

Latest Sport Gossip at Home and Abroad

Sport Page

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FARCICAL FIGHT GOES TO JOHNSON ON POINTS

CHAMPION EASILY GOT THE BEST OF MORAN ALTHOUGH "CONTEST" WENT FULL COURSE

Paris, June 2.—Jack Johnson still holds the heavyweight championship of the world. In a hard-fought battle at the Velodrome d'Hiver here Saturday night he defeated Frank Moran, of Pittsburgh, easily on points in the 20-round contest. Moran was game and stubborn and stood up to the negro. He did most of the leading and made many friends. The black man's superior skill and his effective upper-cutting wore down his

EXPERT ADVICE TO AMATEURS TELLING HOW THEY CAN RUN A MILE NEAR 4.20

JACK TAIT, THE CANADIAN CHAMPION, TELLS OF HIS EXPERIENCE

I have had numerous inquiries for advice on "How to run a mile," and will endeavor to put down what I have found from experience to be necessary in the running of a championship mile in the neighborhood of 4.20. While all cannot expect to hit the same speed the principle of the thing is the same and the same tactics can be employed in slower time the same distance.

The mile is undoubtedly one of the hardest events on the program, and a man to run this distance, as a winner must be an equally good quarter, half-mile runner and also able to cover a distance up to two miles. Three things are essential—endurance, speed and style—all can be obtained by careful attention and hard work.

To run a 4.20 mile a man must hit his quarters from 58 seconds to 1 minute, a half from 2.05 to 2.08 and the three quarters not worse than 3.18. From this it is seen that a mile is practically covering the ground at the same stride that a quarter or half-mile race, making practically the same time, and only losing the seconds gained by the runner going the shorter distance, when he throws in his sprint on end.

There is always a fall off in the third quarter, due partly to the strain of the first half and also as a "lay-up" for the last quarter, where a 300-yard or so sprint is a necessity. Time should be made in the first half when the runner is fresh. In condition a man can hold the early pace without fatigue, but he must "take" himself and not be drawn into a sprint, or carried along at a stride which he is unable to hold with being "within himself." Athletes will understand my meaning.

There should be practically no change in the speed of pace from start to finish. An even stride brings less exertion, the change of speed should be regulated by the lengthening or shortening of stride without change in the fall and rise of the feet. This, of course, does not deal with the finish.

In my mind the ideal finish is a long sprint, not so much a sprint as a "winc up." Coming into the last quarter work on pace to the 300, then bending slightly forward (still holding a reserve sprint) increase the length of your stride, kicking off stronger and stronger, to the hundred, without breaking into an actual sprinting gait, reserving your final dash for the "straight," or even leaving it at times until the last "fifty."

The matter of style is an important one. The "smooth" runner always has an advantage, he works less hard on himself. The stride for a mile is a long one, averaging about 5 ft 6 in. There should be no throwing of the feet up behind, neither should a runner bob

up and down in the air. It is right out in front and "forward" all the time with a powerful "kick-off" that comes with practice. Do not stride too long for yourself, as it only leaves you hanging in the air, you must do your running on the ground and have the force behind your stride to carry you through the air "low" and over a distance.

After the kick-off, throw the leg well out in front, toe extended, reaching for the cinders and gaining every inch of ground. The arm action is very important. Legs and arms must work in unison. Carrying the hands about waist high, bent at the elbows, is about the best style, they should not be swung with much force except in the sprint. When on the run they are of more service in steadying your stride and "balancing." They should be held limp and not tensed until the final dash. When running see that you are going right ahead, without your head bobbing up with each stride.

In conditioning myself for a mile I always work over and under my distance. Commencing training, I take slow runs at two miles to get legs, arms, stomach, wind in condition, and practice "form." I run this distance about three times in the first week. Then mix a little speed with your long work. Jogging a quarter slowly, work into a sprint to fifty yards, ease down slowly into your stride again, jog again till rested and take another fifty. About a mile and a half run with about six sprints, ending up with a full hundred is about right, the running in between should be very slow, just a case of "keep going."

Running about three nights a week, work two of them at a quarter, half, or a mile and a half. Generally I keep my sprinting and running separate until in condition. An athlete is foolish to hurry his training, the slower you get it, the longer your condition will last.

Train consistently, but do not take the game too seriously. Get as much fun out of your work as possible. Make your training "play." Have company with you at the track. With some one taking an interest in your work it helps every two weeks, when making a trial. It is liable to discourage you and gets you nothing.

Personally, I have never taken seriously to dieting. Good, plain food will not hurt any man; of course, if you have habits that will work an injury to you it is absolutely necessary to cut them out. Smoking, drinking and too much "fussing," although indulged in by some of our best athletes are still admitted by them to be a hindrance in their best efforts. In brief, the best course of training I know is summed up as follows: Regular sleep, regular meals, regular running, and don't worry I should "bible."

eye; Johnson showed no marks.

No Danger to Jack

Towards the middle of the contest it appeared as Moran would not go the twenty rounds but he showed courage and kept driving. Although he landed a number of times on the negro, his blows lacked force and were comparatively ineffective. Now and then he tried to land hard on his adversary's body, and in so doing swung widely through space. Johnson being several feet away. Moran took his punishment well, and during parts of rounds the negro toyed with him when he saw that he could do so without danger.

Moran Hung On

Towards the end Johnson had the Pittsburgher absolutely at his mercy. Moran apparently feared that he would be finished and clung to Johnson's body for support, trying at the same time to land, but without success. His manner of fighting and holding in the latter part of the contest was the cause of unfavorable comments, as were the tactics of Johnson on several occasions, which brought a caution from the referee as well as a storm of jeers from the crowd. Many of the French spectators, who seemingly did not understand the fine points of boxing, voiced their objection to infighting, but cheered any resounding harmless whacks.

Paris, June 29.—Disgust over the farcical fight between Moran and Johnson staged Saturday night is marked here today by an open charge it was a fake and that Johnson agreed to allow Moran to stay the twenty rounds for the moving pictures. It is generally conceded that Johnson could have knocked out Moran at any time.

CIVIL SERVICE PLAY IMPS

POSTAL BOYS WILL MAKE STENOGRAPHIC EFFORT TO GET POINTS

On the Third street grounds tonight the Implements will play the Civil Service in a Brandon and District league match kick off at 7 o'clock.

Both teams will be strongly represented, and in spite of their lowly position, the Service men consider that they have more than an outside chance of winning the match. If the Implements win, they will lead their nearest rivals by three points.

The Implements will be represented by the following: Binne, Johnson and Harley, Friday, Waters and Costes, Ferguson, Woods, McDonald, Gordon and Whittaker. Reserve, W. Powers.

CRICKET MATCH FOR TONIGHT

ST. GEORGES AND ST. MARYS CLASH TONIGHT ON COLLEGE GROUND

Tonight at the College grounds St. Georges will meet St. Marys in the Brandon City cricket league commencing at 8.30 sharp. Both teams will be strongly represented and a good game is anticipated. The last match between these teams resulted in an easy win for the St. Georges. St. Georges however have shown marked improvement since and the result is open.

MRS. McCLUNG COMING

On Thursday evening next one of Brandon's favorite speakers will be heard at the assembly, when Mrs. Nellie McClung will lecture on "The New Citizenship." A good audience is well assured and a lecture worth hearing from a capable lady is a foregone conclusion. Mrs. McClung is no stranger in the district, and her many friends will be glad to welcome her again.

JOHN GRAHAM'S SPLENDID

Continued from page 1

campaign and would support Mr. Graham because of his attitude on the questions that are at issue. Mr. Booth is only one of many who are doing likewise. The party lines are being obliterated and the people of Manitoba have at last come to realize that it is unwise to keep in office any longer a horde of politicians such as that led by Sir Rodmond Roblin.

Mr. A. B. Wilkie was elected chairman and after calling the meeting to order expressed his thanks for the honor they had conferred upon him by asking him to be chairman. He spoke a few words on Mr. Graham's behalf and then called upon the candidate to address the meeting.

The Candidate's Speech

Mr. Graham, after returning thanks to the ladies for their presence, said he had something more important, and substantial to offer them than mere bouquets like Premier Roblin has been doing through the country. When elected and the Liberal party was returned to power the women of Manitoba would be granted the right to take part and vote in the elections on an equality with the men, a right that is their and should have been given to them long ago. He declared there was a deluge awaiting Sir Rodmond Roblin and his government on July 10, and that R. J. Lyons his opponent was at present sitting on a mine and didn't know it. (Laughter and applause.) He was not an expert politician, he said, but a common farmer and horse dealer. In fact, he thought Manitoba has had too much of expert politicians and now wanted a business government.

He spoke Mr. Lyons for being such a servile tool in the hands of Sir Rodmond and for never once having exercised his independence but was always ready to jump at the crack of the party whip.

The Telephone Deal

He dealt very fully with the awful waste and incompetence in the handling and purchasing of the telephones by Roblin and Rogers and the members of the government and recalled the statements of the Roblinites prior to the election before the purchase was made that they would provide a system twice as good and for half the cost of that being given by the Bell telephone Co. He said the negotiations and the purchase of the Bell system and showed conclusively how the government had paid \$1,000,000 too much for the system and also how it will be impossible for the government to reduce the rates through the bungle in the purchase of it. The fictitious surplus and statements issued by the government prior to the last election was also scored heavily by the speaker and then he told how after the election the real truth came out. He quoted figures from his personal knowledge in Alberta and Saskatchewan to show how much cheaper the rates were there than in Manitoba. On a farm he owns near Calgary the rate he pays for a phone is \$15 while in Manitoba he pays for the same service \$24.

The Elevator Bungle

Mr. Graham referred to the many other blunders of the Roblin Government and specially mentioned the elevator deal. He showed up in all its nakedness the incompetence of the Government in the handling of this matter and compared it with the successful way in which the other Western provinces approached the same problem. If they had handled the elevator matter over to independent men to handle it would have been successful, provided they had had the purchasing of the elevators in the first place. The government refused to consider this proposal when it was made by the farmers in Brandon.

Coldwell Amendments

He touched on the educational question and scored the Coldwell amendments as being the thin edge of the wedge for separate schools and if the Roblin Government is returned to power he declared that inside of a short space of time separate school will become an established fact throughout the province and out national schools relegated to the dump heap.

He quoted the opinion of Hon. Joseph

Bernier in which he stated that the Goldwell amendments mean separate schools. He called upon all Orangemen and Protestants to unite and save the national schools of Manitoba from destruction. He closed an admirable address by a strong plea for support so that the right should prevail and that the bars may be banished from the province.

A Winnipeg Speaker

The second speaker of the evening was Mr. H. Nowell of Winnipeg, who until he became disgusted with the Roblin Government and its trail of corruption, was a worker for the Conservative cause. "I am out now, however, for clean and honest government for Manitoba. I am working night and day to stop plugging which is the only kind of politics the Roblin gang know. There is not a shadow of chance of them winning by clean methods and so we must be watchful," said Mr. Nowell. He declared himself as tired of party government for party sake and predicted that there will come a tidal wave of disgust for the Roblin Government that will sweep them out of office on July 10.

The record of Glim and Macdonald corruption stinks in the nostrils of the elections of Manitoba and they are determined to rid the province of the men responsible.

Roblin says the Liberals have no platform said the speaker, and yet he is greatly worked up at the swing that has set in for the Liberal cause.

Mr. Nowell went on to tell of the frauds that have been practised by the Roblin machine, of the deception that is being practised by the premier himself in dealing with the issues of the campaign, he touched on the Eli sand deal, the Glim and Macdonald corruption, the unsavory land and railway deals of the Roblin Government. He declared that Direct Legislation was the essence of democracy and wound up his address with a strong plea for calm consideration of the great moral issues involved and appealed to the electors of Douglas to vote and work for Mr. Graham.

A. C. Fraser Speaks

A. C. Fraser received a flattering reception on rising to speak; the essentials of a party entering on election contest is a good cause and a good candidate. In this instance the opponents of the Roblin government have an excellent cause and the people of Douglas a good candidate in Mr. John Graham. He stands out as a representative farmer's candidate and the right kind of a man. When a man starts to think, said Mr. Fraser, he must oppose the Roblin government.

Direct Legislation he said, is one of the best planks in the Liberal platform because it brings the government of the province back into the hands of the people from whom it has been usurped by R. P. Roblin. He wants to see Direct Legislation without any jokers in it. Times are gone by when votes should be made by turning the crank of party names. In this election we are discussing issues and not party names that is why so many are forsaking party and voting according to conscience.

Moral Issues at Stake

There are vital moral issues at stake said the speaker, and we must settle them on their merits and according to conscience. If Roblin is on the wrong side so much the worse for Roblin. He went on to show how the cost of government had heedlessly advanced under the Roblin rule of the last fourteen years and paid a tribute to Thos. Greenwood as being one of the very few Roblin supporters who had been independent enough to vote against the Roblin government on a matter of principles. The result is Roblin wiped his seat out of existence as a punishment. This is what an independent man gets if he does not dance at the dictation of Roblin.

He showed how the cost of government had risen from \$277,000 in the time of the Greenway government to \$1,282,000 but the population had not risen anything like the same proportion. He touched on the educational question and showed conclusively that the Roblin government has tampered with the national schools

Monday  Tuesday

Shorty's Trip To Mexico

A two-reel Broncho war drama, of the Mexican Border, in which our old friend "Shorty" again carries off the honors.

The Fatal Mallet

A Keystone Comedy with the big three: MABEL NORMAN D. CHAS. CHAPLIN, and MACK BENNETT.

Our Mutual Girl, No. 17

In which Margaret secures a position for her protegee and pays a visit to her old home in Maryland.

AT THE THEATRE

At Starland

In Reel 17 of "Our Mutual Girl" Margaret secures a position for the East Side Girl, her protegee, and then leaves for her home. There she meets again her sweetheart who has returned to the old farm.

Margaret and her girlhood chum spend many happy hours together. "Old Dobbin," the faithful family horse, recognizes Margaret the moment he sees her and whinnies in his joy. Even the cows and chickens seem to realize that something unusual has happened and with apple blossom from the orchard entwined about her neck Margaret murmurs to herself: "I love the cows and chickens; 'Yes, this is the life!'"

Together with her mother she cuddles the little Easter chickadee in her warm palms and presses their downy feathers against her cheek.

She and her country sweetheart, who is studying scientific agriculture, then make a tour of the farm and Margaret is surprised at the improvements he has installed. All in all, Margaret, at the end of the day falls asleep in her old bed room happy, indeed, to learn that both her sweetheart and the old folks are doing so well.

Back in New York, much has been happening and another sorrow has entered into the life of Margaret's protegee, but what, as Kipling says, is another story and requires another reel to tell.

"T" SWIMMING CAMPAIGN

With unabated zeal the big swimming campaign at the Y.M.C.A. continues on its way. Greater numbers are coming out with every session and even the classes are now getting a little over-crowded in so much that it is hindering the best progress of all concerned. Nevertheless good progress is being made and a large number will be able to swim before the end of the week.

The girls will meet Monday, Thursday, and Saturday afternoon and the regular boys class Tuesday, Friday and Saturday morning. All afternoon and evening classes will meet at their regular hours.

COUNTY COURT TOMORROW

The list of cases set down for trial by Mr. Justice Galt here tomorrow is as follows:

Standard Trust Co. vs. Neil et al.
Man. Hardware and Lumber Co. vs. Groulx.
Dominion Bank vs. Forbes.
Gas Tractor Co. vs. Touchburn.
Payne vs. Hallett.
Gibson vs. Smith et al.
Smart vs. Lang.
Stanley vs. Faye.
Groves vs. Craig et al.
Campbell vs. Philip.
Marshall vs. Steward.

MORE PROTECTION FOR BUCKINGHAM PALACE

Recent Events Show Buckingham Palace Not as Secure as it Should Be

London, June 29.—When the King leaves London, the whole system of protection at Buckingham Palace will be overhauled. There is, of course, no need for panic, but recent events have shown that the palace is by no means as secure as it ought to be. Not only has a man got inside, but the militants have smashed a window and others got across the courtyard before they were captured. The household and Scotland yard as well, hails the removal of the court with profound relief.

SHIPPING FARM AND MEXICAN INCIDENT

Hamburg-America Hopes to Fix up Harmonious Relationship

Berlin, Germany, June 29.—The Hamburg-America Company states that they have received all particulars from their agent in Mexico with regard to the lines of \$94,950 pesos and 118,685 pesos inflicted on the company with respect to their two boats the Ypiranga and Bavaria respectively.

It will be made the subject of a remonstrance in Washington but it is expected that a solution of the affair will shortly be arrived at which will satisfy all those concerned.

CANADA'S BISLEY TEAM LEAVES FOR ENGLAND

Lieutenant-Colonel J. G. Ross is in command. There were altogether 20

men, including their adjutant, Lieut. C. W. G. Gibson, 13th Royal Regiment, Hamilton, Ont. The Canadian team sailed on the SS. Scotian. From right

to left the names are: Pte. G. A. Lown, Noble, Montreal; Sergt. Maxin, Calgary; Guelph; Sergt. A. G. Bulbeck, Toronto; Pte. W. J. Hedley, Dundas; Sergt. D. Staff-Sergt. T. Lemon, Halifax; Sergt. McKie, Guelph; Lieut. C. A. Bennett, G. W. Russell, Ottawa; Gunner D. Halifax; Color Sergt. W. H. Harkin,

Toronto; Sergt. J. T. Armstrong, Halifax; Pte. H. Falconer, Nova Scotia; Pte. J. D. MacLeod, Toronto; Q.M.-Sergt. D. McInnes, Edmonton; Major W. C. King,

all those concerned.

The Liberal Club Rooms Phone 804