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When canoeing, playing tennis, or enjoying outing trips, the ORDINARY collar is a ceaseless cause of annoyance. The snappy, trim appearance soon disappears—a few minutes' exercise with a paddle or a tennis racquet on a warm day finishes them. Not so with

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The Ross Rifle

105 Points—A Perfect Score—

were made at 300, 500 and 600 yards last Fall at Hythe by Sgt.-Major Wallingford, using a Ross Rifle.

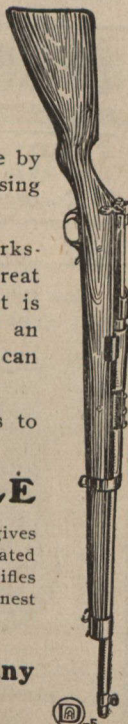
The general opinion of marksmen in Canada—and in Great Britain as well—is that it is doubtful whether as good an arm as the Ross Mark III can be found anywhere.

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QUEBEC, P.Q.
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an athlete for any important engagement, to reduce his weight to the lowest possible point—which was usually effected by having him indulge in long runs, clad in heavy sweaters, and then remaining between blankets, or feather beds, until a profuse perspiration was produced. In addition to this, and in order the better to keep his weight down, his diet was restricted mainly to rare beef—or "red rags," as it was derisively called—and dry toast, with not a drop more of liquid of any kind than he could possibly do without.

His exercise, too, was of the severest kind, and while undoubtedly—strange as it may seem—some remarkable performances were accomplished under this system, it assuredly must have been in spite, and not because, of it. It was plainly a case of the survival of the fittest, as all records go to show that, while some exceptionally strong constitutions happened to survive the ordeal, others—and there were many of them—less favoured, succumbed, sooner or later.

This has all been changed of late years. Nowadays, an athlete eats pretty much what he fancies—if one excepts heavy pastries, pickles, and the like—and drinks, it might almost be said, *ad libitum*.

Gentle work, too, has been found to be best in training, so that the athlete need have no dread now of entering upon his work, because of any hardships or privations he may have to endure. This indulgence is not due to any sympathy on the part of the trainer, but purely because he has found, by actual experience, that the new method will produce as good and even better results than the old, and that being so, why shouldn't the trainee get the benefit of it?

* * *

Canadians in England.

THE present season promises to be a busy one for the Canadian athletes who have gone to England in quest of laurels and recreation—chiefly the former.

The Zingari Cricket Club of Toronto intend making an extended tour of the Old Land, starting on the 30th inst., and returning on the 11th of August. While they may make a fairly good showing, they are not likely to score often against the Englishman at his national game.

Eddie Cotter, of Hamilton, will be trying something more strenuous on the 11th, when he meets the cream of that country in another event in which the English have long been considered as being in a class by themselves—a Marathon race. While he may not be successful, chiefly on account of change of climate, which seems to affect our athletes more than anything else, he may, nevertheless, be depended upon to render a good account of himself.

In rowing, too, the work of Canada's two best amateur scullers—Lou Scholes and Jimmy Cosgrave—in the great English classic event—the "Diamonds"—will be watched with interest, and a victory by either of them will come as no surprise.

The Winnipeg Rowing Club are sending their famous four-oared crew across, too, and it will be strange if they don't succeed in getting some of the honours.

* * *

The T. Eaton Co. A. A.

THE recent athletic association organised by the T. Eaton Co., for the benefit of its employees, is a move in the right direction.

Those who work indoors need a certain amount of exercise to keep them in good health, and it goes without saying, that they will discharge their duties all the better for the taking of it.

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