

## ALL THE LATEST NEWS FROM THE ATHLETIC WORLD

HINTS ON  
HEALTH AND  
EXERCISE

By Mac Levy, of Babylon.

(Mac Levy, of Babylon, 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. He is a frequent contributor to leading newspapers and magazines and is recognized as one of the world's foremost authorities on subjects connected with physical culture.)

The Case of Dancing vs. Gymnastics.

There has lately been a tendency on the part of American universities and colleges to encourage athletic sports in which the entire student body, rather than a picked few "physical supermen," may take part. This is highly encouraging to those who have the welfare of the next generation at heart. It is a tendency that should be encouraged in common and high schools as well as the institutions of higher learning. The boy who is both physically active and has a much better chance to win success than the lad who develops brawn at the expense of brain, or mind at the expense of body.

The endeavor to make physical exercise interesting, so as to enlist the enthusiasm of all students, may, however, be carried too far. If it is true, as reported in some newspapers, that some of the classes at Yale have been permitted to substitute dancing for the "monotonous drills" of the gymnastics, then I should say that the limit has been reached. That strikes me as precedence very similar to substituting chocolate creams and pickles for humble roast beef and "potatoes." These Yale students, we are told, "have picked up the dances readily and already get much more enjoyment out of this kind of gymnastic work than they could with the tiresome arm and leg exercises." Perhaps they do get more "enjoyment." As mental exercise, they could also get more enjoyment out of a perusal of their favorite form of fiction than out of text books and lectures. Such studies as mathematics, history, languages, and natural science, are often "tiresome" and "monotonous" to the youthful mind.

Richard Harding Davis provides mental pabulum that is much more "enjoyable." However, there are some old fashioned people who hold that the sole end and aim of colleges is not the giving of enjoyment to their pupils. Dancing, as an exercise, is to be commended, not condemned. Unless it is a healthful pastime, and it provides a mild form of physical exercise. It develops bodily poise and grace and suppleness. Yale students, and all others should dance, by all means, but the dancing should be supplemented by other more vigorous physical activities. It cannot be used as a substitute for those varied exercises of the gymnasium and athletic field which are designed to develop all the organs and muscles of the body. The man who dances, and takes no other form of gymnastic work, will not gain any great amount of physical vitality, although he will certainly be better off than if he did not exercise at all.

Punching bags, dumb bells, bars, Indian clubs, boxing gloves, and other gymnastic apparatus, still have their uses, and the records of Yale gymnast show that the men who make use of them are vastly superior to those who don't. The assumption that gymnastic exercises are entirely a mistake. Nearly all people, who are not too lazy to breathe, find gymnastic work a means of pleasure as well as of health. The gymnast may not always afford the keen delight that the dancing enthusiasts find in the ballroom. Chocolate creams do not tickle the taste more than beef-steak.

Go right ahead and dance! Let joy be unconfined. At the same time, don't think for a minute that you can dance your way to perfect physical development, strength and vigor. A certain amount of hard work is necessary to the accomplishment of anything worth while.

THE BRITISH LEAD IN FOOTBALL, ANYWAY.

When Englishmen say that cricket is a faster and better game than baseball, practically everybody on this side of the Atlantic will burst right out in guffaws of uproarious mirth. The question of baseball versus cricket has already been decided by a fair and unprejudiced jury. The Canadians were the people who had to decide between the two games. So far as any prejudices they may have entertained were concerned, they would naturally lean toward cricket, the national game of the mother country. Yet everybody knows that baseball has far surpassed cricket in the popular favor of Canadians.

In the matter of football, however, John Bull is able to give Uncle Sam quite a few pointers. From the viewpoint of physical culturist, who rates sports according to what may be got out of them in health and vigor as well as pleasure, the English game is far ahead of the American one. The difference between soccer and American football is about the difference between an old-time fight to the death and a modern prize fight. The former is a brutal, dangerous game, and many were killed in nearly every contest. With increasing civilization, England has contrived in soccer a type of football that eliminates the old cruel features, but the American intercollegiate game is a tendency toward reversion to the football of our ancestors. When it comes to football, one is forced to admit that Englishmen are better judges of what constitutes good sport than Americans.

## CANADIAN IN OXFORD CREW RACE WITH CAMBRIDGE



The Oxford University crew will have among their members today in their race with Cambridge at Henley a Canadian. He is Geoffrey Taylor, former stroke of the Argonaut Rowing Club.

London, Mar. 28.—Even the grave political crisis will today retire, into the background in favor of a great sporting event which ranks with the Derby in the widespread interest it creates. At half past two this afternoon the crack of a gun will give the word for the Oxford and Cambridge University crews to dip oars in their annual contest on the Thames.

The race promises unusual excitement this year owing to the fact that the condition of both crews is excellent, all the practices of the past week having shown an absence of marked superiority in one or the other, though if anything the advantage lies with Cambridge. The earlier feeling was pronouncedly in favor of the light blues, but during the past week or so the dark blues have picked up rapidly, as appeared in their course trials. The Cambridge crew have shown very uniform body swing and leg work, but Oxford have made a good display in rowing with fast strokes.

A fortnight ago the light blues looked as if they would have an easy victory, but during that period Oxford have undergone effective coaching, with the result that though Cambridge has the preference, expert opinion is that their rivals may yet make a splendid spurt. P. H. Livingston of Jesus College, who has third place in the Cambridge boat, is a Canadian from Vancouver. In the earlier stages G. B. Taylor, another Canadian, had a seat in the Oxford boat but dropped out. Last year Oxford won by three-quarters length, making her fifth successive victory.

WITH THE  
BIG BALL  
PLAYERS

Manager Mack of the Philadelphia Athletics, says you can tell a real batsman by the way he acts at spring training. The famous leader says the real batter will always want to be batting, while the weak batter will be finding most of the time.

It is expected that Pitcher Wood and Outfielder Speaker will join the Boston Americans at Hot Springs, Ark.

Citizens of Youngstown, O., presented J. R. McAleer, former president of the Boston American baseball team, a loving cup at a banquet there Saturday night.

President H. N. Hempstead of the New York Nationals announced Saturday that he has been unable to get Arthur Shafer to agree to play with the team this year. He was picked to succeed Herzog at third base.

Baseball coaches of Princeton and Harvard seem to be having the same trouble in developing their varsity lines this spring—lack of promising pitching material.

Harvard's varsity baseball squad is a very small one, but it makes up in quality what it lacks in numbers. Coach Sexton gave the candidates a good tryout last fall and has kept only such as showed much promise at that time.

Reports from the South state that Maranville, the star shortstop of the Boston Nationals, is playing up to his usual standard. With Evers as a partner this year, he should make an even better record than ever before.

As pleasure, soccer football seems to be very near the ideal athletic game, and as superior to the American intercollegiate gridiron contest as baseball is to cricket. As an exercise for the development of the body, the American brand of football is not to be mentioned in the same breath with soccer. Yankee football puts a premium on bigness, bulk and "bowl," and eliminated the lads of slender and frail build. Soccer is clean and fast, and mental quickness and alertness and speed are the main requisites. Dangerous play is barred in soccer, and this is as it should be, for sport can be sufficiently strenuous without involving brutality or anything but remote danger to life and limb.

Boys and men who want a game that can be played during the greater part of the year, that develops muscle, speed, suppleness and quickness of thinking, and that comes pretty nearly to being the ideal outdoor sport, should organize soccer teams. It is a game that can be played with great benefit by the lightweight as well as the heavyweight, and in some ways the former has the advantage.

The difference between soccer and American football is about the difference between an old-time fight to the death and a modern prize fight. The former is a brutal, dangerous game, and many were killed in nearly every contest. With increasing civilization, England has contrived in soccer a type of football that eliminates the old cruel features, but the American intercollegiate game is a tendency toward reversion to the football of our ancestors. When it comes to football, one is forced to admit that Englishmen are better judges of what constitutes good sport than Americans.

LOCAL  
BOWLING  
YESTERDAY

VICTORIA ALLEYS.

Last night on the Victoria alleys in the five men team competition No. 5 team won three points and No. 6 team one point. The scores follow:

No. 6 Team.

Riley	78	86	91	255-85
Simpson	90	78	84	252-84
Smith	94	80	75	249-83
Lewis	74	82	84	240-82
Laskey	84	107	83	274-91-3

No. 5 Team.

Morgan	89	89	74	252-84
Harrison	89	88	74	251-83
Moore	81	86	82	249-86
Coughlan	80	82	83	245-85-3
Carleton	84	88	78	250-83-3

433 435 424 1292

ON BLACK'S ALLEYS.

On Black's alleys last night in the City league the Ramblers took the four points from the Imperials.

In the Commercial league the Ames Holden McCready Co. captured the four points from the Emerson and Fisher team. The scores follow:

CITY LEAGUE.

Ramblers.	
Beateay	91 86 95 276-92
Jordan	90 82 86 258-86
Sutherland	83 101 82 266-88-2
Dunham	92 91 80 274-91-3
Wilson	93 98 100 291-97

Imperials.

Slocum	82 85 80 248-82-3
Ward	70 69 86 225-75
Dixon	77 71 76 224-74-3
Belyea	87 63 78 228-76
Smith	78 94 91 263-87-3

395 382 411 1188

COMMERCIAL LEAGUE.

Ames Holden and Co.

Coder	90 68 81 239-79-3
Ferris	76 78 86 240-80

CRICKET  
MATCHES  
AT BERMUDA

Philadelphia, March 27.—Arrangements for a series of matches in Bermuda were completed today by the management of the University of Pennsylvania cricket team. The team will sail from New York on June 17. Games will be played with the Hamilton Cricket Club, the Bermuda Garrison, the Somerset County Club.

Sands . . . . . 77 52 59 188-62-2-3  
Petrie . . . . . 78 78 74 230-76-3-3  
Murphy . . . . . 80 82 84 256-85-1-3

401 358 394 1153

Emerson and Fisher.

Harley	74 84 80 238-79-1-3
Kelley	76 52 59 187-62-1-3
McBrierty	77 73 59 201-69-1-3
Dunham	93 71 80 244-81-1-3
Chase	76 52 59 187-62-1-3

396 332 337 1065

Tonight's Game.

Tigers vs. Pirates in the City league.

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OUT-TO-DAY

Big List of New Victor Records for APRIL

Here are some of the ten-inch, double sided Victor Records at 90c for the two Selections.

Castle Walk	Europe's Society Orchestra	17553
You're Here and I'm Here	Europe's Society Orchestra	
Let's All Go Round to Mary Ann's	Collins & Harlan	17537
Camp Meeting Band	Collins & Harlan	
When the Maple Leaves Were Falling	Edna Brown - Jas. F. Harrison	17545
'Cross the Great Divide	Harry Macdonough & Hayden Quartet	
New Harry Lauder Hit		
It's Nice to Get Up in the Mornin'		70107
But It's Nicer to Lie in Bed		
Two of the New Red Seal Records		
Drink to Me Only With Thine Eyes	(with orchestra) Julia Culp	64401
Amor Mio (My Love)	Enrico Caruso	87176

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