

## THE LATEST NEWS FROM THE PROVINCE

HINTS ON  
HEALTH AND  
EXERCISE

By Mac Levy of Babylon.

(Mac Levy, the famous Long Island "health farmer" bases his suggestions on an experience of eighteen years as a trainer of athletes and in building up those whose bodily health has been run down. He is recognized as one of the world's foremost authorities on the subjects of which he treats.)

## Putting the "Fix" in Physical Culture.

A newspaper man who was once under my care flatteringly described me as "The man who puts the 'fix' in physical culture." It would be highly immaterial to me to mention this circumstance, except that the phrase so aptly describes the quality needed in exercise, whether at home or in a "gym." Physical training must have "fix," life, vivacity and what the French call esprit to be fully effective. Mechanical motions, repeated over and over again, lack of effectiveness, and soon degenerate into mere drudgery. Heavy work makes a man and develops certain muscles at the expense of a general development. Very light work, while necessary to the weak and undeveloped "new beginner," is good up to a certain point, and after that it is worthless. Some people take up a home course in physical training and experience great benefit at first. But they continue the same exercises week after week, month after month, and are surprised that the gain in health and development ceases. If a school teacher taught a child to say "a, b, c," indefinitely, the pupil would become so familiar with those letters that he would become indifferent, and intellectual stagnation would set in. Of course, no teacher would do that, but after the first three letters were mastered would continue with the remainder and would then instruct the child in the formation of the letters into words. It is the same with physical education. The muscles and organs soon become accustomed to certain movements and interest and development can be maintained only by proceeding with the rest of the alphabet. What development can be maintained only by proceeding with the rest of the alphabet. What development can be maintained only by proceeding with the rest of the alphabet. What development can be maintained only by proceeding with the rest of the alphabet.

## "Saving the Country."

"Saving the country" is the occupation of many politicians and statesmen. The thousand and one political and economic reforms which are being agitated on both sides of the briny may be important, but they will never save a flat-headed, flabby-nosed and neurasthenic people. Three highly important reports, which have been made public within the last month, have a more vital bearing on the physical, mental and moral welfare of the coming generation than all the legislative acts ever contemplated by politico-economic reformers. These reports, while offering a ray of hope here and there, show clearly that Americans, at least, are tending toward physical bankruptcy.

A strong and athletic virile people like the Swiss can conquer a myriad of natural obstacles and hold fast to the ideal of liberty in the face of a multitude of difficulties. An unthinking, slothful people like the Mexicans, who find "sport" in bull-fighting, are naturally destined to be the victims of disease.

Mr. Edward P. Brown, superintendent of the Bureau of Welfare of School Children of the Association for Improving the Condition of the Poor of New York, offers some statistics that would probably be true of almost any large American city. An examination of thirty-four per cent. of New York's school children shows that seventy-two per cent. are physically defective. Mr. Brown points out that there are less than a hundred physicians to look after the physical welfare of 325,000 school children—that New York annually spends \$49 on the mental education of each child, and forty-four cents for the health supervision of each of her children. He declares, and rightly, that ill health is the largest, single agency "contributing to the destitution in a community," and adds: "The real wealth of a nation is not determined in its counting houses nor in the enormity of its natural resources, but in the production of a race sturdy in body and keen in intellect."

For many years I have been engaged in the work of physical training of men and boys, athletes and neurasthenics, and I have been impressed with the readiness with which the physical defects of youth yield to exercise, when conducted under proper supervision, provided also that the teeth, eyes, nose and throat receive timely medical attention. What are minor and easily curable ailments in youth become the chronic and often fatal diseases of maturity. The way to eradicate a physical defect is in the language of Potash and Perlmutter, to "fix it in the bud!"

Gymnasium work in the winter, and a summer vacation in the country, give thousands of boys a fair start in life, but they are the fortunate few. Little more than a start has been made in the physical education of the masses of children. To extend this beneficent work need not be highly expensive. Hundreds of young graduates of medical and dental colleges would be glad to devote a part of their time to the school children, at a moderate remuneration. Their youth might be of advantage in gaining the confidence of the youngsters, and their inexperience would not be a barrier most of the defects of youth are readily recognized. A small staff of experienced specialists should be engaged to look after more obscure and difficult cases. Exercise should be made compulsory, and should be under proper direction. School teachers of the future should be educated to

THREE FRENCH AVIATORS BUILD  
FLYING BOATS TO CROSS ATLANTIC

ROLAND GARROS

Officials of the Aero Club of America and all others in the United States who are interested in the development of aviation were recently aroused to a high pitch of enthusiasm by the announcement of the Aero Club that three famous French aviators are now constructing flying boats to compete with the Roonan-Waggoner transatlantic flight for the Lord Northcliffe prize of \$50,000.

The European flyers mentioned are Roland Garros, one of the most famous of the European aviators, who first appeared in New York at the international aviation meeting at Belmont Park; Marc Pomme, who achieved fame a year ago as the first man to fly across China, and Brindoline des Moulins, who flew from Paris to St. Petersburg and back in twenty days.

SPORTOGRAPHY  
BY  
"GRAVY"Tener not First States-  
man to Head the National League.

Governor John K. Tener of Pennsylvania, the new president of the National League, is not the first statesman to act as head of the oldest baseball circuit. When the National League was launched thirty-eight years ago this month, the presidency was conferred on Morgan Gardner Bulkeley, then the president of the United States Bank of Hartford. Later he was Governor of Connecticut for two terms, and represented the Nutmeg State in a United States Senate. The National League's first chief was the son of Philip Adams Bulkeley, the first president of the Aetna Life Insurance Company, and was born in East Haddam, Conn., in 1838.

His youth was spent in Hartford, where he was educated in the high school, and later he became a merchant in Brooklyn, and served in a New York regiment during the Civil War. Baseball was then just beginning to become popular, and the soldiers, in the intervals between battles and marches, often played the game on a multitude of difficulties. An unthinking, slothful people like the Mexicans, who find "sport" in bull-fighting, are naturally destined to be the victims of disease.

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MILLER HUGGINS

Fred Clarke, the Pittsburgh pilot, seems to have met his match, when it comes to swapping players. The press and public in Pittsburgh join in one loud wail at the trade put through between Clarke and Miller Huggins of the St. Louis Nationals. Wilson, Butler, Dolan, Miller and Robinson for Konechky, Mowery and Harmon were the players exchanged. The Pirate fans say that Miller is as good as Konechky, Dolan as good as Mowery and Robinson better than Harmon, so why give up Wilson and Butler?

UPPER  
CANADA  
HOCKEY

**WANDERERS 11; ONTARIOS 3.**  
Toronto, Feb. 18.—Wanderers defeated Ontarios in the N. H. A. game here tonight 11 to 3. The game was as one-sided as the score indicates. Wanderers had more team play and speed than Ontarios, but neither team exerted itself unduly.

The lineup:  
Wanderers Goal. Ontario.  
LeBlanc. Point. Hebert.  
Ross. H. McNamara.  
S. Cleghorn. Cover Point. Lake.  
Hyland. Centre. McDonald.  
Roberts. Left Wing. Doherty.  
O. Cleghorn. Right Wing. Lowery.

**TORONTOS DOWNED OTTAWA**  
Ottawa, Feb. 18.—The Torontos downed the Ottawas by 4 to 1 in the N. H. A. game here this evening. The result was a big disappointment and over seven thousand fans went home in sadness. The Torontos drew a total of \$23 in fines, while the Ottawas penalties only reached half that amount.

The result gives the Torontos an excellent chance for the championship as the Canadians have yet to play in the Capital and to face the blueshirts at Toronto.

The lineup:  
Ottawa Goal. Toronto.  
Benedict. Holmes.  
Merrill. Marshall.  
Shore. Cameron.  
Gerard. Poyston.  
Broadbent. Davidson.  
Darragh. Walker.  
A GREAT GAME.  
Montreal, Feb. 18.—Canadians by defeating Quebec two to one tonight retain their stand in the race for N. H. A. honors. A strenuous game was seen by the six thousand hockey fans at the local arena.

The lineup:  
Canadians Goal. Quebec.  
Vezina. Moran.  
Lavolette. Defence. J. Hall.  
Dubouché. Centre. Mumery.  
D. Smith. Right Wing. T. Smith.  
Berlinguette. Left Wing. Marks.  
Scott. Crawford.

**CHATHAM LOST TO FREDERICTON**  
Fredericton, Feb. 18.—Fredericton defeated Chatham here tonight 4 to 0, in one of the fastest games this season. The locals showed the class expected of them during the season and their work tonight was a contrast to that of their former games. Chatham, after playing with the St. Louis Cardinals for six and a half years he has just been swapped to Pittsburgh.

"Konechky" is as affectionately called by thousands of fans, only because a ball player by accident. The call of the wild came near getting him. Besides presiding over the destinies of the candy factory, he was also famous as a fisherman, a hunter, and, incidentally, as a back lot ball player in La Crosse.

Two got two brothers who could beat me all hollow playing ball," declared Konechky, "but they can't see the city life. They'd rather take their shot at making jelly beans again. You'd better stick to making all-day suckers and get your mind off this football."

**Tried Out Under "Pink" Hawley**  
"I broke into the game in a peculiar way. I went to my foreman one day and asked him if he would give me a couple of weeks off. He asked me what for, and I told him I wanted to try out with the La Crosse team that was being organized. 'You've got an iron nerve,' he shouted, 'to ask for time off to look for another job. However, you go ahead, and when you find out that you can't play ball you come back here and you can go back to work making jelly beans again. You'd better stick to making all-day suckers and get your mind off this football.'"

Konechky, however, went to the ball park daily. He acted as a part of the scenery for eleven days, he declares. The manager often looked through him, over him, or around him, but never at him. Konechky posed in the background until he felt like an old oak tree until one day the manager, who was "Pink" Hawley, called him. "Hest me down town," he whispered, "at Mike's bar."

**First Contract Calls for \$50 Per Week**  
Konechky met him, and Hawley signed him up at \$50 a month, which was more than he made at the candy factory. Konechky played with the La Crosse team two and a half years until he attracted the eye of Jack Keston, scout for the Cardinals. A little later manager McCloskey signed the big youngster for St. Louis.

The news of the signing of Konechky was printed, and it was erroneously stated that he was a Greek. The Greeks of Cincinnati decided that it was an mistake that they knew their Hellenic players, and all the Greek societies got together and bought a barrel of shoes almost as big as a trolley car, and with the aid of a brass band they arrived at the ball park and the

**SKATING CHAMPIONSHIPS.**  
It is the Maritime Province championship that will be held in Victoria Rink next Thursday evening, not the New Brunswick championships, as stated yesterday.

ST. JOHN HOCKEY TEAM  
WON FROM SACKVILLE

Sackville, N. B., Feb. 18.—With ice in good condition, St. John defeated the Sackville team by the small score of four to two. The first period was pretty even and the play zig-zagged from one end to the other. About the middle of the period the St. John Brothers made a sensational rush down the ice and scored the initial goal.

Sackville commenced to play hard and soon after overtook the score. The period ended one to one.

The second period started off at a fast clip and soon after opening, Sackville found the net for one, giving them a lead over the visitors. Sackville seemed too eager to increase their lead and left their nets open to the volleys of well trained shots from the opposing team. St. John found the nets for two more tallies thus terminating the second period with a score of three to two in favor of the visitors.

The third period was pretty even, both teams tried hard to score and after about ten minutes play St. John scored again and the game ended four to two in favor of the visitors.

Billie Godfrey, one of the Mount Allison team, refereed, and was kept constantly on the lookout for fouls.

The line-up follows:  
St. John Goal. Sackville.  
Smith. Chase.  
B. Gilbert. Point. Rainie.  
Cover Point. Knapp.  
Tait. Centre. Gray.  
J. McGowan. Left Wing. McDonald.  
Parker. Right Wing. Richardson.  
T. Gilbert. Spares.  
L. McGowan. Dixon.

**YARMOUTH FELL TO BOSTON; ALSO TO ST. ANDREWS**  
The Boston curlers made up for their loss to the St. Andrew's Club on Tuesday afternoon when yesterday morning they went after the curlers from Yarmouth and handed out to the Nova Scotians a defeat with a total score of 55 to 30.

The score by rinks are as follows:  
Boston Yarmouth.  
F. L. Raelzer. E. B. Ehrgeot.  
F. A. Turner. B. S. Robbins.  
Dr. J. T. Paul. A. T. Boag.  
J. McGowan. A. K. VanHorne.  
Skip. 20 Skip. 11.

W. McAlausan. D. B. Stoneman.  
M. B. L. Bradford. S. C. Wyman.  
Joe. deCamp. W. Webster.  
C. Y. Young. W. T. Forster.  
Skip. 20 Skip. 8.

J. S. Howe. C. E. Dyke.  
H. Clement. C. Redding.  
Dr. E. A. Daniels. R. W. Cann.  
F. I. Amory. Rev. Mr. Banbridge.  
Skip. 19 Skip. 11.

Total. 50 Total. 30  
**LADIES & GENTLEMEN 15.**  
A rink of St. Andrew's ladies curlers played against a rink of the Boston curlers with the result that the ladies were defeated, as the following score shows:

St. Andrew's Yarmouth.  
Mrs. J. H. Haycock. F. R. Allen.  
Mrs. Hooper. A. B. Denny.  
Mrs. J. P. Barnes. H. Crowell.  
E. A. Smith. Herbert Jacques.  
Skip. 5 Skip. 15.

**J. KONECHKY SWAPPED TO PITTSBURG**  
Nine and a half years ago Edward J. Konechky was designing marshmallows in a candy factory at La Crosse, Wis. Today he is one of the star players in the National League, and after playing with the St. Louis Cardinals for six and a half years he has just been swapped to Pittsburgh.

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LOCAL  
BOWLING  
YESTERDAY

In the City League on Black's alleys the Tigers made 3 points last evening while the Nationals made 1 point. The score follows:

Tigers.  
Belyea. 85 92 98 273 91  
Gilmour. 79 82 83 245 81 3-3  
Ferra. 81 81 87 249 83  
Harrison. 84 82 91 257 85 2-3  
Moore. 84 105 102 301 100 1-3  
422 442 461 1325

Nationals.  
Brown. 77 84 95 256 85 1-4  
Thurston. 76 83 92 253 85  
Campbell. 76 76 80 231 77  
McLeod. 83 76 88 247 82 1-3  
Cosgrove. 82 93 90 275 81 2-3  
474 405 455 1294

**Commercial League.**  
Emerson & Fisher's team defeated Ames Holden and Co. by three points to one in the Commercial League game on Black's alleys last evening. The score follows:

Emerson & Fisher.  
Emery. 75 76 71 222 74  
Kelly. 80 91 80 251 82 3-3  
Harley. 79 88 70 237 79  
McCarthy. 86 77 77 250 83 1-3  
Dunham. 98 80 89 267 89  
428 412 387 1227

**Ames Holden and Co.**  
Barrett. 80 87 66 243 81  
Codner. 82 78 74 234 78  
Davies. 83 79 76 238 79 1-3  
Walton. 89 80 81 259 80 2-3  
Murphy. 75 89 74 238 79 1-3  
390 402 391 1192

**Five Men League.**  
In the Five Men League on the Victoria alleys last night No. 3 team took four points from No. 4 team. The individual scores were as follows:

No. 3 Team.  
Kiley. 95 88 84 277 92 1-3  
Thurston. 80 81 80 244 85  
Dixon. 82 117 82 281 93 2-3  
Spicer. 102 79 80 261 87  
McIlveen. 79 104 109 292 97 1-3  
423 437 447 1266

No. 4 Team.  
Featherstone. 74 93 84 251 82 2-3  
Manning. 81 83 80 244 85  
Brewer. 83 81 75 239 79 2-3  
Labbe. 92 82 83 267 89  
McKean. 73 78 94 245 81 2-3  
412 425 419 1266

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"YOUR WHISKY"  
Mellow Scotch—Never Bettered



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mons Prove are Sometime well as Orm...

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