

THE YOUNG ATHLETE'S START

ANY BOY MAY BECOME STRONG IF HE WILL CAREFULLY FOLLOW DIRECTIONS.

RULES FOR THE BEGINNER

"First Gain Consent of Your Stomach" — "Rising and Sinking" and Other Exercises That Are Good.

BY ALBERT PAYSON TERHUNE.
[Athletic Expert of New York Evening World; Author of "Muscle Building," etc.]

There is no royal road to athletic power any more than there is a royal road to learning.

You can't go to bed ignorant and wake the next morning with a college education; nor can you learn by a few weeks of over-study what takes a normal boy years to acquire.

It is the same with athletics. Most boys, sooner or later, have longings to be strong. Most of them "take out" this ambition in mere planning; a few more do a great deal too much athletic work for a week or so and then gradually cease doing any at all. Yet they wonder that they notice no benefit from what little they have done.

Persistent Effort Required.

Now, athletic prowess is like an education. It cannot be mastered except by steady and long work. If you look on this work as a bore and fail to concentrate your mind on it you may as well give up all hopes of becoming an athlete. It is only the boy whose interest in exercise is strong enough to keep him at it consistently who can aspire to athletic honors. To such a boy there is nothing impossible. He will succeed in athletics as he will succeed in later life; perhaps he will owe much of the latter success to the former.

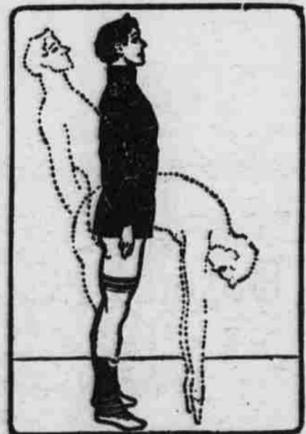
Now the boy who has not the strength of purpose to keep up the athletic career he has once begun will gain nothing by reading these lessons. They are written for the boy who wants to be an athlete, and who will stick to the exercise until he becomes one. I know how hard it is to remember to go through all your exercises every day and how easy it is to get in the habit of postponing them until some more convenient season, and to end by omitting them altogether.

But the same applies to school work. If you can set aside a portion of each day for school you can set aside a far smaller portion of the day for athletics.

Let me suggest that you get three or four other boys to form with you a sort of informal athletic club and that you exercise together. In this way you cannot only point out each other's mistakes and have a chance to compare your improvements with that of others, but the presence of others will help you resist the temptation of giving up the work.

Delicate Boys Made Strong.

If you will promise to adhere faithfully to the rules I shall lay out I promise to make you an athlete. It does not matter whether you are



"Suppling" Exercise.

fragile and tire easily or if you are one of those boys who seem to be cut out of a hickory knot. In either case you can become an athlete if you keep at it long enough.

President Roosevelt—long before he was president—told me that as a boy he was sickly and delicate. By athletic work and outdoor exercise he acquired a physique and a brain that have given the word "strenuous" a new meaning. The present emperor of Germany was another fragile child whom early athletics rendered strong and vigorous. James J. Corbett, the boxer, is a third of many such examples that might be cited.

It is not the boy or man with the enormous, cast-iron muscles who is the ideal athlete. The true athlete is he who has every muscle trained and supple, who has every inch of his body under perfect and immediate control;

whose brain and body are in perfect accord. The ox has twice the size, muscle and pulling power of the tiger, yet the tiger is by far the more formidable. So the trained athlete is easily the master of the longshoreman or street tough.

Many boys will object that they are too busy at school to go in for athletics. This is a mistake.

While you are in school or studying, banish every thought of athletics from your mind and think of nothing but the book before you. But you will find you have ample time, outside of study hours, to become an athlete.

For instance: Your school hours are probably from 9 to 3. You devote a good part of the evening to study. That leaves you the best part of the afternoon and an hour in the morning for athletics. It is really much more time than you need.

Now, before I lay out any course of exercise for you let me give you one bit of warning that applies equally to the boy of 8 and the boy of 18. It is this:

Never exercise when you are tired. If you weary of your exercises and find it an exhausting effort to continue them, stop for the day. Each day you will find you can exercise a little longer and a little harder than you could the day before. But exercises gone through by exhausted muscles can do nothing but harm.

Stomach Must Be Right.

To become an athlete you must first gain the consent of your stomach. This is not meant for a joke. It is the sternest sort of a fact, as many persons have learned who have neglected to obtain that consent. On the condition of the stomach depends all the working of both body and mind. A weak or disturbed stomach utterly unfits a man or boy to do his best work. Therefore, to become an athlete, first build up the stomach, getting it into strong, healthy condition. That is half the battle for athletic prowess. It is easy to make the stomach your friend. Unhappily, it is almost as easy to make it your dangerous enemy.

In the first place, it is not necessary to diet as rigidly as if you were going into a college football game, but you must, none the less, be careful what you eat. Don't eat sweets between meals; don't eat much dessert (unless it is something like rice or tapioca pudding); leave pastry alone. It is too much, in winter, to expect any boy wholly to give up buckwheat cakes; but they are not good for you. If you must eat them do so in moderation. Leave sausage alone, too; and other highly spiced foods. Neither tea nor coffee should be drunk by any growing boy; least of all by an athlete. Fried foods of all sorts are bad for you. Now, at first glance you may fancy these restrictions cut out the best things of life. But they do not. They cut out only the worst things.

Do not eat when you are tired out. Rest a few minutes in such a case before eating. Take no violent exercise for at least half an hour after eating.

Smoking Not Allowable.

Don't smoke. That is bad for both stomach and nerves, and no normal boy gets any real pleasure from doing it. Leave beer and liquor to older people who are foolish enough to spend money that way for the privilege of wrecking their constitutions. Get at least nine hours' sleep every night.

The foregoing instructions must be rigorously followed by every boy who desires to be an athlete, whether he be in primary school or in college. For on stomach and nerves hang all an athlete's chances of success. And the perfect condition of nerves and stomach depends on the strict observance of these rules.

The course of exercises to follow is intended for boys under 14. Up to the age of 14 no boy should take up seriously any of those more strenuous sports. They are apt to injure frames not yet hardened enough for such work.

The exercises I prescribe to-day are beneficial and even necessary for all would-be athletes, either old or young, but they are intended especially for the boy under 14, as coming well within his scope.

Here is a good daily routine to start on:

First Morning Exercise.

Get up at seven o'clock. Before bathing or beginning to dress lie flat on the floor, on your back. Fold the arms across the chest. Now rise toward a sitting posture, without moving the legs and without increasing or moving the arms. Do not rise entirely to a sitting posture, but only about three-quarters of the distance. Then sink back again into your former position and repeat the process of rising. Be sure to keep the legs rigid and unmoved while doing this. Repeat four times the first morning, not stopping to rest between times. After that increase the number of "rises" by one each morning till you can rise

and sink back 20 times. If you find you cannot stand this ratio of increase without undue fatigue increase by one every other morning instead of every morning.

Old-time gymnasts were taught to rise entirely to a sitting posture in this exercise. This, however, is harmful. For after you are about three-quarters of the way up the strain begins to fall on the spine, which it weakens without strengthening.

This "rising and sinking" exercise is splendid for strengthening all the muscles of the back and abdomen, and is also beneficial for the leg muscles.

In this as well as in all the other exercises do not loaf. At the same time do not move jerkily. Every movement should be regular and quick, but not sudden.

For instance, when starting begin also to count one, two, three, four. At the word "two" you should be "up;" at the word "four" you should be on your back again; starting to rise again at the next count of "one." A second should elapse between each two counts.

After a time this exercise will come easier. When it does try this variation on it:

Instead of folding the arms across



"Rising" and "Sinking" Exercise.

the chest, lie holding them straight above the head, and at every second "rise" bring them down to the sides. This is of benefit to the chest as well as to the upper arm muscles.

A "Suppling" Movement.

After you have gone through this first exercise the required number of times, stand up, heels together, chest out, arms hanging loosely.

Now stoop forward, without moving the feet, keeping the whole body below the waist perfectly rigid. Bend forward until your finger tips touch the floor in front of you.

You may be unable to touch the floor in this fashion the first time you try. But by practicing constantly your muscles will soon "limber up" sufficiently to enable you to do so. Remember to keep the legs rigid, the knees unbent, while doing this.

Having touched the floor, rise to an upright posture and try the same motion over again. When counting in this exercise, take three seconds to touch the floor and three more to rise again.

Do this four times the first morning and increase it by one each morning, until you get it up to 20.

Now, standing as before, keeping the heels together, bend as far back as you can, without losing your balance; and recover your upright posture once more. This backward motion should be done slowly and easily, with no wrench or jerkiness in the recovery. Do not lean back so far that it will be any strain on back or abdomen to recover your former position. Practice will enable you to go farther backward as time goes on.

Try this, too, four times the first morning, increasing by one, until you reach 20.

Then try the forward motion again, until the fingers touch the floor; and, on recovery, do not stop at the upright posture, but continue moving the upper half of the body backward, thus combining the two motions, and, recovering, move forward until the fingers again touch the floor. Try the daily increase of one on this motion, too. These forward and backward motions are excellent for both abdomen and back, especially for the latter, and are also good for the legs.

ALBERT PAYSON TERHUNE.

Cultivation of Gossip.

A visionary man has undertaken to cultivate gossip. Gossip of the past and present, he believes, has been too wild, rank and careless, and he is anxious that it be pruned and trimmed. Cultivated gossip will certainly not be as entertaining, spicy and palatable as the loose and untamed kind, but it is believed that it will do less harm to the neighbors.

There are those persons who feel that cultivated gossip will be stale, flat and unprofitable. Gossip, to be good gossip, must have a bite, a tingle and a tang to it. Gossip to be most interesting must be injurious to somebody. The most popular gossip must have plenty of scandal in it. If scandal should be censured out of gossip there would be no gossip, and this would be an inconceivable condition.

The Evolution of Household Remedies.

The modern patent medicine business is the natural outgrowth of the old-time household remedies.

In the early history of this country, EVERY FAMILY HAD ITS HOME-MADE MEDICINES. Herb teas, bitters, laxatives and tonics, were to be found in almost every house, compounded by the housewife, sometimes assisted by the apothecary or the family doctor. Such remedies as pears, which was aloe and quassa, dissolved in apple brandy. Sometimes a hop tonic, made of whiskey, hops and bitter barks. A score or more of popular, home-made remedies were thus compounded, the formulae for which were passed along from house to house, sometimes written, sometimes verbally communicated.

The patent medicine business is a natural outgrowth from this wholesome, old-time custom. In the beginning, some enterprising doctor, impressed by the usefulness of one of these home-made remedies, would take it up, improve it in many ways, manufacture it on a large scale, advertise it mainly through almanacs for the home, and thus it would become used over a large area. LATTERLY THE HOUSEHOLD REMEDY BUSINESS TOOK A MORE EXACT AND SCIENTIFIC FORM.

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