

All The Latest News From The World Of Sport

HOW MEN SHOULD BE TRAINED

By Mac Levy of Babylon.

(Mac Levy, the famous Long Island "health farmer," has been engaged for eighteen years in the training of athletes and the building up of run-down people, and is a recognized authority on all subjects connected with athletics, physical culture, and scientific exercise.)

Thomas A. Edison often refers to the human animal as a machine. And he is right. The human mechanism, like other machines, becomes rusty, sluggish and slow from underuse, and wears out if subjected to overuse or improper use. The human machine that is properly constructed, and is properly lubricated and well cared for, may withstand almost any amount of normal use, but the best of such machines will soon go to pieces if abused.

Herbert Kaufman, in his book, "The Efficient Age," has written some good sound sense on this subject. He says: "You're a machine. You're a machine of abuse and overuse. Your capacity in every direction is distinctly limited. You're designed for definite purposes, and you can't do more than you're built for."

"When you overstep and overload, something must give way, and when you're overstrained, something must snap."

"You're strung with delicate wires, you move on exquisitely poised joints. If you're not constantly overhauled and carefully cleaned, if you're left exposed to the rust of neglect, your efficiency will decrease, your output will diminish, and you'll be thrown into society's waste-pile."

"Every time you think, every time you move, you destroy matter. When you tear down, you must rebuild; when you disperse, you must store in due ratio."

"Take an inventory of your physical assets—you can't expect buyers to purchase dilapidated and obsolete services so long as greater speed and reliability are available."

"We judge your ability to manage for us by observing how you conduct your personal affairs."

"If you won't guard your own welfare it's safe to assume that you'll be even more negligent of our interests."

"Before you complain of the value we place upon you, consider when you last added improvements to your brain or your body."

"Put in fresh batteries, lubricate, rub off the dust, polish, and bring your equipment up to date."

Excellent advice, this—but how shall you act on it?

By taking advantage of the next two months, when weather conditions are most favorable to physical rejuvenation, by getting out into the sunshine and fresh air as much and as often as possible, by using plenty of water inside and out, by regulating your fuel—food—to meet the decreased demands of your machine during the warm period and by taking plenty of exercise.

Not one human machine out of a thousand goes to the scrap heap because of overwork. It is not too much work, but too little, that most frequently causes breakdown—too much work indoors, perhaps, but too little out in the open.

A machine is no stronger than its weakest part. The factory owner realizes this, and demands that his machines be kept in the best of condition and their weak parts repaired or replaced but he overlooks the fact that his own body is a machine and needs equally careful attention. In his factory he uses fuel that will produce the most power at the least cost, but he fills his own engine with his digestive organs—with slinkers that clog the works and vastly reduce his efficiency and his mental output.

Physical exercise is necessary to the digestion of food, to the combustion of the body's fuel. There are exceptions to all rules, of course, and once in a century you find a man with an alimentary tract akin to that of an ostrich or a William Tell, who can eat and drink everything, avoid all physical exertion and still survive to a ripe old age. You may belong in that class, but the chances are about a million to one against it, and if you are wise you will not wager health and life against such odds.

When I advise exercise, I can hear the business and professional men cry out "In unicorn," as H. Togo would express it, "We haven't the time."

From my long experience as a trainer, I am willing to admit that a majority of you haven't the time, and if you had the time you haven't the inclination, and if you had the inclination you haven't the will power to put it into action, without somebody around to prod you on. Quite likely you have the time to go to ball games and watch other men exercise, and it is altogether probable that you waste an hour or two a day in worrying and fretting and in dawdling over your work. You are lazy, and you want to be transported to health on flowery

"CHIEF" MYERS SIGNS FOR THREE YEARS

Chief Myers, the Giants first catcher, signed a three year contract to play with the New York club, which includes this year, for which he previous two-year contract called for.

Myers was the last of the Giant regulars to affix his signature to the long-time document, and President Hempstead, who did the negotiating, expresses himself as being much pleased over his success.

The chief, being under contract for this year, Federal League agents "kept their hands off him," even Manager Stovall of the Kansas City Feds, who was one of the most assiduous searchers after National and American League talent, when he was in San Diego, Cal., and induced Arthur Wilson to sign, only had one interview with Myers, being informed then by the chief that he was not at liberty to negotiate.

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beds of ease, without effort on your part. You dodge the issue as long as you can, and when outraged nature finally presents her bill and demands immediate payment, and you realize that the time for evasion has passed and you've got to do something to keep the old dame from pestering you to death, you go to the drug store and get a bottle of some patent dope and to the grocery store for a package of predigested piffle, and you eat your piffle and afterward take a teaspoonful of dope in a little water, and consider you have "seen your duty and have did it."

In an audience as large as the one I am addressing, however, there are bound to be some people who have sense enough to know that nature can't be placated by any such methods, and their plea of lack of time deserves serious attention. To these I would say:

The days are now very long, and it won't be any hardship for you to go to bed an hour earlier and get up an hour earlier. Wonders can be accomplished in that hour you have gained. You can spend a part of it in bag punching, or in boxing or throwing the medicine ball, if you have a companion; or in chopping wood, if you have a wood pile. You can follow this lively exercise with a slow jog trot, gradually increasing the distance, breathe deeply all the time, and follow your exercise with a cold shower, a plunge, or a sponge bath, and a brisk rub, first with bare hands and then with a towel.

Do this for a few months, persistently and conscientiously, eat plain and nutritious food, including plenty of "garden sass" and fresh fruits, and get sufficient sleep, and if you are not vastly improved in health, I am a liar.

DEFIANCE HAS LARGEST MASTS ON A CUP BOAT

Bath, Me., May 1.—A part of the crew of the Yankee cup candidate Defiance was busy today scrubbing the spars and body of the big racing yacht preparatory to the launching on Monday, May 11.

Captain Solah Howell and the remainder of the crew are on the big racing schooner Iroita. Aboard the Iroita are also George S. Fynchon and E. Walter Clark, managing directors of the Boston-Philadelphia-New York syndicate that is building the Defiance.

Miss Frances Clark of Philadelphia, daughter of E. Walter Clark, will christen the cup contender and it will be a daylight launching with considerable ceremony.

Yacht Shines Like Glass. The Defiance got its first coat of finish on the mahogany above the water line, today, and shone like glass.

The crew immediately started in to rub it down for another coat, and when the job is complete the Defiance will have "it" on the Vanitie and Resolute for looks.

As for speed, the Maine seafaring men who have had an opportunity to look the boat over are ready to bet good money that the Defiance will win the trial races against the other two New England boats.

As has been predicted, George Owen the Newton, Mass., designer, has incorporated much of a class P boat in this cup candidate.

The Defiance will have two sets of spars with hollow steel and wood masts.

With two runs already in and the expert bunter Jack Barry at bat, McInnis and Strunk both started to race for the plate from third and second bases respectively. Barry's attempted bunt was a sharp liner into Gandil's mitt. McInnis, who was almost to the plate, was easily doubled on Gandil's snap throw to Foster. Before Strunk could scramble back to the midway Foster whipped the ball to George McBride for the third out, of as many seconds.

It is the intention to give the Defiance a trial a week after she is launched, probably off the Maine coast and then take her to Marblehead.

Both of these masts are the tallest ever put on a racing yacht, even exceeding the length of the cup defender Reliance's mast.

This will give a chance for a tremendous sail spread and power and coupled with the boat's powerful, yet easy, graceful lines, it should make the Defiance fast in any sort of weather and give her a chance to take care of the time allowance she will probably have to give the Herreshoff boat.

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FIVE MEN LEAGUE FINISHED

The five men bowling league was finished last night on the Victoria alleys when No. 6 team won from No. 3 team and captured third prize. Chester Brown of No. 3 team and the highest average, 98.13, and was closely followed by Albert Simpson of No. 8 team with 96.13. It was a fast game throughout. The first prize was won by No. 1 team a few nights ago. The individual score of last night's match follows:

No. 3 Team.	No. 8 Team.
Kiley . . . 83 79 79 241 80.13	Riley . . . 100 80 88 268 89.13
Simpson . . . 87 91 101 289 96.13	Simpson . . . 97 91 101 289 96.13
Dickson . . . 85 80 86 251 83.23	McKean . . . 89 95 83 267 89
Brown . . . 92 103 101 296 98.23	
McKean . . . 89 95 83 267 89	
439 459 441 1339	

No. 6 Team.	No. 7 Team.
Riley . . . 100 80 88 268 89.13	Riley . . . 100 80 88 268 89.13
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