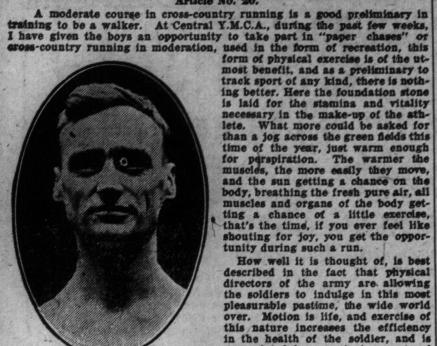
World's Greatest Walker Gives a Few Pointers

Article No. 20.



CHAMPION GEO. GOULDING.

Cross-country runs—not races, should have a slow bunch and a fast should have a slow bunch and a fast bunch, which gives all a chance to take part. Those not fully developed in speed or those who want to run just for the exercise should go out with the slow bunch and leave the speedy ones to make their own pace. The benefit gained, is confidence in one's own ability to keep up with the others, while heart, lungs, and legs receive their quota of exercise.

It is a well-known fact that those sports and physical activities that become familiar to the youngsters, are what they are most likely to prefer in maturity, so that is all the more reason why proper recreative sport should be encouraged among the boys of the 'teen age.

These runs should always have an experienced coach in charge. With-

appreciated because it is a natural and not forced exercise.

These runs should always have an experienced coach in charge. Without a coach, it is a very easy thing during the early stages for the novice to overdo things, as he is likely to suddenly feel lots of strength and pep

to overdo things, as he is likely to suddenly feel lots of strength and pep and wants to go ahead too fast, and, of course, upset the rest in their efforts to keep up. Here is where the coach is needed, he should be strict in not allowing any to proceed faster than deemed necessary for the majority. One good test to go by, when conducting a run, is, if everybody is enjoying it and not pulling that strained look that tells of the race. The coach should know by the look of the bunch whether the pace is too fast or not, he should remember the run is only for recreation and not ask the muscles and systems of the boys to do too much.

Cross-country running, principally and particularly promotes the proper functional activity of the respiratory organs, the skin, the circulation and organs of digestion. A satisfactory development of the whole body results. It is performed in the open air which alone places it in front of exercise in the gymnasium and helps the youth, to be active and develops his power of endurance. Athletes taking charge of church clubs could do nothing better than take the boys for a Saturday afternoon run across the country. Most all large schools in England and United States have encouraged this class of sport among the 'teen boys as they realize it is a means of encouraging the mental qualities and attributes of character as courage, resolution, sense of honor, presence of mind and a feelacter as courage, resolution, sense of honor, presence of mind and a feel-

ing of good fellowship.

By all means let us boost cross-country running to build the found tion for other events in life.

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Athletic sharps have argued for a nu

Ernest Mensen's Endurance
Has Never Been Equaled in Sport Circles.

London, June 1.—The most remarkable feats of pedestrianism ever accomplished are recorded in the exploits of Ernest Mensen, a Norwesian sailor, in the last century. Mensen first attracted attention by running from London to Portsmouth in nine hours, and soon afterwards he ran from London to Liverpool in thirty-two hours.

Having distinguished himself at the battle of Navarino in 1827, he left the navy and became a professional runner. After winning a number of matches, he undertook the feat of running from Paris to Moscow, and accomplished the distance of 1760 miles in thirteen days and eighteen hours.

The employment of Mensen as a courfer-extraordinary soon became a popular amusement in European courts. He ran from country to country, bearing messages of congratulation and condolence, or despatches, and always beat mounted couriers when matched against them. He never walked, but invariably ran, his only refreshment being biscuits and an ounce of raspberry syrup per day, and two short rests of ten or fiften minutes each in twenty-four hours. These reets he took standing and leanning against a tree or other support. At such times he covered his face with the conveyance of despatches from Calcutts to Constantinople, The distance of the mile track at Poughkeepsie.

Continued From Page One.

.278. Joe Judge of the Senators was halt-ed by Sam Jones, after Joe had hit safely in 10 games, getting 12 hits in 38 tries,

SUCCESSFUL PERFORMANCE.

his 4-year-old son how he enjoyed an orchestral performance which he had conducted. The little fellow answered: "I watched you balancing yourself for two hours, daddy, and you didn't fall off the box."

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BY GENE KNOTT



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you of your most effective means of gaining the confidence and good will of your associates.

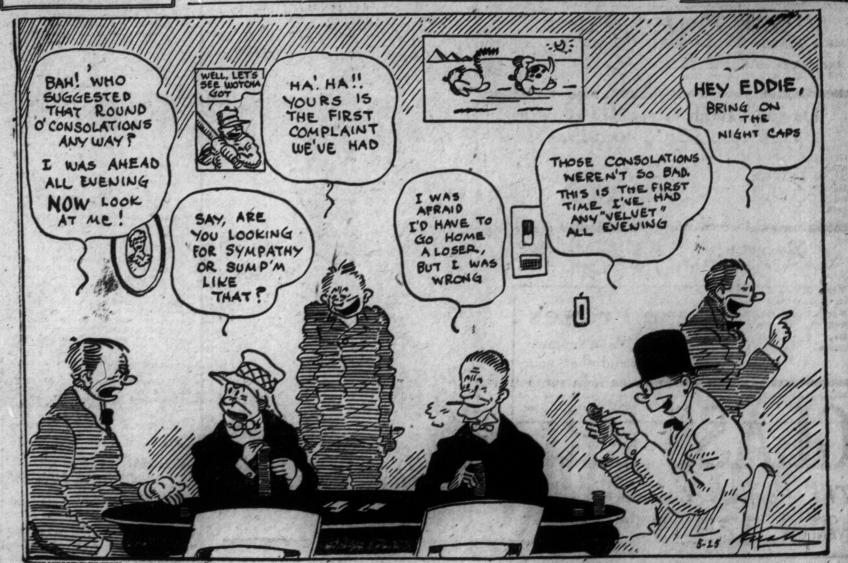
In Cambridge Clothes, style, weave and pattern are thoughtfully combined to express personal characteristics. They show so many little individualities that any man can be fitted perfectly with garments that reveal his true self. Whether you are direct and forceful, quiet and persistent, a genius or a "plugger," there's a Cambridge Suit that will help you put your personality across.

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