

# HAPPENINGS IN SPORTSDOM

Baseball, Track, Fighting, Autos, College Notes, Football, Tennis

EDITED BY CHARLIE ALBRIGHT

## Hints For Beginners At Sprinting Game

By N. J. CARTMELL

(Of University of Pennsylvania, Interscholastic Champion in 100 and 220 Yard Dashes)

The purpose of this article upon sprinting is to aid the schoolboy and the beginner in avoiding many faults which he would naturally fall into unless first cautioned concerning them and then taught the proper methods of training. It is the purpose of these articles to instruct as thoroughly as possible under the limited conditions any boy who is so tempered as to desire to take up sprinting both for the enjoyment it has in store for him and the health and strength it is going to give him when properly undertaken and followed. To follow out this purpose this article will be devoted to the beginnings of sprinting and training as regards diet, regularity of habits, sleep, style and work, for the former are of far more importance than the latter to the beginner and, one may add, to the trained and seasoned athlete.

Sprinting is a sport that Americans have excelled in to a greater extent than any other nationality. Practically all records for the shorter runs are held by Americans, and this is due primarily to the temperament of our athletes, who possess the nervous energy that is requisite for success in this branch of track athletics. It is also due to the fact that sprinting requires more energy, more hard work in training for and more sheer power and nerve than any other sport, and no other people more closely reflect these characteristics than we do. Then, too, we go at our games and recreations much harder and more intensely than any other people, and we have not as yet given as much time to cross-country run-

ning, the real backbone of all distance running, as have the English. When we do take up this sport, and as we are doing this to a greater extent than ever before in our preparatory schools and colleges and athletic clubs, we may look for as much success in the longer races as we have had and will continue to have in sprinting.

The old adage that poets are born and not made is most pertinent in the case of sprinting, for all sprinters must have a natural burst of speed before they take up the sport, should they desire to rise very high in it. A schoolboy wishing to go in for track athletics should soon be able to tell in what event in this branch of sport he will succeed, especially if he has a mind to follow the shorter distances. A few short races with his schoolmates will convince him as to whether he has the requisite speed to start with. If he runs as well as or better than his companions, he should by all means devote his time to this branch of sport, for he is naturally chosen for it and will, with proper care and training, on his part, as well as his trainer's, develop into a fast runner.

On the other hand, boys should be careful at what age they take up this sport. Athletics will have no injurious effect upon a boy, no matter how young, provided he does not overdo them, and by that I mean does not enter into competition until he has obtained his full growth. The age of 16 years is generally regarded by trainers and others who have given this subject its full study, as the right one for a young man to start

training and competitive work. Before that time the bones and muscles of the human body are neither full grown nor hardened for such work, yet a boy earlier than this can indulge in a good deal of healthy exercise that will do him a great deal of good, and every boy should do so, always provided he does not strain himself. Too many preparatory-school athletes have been injured by injudicious trainers early in their careers, and at the start have made wonderful records for their ages, but because of the strain put upon their bodies they have declined in ability after entering college and have never been successful. It is this serious work, brought about by racing, that has injured many a young fellow of promise.

This warning is given chiefly for the purpose of calling the attention of the trainers who handle the school boys to the lessons they should have learned long ago. It is a vital one. Many schools that have track teams can ill afford the services of a good man to take charge of its athletically inclined boys and as a result injury often comes. No one should be engaged in this work by a preparatory school who has not had plenty of experience in this branch of athletics at both school and college, or who has not made a thorough study of conditions as they exist. The trainer or coach should pay more attention to the form of his proteges than to their records; more attention to their general health and the all-around development of their bodies than to the one-sided development that is bound to result should the boy be trained all the time for one specialty.

Track athletics never built up a lad into a man of robust constitution and big muscles, unless it be in the weight event, and they are not properly a branch of track athletics. A boy taking up sprinting, and it might be added any form of track or field sports, should pay more attention to his general physical development and health than to the one event in which he wishes to succeed, for there is good reason back of this plan. Let us consider it. In sprinting the stamina and strength and

mental powers will win out every time and the only way to obtain these elemental forces is by a long time spent in building up the general strength of the body. Few men have succeeded at sprinting who have not enjoyed good health and more than the average amount of strength. At the same time they have given their full attention to the study of obtaining speed. Take a list of the successful sprinters and they will, without exception, state that they have been great believers in outdoor life. Sunshine and fresh air in large quantities have been theirs, and they have devoted much time in the gymnasium and upon the athletic field toward strengthening their muscles and tendons. They have filled their vessels with good, rich blood and built up their strength in many ways, taking care never to muscle-blind themselves or adopt an exercise that will slow their movements in the least. They have not sought to go into a gymnasium to lift heavy weights, though they may have possessed that strength, but by taking up those systems of exercise that will build up their strength in ways that would improve their speed they have obtained the strength and health that has aided them in sprinting.

There is no athlete who will not tell you of the advantage of cross-country work, not the long grinding runs that thoroughly exhaust and tire out every one who participates in them, but the long walks and jogs through the fields and over the hills that will do more for one's health and strength than anything else. They bring into play every muscle that will be used in sprinting or in any other form of exercise and they will supply a needed tonic to every atom of the body. Nothing will result in a healthier tired feeling, a better appetite or more stored-up strength and energy than this form of exercise. More of this kind of play should be advised in every school, less money would be needed for gymnasiums and gymnastic apparatus and better results would surely be obtained.

The beginner in athletics and sprinting will do a considerable

amount of worrying over the subject of training as far as diet and drinks are concerned. More important than all of these subjects is the one relative to sleep. Sleep is more beneficial than any kind of food or drink that the best of doctors can agree upon or discover and this sleep should be started at an early hour each night, between 10 and 10:30, for the old saying that an hour's sleep before midnight is worth two after, has much that smacks of sense in it. The amount of time to be spent in sleep will adjust itself for a healthy boy. Get up as soon as you awaken and you will find that time to be between 7 and 8 o'clock.

The best advice to a beginner is to be regular in everything. This applies to work on the track, eating, sleeping and study. Have a time set for everything you do and then do it in spite of any and all opposition. Perhaps the best example of this point is to be found at the United States Naval Academy and the United States Military Academy. At each of these schools the life is regular in every detail, year in and year out, and no healthier class of young men are to be found in the world. Eat regularly, train regularly, sleep regularly and do everything regularly and little worry will have to be given to the kind of food to eat, the amount of sleep to take and whether tobacco and alcohol are good for you. They will then be looked at in the proper light.

There are, of course, certain things to eat and not to eat, just as there are certain things to drink and not to drink, when a boy is in training, yet too much stress has been laid upon these matters. Most people have a pretty good idea of what is right and wrong, but in track athletics, as in law, a great deal of capital has been made in arguing this point.

It is necessary that good, wholesome foods should be eaten, but not in over-doses, and that water and milk when drunk shall aid the runner somewhat in lubrication. Milk is only to be taken lightly, for it has a tendency to make a sprinter slow. Drink a good deal of water, for few people get enough of this valuable as-

set to digestion, which is one of the best and healthiest things in the world to consume. Foods that have pastry and sweetness in them should be avoided, for they will only give one an unnecessary load to carry, and alcoholic drinks are an absolute detriment. Alcohol will stimulate, but by all the laws of nature a reaction is due and with it injury to the athlete, and the same may be said of smoking.

It is wonderful how much has been said and written about foods and drinks for athletes. Do not give this subject much consideration; eat what is placed before you, barring pastry and sweets, and eat slowly. Pay more attention to mastication than to the kind of food you consume. No athlete owes his success to his particular invention in the kind of food to eat. Condensed meat tablets and all that sort of things are "rot."

### Bat Nelson Show Better In Long Fight

As a rule the refereeless boxing bouts, such as flourish in Los Angeles and Philadelphia, leave persons at a distance in doubt as to how the honors really were. All too frequently each sporting writer at the ringside enjoys an opinion entirely different from his fellows, to say nothing of the way the general public and each of the combatants figure up the credits.

When everybody seems to be of a mind, as was the case in the Unholz-Nelson bout, there is not much chance for an argument or a comeback. The man who claims the land of the kopje as the place of his nativity seems to have outfought the Dane at every point. The newspaper writers and the public have awarded the palm to Unholz and the batter is debarred from saying, "I was robbed," as he did at Goldfield, and as he might have done in this most recent instance if an individual referee had handed down the decision.

From the descriptions of the rounds it is made to appear that Unholz made Nelson look like a dunce.

This is hard to understand, and it has never been claimed for the Boer that he is anything but a rough, willing workman, thoroughly lacking in style and knowledge of the game. It is more than probable, however, that Nelson kept little in view but a knockout punch and that he allowed the other fellow to thrust indignities upon him while trying to work close enough to administer one fell, swat on the jaw.

One thing stands out through all the detailed accounts, however, to wit, that Nelson retained the qualities of assimilation that caused him to become known as the Durable Dane. Another equally palpable fact is that Unholz does not rate very high as a puncher. He rained blows on Nelson's head all through the ten rounds, but he was only dazed, and that slightly, for a few seconds in the eighth round.

The result of the contest will serve to boost the stock of Unholz, while Nelson will lose prestige over his clash with the South African.

Considering the manner in which Nelson worked his way to the forefront of the lightweight division, it is hardly fair, however that his reputation should be injured by such things as ten-round bouts with pillows. The Dane owes it to himself not to allow his argument with Unholz to remain as it is. He should seek a twenty-round bout with the Boer, and on the face of it it looks as though one of the San Francisco promoters could not do better than put the pair in the ring at an early date.

The longer the rematching of Unholz and Nelson is deferred, the better it will be for Unholz and the worse for Nelson. This because whatever advantage Unholz gained at Los Angeles will be magnified when the subject is being threshed out in the different cities of the country.

A new city ordinance proposed for regulating motoring in San Antonio, which has excited the motorists of that place to immediate action, reads as follows: "A fine of \$10 to \$200 for any person under 18 operating an automobile. A fine of \$25 to \$200 for turning a corner at more than three miles an hour. A fine of \$50 to \$200 upon refusal to stop when challenged by a policeman. A fine of \$25 to \$200 if light is not plainly distinguishable."

## LEWIS & CO., LIMITED, Family Grocers,

Offer the housekeeper WHOLESALE PRICES in Case Lots. Goods in any assortment.

SOLE AGENTS FOR

### DENMAN CREAMERY BUTTER

- Lowney's Celebrated Chocolates
- Apollinaris, Apenta and Johanna Lithia Waters
- Red Top Dry Monopole Champagne
- Napa and Sonoma Wine Co.
- Cinzano Ital. Vermouth
- Edward Saarbach's Rhine Wines
- A. de Luze et Fils French Wines
- Duff Gordon Sherries
- J. A. McBrayer Old Bourbon

- C. Marey & Liger Burgundies
- Sanchez & Haya, Optimo, Old Government Plantation and Bock & Co. Cigars
- Listerated Tooth Powder
- Richard Hudnut's Perfumes Toilet Waters, Toilet Soap, Face Powder and Creams, Nail and Skin Preparations.
- R. B. Hayden Whiskey
- Gibson's Eye
- Buckhead Lythia Water, good for rheumatism, diabetes, gout, Bright's disease, kindred ailments.



PURE MALT

STRATHMILL

Choicest Old Highland

SCOTCH WHISKY

Bottled & Guaranteed by W. & J. Gilbey

Strathmill Distillery, Keith, Banffshire, N.B.

169 KING STREET

Phone 240

OLD GOVERNMENT PLANTATION