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The case of James Lloyd at one time stenographer in the House of Representatives of the local Legislature, vs the Territory cames up for argument before the Supreme Court next Monday.

SPORTS

GREAT INTEREST IN THE TEN MILE RACE

The Athletic Park management are making all arrangements for the ten-mile race to be run next Saturday afternoon. The best local sportsmen have announced their intention of helping out by acting as judges and timers and the interest that is being taken in the event round town shows that there will be a bumper crowd at the park to watch the fleetest athletes of the islands run round the track for the long distance.

There are now eighteen entries for the race and, as the entries close this afternoon, it may be presumed that, at the time of going to press, there will be no more entries.

The entries are as follows:

A. K. Norton, J. McCandless, Joe Macedo, C. K. Carlie, Tsukamoto, E. E. Taylor, George Rosa, G. M. Addison, Nigel Jackson, J. Downey, Dal Fahey, Carl Neumann, Frank Enos, M. Plata, Mike Cordeiro, Herbert Cordeiro, D. Haknole and Antone Kaoo.

The rules governing the race will be as follows.

1. Each competitor shall present himself at the Athletic park not later than 2 p. m. on Saturday, September 11.

2. The number station will be in front of the grandstand and each competitor will receive two numbers and safety pins. A number must be pinned squarely on the chest and back so that spectators and scorers can recognize a runner easily.

3. Each competitor will be allowed two assistants. One assistant will be permitted inside the center of the track and may follow his principal and hand him refreshment at any stage of the race, provided the refreshment does not consist of drugs.

4. A competitor may leave the track at any time, provided that he does so unassisted but must not leave the open grounds. Any competitor entering the dressing rooms duing the race will be immediately disqualified.

5. Only one assistant may handle a competitor. Any runner may be rubbed down at any stage of the race but only one of his assistants may handle him. Any assistant who has a hypodermic syringe, or any restorative drug, except straight smelling salts, will be immediately ejected from the grounds and his principal will be disqualified.

6. Any runner who impedes or bumps into another runner will be immediately disqualified. If the assistants or partisans of any runner impede, obstruct or bump into any other runner, he will be immediately disqualified.

7. Runners in passing other runners at the turns must not force their opponents on to the ropes. Any rustling or rough work at the turns will call for immediate disqualification of the offender.

The above entry list shows what a keen interest is being taken in the race. While everybody expected Nigel Jackson, Tsukamoto, Dal Fahey, Downey and many others who made excellent records in the Hilo, Haleiwa and Marathon races to enter, it is especially interesting to note that Abe Norton and McCandless have decided to enter the race.

Both of these young athletes were stars at the High School during the past season. In football, in baseball and on the track they both gained many points for their school and they are to be reckoned with very seriously.

Coming from school as they do, with their wind and limbs in perfect condition and training, the plucky runners will be up against a hard combination. Both of them have been working very hard to get fit and, knowing enough not to go stale before the race, either one of them may easily be the winner.

Antone Kaoo, who finished in the last Marathhon, is the latest entry. He should be able to put some dust behind him over a ten-mile course. He will be far and away the oldest contestant in the race, but he still has his wonderful staying powers with him and may be relied on to make a fast pace for the comparatively short distance of ten miles.

Jackson is in the pink of condition and is very confident. But the Jap is also in great trim and, even though neither of these two should come in first, there will be a great race between them.

As a matter of fact they are both a trifle jealous of each others' records and neither one will allow the other to get ahead at the finish if he can possibly help it.

Jackson will have the advantage in that he is used to running round a circular track while Tsukamoto has made his best time on a straight road and running down hill. But the Jap is training round the track and will certainly be there with thme goods.

There will be two judges and a referee, three timers for general results and each runner will be allowed one timer to take unofficial times for each lap or mile. The scoring will be perfect. There will be a board and a scorer for each runner so that there is no possible chance of a mistake.

The race will start at 3:30 and there will be a preliminary baseball game between the Asahis and C. A. C. Juniors, to keep the spectators happy until the big event starts.

HEALTH AND SPORT WHERE BREAKERS ROLL

There has just been issued from the press of the Hawaiian Star a booklet by Dr. V. E. Collins, M. D., entitled "Sea Bathing in Hawaii."

The booklet, which is attractively gotten up and illustrated, is intended to supply all available information as to the best method of taking sea baths, and to bring to the notice of all and sundry the great benefits to be derived from the unique sea bathing of Hawaii.

The various chapters deal with, among other subjects, "Certain Special Features of Honolulu as a Bathing Resort," "Bathing for Pleasure," "Bathing for Health," "Sun Baths and Sand Baths," "Monolulu as a Winter Bathing Resort," and "Surf Riding."

The book is clearly and entertainingly written, beside being most instructive and it should be read by all who love a dip in the briny. Sent away to friends on the mainland, especially in the snow belt, it could not help doing the most effective kind of promotion work.

The chapter on "Surf Riding," is contributed by Alexander Hume Ford, president of the Hawaiian Outrigger Canoe Club, and is well worthy of reproduction. It follows:

As a boy I used to sit in school idling away my time building air castles over the picture in my geography book of Hawaiian men and women in impossible attitudes, who, standing on the tiniest of boards, stood poised upon the crest of monster rollers. I longed for Hawaii and sighed to read the brief statement that only native Hawaiians of all the people in the world ever accomplished the art of standing on the waves.

Thirty years later I stood on the beach at Waikiki and saw that my boyhood dreams might be realized. White men of all ages were racing in upon the foam, and I, too, in time became one of their number, while young girls not in their 'teens seemed to learn the art of standing on their tiny boards after a couple of trials, and old men found no difficulty in mastering the art.

My geography had merely lied about Hawaii, as many an otherwise good book has done since. Surfboard riding is an art easy of accomplishment to the few and difficult to the many. It is at its best when the rollers are long in forming, slow to break, and, after they do, run for a great distance over a flat, level bottom, such as the coral beds at Waikiki, which is perhaps the all-year-round ideal surfboarding bit of water in the whole world. There are three surfs at Waikiki: the "big surf" toward Diamond Head, in front of Queen Liliuokalani's summer residence, where the most expert surf-board riders and the native boys disport themselves; the "canoe" surf, nearly in front of the Moana Hotel, where the majority of those who stand on the board dispute rights with the outrigger canoes that come sliding in from a mile out at sea before the monster rollers; and the beginners' or cornucopia surf—a series of gentle rollers before the Outrigger Canoe Club's grounds and the Seaside Hotel Here as a rule, beginners learn the art of balancing on the board. The water for several hundred yards out is but waist deep, so that the malihini (new-comer) can stand beside his board, wait for a wave, give his board a forward push, jump on, and race in toward the beach before the foaming crest. He quickly learns, lying down, to guide the board by moving his legs, like a rudder, from one side to the other. There is nothing difficult in mastering this portion of the art of surfing, but out in the deep water it is quite another proposition. There you have no foothold from which to gain a start, which must now be given the board bx the power of the hands. It is half a mile out to the big waves, or "nalu nui," and a long 'noe" as the overhead windmill stroke that takes you out is termed. The intending surfer launches his board by grasping it in both hands by the edges, so that it balances; rushes down the slightly sloping beach and throws himself upon the board as he casts it upon the waters with a forward movement that gives it a good start and sends it beyond the first row of little breakers. Then begins that constant, steady, windmill movement of the arms, the hands acting as paddles, and the six or seven-foot plank of light wood swiftly glides out to sea. To the beginner the exercise soon tires to exhaustion; the neck and back acne, and the points of the ribs that touch the board seem to cut through the flesh. Perseverance, however, overcomes all obstacles, and after a few days new muscle is developed and the stiffness is forgotten.

Out in the deep surf, the board goes outward under the waves ,a diving tip being given the board just as it bucks each onrushing breaker. Once out where the waves foam, the surfer sits on his board, which, of course, sinks until only an inch or so of the tip is above water, and waits for the wave. Several may pass, then afar off he notices the one he wants. It is coming onward, a great green roller with a ridge of almost imperceptible spray along its entire length. This is the wave that will curl and break to perfection, then rush on for hundreds of yards—a Niagara of foam. The line of surfers prepares, and as the base of the mountain of water reaches them, there is vigorous and deft paddling with all the strength that skill can put into trained arms, and the great effort is made. Some rise rapidly to the crest of the billow and sink behind it; they have lost the wave. Others keep down in the hollow just before the wall of green. It breaks, and these fortunates are lost in the foam, rise through it, standing on their board, are lifted to the top of the white crest, and by skilful balancing, and guilding their boards wth their feet, send them down in the bias until once more they are in front of the onrushing mass of water. Some of the boards of course are divorced from their owners and go sailing in the air, while the surfer dives, involuntarily towards coral. Few, however, are the accidents of surfing, and it is doubtful if anyone has ever been seriously injured at this sport which has come down to the 'haole" from the old kings of Hawaii.

For several years past the sport of surfing has been on the decline, for as the vacant lots facing the beach at Waikiki were taken up by private ownership, the small boy of Honolulu was forced to give up his favorite sport. It was on account of this injustice to the small boy that the Outrigger Club was formed in April, 1908. Within a month of this first moving, there was a membership of 200, and an acre and a half of property facing the surf at Waikiki had been secured. Native grass-houses, the finest specimens on the islands, were purchased and moved to the property, to be user as lounging places, their great broad couch (koki) and open lanais forming ideal retreats for bathers after a long contest with the waves. Bath rooms were added for the free use of members, room for stowing surfboards, sheds for the canoes and lockers for the paddles were provided.

New members were taught to ride standing upon the surf-board, and so popular became the revival of the old Hawaiian sport that even the ladies began to take a deep interest in it. A number of young girls have learned to stand upon their boards, riding the waves, and together with their mothers and old sisters have organized an auxiliary club, which has its own clubhouse on a separate piece of property, donated by the Seaside Hotel management. So much for surfboarding which has returned to Waikiki to stay, at least for another twenty years, which is the life of the lease the Outrigger Club has on its seaside property.

Probably the only spot in which the outrigger canoe habitually rides the surf for the delectation of the tourist and the natives, is at Waikiki beach. Here the waves roll in, long combers from the deep blue sea. The native helmsmen take their long koa-wood canoe a mile out to sea, wait for a great roller, paddle like furies as it approaches, get up a speed that sends the long, slim craft shooting down the advancing hill of water at a seemingly angle of forty-five degrees, the canoe every rushing down hill but never reaching the hollow just a few feet before the advancing prow. It is a thrilling and safe ride, although of course sometimes the paddle of a helmsmen stops short and the canoe comes up broadside to the wave, and there is a swamped party of merrymakers clinging to the canoe, which never sinks, until it is bailed out again.

Of course there are many canoes at the Outrigger Club now, more probably than were ever before drawn up on Waikiki strand, for the back yards and barns of Honolulu have been ransacked since the organization of the Outrigger Club for long forgotten native canoes, and these the club carpenters are ever putting in commission again, while new koa-wood boats are being built by the natives of the big island of Hawaii, where alone the real article may be secured nowadays.

Neither surfboarding ,nor driving the big native canoes safely before the roughest waves are accomplishments beyond the acquirement of the "haole" or white man. There are white boys fully as expert as any Hawaii youths,

(Continued on Page seven)

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