

MY THIRTY YEARS IN BASEBALL

By JOHN J. MCGRAW.

The Check on Personal Habits of Players—Best Way to Keep in Condition—The Pitcher Who Ate His Way Out of the League.

(Released exclusively through the North American Newspaper Alliance.)

In a very kind letter of suggestion Bill Lange, the old-time star player, asks me to discuss the discipline of today as compared with that of the old-time ball clubs.

There is very little to compare. As a general thing there really was no discipline or living regulations among ball players thirty years ago. In my early days it was purely a matter of personal desire and ambition. A player kept in condition in those days simply because he wanted to make good at his job and earn a living. He knew that if he didn't stay in condition he wouldn't last long. If he was a ball player at heart he looked after his own physical welfare. There were not so many ball players then. It was not such a profession or business—more of an individual liking for the sport.

As the teams increased in number and the number of players on each team also increased, it gradually became necessary to have a sort of supervision over their personal habits. Nowadays if a player does not take care of himself he not only hurts his own chances, but can interfere with the commercial progress—I might call it—of the organization. So they have to be watchful to a certain extent.

It is a rule on our club that players must be in bed by 11:30 o'clock at night and must not eat too heavily in the middle of the day. I have never believed in fixing an hour at which ball players should arise. In fact, I am in favor of them getting all the sleep possible. Most of my players stay in bed until 9 or 10 o'clock in the morning. It makes no difference to me.

If they sleep very late the chances

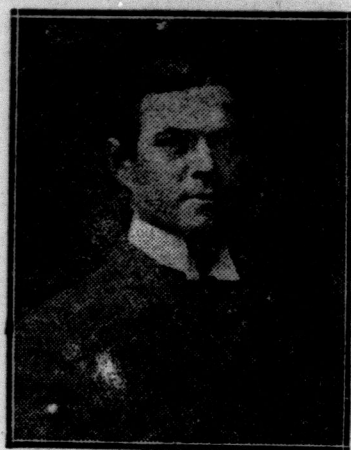
are that they will eat a fairly good breakfast and will not eat any lunch at all. A ballplayer is usually much livelier on the field when he eats a very light lunch.

In the matter of drinking I have never had any rules. When it was possible to get beer and ale I never objected to the players having a glass or two in the evenings. In fact, I often have asked them to join me in a glass of beer.

It is bad to drink whiskey, of course, but it is pretty difficult to stop a man from taking strong drink if he wants it. We have had some bad cases to handle, but we cannot fix any rule about it. All such incorrigible players have to be handled individually.

As to diet—certain kinds of food—I do not believe in it at all. There is a lot of difference in training for a ball game and for some particular athletic event. The ball player has to work at his job every day for six months and, consequently, must live regularly. A man who is to go into a prize fight or a running race, you see, can train for that particular occasion. Then it is over with. That is also true of football teams. But a ball player must regulate his habits so as to live in a natural way, just like a man in any other business or trade. It makes no difference to me what they eat so long as they keep in condition. Nature will make them want good, wholesome, substantial food.

While most of the players soon discover what is best for them, others never do. On one occasion Fred Toney, the pitcher, came pretty near putting himself out of the game for good by eating foolishly. He is a big fellow physically and not only re-



BILL LANDER,
Giant third baseman.

quires considerable food, but likes to eat just for the mere pleasure of it.

We were in St. Louis that day and the temperature was 100 in the shade—one of those sweltering days for which St. Louis is famous in the hot months. Toney got up at 9:30 o'clock and ate some eggs and toast and coffee. That should have been enough for the day. At luncheon, though, he sat down to the table again and ate a heavy meal of calf's liver and bacon, dessert and coffee.

Several players warned him, but he merely laughed. That afternoon on the field he was overcome by the intense heat. For a moment he staggered and then collapsed, unconscious. He had to be taken to a hospital and was in a serious condition.

It is customary on ball clubs to allow the players so much a day for their meals and they may eat where they please, though we encourage them to eat at the hotel where we are stopping as a rule. At the time I have in mind the allowance was one dollar a meal or three dollars a day. Raymond had been in his room—or somewhere—for three days and had not eaten. It was our last day in that city and he figured that he would have to use up all his allowance. So he went down to the dining room the last morning and ate a breakfast that cost him nine dollars! This breakfast was made up of every expensive dish that he could think of, even to a planked steak.

The opportunity for eating a lot of food at the hotels for the first time often makes such an appeal to young recruits that they literally eat themselves out of the league. I have known several cases of ball players failing to make good simply because they could not resist the temptation to eat a lot of food at the expense of the club. They have to be lectured frequently during the training period. A big, strapping kid, you know, wants to eat all the time and he can't see why he shouldn't indulge himself.

All of the old-timers in baseball remember the big pitcher in baseball who could not read and write. I won't mention his name, because it might be considered unkind. This player could not read the menu cards and he tried to escape attention by listening closely to what the others ordered and then duplicating it.

Two of the regular players were seated with him one day and began to order. They went right down the list and he thought they were reading every item from the card. When they had finished the waiter handed him the long menu card, on which there were a hundred dishes. The meals were a la carte.

In a wise way the poor fellow glanced over the card impressively. "Bring me that and a cup of coffee," he said to the amazed waiter, handing him the card. They tell of another young fellow

named Whitley, who came into the league and thought of nothing but food. On his first regular road trip in a big league city he sat at a table with a newspaper reporter in one of the best American plan hotels in the world.

He proceeded to order dishes for breakfast, just as he did at the little hotel in Texas, where anyone could eat everything on the bill without being overfed.

Finally the waiters appeared bearing huge trays of dishes covered with

silver warmers. There was not enough room on the table for the one breakfast, let alone that of the newspaperman.

"Say," said Whitley, awed by the sight of all this wonderful food, "do they eat this way all the time in the

big league?" "Do they?" replied the reporter, keeping a serious face. "Just wait till we go to St. Louis and I'll show you a regular hotel."

"I certainly hope I make good up here." He didn't, though. In another month he had eaten himself out of the league and was back in the minors—where the menu cards were not quite so long or fulsome. (Copyright, 1922, in United States and Canada by the Christy Walsh Syndicate)

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Oil
Reg. \$1.00
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Beecham's
Pills
for the liver
Reg. 50c
33c

A Week-End Feature of FROSTILLA

The well-known lotion for chapped skin, also excellent for after shaving.

Reg. 35c a bottle.
Today, Friday and Saturday 22c

A Week-End Feature of Hot Water Bottles

Our two best bottles. Both guaranteed to last two years. The Royale, reg. \$3.50, \$2.49. The Zonox, reg. \$4.00, \$2.69. Today, Friday, Saturday.

Zonox
Corn
Remedy
25c

Nobility
Transparent
Nipples
3 for 25c

Week-End Feature of Taylor's Throat and Lung Balm

for coughs, colds, bronchitis, etc.
Small size 35c
Large size 65c
Household size \$1.20

A Week-End Feature of English Whalebone Brushes

The ideal brush for milady with an abundance of hair; a good \$2.50 value.
Today, Friday, Saturday \$1.89

Nuxated
Iron
Tablets
Reg. \$1.10
79c

Miller's
Worm
Powder
Reg. 50c
33c

A Week-End Feature of Forhan's Dental Cream

It not only cleanses and whitens the teeth, but is recommended as a preventive for pyorrhea.
Reg. 35c size 24c
Reg. 60c size 44c
Today, Friday, Saturday.

A Week-End Feature of Allenbury's Baby Foods

Used the world over. Recommended by most baby doctors.
No. 1 and No. 2 large size 94c
No. 3, large size 66c
Today, Friday, Saturday.

Baby's Own
Tablets
Reg. 25c
17c

Zonox
Dyspepsia
Tablets
45c

SANIFLUSH, Regular 35c, 2 for 49c

CAMPBORATED OIL, For Chest Troubles, 3 oz. 22c

CREAM OF ROSES, For Chapped Skin 22c

Bargains in Confectionery

Horehound Twist, 1 lb. 24c
Black Cough Drops, 1/2 lb. 19c
Menthol Cough Drops, 1/2 lb. 19c
Maltese Cough Drops, per pkg. 10c
Zymole Trokeys, a pkg. 25c
Wampole's Throat Ease 10c and 25c
Smith Bros.' Cough Drops 2 pkgs. 15c
Neilson's, Loraine and McCormick Chocolate Bars, reg. 5c. 5 for 19c
Neilson's Chocolate Bars, reg. 10c. 3 for 25c
Neilson's Super-Cream, 1 lb. 60c

Neilson's Home-made Chocolate 60c
Mintees, Cinteas, etc. 3 for 10c
Baker's Sweet Chocolate, reg. 5c. 5 for 19c
Adam's Chewing Gum 3 pkgs. 10c
Today, Friday, Saturday.

AROMATIC CASCARA, Best Quality, 2 1/2 oz. 22c

M. S. C. LEMON SOAP, 3 Cakes for 29c

BUCKLEY'S BRONCHITIS Mixture, for La Grippe, etc. 75c

Bargains in Toilet Articles

Pompeian Beauty Powder. 60c
Pompeian Massage Cream. 50c
Woodbury's Facial Powders 35c
Armand's Complexion Powder 50c, 75c and \$1.00
Carmen Face Powder. 59c
Minty's Cologne Water—Small 25c
Large 50c
Minty's Lavender Water 50c
Minty's Smelling Salts 25c and 50c
Minty's Brilliantine 50c
Minty's Lilas de France Vegetable Lotion \$1.00
Cutex Cuticle Remover. 22c
Cutex Manicure Sets—Regular 60c 44c
Regular \$1.50 \$1.22
Milkweed Cream Soap. 19c
Today, Friday and Saturday

PEPSODENT TOOTH PASTE, Regular 50c 34c

LISTERINE TOOTH PASTE, At the new reduced price. 25c

Bargains in CIGARS

Sir Haig and Long Panetelas 8 for 35c
Ola, Mona and Five Days From Havana. 5 for 29c
Santa Clara and David Harum 5 for 39c
The New Cosmos Panetelas 6 for 49c
Jap 6 for 49c
Bachelor 6 for 49c
Simon's Dimples. 6 for 49c
Tuckett's Panetelas 5 for 55c
Boxes of 10 Cigars.
Ola Cigars 55c
David Harum 74c
Bachelor 85c
Today, Friday, Saturday.

A Week-End Feature of Ladies' Dressing Combs

French Ivory and Hard Rubber Combs:
Our 75c values 59c
Our \$1.25 values 99c
Our \$1.50 values \$1.22
Today, Friday, Saturday.

A Week-End Feature of Vacuum Bottles

(pint size)

Keeps liquids hot 12 hours. Keeps liquids cold 24 hours. Today, Friday and Saturday, each 69c

A limited quantity only.

A Week-End Feature of Standard Toilet Paper

full 8-ounce rolls. We have sold this article for years. It has proved entirely satisfactory.

Today, Friday and Saturday, 6 rolls for 47c

Catarrh-
ozone,
for the head.
Reg. \$1.00,
79c

A. B. S. & C.
Tablets,
100 for
14c

A Week-End Feature of Kkovich Health Salts

Sweetens the Stomach and regulates the bowels. Pleasant to take.

Regular 20c a tin, Today, Friday and Saturday, 3 tins for 35c

A Week-End Feature of Velour Powder Pads

Three sizes—flesh and white colors—

Small size, each 8c
Medium size, each 13c
Large size, each 18c
Today, Friday and Saturday,

Vogue
Royale
Brilliantine
Reg. 50c,
29c

Jad Salts
for the
kidneys.
Reg. 85c,
64c

A Week-End Feature of ZONOX

Cocoonut Oil Toilet Soap

A hard water soap, a big cake. Reg. 10c value,

Today, Friday and Saturday, 4 cakes for 25c

Johnson's
Baby
Powder,
25c

Marvel
Whirling
Spray,
\$4.00

Vogue
Royale
Lemon
Cream.
Reg. 50c,
34c

Horlick's
Malted Milk.
Reg. 50c, 39c
Reg. \$1, 79c
Reg. \$3.75,
..... \$2.99

Ovaltine
Small 50c
Medium. 85c
Large. \$1.50

Owbridge's
Lung Tonic
Small 34c
Large 84c

Dr. Williams'
Pink Pills.
Reg. 50c,
32c

Dr. Thomas'
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Oil.
Reg. 35c,
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Templeton's
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Capsules,
\$1.00

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Powder.
Reg. \$1.00,
79c

Koreen
Hair
Renewer,
\$1.24

Phenolax
Wafers,
the children's
laxative,
22c

Minty's
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25c

Thermogene
Curative
Wadding,
Reg. 50c,
33c

Week's
Break-a-
Cold
Tablets,
25c

Mecca
Salve.
Reg. 25c. 17c
Reg. \$1.69c

Sweet Kiss
face powder
50c

Niagara
Grape Juice,
pint size,
29c

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Catarrh
Balm,
45c

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Extract,
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Dr. Chase's
Cough
Syrup.
Reg. 35c,
24c

Dr. Smyth's
Corn
Remedy,
35c



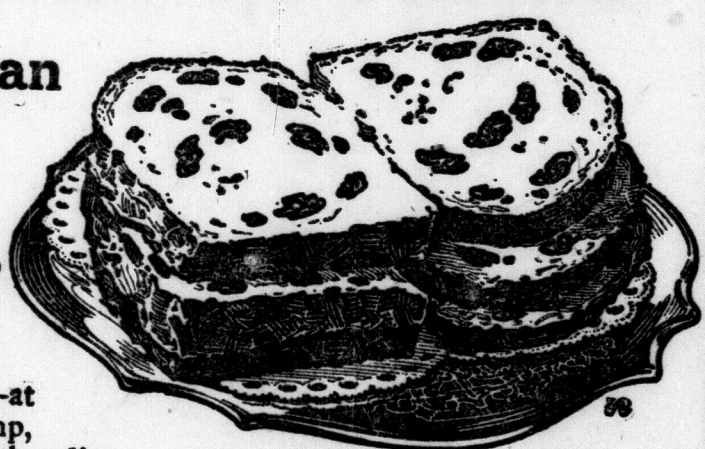
How many of them have infected throats?

People next to you in train or theatre may have sore throat or may be carrying the germs of influenza. Coughing or even speaking will release millions of germs to be inhaled by others. You can guard against this constant danger by using Formamint tablets.

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—when you can buy bread like it, ready baked?



COUNT the raisins—at least eight big, plump, tender fruit-meats to the slice.

Taste it—see how the raisin flavor permeates the bread.

No need to bake at home when we've arranged with bakers in almost every town and city to bake this full-fruited raisin bread.

Just phone and they'll deliver it—all ready to surprise the family tonight.

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