

The World's Champion Athletes Are Not Teetotalers

In training for my own contest in athletics I have always used Ale as a stimulant and a preventive against the constant strain and overwork. I have always found the result beneficial and necessary to keep strength and prevent breaking down in the long training season. I have always recommended its use, within reason, of course, to any athletes who have come under my care, and have found it beneficial in every case.

Alfred Shrubbs

English walking champion at 2 and 7 miles.

P. O'Connor

Champion broad jumper of the world.

Alfred Shrubbs

Alfred Shrubbs, the holder of all middle distance amateur records, and the most famous runner that the world has ever produced, now coach of Harvard University distance runners, says:

"During my running career I always drank beer, and since, as a trainer, I have never prohibited its use in moderation by the men I handle.

"In my opinion, any men in training would be benefited by a glass of beer occasionally. Of course, excesses of all kinds are injurious to men, whether in or out of training."

Bob Dibble

Bob Dibble, for three successive years amateur champion sculler of America, and one of the finest specimens of Canadian manhood in the overseas army, says:

"I have always taken a bottle or two of beer while in my course of training, and have found it to be a big advantage to me."

THE CITIZENS' COMMITTEE OF ONE HUNDRED has made an appeal to the sporting fraternity to join the new movement for Prohibition and "to line up with Connie Mack, Ty Cobb, Jess Willard, Hughey Jennings and Eddie Collins." To strengthen this appeal we are told that these well-known professionals and others have said as to the awful ravages of drink in the realm of sport.

The question is, however, whether these alleged statements were ever made. At any rate, Jess Willard, whose name appears in great, black type as champion of the Water Waggon, said some time ago, "I drink a glass of lager beer occasionally, and I believe the malted beverage is restful if drunk moderately," and then he added, "There is more bad liquor sold in Kansas than in any other State of the Union"—and he ought to know, for he, himself, is from Kansas, a Prohibition State.

But to come down to facts. Almost all great sportsmen and athletes have used alcoholic beverages, and the overwhelming majority have trained on them.

You Know These Men

Among these may be mentioned: Martin Sheridan, American all-round champion; John J. Flanagan, the weight-putter; Matt McGrath, champion 56-lb. weight thrower of the world; Melvin Sheppard, champion middle distance runner; Ralph Rose, weight putter; Alfred Shrubbs, champion runner; W. J. Sherring, Marathon winner; Fred S. Cameron, Boston Marathon winner; A. F. Duffy, champion 100 yards; B. J. Wefers, champion 220 yards; Tommy Conneff, mile champion; E. J. Webb, English walking champion at two and seven miles; G. E. Larner, champion walker of the world; P. O'Connor, champion broad jumper of the world; M. Sweeney, champion high jumper of the world; Fred Meadows, long-distance runner; Con Walsh, champion weight-thrower; Dorando Pietri, Marathon winner; Johnny Hayes, Marathon winner; Abel R. Kiviat, champion middle-distance runner, 1914; Battling Nelson, and a host of others.

That prominent athletes consider beer a great upbuilder, in fact a food rather than a stimulant—is proven by the signed declarations given herewith.

On Field and Stream

And what about the great mass of sportsmen in general—the golfers, oarsmen, ball players, bowlers, curlers, and so on in Canada? Stimulants have been beneficial in their training.

And what about the foreign sportsmen—the Belgians, who won at Henley; the French, who are the greatest swordsmen, and now rank among the best boxers of the world; and the Swiss, the finest gymnasts in the world; all trained and brought up on beer and wine?

But even were everything true that is said against drink by the Citizens' Committee of One Hundred, it has still to be shown that Prohibition is correct in principle, and workable in practice; and this cannot be done, for again and again has it been tried and found wanting.

Ale, to my mind, is one of the most necessary articles in diet, in training for any event. It must, of course, be used like any other stimulant, in moderation. I find that it tones the system and keeps one on edge through a long training spell, and prevents the running down of one's system, which comes too frequently to those of the young school. I have found it specially necessary when wanting to be right on edge for some event, and it has never failed to keep me in that top form for some time.

Alfred Shrubbs
Champion runner.

Fred Meadows
Long distance runner.

I have been brought up in the old school, and to my mind the most successful school of athletic training is the one that calls for Ale as one of the general articles in diet. I look upon this liquor as a food and not a stimulant. Ale, of course, should be used in moderation the same as everything else in training.

John J. Flanagan
The weight-putter.

W. J. Sherring
Marathon winner.

Fred S. Cameron
Boston Marathon winner.

THE PERSONAL LIBERTY LEAGUE OF ONTARIO

TRADING WITH ENEMY TO BE STRICTLY BARRED

German Companies Have Been Contriving to Do Business in Britain.

BILL GIVEN APPROVAL

Second Reading Occasioned Little Debate—More Men for Navy.

LONDON, Jan. 21.—After a brief debate the house of commons today passed the second reading of the bill amending the Trading with the Enemy Act, empowering the board of trade to prohibit any person, firm or company of hostile nationality or associations from carrying on business in this country during the war.

The solicitor-general, Sir George Cave, explained that the purpose of the bill was to put an end to a situation which enabled German companies to continue business here during the war and to hoard their profits for their own benefit in the economic struggle which might be expected to follow the conclusion of peace.

Precautionary Measure.—"I have reason to believe that British property in Germany is being treated in a very high-handed way," the solicitor-general continued.

"While there is no desire to confiscate enemy property in this country, it is desirable that the hand of the state should be placed on such property and that it be kept safe until it is known what has happened to British property in Germany."

The house of commons also passed without discussion the supplementary navy estimates authorizing an addition of 50,000 men to the personnel of the navy.

EDITOR GIVEN NOMINATION.

BRIDGEN, Ont., Jan. 21.—Charles C. Rich, Peter Arthur, joint proprietor of The Fort Arthur Chronicle, was unanimously nominated Liberal candidate for the federal constituency of Peter Arthur and Kenora.

IMPORTANT COMMAND FOR COL. J. CURRIE, M.P.?

Ottawa Hears Rumor of Coming Promotion to Inspector-Generalship.

OTTAWA, Jan. 21.—Rumor in Ottawa has it that Colonel John Currie, M.P., is to be made acting inspector-general in place of General Lessard, who has left for England. Gen. Hughes would make this morning no statement in regard to the matter.

Another Ottawa rumor is that Gen. Lessard will command the new fourth division and it is for that purpose he has left for England. However, this is doubted, and it is believed an officer who has seen active service at the front will be given the command. It is emphasized at the capital that it is the intention to make the new division entirely Canadian in every respect. This will mean the artillery, engineering, lines of communication, and every unit will be composed of Canadians and Canadian-equipped. This may mean several months longer before the men get into the firing line, but it will prove much better in the end. The first division from the outset was entirely Canadian, but owing to lack of artillery, the second division for a time has been only partly Canadian. However, this is being remedied, and it is the policy of the militia department to make every division completely Canadian from the commander down to the last line of communication at the base.

ANNUAL MEETING YESTERDAY.

The four and grain section of the board of trade held their annual meeting yesterday, when the following officers were elected for the ensuing year: Chairman, Melady; vice-chairman, John Phillips; secretary-treasurer, F. T. Tolchard; executive committee, Murray Brown, John Garrick, D. O. Ellis, A. O. Hogg, S. McNairn, G. E. Nourse, W. C. Omand, D. Piewes and C. B. Watts.

LANARK COUNTY WON JUDGING COMPETITION

Lanark County, with 1056 points out of a possible 1500, won the live stock judging competition at the Ottawa winter fair, according to the agricultural department's information.

PUT IT IN YOUR WINDOW

If anyone from your home has joined an overseas unit, The Sunday World will give you an excellent chance to show your just pride.

In next Sunday's paper will appear a placard, in colors, that can be cut out and displayed in the window of a home, shop or factory, with space to show just how many "are serving King and Country from here."

This is but one of the general features of interest in the coming Sunday World. Others will include three-score pictures of war life in Toronto, England and Europe—some of them are of men who have done their duty nobly. There will be several splendid stories of local attraction.

From the first page to the last you will find the paper crammed with remarkably good photos, war news, snappy reading matter, and magazine features.

The big feature is the colored window card. Thirty thousand Toronto homes should display this. If your boys are "Doing Their Duty" you should show it—others may thereby be moved to give them the help the Canadian soldiers and the empire needs.

The **Sunday World**
PRICE FIVE CENTS

SPY LINCOLN SHIELDED BY GROUP OF EXILES?

Secret Order Said to Be Caring for Former British Member of Parliament.

NEW YORK, Jan. 21.—Government agents said today that they had reason to suspect that Ignatius T. F. Lincoln, the former British member of parliament, who has confessed that he was a spy for Germany, was being harbored by members of a secret organization of European exiles, known to the police as "Group B." This is the organization, it was said, which some years ago successfully interposed to prevent the extradition of Jan. Fouren, wanted in Russia on a charge of murder, but whose return to that country was really desired, the organization claimed, for political reasons.

COUNCIL CHANGED BYLAW AFTER IT WAS CARRIED

Action of Windsor Authorities Has Been Sustained by Attorney-General.

The action of the Windsor town council, changing the reading and meaning of a bylaw after the electors had carried that bylaw, was ratified by the Ontario Government yesterday when Hon. L. B. Lucas received a deputa on consisting of the mayor and councillors of that town.

The electors carried a bylaw authorizing the council to donate \$5000 monthly to the Canadian patriotic fund; then the question arose as to whether it was not intended that local patriotic expenditures should not be paid out of that monthly \$5000 fund. The council decided that the bylaw was erroneously worded and made the change which gives the Canadian patriotic fund \$5000 less local expenses. Mr. Lucas sustained the action of the town council.

BACK SERIOUSLY HURT.

William Andrews, 65 Crawford street, had his back badly injured when a pile of lumber fell on him in J. B. Smith's lumber yard yesterday afternoon. He was taken to the Western Hospital. His condition is serious.

LAVERGNE'S NEW ATTACK.

QUEBEC, Jan. 21.—Armand Lavergne, M.L.A. for Montmagny, gave notice today that in the local house he will ask for the production of all documents tending to show what the war has cost Quebec up to the present.

CHILDREN'S COUGHS

What Every Mother Should Know.

Doctors declare that cough-cures containing opium, morphine, or paregoric should never be given to children, save under medical directions. Most cough mixtures contain these things; Veno's Lightning Cough Cure does not. Veno's is guaranteed poison-free, and the ideal children's cough remedy. All kinds of children's coughs yield to Veno's—even whooping cough, however violent.

Awarded Grand Prix and Gold Medal, International Health Exhibition, Paris, 1910.

Ask your English, Scotch, Irish, Welsh friends about Veno's Lightning Cough Cure. They know. Veno's is a British remedy, made in Britain by British capital and labour, and used wherever the grand old British flag flies. Give it your children, take it yourself; it is the remedy for—

Coughs and Colds
Bronchial Troubles
Nasal Catarrh
Hoarseness
Difficult Breathing
Whooping Cough
Blood Spitting
Asthma

Price 30 cents. Large size containing 2 1/2 times the quantity 60 cents. Sold by Druggists and Dealers everywhere, or direct, on receipt of price, from the sole agents for Canada, Harold F. Ritchie & Co., Ltd., 10, McCaul Street, Toronto.

Proprietors:—The Veno Drug Co., Ltd., Manchester, Eng.

VENO'S LIGHTNING COUGH CURE

CHILDREN'S COUGHS

Willington, used Baby's remedy for children's coughs and have for any of her mothers the tablets. She has used she would tablets are or by mail the Dr. Will-ville, Ont.