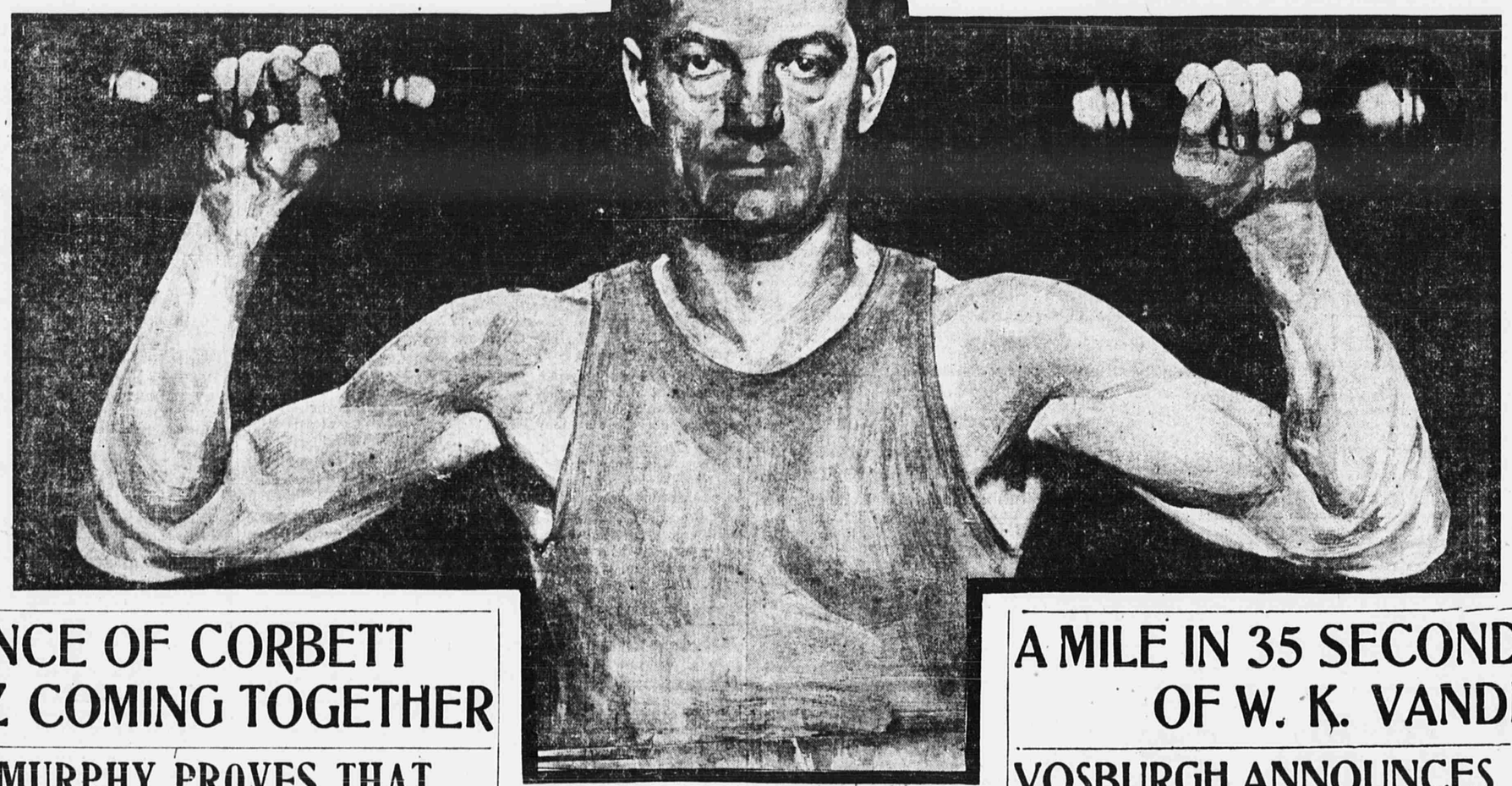
SPORTS — PUGILISM — RACING — SKATING — ATHLETICS — SPORTS

M'COY'S FOURTH LESSON

ADVICE TO EVENING WORLD READERS TO-DAY IN HIS HOW TO STRENGTHEN AND DEVELOP THE MUSCLES OF THE ARMS

What Judicious Use of the Dumbbells Will Do Toward Development.

Don't Use Heavy Weights or Try to Do Too Much in a Short Time.



M'COY'S POSITION WITH DUMBBELL.
THE NOTED HEAVY-WEIGHT GIVES SOME GOOD ADVICE ON THE USE OF THE WEIGHTS IN HIS FOURTH LESSON TO-DAY.

ANOTHER OFFER FOR RYAN TO-DAY

(Special to The Evening World.)

CHICAGO, Feb. 1.—When Tommy Ryan, the middle-weight, returns to Chicago to-day he will be met by an authorized representative of Jim Kennedy with a fat offer to meet Jack O'Brien before the Yosemite Club, of San Francisco, the last of February. A similar offer will reach him through George Siler, who has been asked to put the proposition before Ryan by Jim Coffroth, of San Francisco.

As Kennedy and Coffroth have heretofore been connected with the same club the two representatives will work in unison to secure Tommy's signature to a set of articles calling for a twenty-round contest between O'Brien and Ryan.

NEROMUS ON MAT TO-NIGHT.

Emil Selva, the mixed-style wrestling champion, and Neromus, the Mexican bull-fighter and wrestler, will meet in a catch-as-catch-can wrestling match to-night at Apollo Hall, Paterson, N. J. Selva is considered one of the best all-round knights of the mat, having defeated some of the best local cracks. If Neromus gains the decision he will tackle John Piening, the Butcher Boy, for the Graeco-Roman championship.

TWO MATCHES FOR GARDNER

(Special to The Evening World.)

CHICAGO, Feb. 1.—George Gardner has been matched to fight "Diamond Dick" and Jim Driscoll, two third-rate local men, before the Watita Club next Monday. Gardner is expected to stop both men. If present plans do not miscarry there will be two new clubs bidding for fight patronage in the field the coming week.

WRESTLERS ARE TO NAME REFEREE

The question of referee is the only hitch in the arrangements for the finish wrestling bout between George Fisher, of the New Polo A. A., and Fritz Mohl, John Piening's protege. The pair are to meet in the Polo clubhouse, on One Hundred and Twenty-ninth street and Park avenue, on Wednesday night, and to-morrow the men will likely decide on the official.

Mohl wants a man versed in the wrestling game from an active point of view to officiate, while Fisher is anxious to secure Tim Hurst or a newspaper man. Both men are in super shape for the bout, and the result of the contest will show the advantage of the training as prescribed by two champions, George Bothner and John Piening. Best two in three falls will decide the issue.

VANDERBILT WILL HAVE AUTO TRACK

William K. Vanderbilt, jr., is to build an automobile track of his own. He has telegraphed instructions from Florida to engineers to build one at his new residence at "Deepdale," L. I.

The new track will be at least a half mile and will be banked on the turns. Vanderbilt has one or two machines under construction which he will try out this spring on the new track.

REAL CHANCE OF CORBETT AND FITZ COMING TOGETHER

"I'll Give Up Everything to Fight Him!" Says Monologue James; "Let Me Get at Him!" Substance of Fitz's Answer.

CORBETT and Fitz, the two ex's, are at it again. This time they appear to be serious, and a real ring contest may result from their exchange of opinions on the fistic prowess of each.

"Monologue James" and the ruby-topped Bath Beach sage are far apart, but not too far to prevent a wordy warfare via the telegraph wires. Corbett is in New Orleans and Fitz is in St. Louis, and mayhap both need attention. At any rate, they are verbally putting each other on the blink, so it behooves Jim Coffroth, the 'Frisco fight promoter, to get busy promoting, with a meeting of the pair in view.

Here's what finds its way here from the Corbett present centre of operations:

"Fitzsimmons? Why, he knows I can lick him. Let him go out and get a 'Frisco club or one at any other place, and then the public will see how much I'm afraid of him.

"All I want is a purse of decent dimensions and I'll get into the ring and wipe out that Carson City affair in handy fashion.

"I'll cancel all my theatrical engagements, just to take him on. That looks like I am afraid to fight him, doesn't it?

"Fitz knows that I will draw a good house anywhere in the country. He is broke now and couldn't draw thirty cents, and figures that if he can get me to go on with him the bout will draw a big house, and he will take the loser's end of it."

Now hark ye to the words of Fitz on the subject:

"Just let me get a chance at that theatrical genius, Corbett. Why, he would be easy money for me. I'll give up all my plans for a business in St. Louis during the World's Fair if I can be assured there's a chance of getting Corbett in the ring again.

"Yes, I might say that's one of the few ambitions I have now. I just want to prove to Corbett's own satisfaction that I'm not a 'has-been,' and, comparatively speaking, am just as good as I was that day out at Carson.

"I will see at once what arrangements can be made in the way of a location, and I am here to say that if Corbett knocks me out, or gets the decision, for that matter, I will be a whole lot poorer. While I have said, and say it again, that I do not like the fighting game, only when I once more fought Corbett and proved that I am his master will I forsake the ring forever."

NATIONAL SCHOOLBOY MEET

The success of the first public school athletic meeting held in Madison Square Garden recently has shown results, and Dr. Gulick, director of physical training of the public schools of New York, and J. E. Sullivan have been in communication with the leading educators in Chicago, San Francisco, Baltimore, Boston, Philadelphia and other points, and as a result a national schoolboy Olympic championship meeting has been scheduled for July 4, 5 and 6, to be held in St. Louis, in conjunction with the Olympic games.

MURPHY PROVES THAT HE IS LOVE'S MASTER

To convince Philadelphia fight followers that one boxer is better than another is like trying to show a Missourian. That was the case in the six-round bout between Tommy Love, Philadelphia's best 118-pound fighter, and Tommy Murphy, the great little fighter of Harlem, a week ago. There were those who thought Love Murphy's master.

The pair met again on Saturday night before the National Athletic Club, and when the last period was over there was a unanimous decision that Murphy "had it on Love." Love said so himself in this statement:

"The 'Kid's' too much for me."

Murphy wasn't in the best shape for the bout, either. Love was. Still, the Harlemite made Love appear absolutely inferior. He walloped hard very often, and sent him to the floor with a right to the face just three seconds before the gong sounded. It was a welcome gong for Love. From then on Murphy forced Love all over the ring, and the Quaker was content to "stall" and remain on the defensive.

Murphy reached the Philadelphian's jaw in the sixth round, and down went the pride of Quakertown. Love was wabbly and was lying on the ropes when the ding of the bell ended hostilities. It was one of the fastest fights seen in Philadelphia in a long time, but there could have been but one decision. Now Murphy will likely be matched with Hugney McGovern.

Three other New York boys crossed arms with those of the Quaker City, and in every instance the boys from the big town won.

The beginning of the intercity bouts saw Nat Jacobs, the Harlem lightweight, in a bout with Buzzard Ingraim, and in the fifth round the latter went down and out from a right swing to the jaw. In the second bout Johnny Burdick outpointed George Walker, a clever but light hitter of Philadelphia, and the third bout saw Jack Lowery give "Young Erne" better than he sent.

It was a clean sweep for the New York boys, and one which established the fact that the intolerance of boxing bouts in this city has not sent the stock of the New Yorkers back any.

BOTHNER TO MEET "CUBAN WONDER"

Since the announcement that George Bothner and the "Cuban Wonder" have agreed to meet on the mat an unusual amount of interest has been manifested in the outcome. Bothner has been pitted against the champions at all styles and conditions, and the little wax wrestling marvel has proven his skill and ability at all times by bringing home the big end of the purse.

In the Cuban he will find the fastest wrestler he has yet met and one that has the strength of Samson. He is equally as clever as Bothner, too.

'CROSS COUNTRY OUT IN THE SNOW

Regardless of the condition of the weather many cross country runners ventured out on the regular weekly runs yesterday.

The members of the National Athletic Club journeyed out to their old camping ground at Washington Park, Maspeth, L. I., and the pack of nine covered a distance of over five miles. The going was exceptionally heavy because of the deep snow-covered ground. The boys were bunched together during the run, but toward the finish J. Lonergan Strained and he crossed the line first, his time being 32m. 42s. The others finished in the following order: T. Hooper, H. Kaiser, J. Fleischman, G. Fleischman, G. Miller, C. Weis, J. Cornell and J. Tagmann.

The Mott Haven Athletic Club athletes met at the Jerome Avenue Hotel and the pack traversed a course of six miles in the direction of Mosholu Parkway. The first man home was M. McGarry, and his time was 32 minutes. T. O'Conner, of the Pastime Athletic Club, was second; G. T. Devlin, of the home club, third, and R. J. Humphreys, of the New West Side Athletic Club, fourth.

The Mohawk Athletic Club men covered a course of four and a half miles, with the start and finish at the clubhouse on Walton avenue. A. Mackechnie won in 26 minutes.

ENGLISH LAD TO RACE AT "BAY."

Bill Phillips, who trains for Fred Cook, and who has the good three-year-old English Lad in his string, has confided to friends in Louisville that if the colt lives up to his promise in his early Western engagements he will be brought East to start in the Realization at Sheepshead Bay.

Phillips confirms the report that John E. Madden recently offered $20,000 for English Lad, but says that the son of Requital and English Lady is absolutely not for sale.

HOCKEY LEAGUE'S RACE FOR TITLE

The race for the championship of the Amateur Hockey League is interesting just now, due to the displacement of the Crescent A. C. last Friday night. This is the first time in four years the Crescents have been forced from the lead. The new Wanderers now are at the top with a clean score, not counting the tie game between them and the Brooklyn S. C., which will be played off later. The standing:

Club.	Won.	Lost.	P.C.
Wanderers	3	0	1.000
Crescent A. C.	3	1	.750
Hockey Club	2	2	.500
New York A. C.	1	3	.250
Brooklyn S. C.	0	3	.000

Only four games have been played in the college championship series. Yale has a clean record, as have Harvard and Brown. The standing:

College.	Won.	Lost.	P.C.
Yale	2	0	1.000
Harvard	1	0	1.000
Princeton	1	0	1.000
Columbia	0	2	.000
Brown	0	2	.000

SUNDAY WORLD WANTS WORK MONDAY MORNING WONDERS.

DON'T Try to Do Too Much or Become Husky and Strong in Short Order.

BY CHARLES "KID" M'COY.

HOW to develop the muscles of the arms and how to prevent becoming muscle-bound.

I might say right off the reel, "That's easy!" and on second thought might say just the opposite.

To the experienced, however, the work of making muscles on the arms is comparatively easy.

I can be brief in this my fourth simple lesson for The Evening World's readers, so I'll get down to facts right away.

If you would have strong, muscular arms, first equip yourself with a pair of dumb-bells—light ones. I might also tell you to get Indian clubs or rig up a pulling machine against the wall of any room in your house that has a window to it.

About Five Minutes Twice a Day.

The dumb-bells, however, answer the purpose well enough.

Chop off about five minutes of your morning time, say, before breakfast, and then arrange to give yourself about the same time in the evening for a session with the bells.

There are many movements in the manipulation of the weights, so there is no use in my setting down any one course or form.

The simplest movement is as good as any.

THUS—

Extend the arms with a bell in each hand straight out from the shoulder, then draw them back, bending the elbows at right angles.

You will be surprised to find out how a few minutes of this will tire you.

Then it's time to change the movement.

Put both your fists together out straight on a line with your eyes. Hold the body rigid and bend down to about the knees.

Bring your arms up slowly, describing a semicircle. When you have the movement down fine make the motion faster.

Strengthens Shoulder Muscles, Too.

This not only brings all the muscles in the biceps and forearm into play, but also has the effect of bringing the shoulder muscles and those covering the shoulder blade into play. To vary this motion, next put both hands flat at your sides. Then raise them both together, with the arms rigid. This motion is particularly beneficial to the muscles of the forearm and also strengthens the wrist. By following these simple exercises you will notice a slight development in a short time, say a week.

BUT YOU MUST BE REGULAR.

DON'T SKIP A NIGHT.

REGULARITY IS EVERYTHING.

Don't try to follow the same exercises in the same order I give them to you here.

Switch them around and employ some original motions.

Some DON'Ts You Must Not Forget.

HOW to prevent yourself from becoming muscle-bound. This is important and a subject that requires care and attention.

DON'T TRY TO GET STRONG AND HUSKY IN SHORT ORDER.

DON'T START WITH HEAVY WEIGHTS.

Athletes become muscle-bound because they try to do too much work. They overdo themselves.

In this particular case be careful, as I said before, and use light weights—say a pound each—to start with at least.

A MILE IN 35 SECONDS CLAIM OF W. K. VANDERBILT, JR.

Young Millionaire Says He Drove His Auto in That Remarkable Time During Practice on Ormonde Beach Course.

ORMONDE, Fla., Feb. 1.—A mile in thirty-five seconds! These startling figures have been made by an auto according to W. K. Vanderbilt, jr.

"I did it in practice here," says the young millionaire, "and I am almost positive that officially I can do thirty-seven seconds."

Mr. Vanderbilt will do no more racing here. He is now at Palm Beach and through for the time being with the sport from a competitive standpoint. He is satisfied with his record during the meeting. Here are the figures he has set up:

The mile in 39 ranks first; the five miles in 3.39 3-5, an average of 43; the ten miles at an average of 41; the fifty miles at an average of 49. All stand as great records.

A remarkable feature of Mr. Vanderbilt's fifty-mile race is his average of forty-one seconds for ten miles. This is quite as remarkable a piece of automobiling as his one-mile record of thirty-nine seconds.

"I was going faster, it seems to me, closing this run than when I went for the mile," says Mr. Vanderbilt; and those at the finish declare such to have been the case.

In explaining the mile race with Oldfield, Mr. Vanderbilt said, "I was simply caught napping." He would offer no excuses at all.

On his departure from here Mr. Vanderbilt received the committee from the Florida East Coast Automobile Association seated in his car, and assured them that they had the fastest course in the world. He presented an offer to the committee of a $500 trophy for a 100 mile race next year.

VOSBURGH ANNOUNCES BIG HANDICAP WEIGHTS

The weights for the Brooklyn and Suburban handicaps have just been issued by Official Handicapper Vosburgh. The uniform scale of weight ranges from 129 to 84 pounds in both events. Waterboy has the top weight, 129, in the Suburban, giving McChesney, the Western champion, one pound. In the Brooklyn, with Waterboy out, McChesney has the place of honor. Here are the lists of entries and weights for both events:

The Brooklyn Handicap.

To be run on Thursday, May 26; one mile and a quarter.

McChesney, 5	129	Reservation, 4	102
Hermis, 5	127	Rostand, 4	102
Africander, 4	126	New York, 5	102
Irish Lad, 4	125	Lilius, 4	100
Advance Guard, a	121	Leonidas, 3	100
The Picket, 4	119	Embarrassment, 4	100
Maj. Daingerfield, 5	119	City Bank, 5	100
Savable, 4	119	Flying Torpedo, 6	100
Golden Maxim, 4	118	South Trimble, 5	100
Charles Elwood, 4	118	Onatas, 4	100
Shorthose, 4	118	Toboggan, 4	99
Gunfire, 5	117	Delhi, 3	98
Hurstbourne, 4	117	Jockey Club, 4	98
Runnels, 5	116	Dick Bernard, 3	97
Lord of the Vale, 4	115	Stalwart, 3	97
Aceful, 4	115	Damon, 4	97
Santon, 4	115	Ort Wells, 3	97
Mizzen, 4	114	Colonial Girl, 5	97
Whorler, 4	113	Montreson, 3	96
Reliable, 4	111	Cannon Ball, 4	96
Grand Opera, 5	111	Ormonde's Right, 3	96
Igniter, 5	111	Gold Saint, 3	95
Dalesman, 4	111	Jocund, 3	94
Proper, 4	110	Baseful, 3	94
Eugenia Burch, 4	110	Orthodox, 3	94
Roehampton, 6	109	Robin Hood, 3	93
Buttons, 4	109	Knight Errant, 3	93
High Chancellor, 4	108	Gettysburg, 3	93
Injunction, 4	108	James V., 3	92
Red Knight, 4	108	Peter Paul, 3	92
River Pirate, 4	108	Lord Badge, 5	92
Highball, 3	105	Ostrich, 3	92
Grey Friar, 4	105	Lord of Valley, 3	90
Claude, 4	105	St. Valentine, 3	90
Captain Buckle, 4	105	Illyria, 4	89
Bonnibert, 6	104	Careless, 3	88
Hamburg Belle, 3	102	John F., 3	84
Broomstick, 3	102		

Col. Bill, declared Jan. 18, at $15

The Suburban Handicap.

For three-year-olds and upward; one mile and a quarter.

Waterboy, 5	129	Stamping Ground, 4	103
McChesney, 5	128	Reservation, 4	102
Hermis, 5	126	New York, 5	102
Africander, 4	125	Aristocracy, 5	101
Irish Lad, 4	124	Mon. Beaucaire, 4	100
Advance Guard, 7	121	City Bank, 5	100
Savable, 4	119	Flying Torpedo, 6	100
The Picket, 4	118	Onatas, 4	100
Maj. Daingerfield, 5	118	Pulsus, 3	100
Golden Maxim, 4	117	South Trimble, 5	100
Shorthose, 4	117	Toboggan, 4	99
Charles Elwood, 4	117	Delhi, 3	98
Gunfire, 5	117	Jockey Club, 4	98
Hurstbourne, 4	116	Orly II., 4	98
Runnels, 5	115	Dick Bernard, 3	97
Lord of the Vale, 4	115	Stalwart, 3	97
Aceful, 4	115	Adbell, 3	97
Santon, 4	115	Hippocrates, 3	97
Mizzen, 4	114	Damon, 4	97
Whorler, 4	113	Colonial Girl, 5	97
Chilton, 5	112	Ort Wells, 3	96
Reliable, 4	111	Montreson, 3	96
Grand Opera, 5	111	Ormonde's Right, 3	96
Francesco, 5	111	Cannon Ball, 4	95
Igniter, 5	110	Gold Saint, 3	95
Proper, 4	110	Ocean Tide, 3	94
Eugenia Burch, 4	110	Jocund, 3	94
Buttons, 4	108	Baseful, 3	94
High Chancellor, 4	108	Robin Hood, 3	93
River Pirate, 4	108	Knight Errant, 3	93
Injunction, 4	108	Gettysburg, 3	93
Hunter Raine, 5	107	James V., 3	92
Meltonian, 4	107	Raglan, 3	92
Highball, 3	105	Ostrich, 3	92
Grey Friar, 4	105	Illyria, 4	89
Captain Buckle, 4	105	Careless, 3	88
Claude, 4	105	Rob Murphy, 3	87
Bonnibert, 6	104	Ruby King, 3	86
Hamburg Belle, 3	103	John F., 3	84

AMATEUR CUEISTS BEGIN TO-NIGHT

Some of the leading amateur billiard players of the country will begin play to-night in the national championship billiard tournament at the Liederkranz Club, at Fifty-eighth street and Park avenue.

The Canadian champion, Arthur Marcotte, of Quebec, is entered, and from the United States are J. De Munn Smith, of St. Louis; Charles Conklin, of Chicago; Ferdinand Poggenberg, of New York; Arthur Townsend, of Brooklyn; Edward W. Gardner, of Passaic, N. J., and Dr. L. L. Mial, of Kentucky.

The players are all evenly matched, and it will be hard to pick the winner of the Eagle gold cup. Two matches will be played daily after the opening night, one in the afternoon at 3.30 o'clock and the other in the evening at 8.15 o'clock. The referee will be Edward McLaughlin, the professional.

BLUES ON WAY TO STUD.

LEXINGTON, Ky., Feb. 1.—A carload of valuable thoroughbreds and trotting horses reached here last night from the East. In the lot are Blues, the noted racehorse that is being retired to the stud in Woodford County. Sidney Lucas, going to the Williamette stud of J. B. Ewing, and several English horses, besides a number of trotters purchased by Senator J. W. Bailey, of Texas, at the New York sales.

DICKERSON'S YACHT FOUND.

PENSACOLA, Fla., Feb. 1.—The yacht of C. H. Dickerson has been found by John Hart, a fisherman, who found the boat drifting in the Bay. Mr. Dickerson, who has been missing since Friday, has not been located, and it is believed he either went ashore and set the yacht adrift or accidentally fell overboard.

BURLEW SENDS FOR JOCKEY O'NEILL

Word has been sent to Jockey Frank O'Neill to come East within the next week, so that he may report at once to Fred Burlew for duty. O'Neill has just returned to his home in St. Louis. Instead of riding at the winter tracks he has been enjoying himself in the back woods of Wisconsin.

NEW ORLEANS ENTRIES.

NEW ORLEANS, Feb. 1.—The entries for to-morrow's races are as follows:

First Race—Six furlongs; purse.

Tom Kiley	92	Ralph Young	95
Josette	105	Presentation	103
Stand Pat	105	Hickory Corner	105
Lovable	107	Four-Leaf-Clover	107
Russell Garth	108	Fitzbrillar	108
Typhoonic	108	Duelist	109

Second Race—One mile; selling.

John E. Owens	107	*Burning Glass	127
*Felix Bard	127	*Leviathan	107
Jove	130	Oelawaha	132
Russellton	132	McWilliams	132
Denny Duffy	135		

Third Race—Five furlongs; purse.

Shaitan	90	Gentle	93
Gracious	95	Parnassus	97
Sadducee	97	Jimalong	97
Caterpillar	97	Arque	97
Big Ben	107	Scorpio	109
Dutiful	90		

Fourth Race—Six furlongs; highweight handicap.

Octo Cafe	104	Cohasset	105
Blue Blaze	110	Parisienne	116
Cardinal Wolsey	117	Over Again	118
New York	127		

Fifth Race—Mile and five furlongs; selling.

*Bob Hilliard	85	*Vesuvia	85
*Eliza Dillon	87	Santa Teresa	89
*Compass	90	Julius Warner	98
*Handspinner	106		

Sixth Race—Purse; one mile.

Algonquin	77	Bugleborn	82
Sabat	90	Albany Girl	90
Licorice	92	Rankin	95
Hymettus	98	Dr. Stephens	100
Marcos	100	Exclamation	100
Goldaga	100	Hands Across	105

*Apprentice allowance.

'FRISCO RACING SHIFTS.

SAN FRANCISCO, Feb. 1.—Beginning to-day Ingleside will be the scene of racing, to continue throughout February. A number of contests will be decided this month, among them the Burns Handicap and the California Derby. The Burns Handicap, valued at $10,000, will be run next Saturday. It is at a mile and a quarter, for three-year-olds and upward. Weights are to be announced Tuesday. The best field that has met for several years will contest for it.

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