

In the Realms of Sport

TRAINING FOR FOOTBALL.

By An Expert Soccer Player.

Even in the most humble sphere of football the side which is more physically fit than the other will win nine matches out of ten when there is equality in actual football skill. At the same time I hope the readers will not think I am going to advise for them a curriculum of "perks," and food restriction. There is no need at all for a player to regard training in the same way as the professional has to. Any healthy young man does not require it, he is fitted by nature with sound limbs and sound wind, and so long as he retains these he has little to worry about on the point of condition. The best training a player can do is to get the ball out at every opportunity. If it is only ten minutes or so it means added familiarity with the leather and its movements, and the better control of the ball, the better the player. A couple of forwards should get together and run up and down the field a few times using rapid, short passes, while the backs might get fifty yards or so apart and kick the ball to each other, attempting to kick it at whatever angle or bounce it comes. Shooting at goal will do all the halves and forwards good, as well as the goalkeeper. In fact, this cannot be overdone in practice. Learn to shoot straight, and place the ball towards the corners and you will score goals in your matches. Then, during the week, if you have the opportunity, put on your pumps and give yourself a few sharp bursts over sixty or eighty yards. This will make you faster and keep you on your toes more in a game, the latter, is a bigger asset than it appears to be, and may be acquired by diligent application.

(To be continued.)

M. G. C. A. SPORTS MEETING.

A meeting of the M.G.C.A. Sports

Committee was held in their rooms last night when preparations were made for the forthcoming season's games. Mr. T. W. Sparks occupied the chair in the absence of Mr. J. S. Ayre, before a large attendance of players and supporters. The first business was that of electing the football officers, which resulted as follows:—
Manager—Charles Quick.
Captain—V. Rose.
Vice-Captain—N. Ellis.
Secty.—Tress—J. Parsons.
League Delegate—T. W. Sparks.
Judging by the football material in evidence the Guards can be relied upon in placing a strong line-up in the field. All the players are very enthusiastic over the approaching games, and they will get down to hard practice beginning on Monday night next.

It was decided to hold the annual Field Day this year on June 18th. Application for the use of St. George's field on that date has been forward to the Secretary of the Football League for their approval.

The matter of arranging for an excursion to Hr. Grace about the third week in July was discussed and heartily approved of by the entire gathering. Should the outing materialize it is the intention of the club to take over the footballers, track team, tug-of-war and rowing teams to compete against the Harbor Gracians, while the Methodist Guard Band will also go along. The track team which visited there last year as the guests of St. Paul's Cathedral at their annual garden party and field day, caused a great impression. A committee of four was appointed to make the necessary preparations, and will report back at next meeting. The track runners and tug-a-war team will start training next week, while a rowing team will be picked to compete at the Earl Haig Regatta. The meeting was a very enthusiastic one throughout, and with the club represented in all the athletic events

during the coming summer they are bound to be heard from.

ANNUAL MEETING SENIOR LEAGUE.

The annual meeting of the Newfoundland Football League takes place on Monday night next.

JUNIOR FOOTBALL LEAGUE ANNUAL MEETING.

The annual meeting of the Newfoundland Junior Football League takes place in the T. A. Armoury to-night when the season's programme will be arranged. The various teams which comprised the league last year will again compete, although it is said in some quarters that one of the teams will drop out. Four applications for admission into the League will be dealt with at to-night's meeting. The brand of football produced by the teams in this League was of a high order and with the experience they have gained they should all be in better form this year.

BOXING NOTES.

PARIS, May 1.—A twenty-round bout between Eugene Criqui, former featherweight champion of the world, and Danny Frush, United States boxer, was arranged yesterday. The fight will take place June 1 in the Buffalo Velodrome here.

This will be the first appearance of Criqui in the ring since last October, when he injured his hand in a bout with Henri Hebrans, Belgian fighter.

NEW YORK, May 1.—Benny Valger of the East Side last night easily out-pointed Al Belmont, of Newark, receiving the decision at the end of ten rounds of boxing.

SUZANNE MAY TAKE OATH ON BEHALF OF NATIONS.

PARIS, May 1.—A twenty-round being prominently mentioned in French Olympic Committee circles as the French athlete to be designated to take the Olympic oath on behalf of the competitors of the 42 nations to be represented in the events. Other names being discussed are Andre, the veteran hurdler; Lucien Gaudin and

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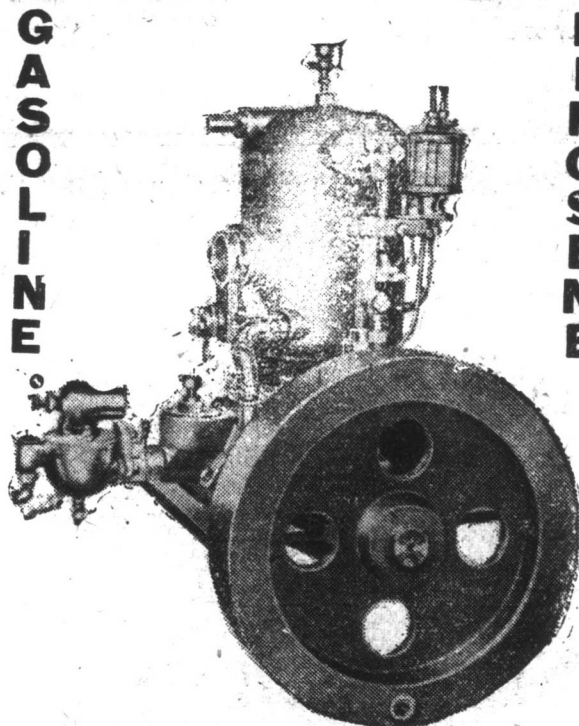
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ST. JOHN'S.

SURE—GO TO IT!

Editor "Realms of Sport,"

Dear Sir—I have noticed in an issue of your paper, in the "Realms of Sport" column, a letter from our friend Mr. Arthur Johnson, regarding holding a boxing tournament during the "Earl Haig Week," but in his list of names who would likely take part, he does not include the name of Ken Goodyear. Now, seeing that you apparently had no one in town anxious or willing to face him, perhaps it could be managed to get one from one of the British or French warships that will be in port. It is a pity that there will not be a German one as well, as that would be Ken's pleasure, meeting one of those chaps in the ring.

Yours truly,

Grand Falls, May 7, 1924.

INTER-CLUB BOWLING LEAGUE.

The last game in the Inter-Club Bowling League was played last night between the Masonic and B.I.S. teams and resulted in a win for the former, two games to one. The following is the final standing of the League teams:

Teams	Points	Team Average
Feldians	25	125.92
St. Andrew's	21	121.90
C.E.I.	21	125.22
Dunfield	21	123.28
C.L.B.	17	121.88
Star	17	117.72
Masonic	16	120.58
K. of C.	16	116.92
B.I.S.	14	118.07
Guards	13	120.38
Gaelic	9	111.55
Oddfellows	6	106.24

The average of the first twenty-five players who played 75% or more of the games are:

Name	Team	Frames	Aver.
W. Cullen	(Star)	26	137.84
H. Raines	(Dunfield)	33	137.48
R. Henderson	(C.E.I.)	33	137.30
G. Richards	(Feldians)	30	135.10
J. James	(Dunfield)	27	132.08
M. Squires	(C.E.I.)	33	131.02
H. Hayward	(Feldians)	27	128.66
F. Bennett	(Feldians)	33	128.54
J. J. Maddigan	(K. of C.)	33	128.03
H. B. Hatch	(Masonic)	33	127.66
J. Emsley	(Gaelic)	33	127.03
E. W. Best	(C.L.B.)	30	126.93
J. Cooney	(Star)	27	126.82
C. Quick	(Guards)	27	126.03
D. Murphy	(Gaelic)	33	125.78
H. Savers	(Saints)	33	125.72
V. Burns	(Saints)	30	125.46

Armand Massart, the fencers; Paoli, the shot putter, and Henri Cochet and Rene Lacoste, the lawn tennis stars.

The partisans of these various athletes have already raised such a controversy over the qualifications of their favorites that it seems quite probable the French committee will decide to bestow the honor on the redoubtable Suzanne, against whom no man's voice will be raised.

FOOTBALL PUSHING OUT BULL-FIGHTS.

The Spanish correspondent of the English Country Gentleman writes:—

To the civilized world in general and to this country in particular it is gratifying to note that bull-fighting in Spain is dying and that the death-blow has been dealt by a British sport. Incredible as it may appear, football has at last usurped the place that tauromachy has held throughout the ages in the heart of every true Spaniard. No longer does the healthy don thirst for the sight of a bleeding bull lumbering round an arena where truculent "toreros" emulate the feats of the Roman gladiators in the ever uneven contest between man and beast, and mutilated horses, with entrails protruding, writhe and kick in dumb agony. No, a current of true sport has been set in motion in the fully atmosphere of Spanish pastimes and this new influence is rapidly bringing Spain to a foremost place amongst the sporting nations of the present day.

A rapid survey of Spain's position in the realm of sport will suffice to substantiate the argument. Last season no fewer than 30 of the leading amateur football clubs of Europe and two British professional teams (Birmingham and Dundee) visited the Peninsula. To say that the honours were evenly divided is inadequately to convey an impression of the wonderful form displayed by the Spanish novices. And the gates showed attendances at many of those matches of over 30,000 spectators—more than double the number ever chronicled as thronging the amphitheatres at a bull fight.

With football has come the initiation into and the ready pursuit of other pastimes of a progressive civilization. At tennis such names as the Conde de Gomar and Eduardo Flaquer have been made famous on the courts of Wimbledon and not so long ago M. Alonso gave champion Tilden the surprise of his life at Illinois. At motor-racing such aces as Seagraves and Lee Guinness can tell of the doughty opposition they have met with on Spanish tracks. And in other directions the same rapid progress is apparent. Even "brutal" boxing has claimed a host of enthusiasts, and in the city of Barcelona alone upwards of a dozen clubs are now devoted to the art.

The crucial test of the advancement of Spanish sport will be the Olympic

games. Football, swimming, and other teams are to be entered, and enthusiasm even at this early hour runs high. The arenas are being neglected and the Spanish athlete, who but a short time ago was wont to yell himself hoarse at the dexterous slaughter of a "toro" is now in training fitting himself to take his stand against the competitors of other countries in contests that have been proclaimed noble, not by one nation, but by the whole civilized world.

The Passing Hour

Why He Didn't Stop.

It was during a trial at the Assizes. A burglar was charged with having broken into a lady's house and as-

saulted one of the occupants. The man who had been injured was in the witness-box.

"You say you had called to see Miss Billings, and that you were in the sitting-room with her at the time the burglary was committed?" asked counsel for the defence.

"Yes sir," replied the witness. "Then how," continued the barrister, did it happen that, when the prisoner dashed into the room and assaulted you, you leaped through one of the windows and rushed home, making no attempt to defend the young lady or summon help?"

"I thought it was her father," was the all-sufficing reply.

She Got There First.

A farmer called at the village post office.

"Hello, Seth!" he said. "Got any-

thing here for me?"

"Don't see nothin' Jake," replied postmaster. "Was you expectin' thint?"

"Yes," answered the farmer, "was expectin' a postcard from Aunt Janny, tellin' me what day was comin' down."

"Hanner," called the postmaster, his wife, "have ye seen anything postcard from Jake Lee's Jinny?"

"Yes," was the prompt reply, "is comin' down on Thursday."

Tongues in Trees.

Nanny was ill and so a tender nurse had been engaged to charge of the three Smithers' ren.

One morning she was to take for a walk, and before she left the Smithers told her to impart to children a few facts about the history—a subject that was to any means nurse's strong point.

"Now, Winnie," she remarked, they had been out for about a of an hour, "you see that beech-tree over there? If it speak to us of its life, what do think it would say?"

"I expect it would say, 'I'm but with all due respect, I'm a tree!'" Winnie replied gravely.

MUTT

THEY BREAK THE BOOKIES AT HAVRE DE GRACE.



By Bud Fisher.

