

ONE OF FREDDIE WELSH'S CHIEF TRAINING STUNTS IS WRESTLING WITH A BIG CALF

IF HE REALLY WANTS TO WRESTLE, WHY DOESN'T HE TAKE ON A COUPLE OF GRIZZLY BEARS.

CLASSIC CITY NORTHERN LEAGUERS HERE TONIGHT

Stratford's First League Fixture Here This Season—Both Teams Need Game to Stay in the Running.

(BY BERT PERRY.)

Stratford Northern Leaguers will make their first appearance in this city tonight when they meet Western University in the Arena in a scheduled league fixture. Western has four games to play yet in the Northern League series, and by winning them all can tie up the district. Three of these games are with Stratford, two here and one in Stratford. The other one is with Sarnia here. Tonight, Western will face the same team that beat Sarnia last Friday night, and Ingersoll here on Monday night. The locals are showing the best hockey of the season right now, and tonight's game should be one of the best of the season. The Stratford team is a fast one, and will make the locals travel all the way. Stratford beat Sarnia once this season, and held Sarnia to a close score in the Tunnel Town. They are out to win the local district honors if possible, and must win tonight to keep in the running. Jack Shea, of Palmerston, will handle the game.

A team of local players will leave for Simcoe this afternoon, where they will play an exhibition game. The players who will make the trip are Reuter in goal, Kenney and Morenz on the wings, Shahan and Bell on defence, and Buchanan and Daube, from the Manufacturers' League, in centre ice. Tommy Munroe will go along as referee.

On Friday night the local club will run a special train to Woodstock for the junior game in that city. A big crowd of fans will make the trip. The juniors are confident of beating the Baby City seven on their own ice, and Woodstock fans are equally confident that their team will win. Woodstock has only this team left in the O. H. A., and it is working hard in preparation for the game.

GOLFERS ELECT OFFICERS AND HAVE BANQUET

London Club Congratulates General Hodgins On His Promotion.

Golf enthusiasts and members of the London Golf Club held a banquet at the Tenthred House last night attended by about 25 members and elected officers for the ensuing year.

The officers named are: Honorary president, Col. Shannon; honorary vice-president, V. G. Jones; president, Dr. N. C. James; vice-president, A. G. Calder; secretary-treasurer, B. T. Ferguson; greens committee, Dr. Williams, W. F. Houghner and A. McPherson; honorarium committee, Dr. Wright, John Stevenson and J. W. Cahill; captain, J. K. H. Pope; vice-captain, J. H. A. Beattie. A resolution congratulating B. G. Jones, W. E. Hodgins on his appointment at Ottawa was passed by the club. A vote of thanks was extended to

John Stevenson, the retiring president. Dr. Williams proposed the toast to the "King" and to "The Canadian Contingent." A. G. Calder responding with a long speech, "Two-hundred" was responded to by J. H. A. Beattie, and "Sand-bones and Bunkers" by Dr. Williams. T. H. Furdon, K.C., gave an entertaining address on "The Ethics of Golf." Last night was the third annual dinner held by the club.

WRESTLING TOURNAMENT TO BE HELD IN LONDON

A big wrestling tournament will be held in the Auditorium in this city some time in February. The arrangements are being made by Secretary Taylor of the Y. M. C. A. He plans to hold a tournament at catch weights, open to any amateur wrestler in Western Ontario. There is plenty of good material in this city, and the bouts should prove interesting.

NERVOUS DYSPESIA

For 11 Years—Completely Cured by Dr. Cassell's Tablets, The Famous All-British Medicine.

Pain and Wind So Bad It Nearly Choked Her.

Palpitation, Faintness and Extreme Nervousness.

Was Very Thin and Anaemic.

Now in splendid health through DR. CASSELL'S TABLETS

Those here in Canada suffering from Digestive or Nerve Troubles who read this true story cannot fail to get new hope from its perusal. Mrs. Rogers, of 243 Whitehall-road, Bristol, England, had suffered from acute dyspepsia for eleven years, or, in other words, she had been ill for eleven years. She had been ill for eleven years, or, in other words, she had been ill for eleven years. She had been ill for eleven years, or, in other words, she had been ill for eleven years.

"I am glad to be able to testify to the wonderful curative power of Dr. Cassell's Tablets. They cured me when nothing else I tried would, and now I am in splendid health. I can eat any kind of food and am stronger than I have been for years. Certainly, I shall never cease to praise Dr. Cassell's Tablets."

SO BAD COULD NOT WORK. Is Now Perfectly Cured.

The value of Dr. Cassell's Tablets to all who have to earn a living is well seen in the following true story. The teller of this story, Mr. McManham, of 21 Princess Road, Old Peterborough, England, had long been too ill to work, but now he is in steady employment, made well and strong by Dr. Cassell's Tablets. He says:

"I am glad to be able to testify to the wonderful curative power of Dr. Cassell's Tablets. They cured me when nothing else I tried would, and now I am in splendid health. I can eat any kind of food and am stronger than I have been for years. Certainly, I shall never cease to praise Dr. Cassell's Tablets."

enabled me to keep steadily at work. I had suffered for years from dyspepsia, sleeplessness and had nervous attacks, which could do nothing while these attacks were on, and they were so frequent that I was as much away from work as at it. I was always more or less ill, always had severe pain after food, with volumes of wind, and a dizzy sensation that I could not shake off. Headaches, too, were frequent and severe, and sometimes I had shivering turns like ague. I tried all sorts of things and had endless medicine, but it was only when I got Dr. Cassell's Tablets that I got any real benefit. I was really wonderful how they cured me. I got sleep at nights, could eat without suffering, and now I am in splendid health."

LARGEST SALE IN BRITAIN. Popularity Now World-wide.

The absolute authenticity of the foregoing cases is guaranteed, and no Dr. Cassell's Co. without full personal inquiry as to its genuineness. Purchasers of Dr. Cassell's Tablets in this country may rest assured that they are getting a really reliable and trustworthy remedy for Nervous Breakdown, Nerve Pain, Infantile Weakness, Neurasthenia, Sleeplessness, Anæmia, Kidney Trouble, Dyspepsia, Stomach Disorder, Speciality, Palpitation, and they are guaranteed to be genuine. The name of the Dominion sell Dr. Cassell's Tablets at 60 cents. People in outlying districts should keep Dr. Cassell's Tablets by them in case of emergency. Free Samples will be sent on receipt of 5 cents for postage and packing. The Sole Importers, H. F. Fitchie & Co., Ltd., 10, Abchurch Lane, London, E.C. 4, and Toronto, 10, King Street West.

"Quit Profanity If You Would Be Athletic"

CUTLER CHAMPION TELLS BOYS HOW TO AVOID TUBERCULOSIS.

BY CHARLES CUTLER, World's Champion Wrestler.

The young men of today are drifting too far away from physical development. I mean those fellows possessing good positions or in comfortable circumstances who are not forced to earn their living by their hands. There are thousands of them.



Charles Cutler
Advertiser Illustrations

And even those who DO earn their living by the strength of their bodies are in need of some system of regular physical training. From a career as a professional athlete I have learned that, with the expenditure of only ten or fifteen minutes a day, a man can guard his most precious possession—health—and undoubtedly prolong his life. The suggestions I am to offer in this and later articles will not be confined to young men alone. Elderly men, women and even children may benefit. It is in the power of parents to forever safeguard their children from the ravages of tuberculosis by correcting minor faults and habits, too frequently neglected. Greatest of these is stoop shoulders which gradually reform the growing spine until the lung cells are so congested that hardly half of them are reached by fresh air.

Let them play the games that you think are rough. Plenty of fresh air, running, romping, climbing in their youth will forestall a trip to a dry climate in later years.

To the men who prefer an indoor exercise I suggest handball as a wonderful means of attaining proper development. The game is growing in popularity daily and in almost every gymnasium it has its scores of adherents. Tennis is about the only thing that compares with it as an all around developer and this really surpasses handball inasmuch as it is played in the open air.

Before exertion and densitate in pictures a number of exercises for those who have had little chance and little time to attend to their physique, let me insist that the man who takes up athletics abandon profanity immediately!

Hockey

LAST NIGHT'S SCORES.

O. H. A. Senior.
Victorias 12, Riverides 7.

O. H. A. Intermediate.
New Hamburg 10, St. Mary's 6.

O. H. A. Junior.
Lindsay 10, Oshawa 4.

O. H. A. Junior.
Midland 15, Waukegan 6.

O. H. A. Junior.
Orillia 10, Coldwater 1.

O. H. A. Junior.
Lucknow 19, Wingham 6.

O. H. A. Junior.
Winnipeg City League.
Monarchs 9, Victorias 5.

O. H. A. Junior.
Canadians at Port Hope.

O. H. A. Junior.
Ontarios at Waukegan.

O. H. A. Junior.
Quebec at Ottawa.

O. H. A. Junior.
Varsity at Kingston.

O. H. A. Junior.
Pictou at Pictouville.

O. H. A. Junior.
Whitby at Peterboro.

O. H. A. Junior.
Preston at Elmira.

O. H. A. Junior.
Midland at Oshawa.

O. H. A. Junior.
St. Andrews at De La Salle.

O. H. A. Junior.
Brantford at Hamilton.

O. H. A. Junior.
Meaford at Stayner.

O. H. A. Junior.
Northern League Senior.
St. Thomas at Tillsonburg.

O. H. A. Junior.
Northern League Junior.
Listowel at Palmerston.

O. H. A. Junior.
Harriston at Brussels.

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NEW INTERNATIONAL ICE SKATING CHAMPION AND BROTHER WHO DEFEATED HIM.

Advertiser Illustrations

Ben O'Sicky

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Suggestive stories and unclean language must be eliminated from the athlete's make-up. If the mind is not clean the body will not be. In athletic clean humor is almost as essential as hard work!



Charles Cutler's Marvellous Development. View of Athlete, Showing Chest Expanded.

VICTORIAS BEAT RIVERSIDES 12 TO 7

Came to Life in Third Period and Scored 8 Goals.

BOTH TEAMS BELOW FORM

Teams Were Tied Until Third Period Began, Then Came Upsets.

TORONTO, Jan. 26.—In an O. H. A. senior game at the Arena tonight, Victorias defeated Riverides, 12 to 7.

Both teams were away below their form. The score at the end of the first period was 2 all, and at the end of the second period, 4 all. It was in the final period that the "upsets" took place. Right from the start Victorias were aggressive, and when they finally settled back into their first and second period stride they scored six goals while Riverides had been unable to get one past McGinn. Riverides then took a hand. They notched three in the remaining minutes of play, and held Victorias to two. The Riverides can thank Turner, Crane, Goch, and Meekling for their goals. Goch was easily the best of the winners. His play all through was steady and effective. The teams:

Victorias: Goal, McGinn; Defence, Goch, Meekling, Crane, Hill, and Aldred; Centre, Turner; Forward, H. Meekling; Referee, O. Bernhardt.

Riverides: Goal, McGinn; Defence, Goch, Meekling, Crane, Hill, and Aldred; Centre, Turner; Forward, H. Meekling; Referee, O. Bernhardt.

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SEAFORTH'S STRING REMAINS UNBROKEN

Goderich Proves Easy Proposition This Time.

FINAL SCORE WAS 10 TO 0

Snazel's Work in Goal for Goderich a Feature of Game.

SEAFORTH, Jan. 26.—Seaforth's record for unbroken victories attained six in number when they defeated the Goderich Sailors 10 to 0 in a fair game.

It was not the best game seen here this year, as the locals outclassed the visitors all the way, and but for the good work of Snazel, in goal, and Belcher, in left defence, the score would have been much larger. The teams were about even in weight, but the more experienced locals kept the game in hand at all times. Seaforth was without Hoffman at right wing, Silke replacing him, and he was responsible for several goals. For Seaforth, all played well, and what combination was played was by the locals. The line-up:

Seaforth: Goal, Snazel; Defence, Belcher, Silke, and Tom Dick; Centre, Tom Dick; Forward, Silke, and Tom Dick; Referee, Tackaberry, Toronto.

Goderich: Goal, Snazel; Defence, Belcher, Silke, and Tom Dick; Centre, Tom Dick; Forward, Silke, and Tom Dick; Referee, Tackaberry, Toronto.

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