, or do all the work for them, they've got to help themselves and this, brother, is where you step in and stay put.\(^8\)

On another occasion, when, as President of the Canadian Physical Education Association, he wrote the following to a group which he felt was not living up to its responsibilities:

> We cannot afford to live unto ourselves. We have a real obligation to discharge. Petty personal differences and selfish local interests will damn our cause -- yes, and ourselves -- faster than we realize. Of course you are busy, most of us are, but that is not a justifiable reason for failure to show an united front for a common cause. The C.P.E.A. is your national organization and, without your enthusiastic support as a Provincial body, to set up ideals and objectives and then to assist in carrying them out it will die a natural death. If this happens, then

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\(^8\) Letter from Dr. A. S. Lamb to a Canadian Colleague, January 24, 1944.
you cannot escape your share of responsibility for killing it and for the failure of our profession to meet its obligations. My head is in the noose, and all you have to do is pull the string.9

When he felt that a particular job was well done, Dr. Lamb was loud in his praises.

You are a real comfort and our "common cause" is greatly indebted to you for the time and energy you are devoting.... If I get to heaven first, I'll put in a few good words into St. Peter's ear for you and Miss Somers. Maybe I am a little optimistic as to the direction in which we are going to travel.10

Perhaps he was a little optimistic for physical education in Canada. Perhaps he was, as has been said, twenty years ahead of his time. Indeed, his philosophy of physical education, influenced by the New Physical Education movement in the United States at the turn of the twentieth century and the British Public School tradition of "playing the game," has had a profound influence on Canadian Physical Education.

9Letter from Miss Florence Somers to Dr. A. S. Lamb, quoting extracts from the latter's letters, July, 1950.

10Ibid.
The sand of the desert is sodden red,
Red with the wreck of the square that broke,
The Gatling's jammed and the Colonel dead,
And the regiment blind with the dust and smoke.
The river of death has brimmed his banks,
And England's far, and Honour's a name,
But the voice of a schoolboy rallies the ranks,
"Play up! play up! and play the game."

This poem, written by Sir Henry Newbolt, was one of
Arthur Lamb's favourites and he used it time and again in his
many speeches to emphasize the importance of the ethical or
moral aspect of physical education. "Playing the game" was
no idle phrase for Dr. Lamb. He believed that physical edu-
cation provided the means whereby young people might be taught
standards of sportsmanship in all spheres of human activity.
"The rules of the game are the rules of life," was one of his
more popular quotes. Throughout his career, Dr. Lamb called
for "Sanity in Sport" believing that the New Physical Educa-
tion of the American Physical Educators, Hetherington and
Wood, had within it, educational values, capable of trans-
forming the physical, mental, social, and moral values of
man.  

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When Dr. Lamb first came to McGill in 1912 as Physical Director, he assumed the responsibility for conducting the gymnasium classes. Participation on the part of students was optional but every effort was made to encourage participation. The student newspaper of the day carried the following description of the classes:

A large bright airy gymnasium, lively catchy music, scores of eager athletic young fellows and an instructor who is the spirit of youth and life are the requisites for a successful and stimulating workout....

The activities included in these classes were folk dancing, indoor games, mat work, bar work, and group work. Athletics at McGill at this time had no administrative connection with Dr. Lamb's gymnasium responsibilities. The two, athletics and gymnasium classes, were two distinct programmes with little or no administrative connection with each other. This was quite a common practice in universities in North America at this time.

Following his return from the war, with the organization of the Department of Physical Education, athletics, gymnasium classes, and health were integrated, somewhat loosely, into a single administrative unit. This was in keeping with Dr. Lamb's views on physical education which looked upon man as an integrated being, not separated into unrelated parts of

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3The McGill Daily, November 11, 1913.
4VanDalen, op. cit., p. 408.
spirit, mind, and body. In his speeches and in his writings he called for a break with "hidebound traditionalists" who held to the view that the mind was educated in the classroom, the spirit in the church, and the body on the playing field. He called for a "Unity of Life."

I beg to submit the argument of the inseparability and complete inter-dependence of all factors as expressed in Life and Living. How often are we faced with the erroneous conception of watertight compartments in the education of the child. Is it not true that some of the most hidebound traditionalists and narrowest of one-track visions are to be found amongst those responsible for the mental and moral education of children? The Unity of Life necessarily involves their inter-relation of each phase of the individual's make-up upon the other. The factors are inseparable and unity of purpose and achievement are essential for the fullest living. Might we not have a physically superb moron, or a brilliant mentality which is socially and morally corrupt? For desirable citizenship, do we not require a oneness, a completeness, a balance between all factors? Does the art of living not require a Unity?5

In keeping with the philosophy of the New Physical Education, Dr. Lamb rejected the systems of physical education introduced into Canada and the United States from Europe. The system introduced into Canada was largely based on Swedish gymnastics, with a very definite military emphasis. Since the system, in his view, was educationally unsound he called for its abolition. This brought him into

5 Arthur S. Lamb, "The Unity of Life," paper read at Unitarian Society meeting, Montreal, February 26, 1932.
conflict with the Strathcona Trust which was the agency responsible for physical training in many Canadian schools from 1909 to 1945. This debate on the merits of the Strathcona Trust persisted for over twenty years, culminating in the removal of the physical training aspect of the Trust programme from Canadian schools. The controversy also afforded Dr. Lamb the opportunity for stating his views on the importance of play in education.

As has been noted, Dr. Lamb was greatly influenced by the leaders of the New Physical Education movement in the United States. He was familiar with the writings of both Dr. Hetherington and Dr. Wood and was, from 1922, a close personal friend of Dr. Jesse Feiring Williams. At Springfield College he was undoubtedly influenced by the theories of play of Dr. Luther Gulick. The importance of play in physical education programmes emphasized the need for a rejection of any system, such as the Strathcona Trust, which being essentially formal, had no place for play or for teaching the skills of play. Dr. Lamb saw in play excellent opportunities for the education of the child. In 1922 he said:

There are, however, perhaps more possibilities for moral education through play activity than in any other phase of child life. The will is the dominating factor in moral conduct. Vigorous play activity is accompanied by an enormous increase in the rate of flow of blood and also by a greatly excited nervous system. Under these conditions the exercise of one's will power is very different from a time when the circulation and the nervous system are functioning normally. In all types of games and
recreation there are numerous occasions when instantaneous decisions are made and the problem of the supervisor is to see these decisions on the part of the performer are made in accordance with the principles of true sportsmanship and thus become important character building factors in the life of the child. In addition, the very beneficial physical effects of the actual exercise should be recognized in support of a programme of participation by every possible child instead of observation by the many of the efforts of a few.

Thus we may develop through our recreational activities truthfulness instead of deceit, honesty instead of dishonesty, kindness instead of cruelty, justice instead of injustice, courage and determination to play the game in that spirit which it should be played.16

In order to teach the skills of play, professionally trained teachers were needed. This, Dr. Lamb felt, was essential and accounts for his continued interest in the School of Physical Education. The combination of his interest in play and in teacher preparation also accounts for his interest in the Playground movement in Montreal. Not only did he strive for more adequate playgrounds but also he had to battle for adequate leadership. The provision of playground space and facilities was not enough; trained leadership was a necessity if the playgrounds were to be a positive educational force.

The play supervisor is a necessity....There are even today those who not only fail to recognize the value of play but who believe that "free play" should hold sway and that play should not

16 Arthur S. Lamb, "The Child and Wholesome Recreation," address given in connection with All Canada Children's Week, September 26, 1922.
be supervised. On the other hand, there are those who admit some value in play, but only in a negative way, in that it keeps children out of mischief, and gives them an opportunity to expend their "exuberant energy" in ways that are not harmful. In some cities, then, provision is made for play spaces, they are equipped, but for which no supervision is provided. What happens? The centre so created takes the place of the meeting ground or back alley, and becomes the headquarters of the gang where might is right, and where nefarious practices are freely indulged in, merely an extension of the evils, which heretofore were not so much in evidence. The gang instinct is promoted and fostered for unwise ends.17

The teaching of play and the skills of play were deemed important by Dr. Lamb in coping with the problem of leisure time. Shorter working hours had increased the amount of leisure time of all Canadians, and Dr. Lamb expressed concern for the manner in which people used this free time. He called upon education and physical education to recognize the need for the teaching of leisure time skills, so that people might be able to provide their own recreation rather than seeking it continuously from commercial enterprises such as the movies, carnivals, and professional sport. In this area of leisure time skills he felt physical education had a definite responsibility.18 But it was not the only responsibility that it had.

17Arthur S. Lamb, "Relative Values of Supervision versus Unsupervised Recreation," paper read at Toronto Physical Education Association, November 23, 1925.

18Ibid.
Obviously influenced by Dr. Hetherington, Dr. Lamb, in 1927, outlined four purposes of physical education:

(1) The developing and strengthening of the organic systems through properly selected physical activities adapted to the age, sex and development of the individual.

(2) The development of the neuro-muscular system in general, but with particular reference to the acquisition of neuro-muscular skills for safety, leisure time, and aesthetic values giving to the individual pleasure and satisfaction.

(3) The development of attitudes towards play through mental relaxation, and by a change in the mental attitude through participation in free and simple activities requiring no conscious anxiety, and by being brimful of spontaneous and joyful expression, thus forming a definite contribution to joyous living and to the morale of the community.

(4) The development of standards of conduct, wherein with the right kind of leadership and ideals, the teacher has unlimited possibilities in influencing the student to put into operation standards of sportsmanship, fair play, and many other attributes of character.\(^{19}\)

The Seven Cardinal Principles of Education adopted in 1918 by the National Education Association gave primary importance to health. This, together with the statistical evidence of the number of rejections from military service because of physical defects, had a great influence on Dr. Lamb's thinking.

He called for a programme of health education that would:

help boys and girls to acquire certain essential knowledge regarding all aspects of health, to practice certain habits that will prevent infection and maintain maximum functioning of the body, not to be interested in health as a state of itself but to be greatly concerned with what, one, with health, can do in the world.  

He defined health as being more than freedom from disease but should rather be a compelling positive force which would enable the individual to live at his maximum efficiency.

The physical education and the health education movements in Canada expanded tremendously from 1920 to 1930. Dr. Lamb was a leading exponent of both movements to such an extent that at times it is difficult to determine whether he believed physical education was a part of health education or whether health was a part of physical education. He did see a very close connection between the two and at the same time realized that each had its own distinct objectives.

The close association between health and physical education caused many Departments of Physical Education to add the word Health to their names, thus becoming Departments of Health and Physical Education. In many instances this led

20 Ibid., p. 510.
21 Ibid.
22 VanDalen, op. cit., pp. 466-467.
to the view that a good physical education programme was of necessity a good health programme. Dr. Lamb did not hold to this view. Speaking to the Eleventh National Conference of Canadian Universities in 1927 he said:

Too frequently we are led to the opinion that gymnasium classes, intramural or intercollegiate athletics satisfy the need for health education. A properly conducted department of physical education may incorporate adequate health instruction and training, but in most cases do not do so.23

Dr. Lamb's own concept of the relationship of health education to physical education soon crystalized and he saw the important educational implications of both. He advocated a sound, scientifically based programme for each. Further, he advocated that a well qualified physical education teacher was the one best suited for teaching health education.24

Very early in his career, 1923, Dr. Lamb expressed grave concern for the health of Canadians generally. He continued to make general comments on this subject for the next thirteen years. In 1935, he embarked on a campaign designed to make Canadians more conscious of what he called "Canada's Human Resources." Aware of the various government sponsored fitness programmes in Britain, France, Germany, and Italy, he


called upon the Canadian people to give at least as much attention to the promotion and protection for its human resources as it did for its natural resources.

With the onset of the World War of 1939-1945, Dr. Lamb, armed with the statistics of the cost of ill-health to the Canadian economy and the war effort, became increasingly outspoken in his criticisms of the efforts of all levels of government in the area of health education.25

Throughout his life Dr. Lamb was a crusader. He did not achieve all the goals that he had set for himself, but his influence on Canadian physical education was greater than that of any other person. His career at McGill was distinguished by the success of the School of Physical Education which is, in effect, a monument to his work. The Intercollegiate Athletic programme in Canada did not, during his career, suffer from the many evils prominent in similar programmes in American Universities. The McGill Health Service, under Dr. Lamb's direction, served as a model for similar services in other Canadian universities. A compulsory or required physical education programme for men students at McGill was never successful. Lack of facilities and of support from the university defeated Dr. Lamb's aspirations in this direction. The women's required programme, on the other hand, was outstand-

ingly successful and perhaps was not given as much credit for a job well done as it should have been.

If one were to visit McGill today and to walk through its campus, its playing fields, and its athletic facilities, one would never know that Arthur Lamb had ever been there. This is in keeping with a McGill tradition which is best described by Dr. Hugh MacLennan.

Nothing, it seems, to me as a partial outsider is more typical of McGill than her attitude toward those great men who were associated with her. She takes hardly any credit for them...Strolling through the campus or wandering about the halls you might well wonder if McGill had anyone to be proud of.26

But Dr. Lamb’s contribution to Canadian physical education was in no wise restricted to his efforts at McGill University. He was, as has been pointed out, a member of many professional organizations and was associated with many national and international sporting groups. It was through two groups, however, that he particularly influenced Canadian physical education. One was the Amateur Athletic Union of Canada and the other was the Canadian Physical Education Association of which he was founder.

In the Amateur Athletic Union of Canada, Dr. Lamb was steadfast in his position on amateurism. He believed that the spirit of play and the love of the game for the game’s

sake were of paramount importance to amateur athletics. He protested and resisted the invasion of amateur athletics by professionals or semi-professionals. In this regard, he coined the word "sham-amateurism" to define the practice whereby supposedly amateur athletes were remunerated for their services by some indirect method of payment. This, to Dr. Lamb's thinking, was fundamentally dishonest and a violation of the basic principles of amateurism. Believing that the rules of the game were the rules of life, he refused to violate his principles, even under extreme pressures.

This fundamental honesty did not pass unnoticed. Sir Arthur Currie writing to a friend in 1926 said this of Dr. Lamb:

I believe and many others hold the same opinion, that pure amateurism is safer in the hands of Dr. Lamb than almost any other person prominently identified with athletics. He is without doubt the most consistently straight man I have ever met and I know that nothing would tempt him to deviate one iota from what is fair.27

Dr. Lamb never compromised in his views on amateurism. Interviewed by the Montreal Star in June of 1958 just four months before his death, he claimed he was still a "dyed in the wool amateur at heart" and believed that the hope of the

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27Letter from Sir Arthur Currie to Brigadier-General Victor W. Odlum, December 6, 1926.
future in athletics lay in the physical education programme of the schools.28

The second national organization through which Dr. Lamb influenced Canadian physical education was the Canadian Physical Education Association which he founded in 1933. It was through his work in the development of this professional organization that he was called "Dean of Physical Education in Canada." As President of the Association from 1933 to 1939, and subsequently as Honourary President, he guided it to an important place in Professional Education in Canada. His high ideals, not only for himself but also for the Association, are best exemplified by his "Confession of Faith" which he submitted to the Association at its 1937 Convention in Toronto.

I believe that it is only through wholehearted and unselfish co-operation with my colleagues in this and associated fields, that my contribution can be made most effective.

I believe that, unless I have something to give my colleagues by way of interest, enthusiasm, co-operation or material, I am a parasite in my profession.

I believe that I can, through the cardinal objectives of education and the knowledge which I possess, make a definite contribution to health, happiness and welfare of my community.

I believe that I should have some knowledge of social and economic problems facing my country and that with zeal and enthusiasm, I should direct my energies towards their solution.

I believe that my country has been, and still is, grossly negligent of its human resources and that serious consideration should at once be given to the unfitness of our man-power.

I believe that it is much wiser to develop a race of people who will be fit for living than to wait until we are required to make them fit for national defence. 29

Arthritis of the hip began to bother Dr. Lamb towards the end of the 1930s. Movement was at times difficult and could only be accomplished with the use of a walking cane. In 1941, writing to a friend in Australia, he said, "I am battling with an annoying arthritis which has caused me to slow up considerably." 30 By 1944, the arthritis had reached such a stage that surgery on both hip joints was required. At the same time Dr. Lamb was having intestinal trouble making a minor operation for colitis necessary.

Recuperating through the summer of 1944 he returned to his post for four very trying years. The new degree programme in Physical Education as well as the many problems associated with the resumption of intercollegiate athletics

29 Arthur S. Lamb, "President's Address," paper read at Canadian Physical Education Association Convention, Toronto, March 31, 1937.

30 Letter from Dr. A. S. Lamb to Dr. J. H. L. Cumpston, October 22, 1941.
taxed his energy and his health. In 1948, he was required to enter hospital again, this time for major surgery for the correction of colitis. Following his release from hospital he was obliged to retire as Director of the department he established.

In 1951, his many colleagues, friends, and students established the Arthur Stanley Lamb Scholarships in the School of Physical Education, in his honour. At the same time, a bound volume of two hundred and seventy-nine letters of appreciation and recognition of his many contributions was presented to him.

He retired quietly to his home in Ste. Anne de Bellevue with his wife. Unable to golf or to curl because of arthritis, he maintained his interest in fishing and developed further skills in gardening and in repousse art in copper. Skilled with his hands he produced many excellent pieces in repousse copper most of which are in the possession of his son in Montreal.31

Late in the summer of 1958 Dr. Lamb was obliged to re-enter hospital again. The end came quietly on September 4, when he died at the age of seventy-two. His passing was the

31Conversation with Dr. Roland T. Lamb, November, 1963.
subject of editorials in all leading Montreal newspapers one of which said,

He belonged to a vanishing type, to whom the too often loosely applied term of sportman could be bestowed without reservation.32

The Senate of the university he loved noted his passing with regret, and passed the following resolution as a permanent record of its regard for the man who had given so much to McGill and to Canada.

The Senate of McGill University records with sincere regret the death on 4 September 1958, of Arthur Stanley Lamb, Emeritus Professor of Physical Education. Dr. Lamb, or "Dad" Lamb as he was known to hosts of friends within the university and throughout Canada, served as Director of the School of Physical Education from 1920 until his retirement in 1949. During this period he gained international recognition as an authority in this field and in sports, social services and health organizations.

He was a man of tremendous energy and capacity. He found time to manage several Canadian Olympic Teams in Europe. He was head of the Canadian Physical Education Association, and the first Canadian to be selected a Fellow of the Society of Physical Education of America and of the Royal Institute of Public Health in England.

Above all, however, he will be remembered by his McGill colleagues for his unceasing devotion to the university. He was a forceful but kindly man, the friend of every McGill colleague and student he ever met.

To his widow and sons Senate sends its deepest sympathy.

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G. PERSONAL INTERVIEWS

In connection with this study, the author interviewed the following persons:

Mr. C. R. "Blackie" Blackstock, November 22, 1963, Toronto, Ontario. Mr. Blackstock, present executive secretary of The Canadian Association for Health, Physical Education and Recreation, was for many years a close associate of Dr. Lamb.

Miss Kay M. Gresswell, June 23, 1963, July 26, 1963, November 20, 1963, Montreal, Quebec. Miss Gresswell was Dr. Lamb's secretary for twenty-four years.

Major John W. Davies, July 25, 1963, Montreal, Quebec. Major Davies, a past president of the Amateur Athletic Union of Canada, was a close associate of Dr. Lamb, and is an authority on the history of the A.A.U. of C.

Mr. D. Lorne Gales, July 24, 1963, Montreal, Quebec. Mr. Gales, the Director of University Development, McGill University, was associated with Dr. Lamb for many years on the McGill Athletics Board.

Mrs. Arthur S. Lamb, June 23, 1963, Montreal, Quebec.

Mrs. Bennetts Lamb, November 20, 1963, Montreal, Quebec. Mrs. Lamb is the widow of Dr. Lamb's second son, Bennetts, who died in 1960.

Dr. Roland T. Lamb, June 23, 1963, November 20, 1963, Montreal, Quebec.
Mr. Jack Lang, November 21, 1963, Montreal, Quebec. Mr. Lang was for many years the Supervisor of Physical Education for the Protestant School Board of Montreal. He was an intimate associate of Dr. Lamb.

Mr. P. H. Loosemore, November 23, 1963, Toronto, Ontario. Mr. Loosemore, the present executive secretary of the Canadian Intercollegiate Athletic Union, was associated with Dr. Lamb on the C.I.A.U. for many years.

Mr. Thomas H. Matthews, July 27, 1963, Ottawa, Ontario. Mr. Matthews, former Registrar of McGill University, was an old friend and colleague of Dr. Lamb.

Miss Iveagh Munroe, November 20, 1963, Montreal, Quebec. Miss Munroe, a graduate of the McGill School of Physical Education, has been the Director of Physical Education for women at McGill since 1940.

Mr. John Passmore, August 5, 1963, Toronto, Ontario. Mr. Passmore has been associated with the Canadian Association for Health, Physical Education and Recreation for many years.

Miss Zerada Slack, November 22, 1963, Toronto, Ontario. Miss Slack, the Director of Physical Education for women at the University of Toronto, was a member of Dr. Lamb's staff at McGill in the 1930s.

Mr. Warren Stevens, November 22, 1963, Toronto, Ontario. Mr. Stevens, the present Director of Athletics at the University of Toronto, was an associate of Dr. Lamb for many years on the C.I.A.U.

H. LETTERS

Letters, pertinent to this study, were received by the author from the following individuals:

Mr. H. E. Arblaster, March 18, 1964. Mr. Arblaster is the present Principal of the School of Mines and Industries, Ballarat, Australia.

Mr. H. P. Archibald, July 22, 1963. Mr. Archibald was chairman of the Vancouver Y.M.C.A. Physical Committee in 1907 when Arthur Lamb was employed as Assistant Physical Director.
Mrs. W. A. Dunstan, March 5 and April 20, 1964. Mrs. Dunstan is Arthur Lamb's youngest sister. She lives in Ballarat, Australia.

Mr. R. M. Fairbairn, June 18, 1963. Mr. Fairbairn is the executive secretary of the Y.M.C.A. of Greater Vancouver.

Mr. Kenneth P. Farmer, June 7, 1963. Mr. Farmer, a past president of the Canadian Olympic Association, was a close friend of Dr. Lamb and his family.


Professor Mabel Lee, July 21, 1964. Professor Lee was a lifelong friend of Dr. Lamb.

Mr. Archie McKinnon, July 2, 1963. Mr. McKinnon, a Canadian authority in track and field and in swimming, was associated with Dr. Lamb on several Olympic teams and committees.

Mr. J. Wesley McVicar, June 17, 1963. Mr. McVicar, the National Director of Physical Education for the Canadian Y.M.C.A., was associated with Dr. Lamb on several committees pertaining to the work of the Y.M.C.A.

Dr. J. B. Nash, July 25, 1964. Dr. Nash was a close friend of Dr. Lamb.

Mr. A. J. C. Paine, August 12, 1963. Mr. Paine, an outstanding Canadian architect, designed the Sir Arthur Currie Memorial Gymnasium-Armoury. He worked closely with Dr. Lamb during the construction of this building.

Colonel G. M. C. Sprung, May 16, 1963. Colonel Sprung is the Director of the Historical Section of the Canadian Army, Ottawa, Ontario.

Mr. A. W. Steane, April 4, 1964. Mr. Steane taught carpentry in the Ballarat School of Mines from 1903 to 1913.

Mr. F. M. Van Wagner, May 16 and November 7, 1963. Mr. Van Wagner was a member of Dr. Lamb's staff from 1922 to 1948.

Dr. J. F. Williams, July 24, 1964. Dr. Williams was a lifelong colleague of Dr. Lamb.