

attention to the item of immediately covering up the whole of your body.

Let your trainer be in close attendance with a long bath robe or dressing-gown, which will envelop you from your head to your feet, and don this immediately, both before emerging from your dressing-room and as soon as you have "pulled up" from a spin, whether practice or in a race. Doff it only before you are going into your bath prior to dressing.

Don't pay attention to any desire you may entertain to let the wind play about your body. You can indulge in all the "air baths" you wish for at other times. They are out of place either just before or just after exercise. You are, or should be, perspiring freely, and the discharge of waste tissue through the pores of your skin is at all times a healthy discharge, which should only be terminated or checked in any way in a warm (but not too warm) bath.

#### FOLLOW EXPERT ADVICE

In pouring out all this wealth of instruction, I am fully aware that my readers may not have been constructed on exactly the same lines as I was myself, and on that account I have endeavored to make these hints as catholic as possible. I have tried to cover the whole ground, but am, nevertheless, conscious that I may have omitted to do so successfully in one or two instances. Besides this, it is by no means impossible that improvements may be discovered from time to time. We have not yet heard the last word on running, and shall very possibly still be waiting for it for centuries to come. For this reason I would advise all my readers to seek out the most experienced trainer they can find—some such man as Harry Andrews, trainer to my old club, the South London Harriers, England; in short, a man who may be said to know pedestrianism backwards, and to accept his advice and instruction in every detail.