TRAINING FOR BIKE RACES

Zimmerman Gives Some Points of Interest to Lovers of the Silent Steed.

Lots of Hard Work Required to Prepare for the Championship Events.

The Man Who Goes in for Making Records Must Not Expect to Take Life Easy.

[Written for THE HELENA INDEPENDENT.]

MY METHOD OF TRAINING IS not easily described. I do no training whatever during the winter, but take a complete rest. Last winter I mounted a wheel only once between Oct. 16 and the middle of March. In my opinion this is a better course for an American bicycle rider to pursue than to attempt to keep in shape all winter. I have noticed that the men who train even a little all winter generally go stale before the fall meets are over. My body seems to want plenty of rest and I don't think I am very different from the rest of mankind. Perhaps I can stand a little more than my share of rest.

In early spring I begin to ride on the road with a road wheel, doing from ten to thirty miles a day. I take it easy and do not attempt to do any fast work whatever at this time. I continue this for about three weeks, or until I find that my muscles are working all right, and all the feeling of stiffness which always comes to me when I first begin to train has entirely left me. Then I take a racing wheel and begin working on a track. During my trip to England I generally worked on the Herne Hill and usually did about ten miles in the forenoon and the same in the afternoon. Sometimes I worked five miles after supper, but this was the exception.

I work at about a three-minute gait for several days after taking up track work. When I find I am going all right I try to spurt a hundred yards or so and keep on increasing the distance each day until it reaches a quarter of a mile.

After each ride I am rubbed thoroughly dry with towels; then my whole body undergoes a sort of massage treatment from the bare hands of an attendant, and then some liniment is plentifully applied and rubbed in. I consider rubbing with the bare hands by a strong, healthy person one of the most valuable adjuncts to good training. By it the muscles are made free and pliable and the skin is kept in a smooth, healthy condition. After a hard race there is nothing so refreshing as to be well worked by the bare hands. No amount of rubbing with any kind of towels seems to have the same effect. It seems to revive one more than anything I have ever seen tried. The effect is felt at once, and there is no reaction, as in the case with stimulants.

Regularity in work is a very important element in making a success in training. The morning exercise should be taken from one and a half to two hours after breakfast. I do not believe in taking any exercise before breakfast, as some well intentioned writers on the subject advise. I have tried it, but it was not a success. It seemed to me like trying to run an engine without fuel. There was no question in my own case but that half an hour's work before breakfast took more vitality out of me than an hour's work after a good meal had had time to digest. I found it did not agree with me, and therefore discontinued it.

A. A. ZIMMERMAN.

If exercise can be taken in the afternoon it should be about two hours after the dinner hour. To ride immediately or soon after a hearty meal, whether it is breakfast, dinner or supper, is of no value to a person training. A feeling of dullness is sure to come over one and the best efforts cannot be put forth under such circumstances.

I have followed no particular line of dieting. I do not eat potatoes except in very limited quantities, neither do I drink coffee, but nearly all other table luxuries I indulge in and enjoy. I drink tea in preference to all other beverages. I have found nothing better or more refreshing in the dressing room after a hard race than some nice cool tea with a little lemon juice added and sweetened just a little. It is much safer than water and certainly free from all germs of disease. I know of nothing better. In training for bicycle riding the same general rules must be followed as in foot racing, although they need not be so closely adhered to. Train for the distance which after a little experience you find best adapted to your capabilities.

Some men have the power to stay long distances at a moderate pace, but cannot spurt at all, while others can do just the opposite. A very few can do both. Frank Shoreland is a wonderful example of a man that can both stay and spurt. His record of 413 miles in twenty-four hours places him at the head of all riders as a stayer, and his ability to do the last mile of that distance in two minutes and forty-two seconds, shows that he should not be overlooked when it comes to a driving finish. I have not met another man in whom both these qualities were so well developed. On the other hand, there is George C. Smith, the holder of the world's record for a quarter of a mile—:31 2-5.

This record stamps him as first class at the short distances, but the handicappers generally allot him from sixty to 100 yards in a mile in races with men like Taylor, Windle and Tyler.

If you have found out the distance you can ride best try that distance about once a week and have some one hold a watch on you and clock each quarter of a mile. At each attempt try to improve each quarter a little, but hold enough power in reserve to do the last quarter faster than any of the others. Practice with the thought in your mind that the race is always won in the last quarter and not in the others. If one has trained for short distances, say five miles and under, it is certainly very hurtful to try very much longer distances.

In England I had trained for the short distances, and without any proper preparatory work entered and rode in the fifty mile championship. I had already won the one and five mile championships, and wanted the fifty also. The lesson that I learned in that race was a costly one. During the latter part of that race my legs began to feel numb, and while they kept at work, yet the life seemed all gone out of them, and for several miles before the end of that race I thought they would not last the race out. They did not reach a normal condition for about three weeks after this effort. From examinations made since then I learn that the cause of this was that my heart had failed to properly do its work owing to the excessive strain upon it for so long a time. In other words, my heart had not been trained for long distance racing. I cannot advise any one to train for pleasure.

Taking a little exercise to keep from getting entirely out of practice is very often called training. That is not my experience, however. I am often asked if I had a pleasant time during my English trip. I always answer "Yes," because there were a great many pleasant things connected with it and I met a number of very agreeable people who tried to assist me in every way. But I don't think most people would have called it a pleasure excursion to be obliged for five months to follow a strict routine, each day exactly like the other. It got to being very monotonous and at times I felt like quitting. I keep a record of the miles I ride while in training, and I find that I had ridden over twelve hundred miles this year before I was able to win a race. I know that I am one of the hard men to get "fit," but I have very little trouble after I once reach perfect condition. In getting fit for a race I am compelled to train much longer and do more hard work than most of the racing men.

If I stop my work for a few days and then race I find that my lungs are the first to give notice that I have neglected my practice, and if the distance is considerable or the pace fast I feel quite exhausted at the end. I generally recover very quickly though, and it is rarely more than ten or fifteen minutes before I feel strong enough to start again should it be necessary.

I have met nearly all of the prominent racing men of Germany, England, Ireland Wales, besides those of America, and I do not think there is any branch of sport that contains more men with good education, with brains and more thorough gentlemen than cycling.

The question of machines is one of individual preference. There are so many high grade wheels that a serious mistake cannot be made. Racing wheels are now made as light as twenty pounds and as high as twenty-eight. The lighter weight wheels are all right for persons weighing 125 pounds and under, but for persons weighing more than that I think a heavier wheel is much preferable.

Whenever the absolute rigidity of a machine is sacrificed in order to save a little weight a good wheel is spoiled. Nothing is more aggravating than to find a wheel spring under at each hard push on the pedals when near the finish of a race, because at that time one generally needs all advantages, and every time the wheel springs a great deal of speed is lost. Since I began riding a safety about a year ago I have used a wheel made by the Raleigh Cycle company, of Nottingham, England. The one I now have was built for me, but does not vary much from the regular stock racer. It weighs between twenty-six and twenty-seven pounds when fitted with Thomas pneumatic tires.

The all absorbing question now with wheelmen is, will the trotting record be broken? I am of the opinion that the record of Nancy Hanks, 2:05¼, made on a kite shaped track, will be beaten by a bicycle on a circular track. I have never tried a kite shaped track and am therefore unable to express an opinion as to whether it is faster for cycle racing than the circular tracks. My record of 2:06 4-5 for a mile with a flying start was made on a half mile track. I think this time can be lowered on the same track. Within half an hour of the time that record was made I had ridden a mile in 2:08 4-5, and this had taken some of the snap out of me or I think the last effort would have been somewhat faster. I don't know the time of the two fastest heats trotted, but think that the times on the cycle will compare favorably with them.

Business and training should not be attempted. One or the other will suffer. The cares of business have a depressing effect and to train to the highest point the mind must be free from all worry. Late hours cannot be indulged in either. A regular hour for retiring must be rigidly followed or the best results will not be obtained no matter how careful and well all the rest of one's work may be done.

If you wish pleasure ride for exercise, but don't train.

A. A. ZIMMERMAN.

Guaranteed Cure.

We authorize our advertised druggist to sell Dr. King's New Discovery for consumption, coughs and colds, upon this condition. If you are afflicted with a cough, cold or any lung, throat or chest trouble, and will use this remedy as directed, giving it a fair trial, and experience no benefit, you may return the bottle and have your money refunded. We could not make this offer did we not know that Dr. King's New Discovery could be relied on. It never disappoints. Trial bottles free at R. S. Hale & Co.'s drug store. Large size 50 cents and $1.

Go to The Bee Hive for a baby carriage and save 33⅓ per cent.

Opportunity.

Master of human destiny am I,
Fame, love and fortune on my footsteps wait,
Cities and fields I walk. I penetrate
Deserts and seas remote, and passing by
Hovel and mart and palace, soon or late
I knock unbidden once at every gate.
If sleeping, wake; if feasting rise before
I turn away. It is the hour of state
And they who follow me reach every state
Mortals desire, and conquer every foe
Save death; but those who doubt or hesitate
Condemned to failure, penury and woe
Seek me in vain and uselessly implore;
I answer not, and I return no more.

JNO. J. INGALLS.

* * * * * * *

But fail ye not in this respect,
Seize every opportunity to travel
Over the Chicago, Milwaukee & St. Paul railway.
This is the advice of

GEO. H. HEAFFORD,
General Passenger Agent, Chicago, Ill.

$500 Reward!

We will pay the above reward for any case of Liver Complaint, Dyspepsia, Sick Headache, Indigestion, Constipation or Costiveness we cannot cure with West's Vegetable Liver Pills, when the directions are strictly complied with. They are purely vegetable, and never fail to give satisfaction. Sugar Coated. Large boxes, 25 cents. Beware of counterfeits and imitations. The genuine sold by H. M. Parchen & Co., Helena.

JAPANESE PILE CURE

A new and Complete Treatment, consisting of Suppositories, Ointment in Capsules, also in Box and Pills; a Positive Cure for External, Internal, Blind or Bleeding, Itching, Chronic, Recent or Hereditary Piles, and many other diseases and female weaknesses; it is always a great benefit to the general health. The first discovery of a medical cure rendering an operation with the knife unnecessary hereafter. This Remedy has never been known to fail. $1 per box, 6 for $5; sent by mail. Why suffer from this terrible disease when a written guarantee is positively given with 6 boxes, to refund the money if not cured. Send stamp for free sample. Guarantee issued by H. M. Parchen & Co., druggists, sole agents, Helena, Mont.

Montana University.

University Place, Near Helena

FALL TERM BEGINS SEPT. 8.

Course of Instruction: 1, College. 2, College Preparatory. 3, Business. 4, Normal. 5, Music. 6, Art. 7, Military. Also Instruction in Common Branches. Able instruction, elegant building.

Send for Catalogue to the President,

F. P. TOWER, A. M., D. D.

"Dr. Liebig & Co. Coming."

San Francisco and Kansas City's Great Specialists From Liebig World Dispensary.

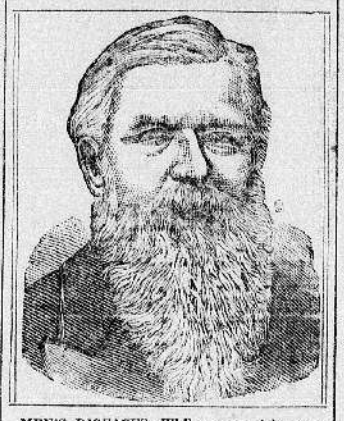
Their chief specialist, of San Francisco, will visit Marysville, American House, Oct. 13 and 14; Philipsburg, Modini's Grand Hotel, Oct. 15 and 16; Granite, Moore House, Oct. 16 and 17; Missoula, The Florence, Oct. 18 and 19, and at Merchants Hotel, Helena, Oct 1 to 4.

Dr. Liebig & Co. believe that a special physician's success entirely depends on his skill and ability to cure disease. Realizing this fact twenty years ago they gave up acute cases and family practice, and have devoted all time to chronic diseases, men's diseases, restoring lost health and vigor in old and young, and to-day have the majority of chronic cases to treat west of the Missouri river to the Pacific ocean. Making specialty to order from measurement, braces and appliances for all deformities. No physician can perform twenty-five men's work, no brain is capable of doing so. He who pretends to cure all diseases, be a bedside physician, a surgeon, a chronic disease expert, etc., etc., claims an impossibility. Dr. Liebig & Co.'s success depends upon special work, doing only office practice and treating a certain class of diseases as specialists. Chronic private and secondary diseases, often called incurable, are speedily cured. Diseases of the eye, ear, nose, throat, blood and nervous system, and genito, urinary and reproductive organs receive careful special attention. It is a well known fact that surgeons and physicians treating only a special class of diseases obtain great skill and are universally successful. Diseases of men treated confidentially and never referred to. Delicate and complicated diseases of women skillfully treated.

The Liebig World Dispensary is the largest incorporated medical and surgical institute in the world combined under one management. Divisions in Kansas City, Butte City, Los Angeles and San Francisco. The old, the tried, the trusty. Not here to-day and away to-morrow, but here now, first, last and all the time; combining skill with reliability has brought unparalled success to Dr. Liebig & Co. in the past twenty-four years.

DRINK, OPIUM, TOBACCO—Drunkenness, Opium Habit, and excessive use of Tobacco destroy millions of valuable men and women yearly. Dr. Liebig & Co. give successful treatment by the Chlorides, Cinchonides and the latest methods, which overcomes the habit perfectly and permanently. Consultation free, personally or by letter, and sacredly confidential.

BAD BREATH—Catarrh is very prevalent in Montana. It destroys the purity of the breath, the hearing, the sight, and if neglected extends down the membrane of the throat and bronchial, attacking the lungs, heart, stomach, bladder, kidneys and whole mucus membrane of the body, destroying the vital organs. Dr. Liebig & Co.'s treatment is safe, speedy and successful.



MEN'S DISEASES—While some might wonder that a large and responsible Dispensary like Dr. Liebig & Co.'s should specially treat private diseases, seminal weakness, spermatorrhea, gleet, stricture, varicocele, syphilis, blood poisoning, skin diseases, and all chronic ailments of men that unfit them for life's duties or its pleasures. All reputable physicians and family physicians treat such diseases. We have never known one above doing so, nor one to refuse to do so. Why should Dr. Liebig & Co. not treat them also, when they are specialists for all chronic ailments and so far better prepared to do so, and have more facilities and greater numbers to treat, hence acquire much more skill and experience, and certainly can treat above special cases far more successfully than those who do not specially treat them. Indeed, half of the extensive practice of Dr. Liebig & Co. are of cases that have been badly treated by so-called "cure alls"—men suffering from destroying diseases or results of abuse or excesses. The sad lesson and terrible experience, and their penitence—as with the prodigal son—brings many a wayward, yet noble man to a life of rectitude, and whatever the Pharisaical may think or say, Dr. Liebig & Co. propose to be good Samaritans and cure them, and then say: "Go sin no more."

Mr. Merve Gill, a wealthy cattle and stock man, of Emmett, Idaho, was a helpless invalid, confined to bed two years, given up by all the best doctors in Idaho. He had to be turned in bed by sheets, had two men nurses to attend him, was sinking fast from a spinal affection and paralysis of lower extremities; went under treatment April, 1892, is now able to drive out morning and evening. His case was complicated with valvular disease of heart and nervous debility. He paid Dr. Stodart $2,000 for his services. Write for particulars to Mr. Gill.

Mr. Thomas Goff, of 637 Hyland street, Helena, states that he owes his life to Dr. Liebig & Co. He was a helpless cripple on crutches, given up to die, and has been cured of inflammatory rheumatism by Dr. Liebig & Co. Such chronic cases seem only to yield to treatment used by the celebrated specialists of the Liebig World Dispensary, as I tried others first and failed. I will explain to any one who calls.

John Turk, a pioneer of Helena, suffered dreadfully from Mercurial Salavation, Chronic Rheumatism and Impurity of Blood, tried many doctors, but continued to suffer until Dr. Stodart, of Liebig World Dispensary, of San Francisco and Kansas City, speedily cured him. Mr. Turk is well known. Ask Mr. Holter, Holter Hardware Co., or Judge Allan about him.

Mrs. Alameda Martin, 1306 Post street, Spokane, has been restored to perfect health, after trying many leading physicians. She came to see Dr. Stoddart on crutches; was partially paralyzed and completely broken down from nervous prostration. Today she is completely cured. Thousands of such chronic cases are being cured by Dr. Liebig & Co., all over the west. The doctor will be in Montana from San Francisco, and has offices at room 15, Merchants Hotel, Helena, Oct 1 to 4.

Call or address: San Francisco office, 400 Geary street. Butte City office, 8 East Broadway.

SUMMONS—IN THE DISTRICT COURT of the first judicial district of the state of Montana, in and for the county of Lewis and Clarke.

Beniah B. Myers, plaintiff, vs. Willis M. Myers, defendant.

The state of Montana sends greeting to the above named defendant:

You are hereby required to appear in an action brought against you by the above named plaintiff in the district court of the first judicial district of the state of Montana, in and for the county of Lewis and Clarke, and to answer the complaint filed therein, within ten days (exclusive of the day of service) after the service on you of this summons, if served within this county; or, if served out of this county, but within this district, within twenty days; otherwise within forty days, or judgment by default will be taken against you, according to the prayer of said complaint. The said action is brought to obtain a judgment and a decree of said court dissolving the bonds of matrimony existing between the plaintiff and defendant on the ground that since the marriage of plaintiff and defendant, defendant has treated plaintiff in a cruel and inhuman manner, by striking, beating, pounding and wounding plaintiff at divers and sundry times, and particularly on the 12th day of April, 1891, at a ranch near Three Forks, Montana, and also on or about the 15th day of December, 1891, at Philbrook, Montana.

And also on the ground that the defendant disregarding his duties as a husband towards the plaintiff, has been guilty of habitual drunkenness for more than one year immediately preceding the commencement of this action, all of which appears more fully in plaintiff's complaint on file herein, to which special reference is hereby made.

And you are hereby notified that if you fail to appear and answer the said complaint, as above required, the said plaintiff will apply to the court for the relief demanded in the complaint.

Given under my hand and the seal of the district court of the first judicial district of the state of Montana, in and for the county of Lewis and Clarke, this 19th day of September, in the year of our Lord, one thousand eight hundred and ninety-two.

JOHN BEAN, Clerk.
By H. R. THOMPSON, Deputy Clerk.
E. L. Knowles, attorney for plaintiff.

FREE TO THE FAIR.

BOYS AND GIRLS:

We will give to the boy or girl obtaining the largest number of subscribers to THE WEEKLY INDEPENDENT, between now and the 1st of January, 1893, a first-class railroad ticket from Helena to Chicago and return, a ticket of admission to the Fair, and free board at a first-class hotel during the stay in Chicago. There are no conditions attached to the offer except that with every name sent in the sum of $2 shall be remitted in advance for a year's subscription. Names may be sent in one at a time as they are secured. They must be accompanied with the statement on the part of the sender that he or she desires to enter THE INDEPENDENT'S World's Fair contest.

ALIAS SUMMONS—IN THE DISTRICT court of the First judicial district of the state of Montana, in and for the county of Lewis and Clarke.

Ann Tolman, plaintiff, vs. August Nagel and Genevieve Nagel, F. R. Wallace and A. M. Thornburgh, co-partners doing business under the firm name and style of Wallace & Thornburgh, Patrick A. Comer and Timothy Wilcox, defendants.

The state of Montana sends greeting to the above named defendants:

You are hereby required to appear in an action brought against you by the above named plaintiff in the district court of the First judicial district of the state of Montana, in and for the county of Lewis and Clarke, and to answer the complaint filed therein, within ten days (exclusive of the day of service) after the service on you of this summons, if served within this county; or, if served out of this county, but within this district, within twenty days; otherwise within forty days, or judgment by default will be taken against you, according to the prayer of said complaint.

The said action is brought to foreclose a certain mortgage described in the complaint and executed by the said August Nagel and Genevieve Nagel on the 25th day of July, 1889, upon lots numbered thirty-one (31) and thirty-two (32) in block numbered one hundred and thirty-four (134), in the Ming addition to the city of Helena, in Lewis and Clarke county, state of Montana, to secure the payment of a certain promissory note made by August Nagel on that day for the sum of $1,100, with interest at the rate of twelve per cent per annum, to Matthew Bolles & Company; said note with interest as aforesaid being now due and payable by reason of non-payment of the interest as provided in said note and mortgage, said note and mortgage having been assigned by the said Matthew Bolles & Company to the plaintiff, and said mortgaged indebtedness having been assumed by the defendant Patrick A. Comer for valuable consideration; that said premises may be sold and the proceeds applied to the payment of said note, interest, taxes paid by plaintiff on said property, attorney's fee and costs; and in case said proceeds are not sufficient to pay the same, then to obtain an execution against the defendants August Nagel and Patrick A. Comer for the deficiency, and also that the defendants and each of them herein, and all persons claiming by, through or under them, or either of them, may be barred and foreclosed of all right, claim, lien, equity of redemption in and to said premises. Plaintiff asks for other and further relief as appears more fully in said complaint.

And you are hereby notified that if you fail to appear and answer the said complaint, as above required, the said plaintiff will apply to the court for the relief demanded in the complaint.

Given under my hand and the seal of the district court of the First judicial district of the state of Montana, in and for the county of Lewis and Clarke, this 8th day of September, in the year of our Lord, one thousand eight hundred and ninety-two.

{Seal District Court.}

JOHN BEAN, Clerk.
By H. R. THOMPSON, Deputy Clerk.
LESLIE & CRAVEN, Attorneys for Plaintiff.

NEW SIOUX CITY ROUTE
EAST.

Passengers for the East from Helena and other western points will find the NEW ROUTE via SIOUX CITY and the ILLINOIS CENTRAL R. R. not only desirable as to time and equipment, but one of the most attractive, passing through Sioux City, the only Corn Palace City of the world; Dubuque, the handsome Key City of Iowa; Rockford, Illinois, a new manufacturing city, that has become a "world within itself," and Chicago, whose growth and enterprise is the wonder of the world. With elegant free Chair Cars, and Pullman Palace Sleeping Cars on every train between Sioux City and Chicago, and with a close connection with the Union Pacific trains at Sioux City, the

Illinois Central R. R.

respectfully presents its claims for the new and every way desirable SIOUX CITY ROUTE.

For folders and further particulars call upon local ticket agent, or address the undersigned at Manchester, Iowa.

J. F. MERRY,
Asst. General Passenger Agent.

Rock and Ore
BREAKERS
AND CRUSHERS
("THE BLAKE STYLE.")

This Style of Rock Breaker, after 20 years' practical test, has proved to be the best ever designed for the purpose of

Breaking Quartz, Emery, Gold and Silver Ore

And all hard or brittle substances, also for making RAILROAD BALLAST OR CONCRETE. Our adjustable toggle block [Pat. No. 227,554] enables us to adjust the machine while in motion to the size of any stone or particular product. There are other improvements possessed by the machines not equalled by any other in the world.

Gold Medal awarded at the Massachusetts Mechanics' Association, 1881, and Silver Medal (special) at the American Institute, New York, 1882.

Farrell Foundry and Machine Company, Ansonia, Conn.

GRANDON CAFE. GRANDON BLOCK.
CORNER SIXTH AVENUE AND WARREN.
Is Generally Renovated and Under New Management

TERMS:	$7 PER WEEK. TICKETS, 21 MEALS, $8. SINGLE MEALS, 50 CENTS.

MRS. M. C. WARMKESSEL, PROPRIETRESS

A. K. PRESCOTT
DEALER IN
Marble and Granite
MONUMENTS
AND
HEADSTONES.
Iron Fencing. Helena, Montana.

GENERAL ACCOUNTANT B. BROWN SECRETARY CUSTODIAN
Room No. 1, Power Block. Postoffice Box 81
HELENA, MONTANA.