

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, naturally result. As a course, there are certain precautions to be observed in exercising in the wintry weather. Warm clothing is essential and if the exercise be so vigorous as to induce perspiration a bath and change of clothing should speedily follow.

That 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 primal 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. The immediate cause of the congestion may be any one of a wide variety but the primal 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.

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, and "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. Most physical culturists will be inclined to agree with this theory. Practically all of the neurasthenics I have ever examined—and I have put a lot of them through a course of "sprouts"—have been men with weak and flabby muscular development—or, rather, undevelopment. And I have never known a case of "nerves," not 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 physical 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, an 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. Try wind instruments, such as trumpets, flutes, and whistles, and you will find 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.
Cutler	93	77
McCarthy	83	77
Harley	87	85
Dunham	77	93
Case	74	72
Ames-Holden McCready Co.	394	414
Codner	Total	Avg.
Walton	78	86
Ferris	66	59
McDermott	91	85
Murphy	82	68
	86	75

COULD YOU LIVE ON IT?

Coach Glenn Warner of the Carlisle Indian eleven does not believe in any fads or frills in training. Any reasonable diet, in 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.
Tea and Cream.
Lunch:
Soup.
Cold Meats and Pickles.
Baked Potatoes and Gravy.
Hot Tea.
Fruit, Bread and Butter.
Dinner:
Roast Meat and Gravy.
Creamed Sweet Potatoes.
Peas.
Apple Sauce.
Olives.
Jelly Tea, Rice Pudding.

FREDERICTON FLYING THE BALL PENNANT

MAY ASCEND THE THRONE OF ALBANIA

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 champion's 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 toward perfect physical development by the right kind of light exercises under proper supervision. Try wind instruments, such as trumpets, flutes, and whistles, and you will find wonderfully in the development of the lungs of youngsters.

Jack Dillon, one of the middleweight contenders, will have Vic Hanson for an opponent at Denver tonight. Dillon has been doing the well of for some time. Amherst Pelkey, the broken Chicago hope, starts over again on Saturday afternoon at Taft, Calif., where he meets Kid Kenneth, thought well of by the California sports.

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

Hector McInnis' new champion, Tiger Young, will have to show his mettle Kid Kenneth, thought well of by the California sports.

COBB STICKS TO DETROIT



Detroit, Jan. 19.—Ty Cobb will not become a Federal Leaguer. This assurance came today from Royston, Ga. in a personal telegram from the champion batsman to the sporting editor of a local newspaper, thus settling 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 near 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 Coulton, the banian 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 Piro, a French heavyweight, at Wales on Saturday night. French boxers have proved bad game for Wells, who is in Paris, has an easy money match in that city for Saturday, when he meets P. O. Curran of London, one of the middleweight contenders, will have Vic Hanson for an opponent at Denver tonight. Dillon has been doing the well of for some time. Amherst Pelkey, the broken Chicago hope, starts over again on Saturday afternoon at Taft, Calif., where he meets Kid Kenneth, thought well of by the California sports.

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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 Rule," 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 Mathews. He whipped Mathews 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 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.

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 greatest 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," Ben 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, 1867. 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 swing 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.

ROSE FROM THE RING TO PARLIAMENT

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TONIGHT'S GAMES
In the City League the Imperials will bowl the Commercial League, T. S. Simms and Consolidated Rubber Co. will play.

SPORTOGRAPHY BY "GRAVY"

Tomorrow is the anniversary of the birth, in 1883, of Johnny Summers, the English welterweight boxer, who has been called the "praying pugilist." When he fought Syd Burns for the English welterweight title and the Lonsdale 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 a innovation, and not many boxers are likely to follow Summer's 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, have been 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 Jenn 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 ceremony" 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 petitioning heaven for victory, Johnny Summers was 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 Coulton 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 Budreau, Lawrence.
Joe Sherman vs. M. Farrell, Hot Springs, Scranton.
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. Piro, Wales.
J. Fox vs. Dutch Brandt, and Jack Britton vs. Tom Campbell, Brooklyn.
Young Mike Donovan vs. Young Hickey, Long Island City, N. Y.
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 he is immediately a "bone head" because of his failure to do the proper thing upon two occasions, when his failure speeded disaster.

The first was his failure to run to second on Bridwell's hit, which cost the Giants a pennant. In 1908—well, Merkle has testified that 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 "bones" in baseball was Bud's Anderson's attempt to steal second with the bases full. The Baseball Magazine tells of a "bone" play made by "Bud" Sharpe, once first baseman of the Boston Braves. Boston and Cincinnati were playing and Gaspard held Boston helpless. Late in the game Gaspard doubled and Bob Bescher hit the ball along the first base line.

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

Suppose Herzog had failed to get that ball? Suppose Sharpe had not made a "bone throw"? He'd have been 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 a 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.

Harry Niles was famous for his "bone plays," and they sent him from team to team and finally to the minors. With Boston in 1909, against Washington, with Boston one run behind, two out and Danzig on first, Niles hit to centre. Niles was one of the speediest men in baseball and Danzig was as slow as molasses.

But Niles, forgetting Danzig, circled his head and started out to circle the bases. Danzig stopped at second, but Niles didn't even hesitate until he reached third.

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.

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, Chilly, Hildebrand, Egan, Dineen, O'Loughlin, Connolly and Sheridan. A ninth umpire will be named in a few days as an alternate.

WEDDING AT EARLY MORN

B. R. Violette, ards, Made Miss Helen United—M.

St. Peter's church the scene of an in 8.30 o'clock Monday the sacrament of n administered. The c were B. Roseman, nard, Madawaska, Frances, secos and Mary Shea of North tating clergyman y Borgman, C.S.B.R., ed nuptial mass, a sister away and a Vincent, of the post did the honors for Catherine Regina ter's assistant. The was stately in an ault of Copenhagen a black velvet hat mine and paradise on a beautiful gold taring pendant. A six furs completed pretty bridesmaid vating in a beauti whipcord. Her bla trimmed with Ame

After the cere party repared to bride's mother, 6 where a dainty w was served. The bride, who once and winning many friends, reces cheques from re number of useful present bore am popularity.

The groom is a known firm of Mar al merchants and is a brother of thony of St. Peter's. The happy cou 6.45 o'clock for they spent the day, left for Montreal on trip.

View, St. John cou tend her sister's w Power of St. John br and Mathewson the was also pre tions. Mr. and Mrs. Vic St. Leonard.

DECISION IN CASES EXP

Four Cases fo —Six alre Docket for E ting.

Special to The Star Frederickton, Jan. meets tomorrow n adjournment. It i ber of judgments v Judge McKeown, s made with this an Cases which awat decision in Fenwick, Case v McGee and Bilzaga Court will proba row "sine die" o occurs next month there are about six up to the present

IN THE County

In the case of the P. McFarlane, app before Judge Forb A. Conlon, in Jan for an order dir gistrate to admit After hearing the o or granted the ord of bail at \$1,000 f self, and \$500 for McFarlane was April on the cha He was committe same month, and a receiving treatment hospital. On Satur day he was forc Application was the rate Ritchie for b but the applicatio

Got Rid o

The worst featu the tendency to re until the system gives way to com paving disease. Dr. Chase's Syr Turpentine owes popularity to the cures bronchiti as severe a test medicine of this k Mr. W. H. Va writes: "I am p Dr. Chase's Syr Turpentine has o myself, wife and girl, seven years, the doctor who a seem to do much Chase's Syrup of pentine for her, and Well. We always in the house now find that it soon

In fighting dis and lungs half the Dr. Chase's Syr Turpentine at p promptly. This is prefer to buy the totia.

DOUGLAS FIR DOORS

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.

LUMBER

A large stock of 1 and 2 in. Mer, Spruce, Timber, Hemlock Boarding and Red Deal and Boards on hand in our yards.

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DR STEWART'S

Guaranteed Veterinary Remedies KICKHAM & CURRIE Corner Waterloo and Union Streets

MACKEREL

Salt Mackerel in half Gals. JAMES PATTERSON, 19 and 20 South Market Wharf, St. John, N. B.

For Sale

The Schooner GALABRIA, of 451 Tons Register, and Schooner ORIOLE of 134 Tons Register, Equipped of J. S. PLANE & CO.



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Is found in Every Package of
"MASTER MASON"
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