

THE STANDARD'S SPORTING SECTION

PLAYING GAMES AND HEALTH
THE PHYSIQUE OF THE NATION

Does Strenuous Sport for a Few Years Work to the Advantage of the Many Young Men Who Are Engaging in It?

(By H. S. Merton.)

The great popularity of lacrosse, hockey and football, our leading sports in Canada, justifies the question of their eventual effect upon the player. Is it beneficial or injurious? Being so strenuous they can only be indulged in at top pace for a limited number of years, when the competition of younger players drives out the older. The question is: Are these games, which demand such heart-breaking pace, worth while for a few years from the standpoint of the physique of the nation?

If the theory be accepted that every person at birth has a given amount of natural vitality, then it can be understood that regular moderate exercise, which does not make excessive drain upon the given fund, is beneficial. On the other hand, any violent demand for a short period of years, a demand so exacting that it can only be sustained for a limited time, might well be visited by disaster in future years, and cut down longevity unless precautions are taken. A great many men who crumple all at once in middle life, though up to the fatal time they have carried a healthy exterior, might trace their disaster to this spell of overdone sport, though more often the reason is given as too great devotion to business.

The best exercises, of course, are those which are moderate and may be continued far into middle life. There is no doubt that, other things being equal, a man who walks all his life has a better chance of long health than one who takes it all up for four or five years of lacrosse or hockey or football, and then sits at a desk for the balance of his life. Cricket is a valuable game from this standpoint, as it makes at no time an excessive drain on the player's powers and may be indulged in until late in life, besides proceeding for the player enough to make it at all times a recreation.

But our general temperament is not suited with the speed of cricket. The crowd demand spectacular games and the youth's ambition leads him into games which are favored by the enthusiasm of crowds. Few athletes choose their games for the exercise it gives them. They could not be expected to approach a sport with the calculating sagacity of a middle-aged man. If he was of this nature he would scarcely be likely to excel in the sport. Still, his father and athletic and college directors should exercise some circumspection in the matter, just as one would advise a child against fire without warning of the danger. In other words, the individual, if he runs the chance of being injured, should not be encouraged to do too much for the sake of the club. It is a mean demand to make of a youth who has "blood."

Field sports in general are beneficial because the vital organs are the heart and lungs and these are benefited by open-air exercise if not overdone. Muscle is a secondary consideration, and I could never understand why gymnastics occupy the place they do as a semi-compulsory class in most schools and universities. It is far better to enlarge the chest cavity by outdoor sports than to plaster muscles on a body. The nerves of which many all wrong classes in a rule state with an athlete just about the proportionate length of time he has spent in putting it on. Muscle comes and goes according to use. Vitality is the thing to look after. Give the growing boy a frame and he can put muscles on it any time he needs to.

The danger of sports of high pressure such as our three favorites lies in two directions—playing without sufficient training and quitting too abruptly. The latter case is responsible for a great deal more disaster than the former, for it is obvious that a player out of condition is physically unable to undertake a great deal of work. He may, however, incur danger by playing on his nerve, that is, forcing himself by will power or grit to hang on when all his physical nature cries out against it. No coach of any experience would allow this. Besides, the competition and demand for speed in field sports is a guard against the playing of a man out of condition, for he cannot measure up to what is required of him.

But it is in the relapse after strict training that the damage is done. The student feels it when he embarks on his studies after a severe athletic campaign. He can hardly sit still in his lecture seat while his body carries on the habit it has formed of late of replacing worn-out tissue and filling him full of physical energy. It takes some time before the transition is made to the reformation of brain tissue, and he wonders in the meantime why he cannot concentrate. But this is a simple case and easily overcome by the resiliency of youth. The case is different when a man has engaged in the most exacting sports for five or six years and then quits suddenly. Here his physical being has become accustomed, as it were, his heart and arteries have become permanently distended to

EARLY MORNING FIRE

An alarm was rung in box 132 at about 12:50 this morning for a small fire in the house of Alfred Summers on Bentley street. The blaze started in the bathroom of the upper flat which is occupied by Mr. Summers. A small amount of damage was done which is covered by insurance.

Up-To-Date Dress.

Billy—You should have seen Lily run the quarter-mile.
Milly—What did she run it in?
Billy—It'll be darned if I know what you call 'em.

Smith's Manager
After The Belt

Stirs Up Trouble for Himself When He Writes Letter to La Presse Sporting Editor.

Montreal, Nov. 30.—La Presse, a French language newspaper of this city, prints today a letter from Al Lippe, manager of the Montreal Canadiens, to the editor of the paper, in which he is scheduled to fight McTigue in New York Thursday, asking for the return of the middleweight championship belt belonging to Smith, which Lippe says he handed to the sport editor of La Presse, "when I was in Montreal last week." Lippe adds that he cannot understand why Smith should be barred from bouts in Montreal, since the latter did not break his contract to fight in this city until Mike McTigue had rendered it null and void by signing another contract to fight in New York. He declares further that Tommy Conway, local promoter of the McTigue-Smith fight here, had agreed to release Smith from his Montreal engagement.

Replying to this letter in an editorial note, the sport editor of La Presse denies emphatically that Lippe ever handed the Smith belt to him. In connection with the other statements of Lippe, he states that McTigue signed a contract for a bout with Smith on a Sunday at the Windsor Hotel here and intimates that a contract signed on that day of the week is not binding.

Tommy Conway, gives an unqualified denial to the statement of Al Lippe that he (Conway) had released Smith from his Montreal engagement. He adds that if such were the case it is remarkable that Lippe should write to the sport editor of La Presse for Smith's belt since he must have been well aware that it was in the keeping of Mr. Conway.

Morley Bruce On
Ottawa Hockey Team

Ottawa, Nov. 30.—The Ottawa Hockey Club's roster for the championship season of 1921-22 in the national hockey league was revealed today by the addition of Morley Bruce, a graduate of the city league, who has been with the Senators for the past two seasons. Bruce signed his contract to return to the Ottawa team today. He has the following under contract: Broadbent, Benedict, George Boucher, Dunsen and Brown, Gordon Roberts has accepted terms and will be here for the opening of the season on the night of Saturday, December 17, if he can do so. Bruce is negotiating with the Ottawa management and will likely be back in line in time for the opening practice the latter part of this week.

Frank Boucher will be here from Trois-Rivières in a few days and there is said to be a possibility that Jack Darrach will reconsider his decision to retire, though the Senators are not counting on him.

2,000 Harvard Men
Are In Ticket Mixup

Cambridge, Mass., Nov. 29.—Nearly 2,000 Harvard men are expected to be called before a representative of the Harvard Athletic Association to explain how their ticket for the game with Yale happened to be used by other people Saturday afternoon. If they are unable to do so these men will be placed on the Harvard blacklist and will not be allowed to apply for any seats to future athletic events including football, for a period of years if not for all time.

Frank Knapp, who is in direct charge of the ticket situation at Harvard, is authority for the statement, as well as Fred W. Moore, graduate manager of athletics, that out of the 7,000 tickets taken for the game Saturday there are likely to be between 1,500 and 2,000 which will prove that the men to whom the tickets were given distributed them contrary to the rules, and are therefore candidates for the blacklist.

Already appeals have begun to descend upon the Athletic Association. Immediately after the game telephone calls rang in, some from even so far as New York city. The work of the ushers and their blanks asking for signatures and seat numbers had begun to take effect. The proverbial excuse of being suddenly called away on business, or suddenly becoming sick, or of having one near and dear becoming seriously ill, have all been put forward, and many more besides.

The association, through Mr. Moore, has set up a court, judge and jury in the form of Judd Dewey of the class of 1909, a Boston lawyer, who will hear all pleas and endeavor to mete out justice to all. The immediate and evident reason is, though, that the recipients of tickets agreed that they would use at least one of them on Saturday, and that, if they found out, within twenty-four hours of the game that they would be unable to use them, they would return them to the association.

Mr. Knapp says that in many cases permission to transfer tickets at the last moment was given to those who had been called away, and whose requests were thought to be legitimate, and Mr. Moore adds that cases of legitimate swapping of seats will not bring the swappers into disfavor. Only those who deliberately violated the agreement will be prosecuted.

Best Horses In
Belmont Classics

Sport in Keeping With Character for Popular Track is Guaranteed.

New York, Nov. 29.—Sport, in keeping with the character of the course, is guaranteed for Belmont Park next year through the number and quality of the entries which have been received by Racing Secretary Earlechoke for the various stakes to be run under the auspices of the Westchester Racing Association. It is an indication of the healthy condition of the turf that the entries for 1922 surpass those of 1921 in practically every instance, and that breeding farm in the United States is in the management of the superb plant at Queens, which is still being embellished and will present new beauties when its gates are thrown open next spring.

The Belmont stakes of 1924 will have a value of \$50,000, making it the most valuable prize of the year for three-year-olds. The record for the stakes was for weanlings, and a total of 442 entries came to hand. For the Belmont of 1923 there were 428 nominations. The choicest product of every breeding farm in the United States is included in the list just received. The Lawrence Realization for 1923 received 386 entries, which is a substantial increase over previous years. The Coaching Club American Oaks, which is a stake deserving of the patronage of every owner with the best interests of the turf at heart, as it is a superlative test for the fillies of the year, and points the way to breeding excellence, closed with 131 nominations for 1923, one more than was received for 1922.

Purchase Will Try.

Another race which is rich in promise is the Jockey Club gold cup, which shows an increase from 55 this year to 70 in 1922. In the list is a dazzling array of class. The name of Purchase is found among the Rancocas nominees, and it is the only one for which he is named at Belmont Park. As it is to be run in the autumn it is evident that Mr. Hildreth is going to make one more attempt to try the superb horse after the close of the breeding season next spring. Hildreth has always maintained that Purchase at his best is without peer, and is the thoroughbred.

The fact that geldings are ineligible for the gold cup keeps out Yellow Hand and Exterminator, two of the best of the turf, and the fact that the Ontario and the Ontario are present. While their absence is to be deplored, there is still an abundance of quality in the race, the nominations of which are the gold cup.

In addition to Purchase, including Playmate, Lacy, and Hatter, who are all in the hands of the Jockey Club, Sang, Towrich, Starlie, Audacious, White Black Servant, St. Henry, Mod, Sporting Blood, Piberry, Sublimity, My Play, Touch Me Not, Lettermann, Horologe, Spanish Mate, Reddy, Pluribus, Rumanell, Bon Homma, Rumanst, Monday Morning.

The entry of Playmate in the gold cup, Suburban and other events at Belmont Park in the name of the Rancocas stable, would seem to indicate a change in the part of Mr. Hildreth and his trainer, who have been as a racing asset, once his ownership has been decided by the courts. The case in which the Rancocas stable is involved has not been as prominent in such races of recent years as they were a decade or more ago.

Among the older horses which the three-year-olds must overcome in the spring handikaps at Belmont Park are Grey Lag, Yellow Hand, Exterminator, Thunderclap, Mad Hatter, Audacious, John B. Grier, Sealings Park, Naturalist, Truster, Carabel Blaine, Bit of White, Behave Yourself, Mile Dell, Touch Me Not, Bonitace, Dunboyne, Nancy Lee, Sporting Blood, Smoke Screen, Bankers, Chateau, Tully, Capt. Abcock, Georgia and Our Flag. Prudery is among the missing and is probably to be bred next spring.

Prominent among the non-nominatees to the Juvenile, Keene Memorial and other stakes for two-year-olds of 1922, and of the three-year-olds of 1923, are the following: Grey Lag, Yellow Hand, Exterminator, Thunderclap, Mad Hatter, Audacious, John B. Grier, Sealings Park, Naturalist, Truster, Carabel Blaine, Bit of White, Behave Yourself, Mile Dell, Touch Me Not, Bonitace, Dunboyne, Nancy Lee, Sporting Blood, Smoke Screen, Bankers, Chateau, Tully, Capt. Abcock, Georgia and Our Flag. Prudery is among the missing and is probably to be bred next spring.

Two Basketball
Games Last Night

High School Defeated Y.M.C.A. A. 27 to 8—Alerts Trimmed Trojans 22 to 19.

A very large crowd attended the basketball games in the Y.M.C.A. last evening. About 300 people were present, evidencing the keen interest which is being taken in this sport. The first game, which was an Intermediate League fixture, was played between the Y.M.C.A. and High School, the latter winning by a score of 27 to 8. This game was very rough at first, resembling a football rather than a basketball match. However, as time progressed, some good combination work developed among the High School team and Y.M.C.A. fought hard for victory.

The game in the City League between the Alerts and Trojans, being the first game of the season between the two teams elicited considerable interest, each of their respective followers. During the first half the game was pretty even, but both teams showed lack of practice, as their passing and shooting were not the best that might be expected. The period ended with the score 12 to 12. In the second period things brightened up considerably and the Alerts played an excellent combination game, managing to get seven points over their opponents in very short order. The Trojans bucked up, however, and by some exceedingly good defense work and accurate long passes, succeeded in tying the score. The Alerts managed to nose out a winner by the close score of 22 to 19.

For the Alerts, Ketchum, Ryan and Malcom played a good game, while Kerr, Malcolm and MacGowan showed up to advantage for the Trojans. Geo. Hudson handled the referee's end in a very satisfactory manner. The line-up follows:

Calls Off Bout
With Tremaine

Chicago, Nov. 30.—Pal Moore, ban-tanweight boxer, today called off his man, Carl Tremaine, scheduled for Memphis, Tenn., on December 5. The bout was called off, Moore announced, because of his championship loss and Johnny Buff of Milwaukee on December 17.

1923 and 1924, is the name of August Belmont whose entries total 17. In the list are Mirabelle, the lovely sister of Man of War, and Belle Hour, a handsome daughter of the great Hourless and the peerless mare, Redline. If there is anything in breeding this pair should be heard from. The colts of the chairman of the Jockey Club, who have not been seen for the past few seasons, the output of his nursery stud having been sold privately, will be welcomed in the spring of 1922.

Harry Payne Whitney leads in the number of Belmont Park nominations with a total of 157. The Rancocas stable is second with 93, and Willis Sharpe Kilmer, third, with 87. The Greenlee stable comes next with 75. It is encouraging to find the fine sportswoman who races under that name taking an ever-increasing interest in the turf. Her nominations include Gallant Man and Lettermann, which ran in the name and colors of Lawrence Waterbury in 1921, and these, together with Touch Me Not, Mile Dell, Sedge and Black Rascal will give Greenlee a strong representation.

Morvich is going to have a genuine test of his qualities as a three-year-old, his name is found in everything at Belmont Park to which is eligible. He will meet a stout lot of three-year-olds in the handicaps as well as the favorites for his own age, as the following list shows: Rumanst, Missionary, Priority, William A. Mod, Starlie Column, Miss Joy, St. Henry, Rumanell, Bunting, Surf Rider, Broomster, Little Chief, Gallant Man, Good Times, Olympus, Pretense and other cracks are among the eligibles. The presence of so many good colts and fillies in these handicaps is most encouraging as three-year-olds have not been as prominent in such races of recent years as they were a decade or more ago.

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Benny's Note Book

BY LEE PAPE

Weather: Worse.
Exter! Latest Feud News! Last Monday Maud Jonsen bid Sid Hunts books to make him late for school, taking him such a long while to find them that his mother left him stay home all morning, making the Hunts still ahead in the big feud between the Hunts and the Jonsens.
Business and Financial. Benny Potts almost loaned Sam Cross 2 cents last Saturday but suddenly changed his mind and didn't want he found out Sam still owed Leroy Shooter a cent from last summer.
POEME BY SKINNY MARTIN.
Her Name is Emma.
I love to see our washday wash
With the steam going up looking fine,
But judging by her expression
The pleasure is all mine.
Intuiting Facks About Intrinsing Peepie, Lorester Mincer
can make any impression she wants just by working the muscles of her face and says she's going to be a movie actress.
Come one come all! Big ekerberbie exhibition in Puds Simkins yard next Saturday afternoon by the following famous ekerberbie, Benny Potts, Puds Simkins, Skinny Martin, Reddy Merty and Sid Hunt. Everybody welcome. Admission 2 cents. (Advertisement.)
Lost and Found. Nothing.

Bowling Results
In Local Leagues

GARRISON LEAGUE.

Last night in the Garrison League, the 15th Heavy Battery took four points from the "B" Company Fullers; the 7th C. M. G. team took three points from the "A" Company Fullers, and the R. C. E.'s won four points from the "C" Company Fullers. The individual scores follow:

Team	Score
15th Heavy Battery	398 411 398 1307
"B" Company Fullers	Jones 78 73 77 237 79 Parfett 68 71 73 212 70 2-3 Bennett 74 68 89 238 77 1-3 Logan 66 66 66 197 65 2-3 Summers 45 68 71 171 57
"C" Company Fullers	333 351 365 1049
7th C. M. G.	Markham 84 73 92 249 53 Cunningham 101 83 76 240 86 2-3 Loacett 72 86 89 247 82 1-3 Toher 79 82 77 238 72 2-3 Nelson 78 79 86 243 81

414 403 420 1337
"A" Company Fullers.
White 82 83 85 250 77 1-3
Queen 61 86 83 232 77 1-3
Munroe, J. 73 81 75 229 76 1-3
Munroe, W. 100 87 70 257 85 2-3
Munroe, J. E. 81 85 99 275 91 2-3

397 431 397 1226
"C" Company Fullers.
Warren 75 71 73 219 73
Leese 73 75 76 224 74 2-3
Bell 68 70 70 213 77
Purcell 67 90 72 239 79 2-3
Gordon 85 70 73 233 77 2-3

365 284 369 1118
R. C. E.
Louthan 63 73 73 216 72
Parks 69 73 73 217 72 1-3
Swain 76 70 73 219 73
Scott 89 84 76 249 83
Morgan 83 83 91 257 85 2-3

380 390 385 1155
COMMERCIAL LEAGUE
In the Commercial League on Rack's alley last night the Post Office and T. S. Simms teams broke

even with two points each. The scores follow:

Team	Score
Post Office	Roberts 96 102 84 282 94 McGaw 75 83 85 232 74 Brasen 76 79 83 238 79 1-3 Markke 71 70 71 212 70 2-3 Shannon 80 86 102 278 93 2-3
T. S. Simms	408 419 406 1233
Rogers	81 89 92 260 87 1-3
Shepherd	84 87 80 251 82 2-3
Partridge	85 97 72 264 84 2-3
Power	81 94 79 254 84 2-3
Oliver	65 86 77 235 75

394 452 400 1246
Tonight Emerson and Fisher vs Ford Motor works.

WELLINGTON LEAGUE

Last night in the Wellington League series on the G. W. V. A. alleys the Canadian National Railways took all four points from Canadian National Express Co. The scores follow:

Team	Score
Canadian National Railways	Stevens 74 82 84 260 86 2-3 Wall 89 76 80 237 85 2-3 Lawson 97 108 87 292 97 1-3 McManus 100 70 77 247 83 1-3 Storey 84 83 101 278 92 2-3
Canadian National Express Co.	444 438 452 1234
Poole	82 87 74 243 81
McGraw	77 76 70 232 74 1-3
Gray	79 81 81 253 84 1-3
McGraw	84 80 79 243 81
Mitchell	90 86 80 256 85 1-3

412 422 384 1218

MACDONALD'S CROWN CHEWING TOBACCO

The Tobacco with a heart

15¢
2 FOR 25¢