

BEST OF ALL HEALTH RULES FOUND IN LIFE OUTDOORS

Tom Carroll "in Condition" at 62, Who Takes Exercise Regularly, and Jem Mace, Old English Fighter, Striking Examples of Benefits Accruing From Athletics—Actual Figures at Harvard Disprove Assertion That "Athletes Die Young."

By Robert Edgren.

Copyright, 1919, by The Press Publishing Co. (The New York Evening World). PHILOSOPHER, when asked for a set of "health rules," said: "Don't get sick."

Which was terse and to the point. That's all there is to it. There are, however, a few little details that he might have added. Perhaps, being a philosopher, he didn't know about them. I have found, in the course of a number of years in active competition, that philosophers and doctors, with all their theories, frequently know very little about making people well and less about keeping them well. I have found some extremely ignorant people, so far as book learning is concerned, who seemed to have keeping well resolved to a positive science.

Yesterday I had a talk with Hernando Gonzales Villa, the famous artist, who has spent years studying and painting pictures of the old ruined Spanish Missions along the Pacific Coast.

"But here is something that will interest you more," said Hernando, removing a Capistrano sketch that he had been showing me. "While I was making this sketch, a few months ago, I was anxious to get back to Los Angeles to see Joe Rivers fight. He was to fight some one that night—I forgot who it was, but Joe Rivers was always interesting to me—such a picture in the ring—such a little tiger in the fight.

"Just as I was finishing my sketch there was a sudden rush of hoofs and a swirl of dust, and an old Mexican reined in a half-wild horse right at his side, bringing it up dancing on its hind legs. He was over eighty-five years old—somehow between eighty-five and ninety, and he was lean and wiry and sun-browned and had a white beard that came half way to his waist. I knew him slightly.

"Senior," he asked in Spanish, "is it true that our countryman, Joe Rivers, fights to-night?"

"It is true," I said. "Do you think he will win?" "I am sure of it."

"Good," said the old fellow. "I would like to see the fight." And he put the spurs to his horse and galloped away like a wild man. "There are several of those old fellows down there. They ride their horses like vaqueros and take as lively an interest in sports as the young men. Perhaps you can tell why they keep their strength at such an age and are never sick. I think it is because they are riding their horses, and riding their horses. Yes, that is true. We should all live like that."

No doubt Hernando Villa is right. But unfortunately he is not a live-out-of-doors and gallop-over-the-rolling-hills-in-the-life-giving-sublight. Most of us haven't the horses, and a lot of us haven't the time or the love or the right kind of sunlight, and can't get it.

And, after all, men have been healthy without a horse to their name. Not long ago while on a trip I had a chance to run in for an hour with Tom Carroll, the world-famous professional athlete. I found him looking like a picture of health, but somewhat downhearted. He explained that he was worried over not hearing from one of his boys in France. His boys were nice little fellows, ranging from 6 feet 2 inches to 6 feet 5 inches, and they naturally volunteered to do their share of the fighting. Two were hurt, he knew. One he hadn't heard from for two months, and he thought there was a letter every week. He knew the boy had been in a hospital, wounded.

"I'm not worrying about that," said Tom. "He'd get over bullets all right. But he might have got out of the hospital and then got the flu—and none of us fellows have ever been sick!"

"Where's Wally?" asked. "Tom Carroll's eyes brightened with pride in his youngest son. "Did you hear about Wally?" he asked. "He was in the Engineers, and he was a running locomotive on a train moving English troops up that time at Cambrai. The train was way up at the front, waiting on a side track, when the Germans double-banked. The first thing Wally knew he looked up and saw Germans all around. Some of 'em were climbing into his cab and his fireman, and the only weapon Wally had time to reach for was a monkey wrench, and he went into 'em with the wrench and began laying out Germans all over the place. He was alone, the fireman being dead, and after he'd finished up about half a dozen Germans he was kind of getting the worst of it. They didn't manage to hit him or stick him, but he was winded from fighting and about all he could do was to crawl out of the train, where a bunch of English soldiers came along and chased the Germans off just in time."

"Wally must have grown a little since I saw him," I suggested, thinking back to a small boy with curly blond hair.

"Oh, yes," said Tom. "Wally's a feet 6 inches tall, 220 pounds, and he's the best hammer thrower in the world right now. He can beat 'em all—even the old man."

Here we were talking past Carroll's training ground and saw a dozen or so of hammers and weights lying

around, while the field seemed to be well scarred with fresh hammer marks.

"Do you keep in condition still?" I asked. "For answer Carroll stopped, picked up a fifty-six-pound weight in one hand, stepped to a circle, swung the big lead ball and heaved it violently, judging the distance with a critical eye, he said. "About fifty-six feet—Yes, I keep in pretty good condition, throwing all day every Sunday with the boys. I'm just as strong as ever. Why shouldn't I be? I'm only sixty-two."

There you are! The man who has lived the beautiful outdoor life of a professional athlete, and entirely without a horse to his name, and up some athletic careers, feels "up as strong as ever" at an age that sees the ordinary citizen spending his Sunday afternoons propped up on sofa pillows and wondering if he does tackle anything more rugged than crackers and milk for dinner.

Young Jem Mace, who died at the age of eighty years, and after one of the most eventful careers known to the ring.

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BEST SPORTING PAGE IN NEW YORK OUTDOOR EXERCISE BEST LIFE INSURANCE

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THUM'S ALLEYS AWARDED "MET" CHAMPIONSHIP

Tournament Will Start at the White Elephant Bowling Academy on April 21.

Joe Thum's White Elephant Bowling Academy, Broadway and 31st Street, was officially awarded the 1919 Metropolitan championship tournament at a meeting of the directors of the New York Bowling Association held at the headquarters of the association, No. 1241 Broadway, last night. It was decided to start the tournament on April 21, and to continue without interruption until the schedule is completed.

Entries for the tournament will close on April 11. Postally no entries will be received after that date. Six money-planned alleys will be used for the tournament, which will be rolled in the evening. The last Metropolitan, held in 1917, attracted about one hundred five-man teams from all over the city, and four hundred singles.

Bill Koussios, who has been manager of the Metropolitan since 1915, was elected president of the association. He was elected by a vote of 100 to 100. The association has a membership of 1,000.

The match game between the Bowling and Amateur Association of the Bronx and the Metropolitan Bowling Association was held at the White Elephant Bowling Academy on Tuesday evening. The match was won by the Metropolitan by a score of 100 to 100.

Ernie Miller and Charles Loran, two old-time bowlers, were the winners of the match. Miller was the victor by a score of 100 to 100.

W. C. Meade of the Western Union Telegraph Company is the manager of the Metropolitan. He is a native of New York and has been in the city for many years.

As a matter of fact, no man ever was hurt by athletic training. Some men have been hurt by abruptly stopping all athletic training, and afterwards living the soft life in the city. Such things as an "athletic heart," meaning a heart weakened by athletic training and competition. But there is such a thing as a heart injured by giving up beautiful outdoor exercise. Do you ever see a well built man let himself grow fat and sluggish and all past a thing as a heart back again? It is a lazy indifference. He is the outside of what some people call an "athletic heart." They ought to call it a "fat heart." That's what it is.

The late Wally was a great thing for a lot of our run-down men. I call to mind at this moment scores that I knew who had let themselves become fat, lazy and unathletic. There was a spark of life and ambition left in them somewhere, and patriotic desire to get into the fight made them into fitness again. In some cases it was actually a heroic process. But they made good, and I believe that will be a future very few of these men will let themselves slip back again. Life that is full of vim and ambition is too good to trade for the life of a vociferous out-door natural living that we have.

It's a natural thing that not every one can be like Hernando Villa's

Fistic News John Pollock and Gossip

A bill has just been introduced in the Legislature at Tulsa, Okla., calling for ten-round bouts in the State of Oklahoma under the control of a boxing commission. The commission also has the power, with the consent of the Governor of the State, to increase the number of rounds to twenty in the event that a bona fide world's championship affair is to be staged in the State. Boxing has been flourishing in Oklahoma since the war ended, with no effort to clamp on the lid despite the fact that the present Anti-Fight Law is probably the most stringent in the United States.

Gene Tunney, the best side middleweight, who is with the 11th Company of the Marine Corps at Quantico, Va., is a boxer in training. He is a former champion of the world in the middleweight division. He is now training for a fight with Jack Johnson, the world champion in the heavyweight division.

Joe Walcott, former world champion in the middleweight division, is now training for a fight with Harry Greb, the world champion in the middleweight division. Walcott is a former champion of the world in the middleweight division.

Harold Edward Newark will meet N. O. Greenwell of Philadelphia on Feb. 21, and Young Bayley, the veteran fighter of Philadelphia, will take on Young Tompa of Philadelphia on Feb. 21. The fight will be held at the National A. C. of Philadelphia, Pa.

Frank Cannon, the Arizona local middleweight, who has had a bad cold for the past few weeks, is well and has been advised by his manager, Silky Burns, to sign up for a fight with Harry Greb on Feb. 21.

Joe Leonard, the Washington middleweight, who has been fighting around Philadelphia for the past few months, is now under the management of Silky Burns. Leonard was a former champion of the world in the middleweight division.

Jack Sharkey, the speedy local middleweight, is now under the management of Harry Greb. Sharkey was a former champion of the world in the middleweight division.

The Harmon A. C. expects to have a packed house Monday night when Mike Doolan, the crack Newark light, and Tommy Parley, the crack Newark middleweight, will meet in a fight at the National A. C. of Philadelphia.

If Lou Teller, the crack Philadelphia light, is successful in beating Joe Walcott of Chicago in their eight-round main bout at the next night of the Spectrum's Club in the First Regiment Armory at Newark, N. J., on Feb. 21, he will be signed up to meet Johnny Dundee, the local Italian fighter, for eight rounds at the club's following show in March.

Joe Herman, the lightweight champion, has left for his home at New Orleans, where he went to see the mother, who is ill. The matchmaker of the Queens A. C. of Philadelphia, who had been signed to see Joe Herman on Feb. 21, is now sure whether he will go through with the match or not. If he doesn't, Johnny Murray, the Philadelphia local, will be secured to meet Herman instead.

One of the bouts to be staged in connection with the Tenderloin fight at the Spectrum's Club at Newark, N. J., on Feb. 21, will be between Harry Greb, the local Italian fighter, and Gene Tunney, the local Italian fighter, for eight rounds at the club's following show in March.

Many of the managers of fighters in this city are now trying to get Johnny Dundee to place himself under their management. Dundee is a former champion of the world in the middleweight division. He is now training for a fight with Harry Greb on Feb. 21.

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McGraw's Catching 'Find' Won't Sign With Giants Unless He Gets More Pay

Earl Smith, Secured From Rochester for Flock of Players and Wad of Money, a Hold-Out, Sends Back Contract, Saying It Doesn't Provide for Big Enough Salary.

By Alex. Sullivan. THE baseball holdout season is on. Now that he is a club owner, or part owner, along with his duties of managing the team, Manager McGraw's troubles are starting to pile up. He is just in receipt of the unsigned contract of Catcher Earl Smith, the youngster he recently signed Rochester a bunch of players and a wad of cash for Smith's story is the usual player's complaint—that the document doesn't call for as much money as he is entitled to, so he is going to refuse to play until the management of the Giants meets his demands.

Smith is at present wintering at his home at Hot Springs, Ark. It was in that town that he started his baseball life as an amateur. His work behind the bat, soon attracted attention, and he was recruited by the New International League. He quickly jumped to the fore as a catcher, and the big leagues took notice of him.

The various major league clubs did their utmost to land him last season, but the New York offer was so alluring that President Charles Schaefer resisted, with the result that the big trade which gave the minor league club, in addition to a cash bonus, such players as Fred Merkle, Hoyt and Rodriguez, was put through.

Manager McGraw isn't worrying about Smith's holdout, as he is confident that he will straighten out matters to Smith's entire satisfaction.

E. J. Sicking, an infielder and Sidney Jones, a right-hand pitcher, were forwarded their signed contracts to the Giants. Sicking has been to Marlin several seasons. He has been under training at the Marlin camp since late last season, and if the Bronco doesn't play this year the youngster is likely to succeed him at the difficult corner.

Ross was farmed to Newark last season, and pitched fairly good ball.

Five Fast Bouts Seen By Boys at Pelham Bay. Five fast bouts were staged at the naval camp under the auspices of the Knights of Columbus in the Extension camp. As small prizes and trophies were awarded the winners, the boys battled at their top speed from left to right.

The first go, between Yde and Howatt, resulted in a knockout. Yde, landing his left and right to the jaw at once, sent his opponent to the ropes with the first blow. He then landed a right on the eye, and Secretary McLaughlin, referee, mercifully stopped the fight, owing to a shortage of cots in the infirmary.

Basmanjan and Peterson furnished the big laugh of the evening. Both boys were deadly in earnest with the prospect of liberty before them. Many well meant and deadly swings tore great holes in the atmosphere and often were not resulted in the man himself lighting flat on his back with a resounding thump. Basmanjan, having unaided fished himself four times, lost the bout to Peterson.

Nesler and Cataldo staged the best mill of the show. Both of these boys showed class worthy of the best time. Nesler, energized Cataldo and took the fight to the limit. He was not to be taken for anything. He was a real fighter, and he was a real winner.

The results of the other bouts were as follows: Anderson won from Wickham, Adams beat Murray, Young beat Tompa, and the Supply Department shaded Case of Probation Camp.

Blind Tiger Sevens Class. Yale and Princeton will meet in a hockey game at the Brooklyn Ice Palace, Bedford and Atlantic Avenue, to-night. The Tigers have more at stake than Yale, because the Blue has already been beaten by Harvard, and Princeton does not clash with the Crimson until Feb. 22. A victory over Yale and Harvard would give the Tigers the hockey title of the Big Three.

DOGS TO COMPLETE FOR SERVICE CUPS AT ANNUAL SHOW

Garden Will Be Transformed Into Vast Kennels Next Week.

Madison Square Garden will again be transformed into a vast kennel Monday morning and the early arrivals for the annual dog show will be barking on the benches. The dogs will be open to the public early Wednesday morning, when at 10 o'clock the judging will begin. The proceeds will be given to the American Red Cross and the show will not end until Saturday night.

The service cups competitions will be a spectacular adjunct of the Washington Birthday judging, when the specials for the best dog of all breeds, best brace and best team will also be awarded. The show, according to the conditions of the two Westminster Kennel Club cups, must show their dogs for the service cups in uniform, soldiers, sailors, marines, aircrew, nurses, and other auxiliary force or branch of service will be the rivals in one cup competition, while in the other, which might be termed the "Army of the Air," the dogs will be shown by regimental nurses, motorists and other feminine wearers of uniforms.

Over 100 per cent of the entries will come from Canada, including the Haymarket Fairless, the bull terrier that won the best of all breeds trophy last year, while entries from the Pacific Coast include a variety of breeds. The Middle West exhibitors include Mr. and Mrs. Stuyvesant Peabody of Hinsdale, Ill., with the Irish terrier "Boss," and a Scotch terrier, "Middle West," and a Scotch terrier, "Middle West," and a Scotch terrier, "Middle West."

New York exhibitors are Jacob F. Green, with a variety of breeds, and Mrs. E. M. Miller, with a variety of breeds. The show will be a great success, and it is expected that it will attract a large number of visitors.

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