

World's Greatest Walker Gives a Few Pointers

By GEORGE GOULDING, Amateur Walking Champion of the World, Asst. Physical Director Central Y.M.C.A.

Article No. 20.

A moderate course in cross-country running is a good preliminary in training to be a walker. At Central Y.M.C.A., during the past few weeks, I have given the boys an opportunity to take part in "paper chases" or cross-country running in moderation, used in the form of recreation, this form of physical exercise is of the utmost benefit, and as a preliminary to track sport of any kind, there is nothing better. Here the foundation stone is laid for the stamina and vitality necessary in the make-up of the athlete. What more could be asked for than a jog across the green fields this time of the year, just warm enough for preparation. The warmer the muscles, the more easily they move, and the sun getting a chance on the body, breathing the fresh pure air, all muscles and organs of the body getting a chance of a little exercise, that's the time, if you ever feel like shouting for joy, you get the opportunity during such a run.



CHAMPION GEO. GOULDING.

How well it is thought of, is best described in the fact that physical directors of the army are allowing the soldiers to indulge in this most pleasurable pastime, the wide world over. Motion is life, and exercise of this nature increases the efficiency in the health of the soldier, and is appreciated because it is a natural and not forced exercise.

Cross-country runs—not races, should have a slow bunch and a fast bunch. 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. 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 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 pace. 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 body to 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 feeling of good fellowship.

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

NORWEGIAN SAILOR WONDERFUL RUNNER

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

London, June 1.—The most remarkable feat of pedestrianism ever accomplished is recorded in the exploits of Ernest Mensen, a Norwegian 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 courier-extrordinaire 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 the 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 fifteen minutes each in twenty-four hours. These tests he took standing and leaning against a tree or other support. At such times he covered his face with a handkerchief and slept.

In 1856, while in the employment of the East India Company, Mensen was charged with the conveyance of despatches from Calcutta to Constantinople. The distance

THORPE LEADS

By W. A. Collins.

Athletic sharpsharps have argued for a number of years over the respective merits of the late Martin Sheridan and Jim Thorpe, now of the Giants, as all-rounders. There has never been any room for argument, save in track and field work. With baseball and football considered over any man ever developed in this or any other country.

In track and field events there was not much to choose between the two men. Thorpe was better in the high jump, the sprints and hurdles while Sheridan excelled in the weight and particularly with the discus. Competition there has been no man developed to take their places. Howard Berry, since Sheridan and Thorpe quit competition, was a very versatile athlete, but not in the class of Sheridan and Thorpe.

is 6615 miles, which the messenger accomplished in fifty-nine days, or a third of the time made by the swiftest carrier.

At last he was employed to discover the source of the Nile. Setting out from Khartoum on May 11, 1842, he ran to Jerusalem, and thence to Cairo, and up the western bank of the river into upper Egypt. Here, just outside the village of Syene, he was seen to stop and rest, his face covered with a handkerchief. He rested so long that some persons tried to wake him, but they were told he was dead. He was buried at that place, and his friends knew what fate had befallen him.

John Dickerson is getting the Hill and Dale Farm colts ready for the races over the mile track at Poughkeepsie.



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GOOD HITTING IS SECRET OF GIANTS' STAY AT THE TOP

Continued From Page One.

Cheney, Brook.....	5	5	275	1	3
Prendergast, Phil.....	3	5	275	1	3
Benton, N. Y.....	1	2	275	1	3
Main, Phil.....	1	2	275	1	3
Harmon, Pitta.....	1	2	275	1	3
Regan, Cincy.....	1	2	275	1	3
Regan, Cincy.....	1	2	275	1	3
Packard, St. L.....	2	5	286	1	3
Oeschger, Phil.....	1	4	200	1	3
Wendover, St. L.....	1	4	200	1	3
Griner, Brook.....	1	4	200	1	3
Saunders, Pitta.....	1	4	200	1	3
Sherdell, St. L.....	1	4	200	1	3
Schneider, Cincy.....	1	4	200	1	3
Walker, Cincy.....	1	4	200	1	3
Hughes, Bos.....	0	2	200	1	3

National League Batting.

Player, Club, G. A. B. R. H. Pct. Loss	
Doyle, N. Y.....	15 54 14 23 426
J. C. Smith, Bos.....	12 109 16 50 385
Merkle, Chi.....	22 129 14 43 358
Daubert, Brook.....	27 102 18 36 353
Wickland, Bos.....	31 111 16 39 351
Allen, Cin.....	13 35 0 12 342
Mann, Chi.....	33 124 20 45 339
Young, N. Y.....	24 145 28 49 338
Parkert, Chi.....	33 114 24 37 325
Holocher, Chi.....	33 130 17 42 323
Griffith, Bos.....	33 125 17 41 322
Groh, Cin.....	37 140 16 44 314
Paulett, St. L.....	33 117 15 36 308
Schmandt, Bos.....	26 92 10 29 304
Cheney, Brook.....	12 23 1 7 304
Burns, N. Y.....	24 120 30 37 302
South, Cin.....	31 126 31 41 301
Carey, Pitta.....	31 107 19 32 299
Black, Chi.....	27 91 22 27 297
St. L.....	24 122 11 23 292
Bigbee, Pitta.....	12 26 5 10 286
Luders, Pitta.....	34 127 11 36 283
Kreuger, Bkn.....	24 140 28 41 280
Cuthaw, Pitta.....	31 115 11 32 278
Kelly, Bos.....	28 91 12 25 276
Wilson, N. Y.....	24 145 28 49 275
Schiller, Cin.....	12 33 4 9 273
Thorpe, N. Y.....	12 31 1 7 264
Wilhoit, N. Y.....	24 140 28 41 263
Johnson, Bkn.....	35 126 14 34 270
Zimmerman, N. Y.....	34 114 10 36 269
Miller, Pitta.....	31 116 12 31 257
McCarthy, N. Y.....	26 75 3 20 267
Wingo, Cin.....	25 125 12 30 267
Hickman, Bkn.....	31 94 9 25 266
Stengel, Pitta.....	27 83 12 22 265
Stock, Phil.....	24 120 10 34 263

TWO ATHLETICS IN FIRST FLIGHT OF AMERICAN LEAGUE

Continued From Page One.

Baird, St. L.....	24 124 20 35 321
Ivers, Brook.....	31 115 17 30 321
Eller, Cin.....	12 33 1 6 261
Chase, Cin.....	30 98 7 18 259
Neusel, Phil.....	24 121 8 31 256
Pitzner, Phil.....	31 91 6 14 255
Neale, Cin.....	32 111 13 28 253
Caton, Pitta.....	31 127 11 25 252
Holke, N. Y.....	34 128 15 32 254
Hornby, St. L.....	32 108 9 27 250
Smith, Pitta.....	24 94 9 21 250
Any, St. L.....	27 73 3 18 247
Z. Wheat, Bkn.....	16 61 3 12 246
Whitted, Phil.....	24 96 11 20 244
Raiden, N. Y.....	15 41 3 10 244
Bancroft, Phil.....	34 122 17 42 242
Deal, Chi.....	33 113 11 27 237
Smyth, St. L.....	24 76 11 14 237
Cruse, St. L.....	34 116 18 27 235
Herzog, Bos.....	24 120 21 30 231
Rehg, Bos.....	17 52 4 12 221
Fletcher, N. Y.....	24 121 22 30 229
Konetsky, Bos.....	32 132 13 30 227
McGowan, Phil.....	32 112 11 27 227
Cravath, Phil.....	31 123 17 31 226
Killifer, Chi.....	27 81 6 18 222
O'Mara, Bkn.....	35 123 11 29 215
Griffith, Bos.....	35 125 12 37 216
Massey, Bos.....	25 75 6 16 213
Kilduff, Chi.....	29 71 7 19 209
Tobin, Phil.....	35 125 12 37 209
Schmidt, Pitta.....	21 64 5 12 200

National League Club Batting.

Club, G. A. B. R. H. Pct. Loss	
New York.....	24 124 20 35 321
Chicago.....	22 102 14 27 276
Cincinnati.....	27 119 22 39 288
Brooklyn.....	25 111 10 25 263
Boston.....	26 118 17 29 249
Pittsburgh.....	31 107 10 24 246
Philadelphia.....	34 125 17 41 322
St. Louis.....	24 122 11 23 292

A SUCCESSFUL PERFORMANCE.

The assistant concertmaster of the Chicago Symphony Orchestra asked 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."

PENNY ANTE

Losing It All on the "Consolations"



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