

Friday last will cool their ardour, and they will wait until they have conquered the Southern District before attempting a loftier flight.

Two items, of interest to some of our readers, have reached me. Both the Kingston clubs are re-organizing, and the Prescott Juniors defeated the Cardinal Club last week by three games to two.

The match between the Prescott Lacrosse Club and the Capitals of Ottawa, advertised for the 18th, did not take place. Both teams were on the ground on time, but the Capitals objected to J. Quinn, one of the Prescott team, whom they claimed to be a professional. He is the man who a few years ago figured prominently in local professional rowing races, competing against Macdonald, of Ottawa, and others, for money prizes. The Prescotts refused to play without Quinn. The Capitals offered to put off two of their men in his place and play ten to eleven, but even this was not agreed to, consequently there was no match, and the spectators had their money returned to them. The Capitals had paid a good portion of the visiting team's expenses in advance. This looks like a case of "hoist with their own petard."

In referring to Mr. E. T. Sachs, in a recent issue I inadvertently used the expression "Father of Lacrosse in England." By that I meant to allude to him as the recognized authority on Lacrosse in England, and the man who has done more for the game there than any one else. The title of "Father" really belongs to Dr. Thos. Archer, now of London, an old member of the Montreal Lacrosse Club, and one of Montreal's old time athletes, who did a great deal for the game in its infancy in England, in fact I believe he was really the "author of its being." The visit of the Canadian team in 1876 was under his personal generalship, and he is still an earnest and enthusiastic worker for the Canadian game.

The Irish Lacrosse Team's visit to Canada and the United States, has at last been definitely arranged. They sail on the Cunard Steamer "Etruria," on July 31st, and their first match will be in New York on Tuesday 10th August; International, "Ireland vs. America." On the 11th they leave for Montreal, and on the 13th play the Indians, and on the 14th an International Match: "Ireland vs. Canada." The 4th match will either be at Ottawa on the 16th or in Montreal against the Montreal club. The same night they will leave for Toronto, and on the 17th play the Toronto Lacrosse Club Team. On the 18th they take the "Chicora" for Niagara Falls and arrive in New York the following day. On the 20th they meet the New York club, and on Saturday, Aug. 21st, leave for home. The team will be captained by Hugh Kelly, who captained the United Kingdom team in their match against the Canadian Lacrosse team at Kennington Oval on June 11th, 1883, and the players are Dill, Child, Gordon, Gibb, Seaver, Ritchie, Wheeler, Nelson, Kelly, Ross, Macdonald, Montgomery and Sinclair. These gentlemen represent the best Lacrosse talent in Ireland, and will be able to give a good account of themselves in all their matches. Committees are now being organized in Toronto and Montreal to arrange for their entertainment and look after the matches, and it is to be hoped that Canada will remember how hospitable these Irishmen were to their representatives in 1883, and give them a right royal reception.

SPECTATOR.

#### The Brockville Canoe Club Races.

The weather on 16th inst., being favorable for skiff races a closely contested race was anticipated. It however proved the reverse. In the sailing race there were three entries, viz: J. E. Chrysler, A. Stayner and Commodore B. W.

Richards, canoe, "Mona." After the first two miles had been sailed it was plainly to be seen that Chrysler had the race in hand, and he finished in good style by a mile with Stayner second. The single paddling canoe race was well contested and was won by Wilkinson, with McLean second and Turner third. The most exciting race was the "tandem." The paddling was kept up with vigor, and each pair did their level best to win. It proved to be the best canoe race that has ever taken place at Brockville. The winners were Wilkinson and McLean, who finished just three feet ahead of Messrs. Turner and Bagg, with Cossitt Bros. a good third.

#### BROCKVILLE RIFLE CLUB.

The second spoon competition took place on 15th inst., at the range. There were eight competitors present whose scores were as follows:—

Capt. Sparham.....	79
G. G. Lafayette.....	67
J. E. Chrysler.....	51
R. Junkin.....	43
Dr. McGannon.....	42
W. A. Gilmour.....	37
F. A. King.....	35
S. Patterson.....	22

The ranges were 200, 500 and 600 yards. Capt. Sparham made 34 out of a possible 35 at 500 yards and his score being the highest he took the spoon.

#### OLD COUNTRY NOTES.

(By our own correspondent.)

EDINBURGH, 11th June, 1886.

During the many years I have been connected with sport, I have seen often and often the bad effects of injudicious training. Young lads of delicate physique take it into their heads that they can run, jump, or ride a bicycle, and immediately go into training. That is, they take a lot of violent exercise, with the view of reducing their weight and improving their wind, possibly when there is no necessity for either. I have even known cases where men of strong and well developed physique have been seriously injured by injudicious exercise. Some professional trainers treat a delicate young man as they would a collier or a labourer, and in consequence much harm is done. The Amateur never is as hardy as the professional. The one is drawn from a different stratum of society than the other.

Injudicious training should be avoided. What will suit the clerk or warehouse hand may not be severe enough for the artisan. All trainers have different methods, and the trainer of amateurs does not as a rule take professionals in hand—though the latter is at all times willing to take up amateurs. A famous Scottish "ped" who makes a living now by training athletes and starting at athletic meetings, tried his hand on a distinguished amateur a year or two ago. He made his man who was a sprinter, walk about sixteen miles a day, gave him weekly doses of castor oil and ran him sprints a couple of times a day. Three weeks of this treatment wore out the crack, who at the end of that period looked used up, and it is not surprising he failed to win the prize he took so much trouble to make his own. That trainer was given up, but not till after a year's rest did the same amateur get back to his old form. When a man finds his training is doing him an injury and his work is a burden to him, he should at once stop and take a rest. Nor should he hesitate to abandon all hopes of distinction on the track rather than do permanent injury to his health.

Even strong men frequently over do it, and all athletes at the end of a season shew signs of deterioration. This is why the various Amateur Athletic Associations hold their championships in the month of June, right in the middle of the

season. At this period men are at their best. The English, Scotch and Irish Athletic Championships will all be decided this month, and the National Cyclists Union will also decide the majority of their championships in June. Some wonderful performances are expected, especially in the wheel championships. Week after week records are cut, and when all the cracks get together there should be some flying going on.

The effects of over exertion often last a life time, and have brought many prominent athletes to an early grave. Men with abnormal development of certain sets of muscles become famous. The heart and lungs are not able to stand the strain. The flutter of the multitude and the natural desire to maintain their supremacy often forces men to keep on the track when they know they are doing themselves serious harm. There now seems little doubt that Dr. H. L. Cortis, the best man that ever crossed a bicycle, who died the other day rather suddenly in Australia, shortened his life considerably by over exertion. The great strain put upon his, a no time strong frame in the many successful attempts he made to establish records, told its tale in the end. W. P. Phillips too, one of the best sprinters that ever donned a pump, also died young. Instances might be multiplied.

The pursuit of athletics is unquestionably beneficial, but the difficulty arises when men will not recognize that they are over doing it. Hundreds may be benefited where the few are injured. This is what I want to impress on those who read this column, and who are at present taking part in athletic contests, or who may contemplate doing so. I will not in this article go into the various methods of training, or indicate what I consider the best system. What I want to impress upon athletes is, to husband their strength, develop their muscles in moderation, train so long as they feel they are improving in health, and obtaining greater freedom of movement, but they must come to a stop whenever the least indication is given of failing powers, or any particular organ gives signs of being prejudicially affected by the unwonted strain. By careful attention to this advice many may be prevented from doing themselves injury.

After one day's play, the match between the Australians and a North of England team, had to be abandoned owing to rain falling on the two following days. The North wanted only 19 runs to win with 9 wickets to fall, so that the draw is very much in favour of the Englishmen. On the concluding days of last week they played a rather weak team of the Gentlemen of England, whom they defeated by seven wickets. The scores were Gentlemen of England first innings 93, second innings 136, Australians first innings 150, second innings 88 for 3 wickets. The eighth match of the tour was commenced at Derby, on 7th June, and it looks, after one day's play as if the Australians would easily defeat Derbyshire, which is perhaps one of the weakest of first-class English Counties.

A very painful affair occurred at Gloucester, last Saturday, June 5th, when W. R. Gilbert, one of the famous Grace family was arrested for stealing money out of the gentlemen's clothes in the pavillion. It will be remembered, Gilbert, who had long played as an amateur became a professional at the commencement of the present season, a change which considering his social position caused no little surprise at the time. He was employed by the East Gloucestershire C. C., and played occasionally for his county. Money being missed from the players' pockets, a detective was secreted in the pavillion and Gilbert was caught red handed. He pleaded to be let off and he would go to Australia, but his entreaties were not listened to. On Monday last he pleaded guilty, and was sentenced to a month's imprisonment with hard labour, and thus disappears for ever from the ken of English County