

The Latest News From The World Of Sport

FROM THE TRAINER'S CORNER

By Mac Levy of Babylon.

[A column of comment on sporting and athletic men and events, physical culture, exercise, health conservation and body-building by a recognized authority on those subjects.]

Among those who seek the advice and services of the physical trainer, the types most frequently met with, next to neurotics, are fat people who want to get thin and thin people who want to get fat.

The great majority of the obese people who wish to reduce are of the fat sex. Men are more tolerant of fat, unless it reaches a stage where the surplus flesh involves great personal discomfort and becomes a serious menace to health.

Among men, however, there are far more seekers for ways and means to put "meat on their bones" than there are fat men striving to get thin. Owing to the rush and worry incident to modern business and professional life, faulty nutrition and consequent thinness are becoming more and more prevalent.

Pump women, in their quest for slenderness, have adopted many methods, most of which are futile, and some of which are positively harmful and dangerous.

One of the absurd practices adopted by fleshly women is to stand twenty or thirty minutes after each meal. This is not only useless, but harmful, and the only result it may have is to hinder the processes of digestion.

Relaxation in a reclining position after eating is highly desirable, but standing after meals, unless it be continued for a long period, is not likely to initiate such serious digestive disturbances as result from the flesh.

If a woman is determined to ruin her digestion, she could better accomplish the purpose by indulging in violent exercise directly after eating, choosing only the most indigestible foods, and bolting them with the assistance of copious draughts of ice water. This can be generally depicted upon to start a train of illnesses that will reduce the material which is needed in making a shroud for the lady who follows this advice.

Miss E. Marston, a physician and expert on physical economics, gives an amusing account of the origin of this "stand-twenty-minutes-after-eating" rule.

A number of years ago a woman at an afternoon tea wore a stunning black velvet suit which she did not wish to crush. Upon being urged to sit down she replied: "No, I always stand twenty minutes after eating." The word went out hereupon that Mrs. Blank owed her fine, slender figure to standing twenty minutes after eating, and people have been practicing it more or less ever since. The woman in the velvet suit considered that she had a right to sit or stand as she pleased, without giving an excuse to any one, and the standing twenty minutes was a thought that came into her head at random.

Probably many other recipes for reducing flesh, which are now being followed by women all over the world, are equally ridiculous in their origin. One of these is the "standing twenty minutes" rule, which is a relic of the past.

If performed gently this process is about as efficacious as an anti-obesity patent medicine, and if performed earnestly and violently it may cause apoplexy or other serious ailments.

Of the patent medicines designed to reduce superfluous flesh, some are very harmful and all are useless. A drug that would accomplish this result would have to be so powerful as to be highly dangerous to the human system.

Some people are born with a predisposition to fatness which no amount of training or dieting can overcome, but most people achieve fatness through indulgence of their appetite for rich food and physical laziness.

The accumulation of excessive fat is usually a process continued over many years, and to get rid of it, without seriously affecting the general health, may require a very long time, unlimited determination, and the patience of Job.

The woman who goes about it recklessly is likely to wear the fashionable garments of her fancy, but a wooden overcoat!

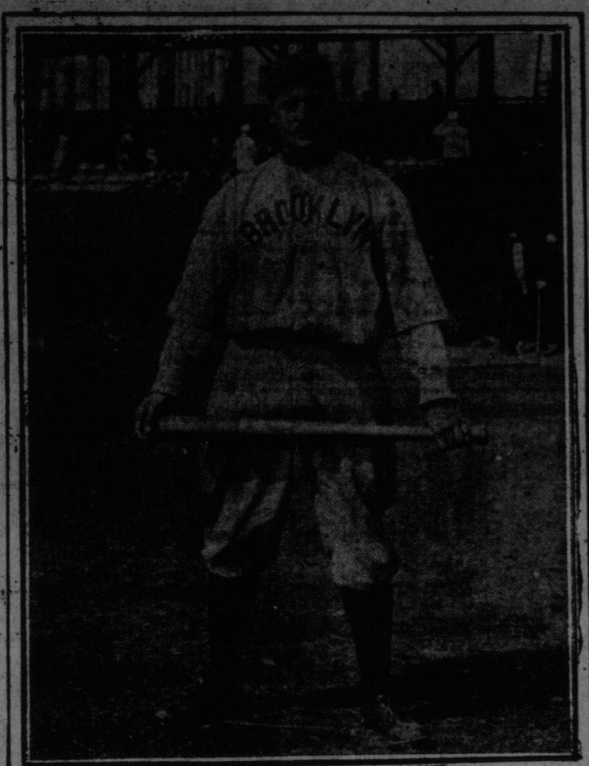
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For eighteen years I have been a physical trainer, and have kept constantly in condition; yet I know that if I should let up for a few months I would be able to give a fine imitation of a porcupine's barrel.

Starving to sure obesity is highly hazardous, although a reduction in the quantity and a change in the kind of food taken is usually desirable, and will often improve the general health.

Eat less and chew more—but that alone won't help you very much toward the accomplishment of your purpose. The reader may have occasion to observe that the accomplishment of any ambition necessitates work. Work—to some it is a hateful word. Yet fleshly people who are not willing to work hard and long may as well consider their obesity an affliction of heaven, and accept it philosophically.

HERE IS ONE OF THE FEDERAL STARS.



"ED" GAGNER.
"Ed" Gagner, shortstop of the Brooklyn Federal League team, who refused to join the Dodgers and who was obtained from the Newark, champions of the International League, has gained a firm hold on the "fans" who are taking their daily baseball nourishment at new Washington Park. Since his debut in Brooklyn Gagner has shown with all the brilliancy of a real big league shortstop, and his great work has caused many a chuckle among those who have followed the inside workings of baseball and heaped to the oft-repeated story that the Federal invasion made no impression on the Brooklyn National League team, which Charles H. Ebbets is bossing over in the Flatbush district.

SPORTOGRAPHY

"GRAVY"

"The grand old man of the ring" and "the dean of American boxers" are titles which Prof. Mike Donovan fully deserves. The "professor" will celebrate today the forty-eighth anniversary of his ring debut, which took place on June 2, 1866, at St. Louis, when he fought ninety-six bare-knuckle rounds with Bill Crowley and lost on a foul. Off thirty years he has been instructor of boxing at the New York Athletic Club, and almost any afternoon or evening he may be seen at the clubhouse of the Winged Footers, teaching the many art to men half his age or less. Donovan is a native of Chicago and will be sixty-seven a little over three months hence, when he will retire from the New York Athletic Club. When he was on the job, he was a ring fighter, and in 1874 he became the middleweight champion. He not only whipped the best men of his division, but in 1889 and again in 1881 he defeated John L. Sullivan in two four-round bouts. In 1884 the hero of 500 bare-knuckle battles undertook his present job, and he is probably the most loved instructor any athletic club ever had.

Mike Donovan, Grand Old Man of the Ring, soon to Retire.

Prof. Donovan is a man of whom any profession might well be proud. He is white-haired, handsome, distinguished in appearance, erect and stalwart, clean in morals, a scholar and a gentleman. Hosts of influential and wealthy men are proud to proclaim themselves as friends of Prof. Mike. It was the Professor who taught Roosevelt to box, and it would be difficult to say which of the many other "most" there is a man for you! The Professor will say when asked about the Colonel: "He's a born fighter, and when I used to box with him I earned a nice little money." Prof. Donovan's first advice to would-be athletes is to side-stay tobacco and whiskey. He holds that most people eat too much, exercise too little, and don't drink enough water. The Professor is living proof of the value of his health theories, for his Mark-Twainish white hair affords the only evidence of age that could be proved against him in the court of law. Except for his snowy locks, the Professor could easily pass for an athletic young man of not over fifteen and who is engaged in a dozen or more fast bouts every day. Pretty good for a lad of sixty-seven, what?

WELSH-DUNDEE BOUT OFF.

New York boxing fans evidently have had a surfeit of their favorite sport for so good a card as "Freddie" Welsh, the English lightweight champion, and "Johnny" Dundee, one of New York's aspirants for titular honors, were unable to attract more than the proverbial "corporal's guard" to the new Teyford A. C. Saturday night, and the bout had to be called off. So few came to make the trip from the city to Umler Park, where the much advertised summer boxing pavilion is located, that Welsh and Dundee, after looking over the house and the box office statement, decided it would be a waste of energy to show their skill in the scheduled ten round bout.

Welsh had been offered a guarantee of \$2,000 and Dundee had agreed to accept \$1,000 as his share, but when Teyford counted the receipts there was \$1,300. The boxers demanded the money guaranteed to them but the management agreed to let them have the total receipts, but they refused to put on the gloves to split a paltry \$1,300. All the money in the house was handed as soon as the bout was officially declared off.

In the absence of competent supervision, walking, golf, boxing, fencing and many other sports and pastimes will be of assistance in the task of reducing superfluous fat, but they should be taken up gradually, and should not be carried to the point of exhaustion. They should never be indulged in by fat people under the glaring sun of a summer day, for fleshy folks are especially subject to heat prostration and sunstroke.

I would like to be able to point out some short cut to slenderness, some method by which fat folks could float to their feet on downy beds of ease. Yet if I knew of any such method I would not be writing this article—I would be too busy spending the money received from the vast army of plump women.

Unfortunately, there is no way by which the fleshy woman can become a slender woman that does not involve hard and patient work for a period that may cover a year, or possibly two or three years, before the goal is reached. And by that time the plump woman may again be fashion-

THIS DATE IN RING ANNALS

1866—Mike Donovan lost on a foul to Bill Crowley in ninety-sixth round at St. Louis. This battle marked the ring premiere of Prof. Mike Donovan, who for thirty years has been instructor of boxing at the New York Athletic Club, and who is known throughout the sporting world as "the grand old man of pugilism."

1884—Jack Johnson defeated Frank Childs in six rounds at Chicago.

1911—Matt Wells defeated Leach Cross in ten rounds at New York.

1913—Bill Reynon defeated Digger Stanley in twenty rounds at London.

CHURCH LEAGUE

A fast game was staged in the United States. It is now being imported into Canada by wholesale dealers and is sold by all of the leading retail dealers in one-eighth-pound tins.

RESULTS IN THE BIG LEAGUES

AMERICAN LEAGUE.

At New York—New York and Philadelphia broke even in a double header here today, the Athletics winning the first in twelve innings, 3 to 2, and New York the second, 4 to 2. The score:

First game—Philadelphia . . . 2210001000—3 13 1
New York . . . 0020020001—8 13 1
Batteries: Bender, Plank and Schang; Schall, Cole, Warhop and Gossett.

Philadelphia . . . 00010010—2 4 0
New York . . . 00004000—4 6 1
Batteries: Brown and Lapp; McHale and Nussmeyer.

At Cleveland—At Cleveland, June 1—Walter Johnson, the crack Washington pitcher, and A. Hankin, Johnson, the Red Sox recruit twirler, opposed each other today for the third time this season, and the youngster bested his redoubtable namesake for the second time. The score:

Washington . . . 00000000—0 5 1
Boston . . . 00001000—1 5 7
Batteries: W. Johnson and W. Williams; A. Johnson and Cady.

At Detroit, June 1—Tying the score to the eleventh, when Sam Crawford drove out a home run after Chicago made a tally, Detroit won a thrilling thirteen inning game from the White Sox here today, 3 to 1. The score:

Chicago . . . 0000000000—1 10 1
Detroit . . . 0000000001—2 11 1
Batteries: Faber and Schalk; Daus and Stanga.

At Cleveland—Cleveland . . . 12020000—5 10 5
St. Louis . . . 10021002—10 9 2
Batteries: Gregg, James, Hagerman, Mitchell and Carich; O'Neill, W. James, Hamilton and Agnew.

NATIONAL LEAGUE.
New York, 11; Philadelphia, 7.
At Philadelphia: New York . . . 01501003—11 13 1
Philadelphia . . . 21200002—7 16 1
Batteries: Mathewson and Meyers; McLean, Mayer, Jacobson and E. Burns.

Brooklyn Wins Double Header.
At Brooklyn, first game: Boston . . . 20000000—2 7 0
Brooklyn . . . 01221000—16 1 1
Batteries—Tyler, Crutcher and Whalling, Gowdy; Altchison and McCarty.

Second game: Boston . . . 11000000—2 3 0
Brooklyn . . . 00100000—4 8 1
Batteries—Hess and Gowdy; Altchison and Miller.

Chicago, 7; Pittsburg, 3.
At Chicago: Chicago . . . 00000000—3 9 3
Pittsburg . . . 00000000—3 9 3



Harry Harper, the young southpaw of the Washington Nationals, is a mere boy of nineteen years. He joined the team last year in June, coming right up to the lot.

He has an incredible curve ball great speed and fair control. Clark Griffith has changed the style of his delivery somewhat this year and he promises to be heard from very shortly.

At last it looks like St. Louis will have a ball team that will be right up in the fight all the way. This refers to the St. Louis Feds, the fast team that Brown has gathered together.

Joe Mathes at second base looks like a coming star, if he hasn't arrived already. He is fast, has a great arm and can bat either left or right-handed. Last season he was farmed out to Syracuse by the Philadelphia Athletics, and the year before he played in Butte, Montana.

GLENWOODS DEFEATED NATIONALS

In the East End League last evening the Glenwoods defeated the Nationals 4 to 2. The attendance was large and the game was fast and exciting. The box score:

Table with 2 columns: National and Glenwoods. Rows list players and their statistics (AB, R, H, O, A, E).

Totals . . . 20 2 6 15 7 3

A CHALLENGE TO THE WORLD

Believing that I am the greatest mental calculator of the age I hereby challenge any person to a contest in practical mental arithmetic, the result to be determined by accuracy and rapidity of calculation. Contest to take place in the city of St. John, N. B. not later than three months from the date of the acceptance of the challenge, and to be conducted along lines mutually satisfactory to the contestants. Should this challenge not be accepted within three months of this date I shall consider myself the champion of the world as a mental calculator. Canadian and foreign papers please copy.

(Signed) MICHAEL KELLY.
20 Delhi street, St. John, N. B., June 1, 1914.

CURLEWS, 5; ST. JAMES, 3.

In a closely contested game of baseball played on the Barrack Square last evening the Curlews defeated the St. James side by a score of 5 to 3.

P. A. makes men smoke hungry

Just you get a whiff of "the international joy smoke" and it's dollars to dough-nuts you beat it cross lots to the nearest store that sells tobacco—and stock up! The flavor and aroma of Prince Albert has got 'em backed off the boards. It sure will hit the spot with you—it does with more millions of men who smoke it in a pipe or cigarette than any other pipe or cigarette tobacco. Get the drift of that?

PRINCE ALBERT

the inter-national joy smoke

just does all that we say it will do. It can't bite your tongue and it can't parch your throat. All this is because P. A. is made by a patented process that cuts out the bite! Why, this process has simply revolutionized smoking tobacco.

Prince Albert rolls up the bulleest makin' cigarette you or any other man ever smoked. It puts the jolt of joy right into your system.

You can just do "makin's" sunrise to sunset and have a lot of fun. Why, P. A. in a cigarette is absolutely a revelation. You go to it!

Prince Albert is the largest seller in the United States. It is now being imported into Canada by wholesale dealers and is sold by all of the leading retail dealers in one-eighth-pound tins.

R. J. REYNOLDS TOBACCO CO.
Winston-Salem, N. C., U. S. A.