

All The Latest News From The World Of Sport

BASEBALL IN THE BIG LEAGUES

AMERICAN LEAGUE.

Washington, 3; Cleveland, 2.
At Washington—
Cleveland..... 00020000—4 4 2
Washington..... 02001003—3 4 2
Batteries: Hagerman, James, Mitchell and Carls; Ayres and Henry.
St. John, N. B.
Boston, 2; Detroit, 0.
At Boston—
Boston..... 01000100—2 7 0
Detroit..... 00000000—0 2 1
Batteries: Foster and Thomas; Main, Covel and Stange.
St. Louis, 4; New York, 2.
At New York—
St. Louis..... 00000110—4 10 1
New York..... 01010000—3 5 1
Batteries: James, Baumgardner and Agnew; Crossin; McFale and Nunn.
Philadelphia, 3; Chicago, 1.
At Philadelphia—
Chicago..... 00000100—1 4 0
Philadelphia..... 20010003—3 6 1
Batteries: Russell and Schalk; Bender and Schanz.

American League Standing

Team	Won	Lost	P.C.
Detroit	19	9	.679
Philadelphia	14	8	.632
Washington	14	11	.560
St. Louis	13	12	.520
New York	11	12	.478
Boston	11	12	.478
Chicago	11	18	.379
Cleveland	8	18	.308

NATIONAL LEAGUE.

Cincinnati, 10; New York, 5.
At Cincinnati—
New York..... 00022000—5 6 1
Cincinnati..... 02220009—10 12 1
Batteries: Demaree, Wilts, Schauer and Meyers; McLean; Douglass, Yngling, Benton and Clarke.
St. Louis, 3; Brooklyn, 0.
At St. Louis—
Brooklyn..... 00000000—0 4 2
St. Louis..... 10001003—3 8 1
Batteries: Reulbach, Ragan and O. Muller; Salles and Snyder.
Chicago, 4; Philadelphia, 2.
At Chicago—
Philadelphia..... 20000000—2 3 2
Chicago..... 00000103—4 7 1
Batteries: Quinn and Russell; Vaughn and Bresnahan.
Boston, 4; Pittsburg, 1.
At Pittsburg—
Boston..... 00000022—4 9 1
Pittsburg..... 00000100—1 6 1
Batteries: Jans and Barry; Gowdy, Adams, McQuillan and Gibson.

National League Standing

Team	Won	Lost	P.C.
Pittsburg	15	8	.652
New York	12	8	.600
Cincinnati	10	11	.524
Brooklyn	10	10	.500
Philadelphia	11	10	.524
St. Louis	14	15	.483
Chicago	11	16	.407
Boston	4	16	.200

FEDERAL LEAGUE.

Brooklyn 9; Indianapolis 6.
At Brooklyn—
Indianapolis..... 00100303—9 13 1
Brooklyn..... 00000102—5 9 1
Batteries: Somers, Seaton and Land; Mullin, Billard and Warren.
Baltimore 3; Kansas 2.
At Baltimore—
Kansas..... 01100000—3 6 2
Baltimore..... 00100010—2 4 1
Batteries: Quinn and Russell; Stone, Hennin and Easterly.
St. Louis 6; Buffalo 3.
At Buffalo—
St. Louis..... 00001200—3 7 5
Buffalo..... 22001010—6 11 0
Batteries: Anderson and Blair; Groom and Hardie.

Federal League Standing

Team	Won	Lost	P.C.
Baltimore	15	6	.714
St. Louis	15	11	.577
Indianapolis	12	11	.522
Brooklyn	10	9	.524
Chicago	14	12	.538
Buffalo	9	13	.409
Kansas City	11	16	.407
Pittsburg	8	16	.333

INTERNATIONAL LEAGUE.

Providence 4; Rochester 2.
At Rochester—
Providence..... 00020000—2 8 1
Rochester..... 00100101—4 11 1
Batteries: McKelvey, Upham and Williams; Schultz and Kocher.
Baltimore 5; Montreal 4.
At Montreal—
Baltimore..... 01100000—5 11 3
Montreal..... 02002000—4 8 1
Batteries: Curtis and Heckinger; Herbert and Snell.
Newark 8; Jersey 2.
At Newark—
Jersey..... 01320010—8 8 0
Newark..... 00100010—2 5 6
Batteries: Curtis and Heckinger; Herbert and Snell.
Buffalo 5; Jersey 2.
At Buffalo—
Jersey..... 10105010—5 10 2
Buffalo..... 00020000—2 4 0
Batteries: Fullenwelder and LaTone; Verbout and Pearce.

International League Standing

Team	Won	Lost	P.C.
Baltimore	14	9	.609
Rochester	11	9	.550
Toronto	11	9	.550
Buffalo	12	9	.571
Providence	11	10	.524
Newark	9	10	.474
Jersey City	9	12	.429
Montreal	7	16	.304

HOW MEN SHOULD BE TRAINED

By Mac Levy of Babylon.

(Mac Levy, the famous Long Island "health farmer," has been engaged for eighteen years in the training of athletes and the building-up of run-down people, and is a recognized authority on all subjects connected with athletic, physical culture and scientific exercise.)

What shall we eat? This question is being asked by millions of people, and thousands of experts, real and self-styled, have attempted to answer it. Hundreds of dietetic systems have been devised, and each has its enthusiastic adherents. "What is one man's meat is another's poison," is an old proverb which still holds true. Individual differences and peculiarities render even the best of "systems" impossible of anything like general adoption.

In the "good old days" in America, when our pioneer ancestors were two-fisted, hard-working men, the diet question wasn't considered, except as it concerned ways and means of getting "grub." A healthy life in the open enabled them to digest almost anything.

Today, however, most of the inhabitants of our cities are employed in sedentary pursuits, and get comparatively little exercise and fresh air, with the result that they are unable to preserve their health under the regimen of their fathers. Their digestive organs refuse to perform their functions, the food ferments, and the system is filled with poison.

Dyspepsia, anemia, and neurasthenia follow as the logical results of disordered digestion and faulty nutrition.

This condition has given rise to the charge that Americans are a race of gluttons. It is alleged that they eat too much, and that the remedy is a reduction in the amount of food taken. Some "experts" even go so far as to urge frequent and long-continued periods of fasting.

"Now, I do not pose as a 'diet sharp,' but during my long experience as a trainer I have gained, from experience and from association with physicians of ability, a few ideas about diet which may not be without value.

"I will admit that some people eat too much, but in my experience they have exceptions, rather than the rule. The dyspeptic, anemic, neurasthenic type of people, who are becoming so common, are, in my opinion, slowly starving to death. A reduction in the amount of food may give temporary relief from their symptoms, but lessening the amount of poison generated from undigested food, but such a course does not strike at the real cause of the trouble, which is under-nutrition.

The remedy for this class of people is not less food, but more—provided they take sufficient exercise in the open air to bring about a more perfect assimilation of food. Plenty of physical exercise or work and fresh air will work wonders for this class of people, as any good physician will admit. Another important point is to rest at least half an hour after eating. Sufficient sleep is also absolutely necessary.

For those who can't or won't exercise a restricted diet of easily digested food is perhaps best, and it should be taken under the direction of a competent physician.

Even the healthiest people, however, should make some study of the diet question, if they wish to continue to enjoy their greatest of all blessings—health. Practically all physicians agree that a change in the quantity, quality and kind of food must be made in the spring and summer.

No general dietetic rules can be set down, but most fairly healthy people will benefit by gradually reducing the amount of meat consumed, in the spring, and eating more fresh fruits and vegetables.

Personal likes and dislikes must govern the choice of these fruits and vegetables, while they do not afford much nutrition, are immensely valuable for the mineral salts they contain. These salts are demanded by the body and they may be had in their most pleasant and assimilable form from fresh fruits and vegetables.

Bearing in mind the necessity of consulting individual tastes, it may be said, in a general way, that spinach is the most valuable of all vegetables. Spinach contains a higher proportion than any other vegetable of these important salts, and is especially rich in sulphur, iron, sodium and calcium, making it the ideal "spring medicine."

Second in value among the vegetables, according to tables made by German scientists, is lettuce, which provides a far larger proportion of iron than any other vegetable in common use. Radishes, onions, cucumbers, parsnips, cauliflower and carrots are also to be highly recommended, cauliflower and asparagus and cucumbers being especially rich in phosphorus.

If we are to believe the German scientists who have been investigating the subject, vegetables containing a large proportion of phosphorus should be balanced by those offering much sulphur. Cauliflower contains a large proportion of both of these salts, while onions, asparagus, celery, cucumbers and potatoes, which are phosphorus foods, should be taken in connection with such vegetables as radishes, cauliflower and cauliflower.

When it comes to fresh fruits, most people will be inclined to cheer with joy when they learn that the strawberry is the most valuable of all fruits in common use. The grand old "strawberry" contains a larger proportion than any other fruit of such valuable salts as iron, sulphur, sodium, calcium and silicon, the only exception being that lemon contains slightly more calcium.

Other very valuable fruits for year-round consumption are dried figs, prunes, and ripe olives. The latter should be the black, fully ripe kind, however, and not the green olives ordinarily sold, which have obtained

PROVINCIAL LEAGUE IS ORGANIZED

Thousands of baseball fans were disappointed when they learned that the Maritime League had blown up, but that does not mean that St. John and Moncton fans are not to see some class ball on Saturday afternoons and holidays. A provincial league has been organized with two association teams in Moncton who will play against teams in St. John representing the St. John Athletic Club and the Father Matthew Association. It is expected that the first game of the schedule will be played on Saturday afternoon next. While one of the St. John teams is playing one of the Moncton teams in the railway town, as the other two teams are playing in St. John. Joe Page, the promoter, leaves for Moncton this morning to make the final arrangements.

SMITH IS SOME JUMPER

Montreal, May 18.—Frank Smith, the right-hand pitcher who jumped from Montreal to Baltimore Federal, and now is willing to jump back again, worked out with the Royals this morning. He brought with him another would-be jumper from Baltimore, Pitcher Allan. Meanwhile President Lichtenheim was using his telegraph blank freely in an effort to bring about the return of Barrow of the International League and Garry Hermann, chairman of the National Baseball Commission, if he could sign Smith and Allan to contracts. Montreal needs pitchers in the worst way and is anxious to use both Smith and Allan. The former contracts, Montreal being overworked, having figured in eleven games since the opening of the Federal season a month ago. "The money was all right," said Smith today, "but I want to come back here. If Mr. Lichtenheim will protect me I will work for him." These men may make baseball history as they are the first to come back to the organized fold after having left it and signed federal league contracts.

THIS DATE IN RING ANNALS

1902.—Kid Carter outpointed Kid McCoy in 6 rounds at Philadelphia. McCoy was in and in poor condition. In the first round he displayed his usual cleverness, but in the second, third and fourth rounds Carter tore into him and five times in three chapters landed stiff blows that sent the champion sprawling. Twice McCoy was only saved from a knockout by the pad of the round. In the fifth and sixth rounds McCoy kept away from his opponent and had the best of it, but, although no decision was rendered, Carter was clearly entitled to the shade. Carter was one of the stars of the middleweight division of that period, although he never held the title. In 1900 he defeated Joe Walcott and Jack Bonner, but lost to a foul to Jack Root, and the had several other notable victories to his credit.

JUNIOR BASEBALL

Yesterday afternoon the Marathon Grounds the Douglas Avenue Stars defeated the Young Canadians by a score of 21-7.

The St. Peter's Boys' School Juvenile Baseball League was opened yesterday morning when the Tulips and Clerks played. The latter won by a score of 3-2.

TWO MEN TEAM MATCH

There was an exciting bowling match on the Black's alley last night when T. L. Wilson and W. Sutherland defeated E. R. Moore and T. Cosman by ten pins in the ten string competition. The winning team's grand total was 1888 to 1858 made by their opponents. The following is the scores by strings of both teams:

T. L. Wilson—111, 99, 96, 92, 92, 104, 83, 87, 84, 120—Total, 968; Average, 96.8-10.

W. Sutherland—84, 76, 107, 101, 87, 98, 80, 80, 81, 96—Total, 900; Average, 90. Grand total, 1,888.

E. R. Moore—107, 90, 86, 84, 91, 99, 105, 86, 98, 103—Total, 949; Average, 94.9-10.

T. Cosman—91, 90, 96, 89, 93, 91, 83, 86, 93, 97—Total, 909; Average, 90.9-10. Grand total, 1,888.

In the last string going in Moore and Cosman had an advantage of six pins, but Wilson and Sutherland beat them out in the last string.

A wide vogue simply because they are prettier and can be preserved more economically than the ripe fruit. Figs and prunes are valuable also to prevent and cure constipation. In fact, nearly all fruits, blackberries except, contain a large proportion of calcium, which is valuable for the purpose.

Other valuable fresh fruits are apples, which contain a large proportion of sulphur, and also of magnesium and calcium, gooseberries, which are especially rich in phosphorus; lemons, with a large proportion of calcium; blueberries, which are rich in potassium, as are grapes and peaches; and plums, cherries and oranges. In fact, practically all fresh fruits are valuable additions to the diet, except that blackberries should not be eaten, by those afflicted with constipation.

EVENING BASEBALL LEAGUES ARE OPENED

ST. STEPHEN'S, 9; TRINITY, 2.

There was a good attendance at the Marathon grounds last evening when the Church League opened. Commissioner McLellan threw the first ball over the plate. The game was a fairly good one considering it the first of the season. The St. Stephen's defeated the Trinity by a score of nine to two. The Church League will play two games a week and their next game will be on Saturday night.

THE EAST END LEAGUE

The weather was almost too cold for baseball last evening but nevertheless the East End League opening on the Church League was a big success. There were over two thousand people present. The St. Mary's band rendered a programme of music during the evening. Commissioner Russell pitched the first ball over the plate, and the Nationals, the champions of the league for last season, defeated the Glenwoods by a score of five to four.

James McAllister umpired balls and strikes, while David Currie was the umpire on the bases. The game was a little loose in spots, but there is an excuse for this owing to it being the first game of the season and the fact of the weather conditions, taking it all in all the game was interesting, and the young men who are playing baseball for the love of it, and for the pleasure of the large crowd of evening fans, worked as hard as if the receipts were large.

Both Boudreau for the Nationals, and Thompson for the Glenwoods pitched good ball and if the support had been better on each side the score would have been much smaller. The following is the official score and summary of the game:

SPORTOGRAPHY

Ed. Walsh, White Sox Twirler, began career as Coal Miner.

Like a number of other players who have won fame on the diamond, Ed Walsh, long the star twirler of the Chicago White Sox, started his career as a coal miner. Walsh was born thirty-three years ago today, May 19, 1881, at Elatis, Pa.

"As soon as I was old enough," said Walsh, in telling the story of his life, "I was adopted by the Wilkes-Barre coal mines. There I worked in the intestines of the earth until black in the face, tending from early morning to late at night, and only coming up once in a while for air and to sleep and play ball. I wasn't exactly intoxicated with baseball in those days, however. After my turn in the mines I was pretty dogged tired, and my principal hobby was sleeping. Twice I was back in 1902, on a Fourth of July, a baseball team in the village of Dow-

AMERICAN GOLFERS VICTORIOUS

Sandwich, May 18.—Four Americans—Francis Oulmet, open gold champion of the United States; Frederick Herreshoff, New York; Charles W. Evans, Jr., Chicago, and Fraser Hale, Chicago—defeated their opponents in the first round today for the British amateur golf championship and thus qualified for the second stage.

Four other Americans—Jerome D. Travers, of Montclair, N. J., amateur golf champion of the United States; Henry J. Topping, Greenwich, Country Club, Conn.; C. W. Inaite, Ontario Community Club, New York, and Edward S. Knapp, West Brook—were put out of the tournament by their opponents.

Jerome D. Travers was regarded as the most dangerous of the American competitors. He could not judge the speed of the greens, and was consequently often short with his putt.

Oulmet and Herreshoff will not play again until Wednesday, when Oulmet will meet Tubbs, of Littlestone, and Herreshoff will meet Platt, of the Royal North Devon, who is considered a high class golfer.

WIDENER'S HORSE WON

Unusually remunerative odds for those fortunate enough to support the winners was a feature of the racing at Milton, LaFite, Paris, on Friday.

The longest price, 64 to 1, was laid against J. E. Widener's Broom, with Loftus up, which won the Prix de Saldi Choury, worth 5,000 francs (\$1,000), by a short head from Mr. Dursey's Home Rule at 10 to 1.

Other big prices were laid against Victor Grignon's Pathfinder, the winner of the Prix Briseoeur, 42 to 1; Mr. Roux's Souk, winner of the Prix de la Prete, in which there were twenty-six runners, 32 to 1.

The bases were packed and nobody out. I was in despair, and ready to give up, when a rabbit raced across the field and dropped in the pitcher's box. Good luck! And it sure was, for I struck out the next three men in a row. I was saved by a hare.

The very next day Walsh was offered a chance to play professional ball with the New London club in the Connecticut State League. Next he moved up to Newark, N. J., in the Eastern League. Ten years ago Walsh was drafted by Comiskey for the Chicago White Sox, where he began that glorious career which, at his best, made him the greatest baseball pitcher in America. Walsh is not superstitious. He plays the game as he sees it. At the same time, you've got to agree with Big Ed that a rabbit is a lucky beast.

NO. 5 TEAM DEFEATED THE SWEEPS

Last evening in a challenge game team No. 5, the winners of the Victoria League, defeated the Sweeps, the winners of the City League, by 23 pins. Morgan of the No. 5 team had the highest average with 97; Coughlan was a close second with 96. Gamblin of the Sweeps led his team with 93.13. The individual scores follow:

No. 5 Team.

Morgan	88	85	118	291	97
Gardner	84	74	99	257	83.23
Norris	89	83	80	252	84
Coughlan	96	101	91	288	96
Carleton	77	83	83	246	82
434 429 471 1234					

Sweeps.

Forshaw	75	94	76	245	81.23
Ferguson	87	82	90	259	89.23
Masters	72	78	80	240	80
Gamblin	80	105	95	280	93.13
Sullivan	91	98	84	268	89.13
215 452 435 1202					

CITY BALL LEAGUE'S OFFICERS

A meeting of the City Baseball League was held in the rooms of the St. John Athletic Club on Germain street, last night, when the following officers were elected: Thomas Armour, president; Harry Ervin, vice-president; A. Barbary, secretary; A. Ramsey, treasurer; Wm. Coak, and A. Martin, executive committee.

It was decided to open the league on Tuesday evening May 26th, on the Marathon grounds, and the Mayor and Commissioners of the city will be invited to be present.

The matter of adopting the schedule was left over for a couple of days, but it was decided that the Father Matthew Association team and the Rocklands would be the teams to play the first game. The teams in the league in addition to the two mentioned are the St. John A. C. and the Imperials. The league will play four evenings each week.

KELLAR KNOCKED FLINT OUT

London, May 18.—Terry Kellar, an American fighter, knocked out Otto Flint, a German heavyweight, in the fifth round in the Black Friars rink last night.

Oh, you old jimmy pipe!

"Lead me to it" say millions of men since they've found out that Prince Albert tobacco can't bite the tongue and can't parch the throat.

"Lead me to it" you'll say just as quick as you invest in a tidy red tin and find out first-hand just why P. A. has become the largest selling pipe and cigarette tobacco in the United States.

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brought thousands and thousands of old jimmy pipes out of the garrets. It has revolutionized pipe smoking! Today three men smoke a pipe where one smoked before.

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