

GETTING THE PLAYERS READY

THE SPRING TRAINING FOR A BASEBALL SEASON.

Taking 400 Pounds Off a Team of Thirty Players A Joke on Cap Anon Three Fingers Brown's Exercise How Mathewson Invented the Fadeaway.

A team of thirty baseball players arriving at their spring training camp is usually five or six hundred pounds heavier than it will be at midseason. The ordinary man would imagine amputation to be about the only method of reducing six hundred pounds in thirty days. How a man who looks hard, feels hard, does not seem fat and is in better physical shape than ninety-nine out of a hundred men is going to take off twenty-five pounds is a mystery to an outsider, yet they do it without trouble.

Frank Chance, now manager of the Chicago Cubs, lost fourteen pounds in one afternoon at Philadelphia in two games during his debut as a major league catcher. Last spring Overall and Hoffman of the Chicago club met at the training camp.

"I've got to take off twenty-five pounds," said the giant pitcher.

"What are you going to pitch at this year?"

"One hundred and ninety-four. I think I carried too much weight last year. What are you going to do?"

"I'm going to put on five more pounds. I'll be longer with more weight."

"Overall kept his record of weight as follows: March 5, 210; March 22, 206; March 29, 202; April 5, 196; April 10, 192; April 14 (opening season), 193; July 1 (mid-season), 193; October 15 (close), 195.

Hoffman, playing just as hard, reported nine pounds heavier than he was the previous season and added five more pounds before the season opened, and both were in almost perfect condition during the entire season.

"Every player seems to have his own system," writes Hugh Fullerton in the American Magazine. "Some of the methods used are laughable, and few are of any practical value. One young catcher who joined a National League club two years ago brought five gallons of iron, beef and wine in his trunk to make him strong."

"Cannon balls" that weigh twenty-five pounds are used to roll over the abdomen, iron rolling pins, special bandages, a bath ranging from patent medicines to horse liniments and oil made by boiling down fishing worms, vibrators of all sizes and shapes, bandages, arm bakers to be superheated with electricity and rubber bands are employed.

"Hotel rooms are turned into gymnasia, and one of the funniest sights of a year is to sit in a card game with half a dozen players swathed like puffy mummies in blankets, sweaters and flannels until they look as if they were starting on an Arctic journey."

"The three most remarkable instances of training, perhaps, are found in the cases of Radbourne, who pitched practically two-thirds of all the games played by Providence one season and pitched the last third of the season alone; Jimmy Ryan, the famous old outfielder, who after thirty years still throws well, and Theodore Bristenstein, who pitched for St. Louis twenty years ago and now is one of the star pitchers of the Southern League."

"The odd coincidence, if such it is, is that these three men all had the same hobby, and both Ryan and Bristenstein adopted it from Radbourne. They treated their arms through their stomachs. During the spring training season they resorted to the old-fashioned treacle (sugar and molasses), taking large doses night and morning. Ryan says he started using treacle on Radbourne's advice and believes that his long service in baseball was due in large proportion to the spring tonic."

"Anson was one of the most tireless runners in the world, and training under him was a nightmare to his players. Anson would drive him for three hours in practice, then lead them in long runs, placing himself at the head of the procession and setting a steady, jogging pace. If he felt well in the morning training was a Marathon run. I have seen players resort to all sorts of tricks to avoid those killing runs."

"One afternoon in New Orleans years ago Anson ordered ten laps around the field after practice, which would give a runner nearly ten miles. The afternoon was hot, one of those winking Southern spring days that sap the life out of men fresh from the rigors of a Northern winter. The players fell into line, grumbling and scowling. Back of left field a high board fence separated the ball grounds from one of the old cemeteries, and near the four line a board was set up for the fence."

"The first time the panting athletes passed the hole in the fence Dick led a quick game to see if Anson was looking and dived head first through the gap into the cemetery. The others continued on around the lot, but on the second round Lange, Ryan, Kittredge and Decker dived after Dahlen and joined him in the cemetery. The third trip saw the line dwindle to four followers, with Anson still leading."

"The fourth found only Anson and poor Bill Schroyer, who had the bad luck to be directly behind his captain. After ten on, and on the next trip Schroyer made the leap for life."

"Majestically, like Anson, he dived on, while the others were still with him. Perhaps their behavior aroused suspicion or the absence of following footsteps attracted caps' attention. He stopped looking toward the current field, a grim grin overspread his red face and he resumed the jogging. Straight to that fence he plodded, and sticking his lead through the hole he tumbled into the cemetery. The next morning he was found lying on his back, with his arms and legs stretched out, and his eyes closed. He was dead."

"Brown the three fingered wonder has a system of exercising that would make his fortune and furnish copiously as human experiment if ordinary beings could endure it. Brown invented the system himself and uses it night and morning when leaving to reduce flesh or strengthen the muscles of abdomen or legs without running."

"Every spring he organizes a class in calisthenics, from which to not even the most nervous is exempted. In his room happens to connect with Brown's. It is a common sight during the spring training to see six or seven men without any clothes, each with the exercise book in his hand spread upon the floor, trying to follow the movements and orders of the premier pitcher."

"Brown counts slowly one, two, up to thirteen, and at every number the class struggles to follow his movements. The pained groans are more painful than the movements themselves. After two minutes the novices are doubled up like small boys who have eaten too many green apples, or like four-legged men left to continue the exercise alone until they stop to stretch Brown's exercise. It

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MAD MULLAH FOILS ENGLAND

MUCH MONEY AND MANY LIVES WASTED IN SOMALILAND.

Ten Years of Fighting and the Expedition of British Soldiers in a Desperate Struggle to Evacuate the Country—Natural Obstacles and Fanaticism Win Out.

That torrid part of northeastern Africa which is washed by the Gulf of Aden and the Indian Ocean and is called Somaliland has been made so hot for the British that they have decided to haul down their flag and march their soldiers down to the coast. It is the intention to confine for a limited time garrisons at two ports, Zeila and Balbar, but eventually the British flag in Somaliland will fly over a single port, Berbera, which is to be provided with a modest defense.

This evacuation is not a particularly pleasant task for the British, for besides being under the necessity of taking down their flag it means turning the country over to their old enemy the Mad Mullah. To add still further to their discomfort no soldier had they begun evacuating than the Mullah started out to celebrate his victory by making war on all the tribes that had remained friendly to European interests, laying waste to vast areas of land, raising towns and massacring defenseless people.

"The whole episode is somewhat diabolical," is a London comment. That seems to be about the best that can be made of it, for it is not agreeable to confess, as John Dillon did the other day in the House of Commons, that Somaliland had cost millions of money and many lives and yet in the ten years war that had been waged against the enemy the Mad Mullah had come out "uniformly the better."

The principal reason why the country has been so difficult to hold in the face of the Mullah's opposition has been rather its natural defenses than his strength. In the spring and summer the land is a pitiless desert, almost entirely devoid of vegetation of any kind, and the only water is in wells sometimes ten or fifteen miles apart and at places known only to the natives.

This has been a handicap to the British forces, for all their supplies must be sent from the coast, and to reach the regions where the Mullah is stirring up trouble it is necessary to transport these supplies 75 or 100 miles overland. To their water supply or of fighting for it at the wells.

It was for this reason that so many of the expeditions to the interior met defeat. The soldiers lost their way in the desert and when exhausted by the heat and want of water they were set upon by the Mullah's forces and easily beaten.

The Mad Mullah, or as he is known to his countrymen Mohammed Bu Abdallah, first came to the attention of the British in 1899 through a despatch that said he was the leader of an uprising in the interior of Somaliland. It was at the time suggested that a "military promenade" be undertaken against him.

That promenade grew into a desultory campaign which took up three years and cost the Government \$15,000,000. Even then his power was only temporarily broken by the battle of Jidbali, for he fled with a remnant of his forces to Italian territory, destroying in his way the wells and thus making pursuit impossible.

Before he had undertaken this open warfare or before the British knew of his trouble making by his real in practice the Mad Mullah had been making his way to his own tribe and then reached the neighboring tribes. He was only one of the lesser religious chiefs of the country, but he was an influence by making a pilgrimage to Mecca.

With the increase of his power he began a crusade which with the help of survivors extended over the whole of Somaliland. He preached war and war for the protection and glory of Islam and advocated the extermination of the whites.

It soon became evident that he was a religious fanatic of persuasive qualities, and his early successes had a tendency to make him converts and to induce around him a following imbued with his own rabid ideas. He was, however, only one of the twelve or fifteen religious chiefs of Somaliland, and many of these had sworn fealty to the British and were not likely to be converted.

It was fortunate for the British that this was the case, for otherwise it would have been harder for them to send troops to the interior. The British flag in the interior was constantly being raised and lowered, and the British were not able to hold it for long.

Another circumstance that materially helped the British was the fact that the British had helped him in the earlier years warfare was thus diminished. An agreement was finally reached in 1905 whereby he formally promised a representation of Italy to obtain from the British in both British and Italian territory.

He only partly observed this treaty, for the interior of the country has been almost constantly in a state of strife, and raids have been of frequent occurrence. When he was taxed with bad faith he replied that he was unable to restrain his followers. The British had been constantly in a state of strife, and the conditions have been so unsatisfactory that several punitive expeditions have been planned against him, but none of them seems to have accomplished much.

The matter of another expedition came up last month in the British Parliament and the whole subject was gone over. One of the members suggested that the Mullah was to build a railroad into the interior, but the scheme was laughed down when a member asked if it was expected that the British would be at the expense of it to give himself up. It was also proposed that he be subsidized to refrain from raids upon British territory, a policy that has been adopted in India in dealing with the chiefs of the tribes on the northwestern frontier.

Soon after this debate the representative that had been sent by the Government to negotiate the conditions reported and it was decided to withdraw from the country. An interesting question that has always arisen in the discussion of the Mullah's power is what shall be done with the tribes that have uniformly remained friendly to the British.

The Sixth King's African Rifles, which was largely composed of Somalis, is to be disbanded, but the men are to be permitted to retain their ponies and arms for their own defense. The "Frontiers" in 1909 were as far as the British were covered, to be left to shift for themselves. The objection against arming them appears to be that under pressure brought in by the Mullah they might turn against the British and the munitions of war might be turned against any European power that might in the future undertake to suppress the Mullah's power.

The recent raids of the Mad Mullah's forces in the lands of the chiefs who were under British protection and the slaughter of the tribesmen indicate that the friendly tribes are likely to suffer and that the Mad Mullah is sufficiently powerful to be a serious menace to European interests in northeastern Africa.

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A PIONEER IN FOUR HAND DRIVING FOR FUN.

Col. William Jay the occasional President of the Coaching Club—Its Three Forms of Recreation—Spring Meets, With Changes in Routes and Whips.

On a Wall street corner is a sturdy building erected before the advent of the skyscrapers. It holds bankers and companies established before high finance and also the offices of the only New York lawyer said to ask the family tree of an applicant before taking him as a client. He has been termed the best Manhattan type of the trusted family lawyer of English fiction and the English stage.

Driving four in hand is the favorite recreation of Col. William Jay, and he has been the leader in coaching since its introduction as an established pastime into the United States. As a consequence he has driven in the company of many friends. In England until the starting of the Four in Hand Driving Club in 1875, Henry Peyton, a solitary and familiar figure with his yellow coach and gray horses, was for two or three years the only driver of a team in Hyde Park. Col. Jay has had a few such lonehose experiences. The first regular English coach in this country, unless some had been sent out in Colonial times, according to Fairman Rogers's "Manual of Coaching," was received in 1800 by Bigelow Lawrence of Boston. Fifteen years later the sport had been well set up in and about New York.

"My favorite outing is with the gentlemen who take up coaching with me to the races at Jerome Park. During the spring meeting of the American Jockey Club there in 1875 seven or eight whips met at the foot of Club House Hill, where the coaches always were aligned, and this was the greatest public showing to that time of the handsome vehicles and teams.

There followed the same year the organization of the Coaching Club "to encourage four in hand driving in America." The limit of membership was placed at seventy, and there are now more than sixty enrolled, for since the beginning it has represented a society standing in its enrollment as well as the ability to drive a team. This has not been through any preconceived plan, but merely through the development among men prominent in the same division of New York life, who belong to the same clubs, dine with the same friends and mingle with their families at the opera or the same balls and entertainments.

The charter members were James Gordon Bennett, President, Bronson, William Jay, Delancy A. Kane, Thomas Newbold and A. Thordyke Rice. Col. Jay has been president ever since, the other officers now are vice-president, Reginald W. Rives, secretary and treasurer, George H. Kistell, W. P. Douglas, F. Rogers, E. Victor Low, J. Harry Alexander, Jr. and Alfred G. Vanderbilt. Messrs. Low and Alexander were elected in 1909, the others in 1908.

In 1875 Col. Delancy A. Kane established road coaching by putting the horses of the Hotel Brunswick and Pelham. That spring to the formal spring meets of the Coaching Club were inaugurated, and they have been held ever since. This year's meet is to be on May 7, and on May 14 the Coaching Club members are to accept will be the guests of Col. Leonard R. Hyde, of Forty-sixth Street, Bear-nardsville, driving back on May 16. It is a round trip of ninety-three miles, seven teams being needed for each day's run of forty-six miles.

These outings were instituted in 1878 with a run to Philadelphia. There were two such outings last season, to Fairport, as guests of O. G. Jennings, fifty-six miles and seven teams, and to Newport, R. I., as guests of A. G. Vanderbilt, 290 miles and twenty-one teams. For the first time the trip out having taken two days and a half, Col. Jay has been foremost in the three forms of driving recreation fostered by the Coaching Club. The first outing trips aggregate a mileage of 2,184.

In the early spring meets the formation was along the east side of Madison Square, across the street to the East Drive to Fifth Avenue, thence informally to the Brunswick. The drives were then in the late afternoon and followed by dinner parties at the Brunwick. There were morning meets, still under the trees of Madison Square, and informal drives afterward to the Jerome Park races. Subsequently the start was on Fifth Avenue before the Metropolitan Club, then to the Brunwick, and the rendezvous for the coaching parties until the close of racing there the clubhouse was at Morris Park.