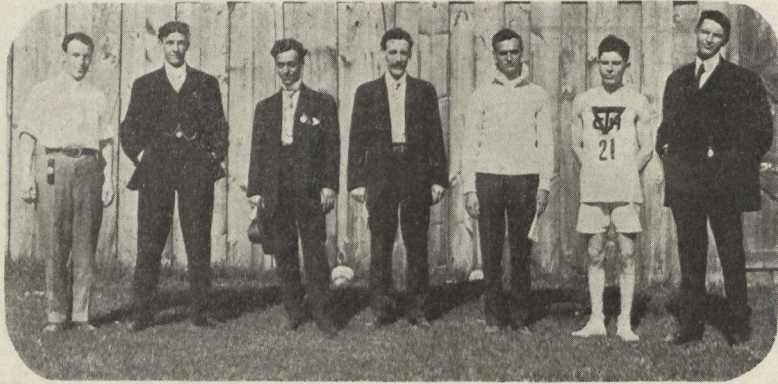


THE SEASON OF ATHLETICS

By F. H. HURLEY



CANADA'S FASTEST WALKERS

From left to right—W. C. Beattie, W. R. Major, A. C. Jewell, Don Linden, George Goulding, E. P. McDonald, Charles Skene.

RECORD-MAKERS ON THE ROADS.

A Septette of Whom Any Country Might be Proud.

CANADA may be justly proud of her walkers, for they are the best in the world. No country can to-day show such fast men as she can, either collectively or individually.

Goulding is the best of the Ontario lot, and good judges pronounce him the greatest in the world. He is young, too, and improving, and while he may not as yet have quite reached record figures (G. E. Larnet's), and that's a mooted question too—he is so close to them that, if given the opportunity this year, it is thought he will not only equal, but even surpass them. He has already done a mile in 6.28 3-5, (the record is 6.26) and two in 13.33 3-5, and that, too, on a small indoor track, in both cases.

E. P. McDonald comes next, with 6.43, and, as he too is improving all the time, it is reasonable to expect that he will reduce his time many seconds before the season is closed. Charles ("Chuck") Skene has a record of 6.45, and were he to devote all his time to walking, and not divide it up, as is his wont, with running, he might be right up with the best, as he has all the ear-marks of a champion; but "Chuck" likes to vary his exercise by a run occasionally, and has made some wonderfully good times at the half and mile—being

equal to 2.00 for the former and something like 4.24 for the latter; in fact, the outside of Jack Tait, he is the fastest man in Canada for these distances.

Major, Beattie and Jewell have all done in the neighbourhood of 7.00, with Don Linden, though an exceptionally fair walker, and a good man over a distance of ground, as evidenced by his winning the ten miles' walk at Guelph several years in succession, is not as fast for a short distance as the others, and may not compete again. Besides these we have other young walkers of promise, and unless something unforeseen happens—a plague or something of the kind annihilates them all—we will have no rivals to fear, in this branch of sport at least, for some years to come.

Long-distance walkers are not all confined to athletes. There are a lot of Englishmen in Canada who go for long tramps. One master in Upper Canada College thinks nothing of doing fifty miles on a Saturday; out from Toronto to Newmarket and beyond, dinner in the evening and back again, feeling as fit as when he started out. Of all people in the world the Englishman best knows the value of cross-country walks, which is a great deal more beneficial than track work.

A WARNING NOTE FROM A VETERAN.

Just a Little Attention to Common-Sense Rules of Health.

THE athletic season has arrived—no doubt about that. You all probably realise that more fully than I do. My day has passed. There is a doubt, however, as to whether you are entering upon your training, or practice, which ever you like to call it, with that degree of care, that is necessary in order to avoid accidents, and produce the best results in other respects.

The body at this time of the year, unless exercise has been kept up all winter, which isn't likely, in the majority of cases, is in a comparatively weak condition, and it is important, therefore, that it should be treated very carefully for a couple of weeks at least, or until it is so far strengthened, as to be able to bear the new and harder work it will be called upon to perform.

By this gradual preparation, the tendons and muscles, as well as the vital organs, will be so strengthened, that strains, that otherwise would be almost certain to occur, will be avoided. This is a point that is well worth attending to, and will amply repay for the time and care bestowed upon it.

The late L. E. Myers, of the United

States, who was regarded as the greatest middle distance runner in the world, used always to say that he never felt better than he did the first day he appeared on the track for practice, but that was the very day he was most careful to do the least work, realising, as he did, the condition he was in. He always contented himself, he said, with mere "prancing about," for the first week or two, and wouldn't think of doing any hard, or fast work, before the expiration of that time. And he was wise, as any one who has had any experience at all, must know.

There is another thing, too, that the athlete should always be careful to do, and it doesn't matter much, in this case, whether he has been training long or short, and that is, to always "warm up" thoroughly, before trying himself out. If these precautions were taken, you wouldn't find, as you often do, so many cripples, who have, of course, as will be seen, no one to blame but themselves. Accidents and carelessness are, as a rule, synonymous terms. Don't be careless then, if you don't want to be a cripple. And what athlete does?



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