

ALL THE LATEST NEWS FROM THE ATHLETIC WORLD

SOME HELPFUL HINTS ON HEALTH AND EXERCISE

By Mac Levy of Babylon.
(The author of these "Hints" is one of the world's foremost authorities on physical training, and has had eighteen years' experience in developing athletes and building up human wrecks at his famous Long Island "health farm" and New York gymnasium.)

About this time of year thousands of wealthy and well-to-do people begin their annual exodus to southern climes in order to escape the rigors of a northern winter. There are doubtless cases where such a course is advisable, but I have no hesitation in saying that the great majority of these "trippers" would benefit in health by staying at home and indulging in the wide variety of outdoor winter sports. The good old winter time is the best period of the year to renew vitality and regain strength and stamina. The man who runs away from winter and seeks refuge in some land of perpetual summer is making a big mistake.

The practice of hibernating during the winter, to which so many people are addicted, is responsible for most of the ills which flesh is heir to at this period of the year. People who are athletic during the summer often go into seclusion during the winter, seal up their windows, and take every precaution against the possible ingress into their homes of any fresh air. They venture forth only when necessary, never walk when they can ride, and generally act as if they considered the invigorating air of winter to be a deadly poison. As a result of the lack of exercise and deep breathing of fresh air, their systems become clogged with poisons. Nature seeks to burn out the poisons, and "colds" and possibly pneumonia, usually result. In such a course, there are certain precautions to be observed in exercising in the wintry weather. Warm clothing is essential, and the exercise to be so vigorous as to induce perspiration, bath and change of clothing should be made as soon as possible.

This process which is called "catching cold" is merely the result of a lack of sufficient oxygen to burn up the waste matter which accumulates in the system during a period of inactivity. The immediate cause of the congestion may be any one of a wide variety, but the prime cause is that the blood is loaded with poisons. Arctic explorers and northern lumbermen and trappers, although subjected to all sorts of exposure, and usually supplied with insufficient or improper food, seldom "catch cold." A "cold" is nature's safety valve, and the ordinary drug store "cure" usually accomplishes nothing more than to delay the explosion.

In addition to as much outdoor exercise as conditions will permit, the man who wants to keep in good condition and avoid the usual train of winter ills and doctor's bills should set aside an hour a day for indoor gymnastic work. Fresh air is better to visit a gymnasium, where the exercises may be guided by an experienced instructor, and where the spirit of competition and comradeship will give rest and interest to the pursuit of health. Those who cannot go to a "gym" may set good results by exercising at home, if they go about it earnestly and with determination. For this purpose bag punching is to be recommended, because it is not only a well-rounded exercise, but is more interesting than merely mechanical movements. Half an hour of vigorous

bag punching, morning and night, with the windows open to admit fresh air, followed by a cold bath and brisk rub in the morning and a warm bath at night, will accomplish wonders in the way of warding off winter ills.

Neurasthenia, nervous exhaustion, but "nerves" generally, have long been thought to involve an actual diseased condition of the nervous system. Recently learned physicians on both sides of the Atlantic, who have specialized in such ailments, have declared that such is the case. They declare that nervousness is in reality a malady of the muscles, in a great majority of cases. Motor physical culturists will be inclined to agree with this theory. Practically all of the neurasthenics I have ever examined—and I have never known a case of "nerves,"—were complicated by other deep-seated chronic diseases, that did not yield to physical exercise, when earnestly and consistently taken up.

As an indoor exercise for women during the winter months, fencing has much to recommend it. The society leader in any city who wants to confer a blessing upon her friends will do well to start a fencing club. Dexterity with the foils is a means of grace and health, and is as much to be recommended for the fair sex as boxing is for the masculine part of humanity. And it has another thing to recommend it, and an important thing, in these days when plumpness is little short of a crime. It is about the surest way there is to reduce surplus flesh. It is not only good for the too plump, but also for the too thin, and many physicians recommend it to fair patients afflicted with anaemia, since it stirs up the circulation and develops the muscles. Fencing has the added advantage of being highly interesting. It keeps those who practice it on the alert, and develops presence of mind and rapidity of thought. Grace and ease of bearing naturally follow proficiency in fencing. The fair fencer simply couldn't be awkward if she tried. This self poise, and confidence and ease of bearing, is quite as valuable to the working girl, who has her own way to make, as to the society woman.

As one who is a proud member in good and regular standing of the Order of Male Parents, I could say a few things of a personal nature about the value of an early start in the education of children. For the average baby, the age of one month is not too early to begin exercise in the form of light massage. At two or three months light calisthenics may be commenced, and gradually increased. The massaging should be kept up, following the daily bath. Eight hours a day is not too much for the baby to spend in the open air, unless the weather be very inclement. Of course, every infant differs in its physical capabilities, and the advice of a good physician should be sought. I only wish to suggest that babies, long before they are able or should be permitted to walk, may be given a good start toward perfect physical development by the right kind of light exercises under proper supervision. Toy wind instruments, such as trumpets, whistles and whistles, will all wonderfully in the development of the lungs of youngsters.

LOCAL BOWLING YESTERDAY

ON BLACK'S ALLEYS
Last night in the Commercial League Emerson & Fisher took three points from the Ames-Holden McCready Company team. The individual score follows:

Emerson & Fisher		Total Avg.	
Cull's	93 77 82 252 84		
McBriarty	87 84 244 111		
Harley	87 95 87 249 83		
Dunham	77 93 73 243 81		
Case	74 72 78 224 74 2-3		
394 414 404 1212			
Ames-Holden McCready Co.		Total Avg.	
Codner	78 86 72 237 79		
Walsby	65 59 74 218 70		
Ferris	91 85 68 244 81 1-3		
McDermott	82 68 88 238 79 1-3		
Murphy	86 75 80 241 80 1-3		
408 384 388 1170			

COULD YOU LIVE ON IT?

Coach Glenn Warner of the Carlisle Indian eleven does not believe in any fads or fads in training. Any reasonable diet is all right, he says. This sample of one day's grub at the training table seems to bear out the statement:

- Breakfast: Fruit and Cereals.
- Beefsteak and Eggs.
- Baked Potatoes and Gravy.
- Bread and Butter.
- Toast and Cream.
- Coffee.
- Lunch: Soup.
- Cold Meats and Pickles.
- Baked Potatoes and Gravy.
- Hot Tea.
- Prunes, Bread and Butter.
- Fruit and Cakes.
- Dinner: Soup.
- Roast Meat and Gravy.
- Creamed Sweet Potatoes.
- Macaroni.
- Apple Sauce.
- Celery.
- Food Tea, Rice Pudding.

FREDERICTON FLYING THE BALL PENNANT

Fredericton, Jan. 19.—The first pennant ever won in organized baseball by a city in eastern Canada is floating to the breeze over Fredericton's City Hall today. The pennant is the championship banner of the New Brunswick and Maine league for 1913, and was won by A. G. Spaulding & Bros. of New York, when the league went under the wing of the National Association last spring.

Navy blue is the color, with the inscription "Champion New Brunswick and Maine League, 1913," in large white letters.

MAY ASCEND THE THRONE OF ALBANIA

A decree proclaiming martial law at Avlona was issued recently, owing to the excitement among the Albanians brought about by the arrest of six Turkish officers and two hundred Turkish soldiers who arrived at Avlona on board an Austrian steamer from Constantinople with the object of announcing the accession to the throne of Albania of Ismet Pasha, formerly Turkish Minister of War.

COBB STICKS TO DETROITS



Detroit, Jan. 19.—Ty Cobb will not become a Federal Leaguer. This assurance came today from Roylston, Ga. in a personal telegram from the champion batsman to the sporting editor of a local newspaper, thus setting at rest any speculation as to whether Cobb might desert the Detroit club. "I will play in Detroit," the telegram reads. "Am satisfied. Navin and I agreed on terms last fall. Federal League offered me terms, but my Detroit contract suits. I would gain nothing by change."

LIVE TOPICS ABOUT LIVE RING STARS

One American and two foreign champions are billed for bouts this week. There are several non-champions also on the list and all are reasonably certain of being winners, as the men they are to oppose do not appear to have much class. Johnny Coulon, the ban-tan champion, who has been forced to keep away from the game for some time, is going to try himself out with Young Sinnott at Racine on Wednesday night.

Bombardier Wells, who is somewhat of a joke title holder, is going to meet Pigot, a French heavyweight, at Wales on Saturday night. French boxers have proved bad game for Wells. He has an easy money match in that city on Saturday, when he meets P. O. Curran of England. One of the middleweight contenders, will have Vic Hanson for an opponent at Denver tonight. Dillon has been boxing well of late, some Arthur Pelkey, the broken Chippewa hope, starts over again on Saturday afternoon at Taft, Calif., where he meets Kid Kenneth, thought well of by California sports.

The Rhode Island A. C. of Thornton will hold its postponed meeting to-night, with Jim Flynn, the Punolo heavyweight, and Tom Lozan of Philadelphia appearing in the feature bout. It should be a warm bout. The semi-final between Hirsch and Halsband should be lively also.

Hector McInnis' new champion, Tiger Young, will have to show his caliber on Wednesday night at Augusta, Me., where he meets Young Hugo Kelly in a 12-round bout. McInnis said that Young is one of the best boxers he ever had under his charge. Billy Papke and Cyclone Thompson, good old has-beens, have been matched to box at Detroit next month.

Johnny Dundee will meet Pal Moore at Troy, January 26. K. O. Brown in the same city February 3, and Billy Bennett in New York on February 10. Battling Levinsky and Soldier Kearns will box 10 rounds in New York January 27.

Jim Coffroth, the San Francisco promoter, is trying to secure Leach Cross to meet Tommy Murphy in a 20-round bout at Daly City, Calif., on Washington's Birthday.

George Brown and Battling Levinsky have been matched to box in Milwaukee February 2.

ST. LOUIS SIGNS FOUR PITCHERS.
St. Louis, Jan. 19.—Four pitchers have signed contracts to play the 1914 baseball season with the St. Louis American league club, as announced here today by Manager Branch Rickey. They are Roy Mitchell, Carl Wellman, Earl Hamilton and William James.

THIS DATE IN RING ANNALS

1874—Jim ("Rube") Fernald, welterweight champion of the world for a few months in 1902, was born in Pittsburgh, Pa. Although Fernald was commonly called "the Kansas Rube," most of his youth was spent in Pennsylvania, and in that state he began his fighting career. He won several bouts in 1896, and the following year he took part in nearly a hundred battles. In 1900 he got into the pugilistic limelight by defeating "Mysterious Billy" Smith, and this gave him a chance at the welterweight champion, Matty Matthews. He whipped Matty in 15 rounds at Detroit, but a little later was defeated by Matthews. In 1902 they fought again in Toronto and "Rube" won the welterweight crown by administering a knockout in the 10th round. At Buffalo shortly afterward Fernald defeated Frank Erne and Charlie Thurston, but before the close of the year he lost his title to Joe Walcott in the 5th round of a bout at Fort Erie.

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The doors which we handle are exceptionally well manufactured. We are unloading a carload of these now and can offer them at lowest market prices.

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JAMES PATTERSON,
19 and 20 South Market Wharf,
St. John, N. B.
For Sale
The Schooner CALABRIA, of 451 Tons Register, and Schooner ORIOLE of 134 Tons Register, suitable of J. SPLANE & CO.

ROSE FROM THE RING TO PARLIAMENT

John Gully, is quoted in the records as often saying he did not follow the prize ring for love of the sport, but just gain, prestige and money enough to go into a paying business. This he afterward did, retiring from the ring at the height of his career to open a tavern, afterward owning several large collieries.

In 1832 he was elected to Parliament as representative for Pontefract. His grandson, Sir William C. Gully, was Speaker of the House of Commons from 1895 to 1905. In spite of the fact that he had no love for the prize ring, he was one of the gamest men of his day.

He was born in Bristol—all the fighters of that era seemed to come from that town—in 1783. His first big fight was with "The Game Chicken," Hen Pearce, lasting sixty-four rounds. Pearce retired soon after, owing to poor health, whereupon Gully, by common consent, was conceded the championship.

He had two fights with Bob Gregson, the last being the better. Gregson outwitted him twenty or thirty pounds. The fight was held at Six Mile Bottom, near Cambridge, on October 14, 1807. The ground was wet and soggy, so they took off their shoes, fighting in their stocking feet.

After twenty-seven furious rounds Gully won by landing a terrific blow under Gregson's right ear, putting him out.

KIRBY IS FREED.
Santa Rosa, Cal., Jan. 9.—A coroner's jury last night exonerated Charles Kirby, a middleweight pugilist, of responsibility for the death on Saturday of Philip Schindler, who was fatally injured in the sixteenth round of a boxing contest here on Friday night. The jury found that Schindler came to his death as the result of injuries to his spinal cord during the boxing contest.

SPORTOGRAPHY BY "GRAVY"

Tomorrow is the anniversary of the birth, in 1833, of Johnny Sumners, the English welterweight boxer, who has been called the "praying pugilist." When he fought Syd Burns for the English welterweight title and the Londsdale belt a little over a year ago, Johnny created a great deal of comment by kneeling in his corner, just before the battle, to pray for victory. At the beginning of each round he crossed himself and bowed his head reverently. That was something of an innovation, and not many boxers are likely to follow Sumners' example and pray for victory, nor to thank heaven for it publicly at the conclusion of the bout. Practically all professional boxers, however, have been church adherents, or, at least, believers in Christianity or Judaism. The great majority, perhaps, have been Catholics, but this is partly due to the fact that so many Irishmen have been knights of the padded mitts. Statistics on the religious beliefs of pugilists are not usually included in the dope books, but the writer has never heard of a freethinking boxer. Old-time Mac used to scoff at his "sky

Nearly all Professional Boxers have been Religious.

plot" son, but he never ridiculed religion. There has been one man connected with the boxing game, however, who was a sworn enemy of all religion. That man was the late Marquis of Queensberry, whose name was given to the code of rules for the reformation of the game. The old Marquis was outspoken in his disbelief in Christianity, and in his will asked that "no religious mummery" be performed at his funeral. He wrote at least one book attacking Christianity. The present Marquis, while he has inherited the pugilistic passion of his father, is orthodox in his religious views. Col. Roosevelt has advocated boxing as a proper accomplishment of a "young Christian," and A. J. Drexel Biddle, of Philadelphia, has started a "muscular Christianity" movement in which boxing plays a prominent part. Since history began, men of all religious beliefs have prayed for success before going into battle, and have gone to war in the blessed belief that the Lord was on their side. In this respect boxing is no different from any other profession. It is only following a precedent that is as old as humanity.

BOUTS OF THE WEEK

Tuesday.
Jim Flynn vs. Tom Logan and R. Hirsch vs. Frank Halsband, Thornton, R. I.
Jack Dillon vs. Vic Hanson, Denver.
Battling Levinsky vs. J. Keating, Bridgeport.
Joe Perry vs. Thom Doris and Joe Sousa vs. Joe McGovern, Newburyport.
Frankie Nelson vs. Sailor Donahy, Phil Bloom vs. George Leonard, Ed. Wallace vs. Young O'Leary and Young Hickey vs. Dave Karz, New York.
Joe Clark vs. Stanley Roberts, Wilkesbarre.
Joe Mooney vs. Jabez White, Troy.

Wednesday.
Johnny Coulon vs. Young Sinnott, Racine.
Frankie Conley vs. George Stewart, Bridgeport.
Battling Levinsky vs. Jack Lester, Philadelphia.
Eddie Flynn vs. Bay Woods, Lewiston, Me.
Tommy O'Toole vs. Frankie Conway, Scranton.
George Chaney vs. Jim Toland, Baltimore.
Young Togo vs. Young Manilla, Wilkesbarre.
Mickey Devine vs. Jim Fasane, and Frankie Mack vs. Frank Nelson, Marietta, A. C., Providence.
Dave Kurtz vs. Larry Desmond, and Young Wagner vs. Sam Holtzman, Brooklyn.
Young Hugo Kelly vs. Tiger Young, and Pete Foley vs. Kid Denis, Augusta, Me.

Thursday.
Al Shubert vs. Young Bredura, Lawrence.
Joe Sherman vs. M. Farrell, Hot Springs, Scranton.
Friday.
Joe Goldberg vs. Matt Brock, Erie, Penn.
Charles Goldman vs. Jim Murray, Johnny Dundee vs. Joe Shugrue, and Joe Mandot vs. Johnny Lore, New York.
Joe Morgan vs. Al Shubert, Manchester, N. H.
Tom Ginty vs. George Cohan, Buffalo.
St. Patrick's T. A. S., Brockton, amateur bouts.

Saturday.
Arthur Pelkey vs. Kid Kenneth, Taft, Calif.
Sam Langford vs. P. O. Curran, Paris.
Bombardier Wells vs. Pigot, Wales.
J. Fox vs. Dutch Brandt, and Jack Britton vs. Tom Campbell, Brooklyn.
Young Mike Donovan vs. Young Hickey, Long Island City.
A Cortes vs. Tom Lowe, Ardmore, Md.

"GUNBOAT" GUARANTEED LARGE AMOUNT

San Francisco, Jan. 19.—Gunboat Smith, champion heavyweight, and Jesse Willard were matched yesterday to fight a twenty round contest in this city on July 4.

Willard's manager is said to have guaranteed \$7,500 to Smith, win, lose or draw.

The men met here last May, when Smith won a decision from Willard.

BASEBALL SPECIMENS OF IVORY

When a ball player fails to do the proper thing, he is immediately a "bone head" and Merkle is the victim of circumstances, in failing to do the proper thing upon two occasions, when his failure speedily disappeared. The first was his failure to run to second on Bridwell's hit, which cost the Giants a pennant in 1908—but Merkle has escaped censure because in the dramatic moment when Johnny Evers was rushing across the Polo grounds' diamond Empire Emslie assured both he and Mathewson that the game was the Giants'.

The second occasion was when Merkle failed to go after a high foul in the 1912 series with Boston. But they call Merkle a "bone head" now because of his play in the fifth game of the 1913 series, when he really played good baseball. The players who say Merkle played correctly insist Eddie Murphy of the Athletics "pulled" the "bone" when he ran home, but escaped censure because he succeeded.

Other Famous Ivory Domes
One of the most famous "bone heads" in baseball was John Anderson's attempt to steal second with the base full. The Baseball Magazine tells of a "bone" play made by "Bud" Sharpe, once first baseman for Boston Braves. Boston and Cincinnati were playing and Gasper held Boston helpless. Late in the game Gasper doubled and Bob Herzog hit the ball along the first base line.

Sharpe, seeing he could not get the fleet Bascher, fielded the ball across to Herzog, who was playing third for Boston. Herzog was not expecting the play; no one expected it, but Herzog handled the ball cleanly and retired Gasper.

Suppose Herzog had failed to get that ball? Suppose Sharpe had not made a "bone head" as long as he lived. As it was he received credit for a brainy play.

"Hap" Meyers, the lathy Boston first baseman, pulled a "bone" when he raced to first on third on Wagner's sacrifice, with one out. Boston was playing New York, and Hal Chase, never dreaming Meyers would attempt such a thing, was caught napping, hurried his throw to Austin, and as a consequence, the ball escaped and Meyers scored.

While with Cleveland, Niles caught a fly when the bases were full of Boston runners and but one man out in the ninth, and immediately started for the clubhouse with the ball, disregarding the multitude, which begged him to throw to someone. Niles imagined the side was out, but Boston scored three runs and won the game.

DECISION IN CASES EXP

Four Cases for Docket for Hearing
Special to The Standard
Fredericton, Jan. 19.—The court adjourns tomorrow morning for the purpose of hearing the judgment of Judge McKewen, made with this case. Cases which have awaited decision in Fenwick, Case vs. McGeog and Bilzard. Court will probably adjourn next month. There are about six up to the present.

IN THE COUNTY
In the case of the P. McFarlane, appeal from Judge Fortin. A. Coulon, in behalf of an order directing the trustee to admit to the estate of the late P. McFarlane, a sum of \$1,000 for himself, and \$500 for the estate. McFarlane was April on the charge. He was committed to the same month, and is receiving treatment in hospital. On Saturday the case was formally applied for to be granted. The trustee Ritchie for the estate of the late P. McFarlane, but the application was refused.

Got Rid of
The worst feature of the tendency to resist until the system gives way to some ravaging disease. Dr. Chase's Strychnine owes its popularity to the fact that it cures bronchitis as severe a test as medicine of this kind. Mr. H. H. Van writes: "I am Dr. Chase's Strychnine has done myself, wife and child, seven years, the doctor who at first seemed to do much for me, but I was not well. We always in the house now and that it soon got rid of the cough."

LIST OF UMPIRES ANNOUNCED.
Chicago, Jan. 19.—Pres. Ben Johnson of the American League today issued the list of umpires for the coming season as follows: Evans, Chill, Hildebrand, Egan, Dineen, O'Loughlin, Connelly and Sheridan. A ninth umpire will be named in a few days as an alternate.

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