

BOYS MAY BE ATHLETES

A Detailed System of Training Suggested.

[The following article is from the pen of Mr. Philip M. Sisson, one of the most widely known athletic instructors in the city of New York. Mr. Sisson has been connected with prominent educational institutions, where he has made a specialty of producing the greatest physical improvement possible in the boys entrusted to his care. He is therefore thoroughly at home in all matters concerning athletic instruction in its special reference to boys and youths.]

IF YOU are a boy between 12 and 19 years of age and are anxious to engage in outdoor sports of all sorts, I think I can give you some advice which may materially help you and possibly keep you from doing serious injury to yourself.

The first thing for a boy to do who is going in for such sports as basketball, baseball, rowing, swimming and football is to build up his physique. To do this it is in no sense necessary to go in

3. Hold knees stiff forward and bend hands till they touch the toes.

4. Hold arms out full length, heels well together, chin in, shoulders thrown well back, causing sternum to project and giving what is termed "barrel chest." Inhale in this position until you feel a slight strain on lungs. At this point immediately change your position,

Gradual tossing of the sphere will save off pain, and by the time July arrives instead of throwing with a "half arm swing" you will have the proper motion.

When you read in the papers accounts of the mighty hits made by professional baseball players, you no doubt become envious and want to emulate their deeds. Now, that is all very well for grown men, but you must not try to hit the ball in that fashion, but employ what is known as the "hit and run" system. Hold the bat in position straight over your shoulders, hands about a foot apart; as the ball is pitched step forward, with left foot planted well in front. Then bring your bat over the plate only. This is called "chopping." If you look up baseball records you will find that the choppers head the list of hitters. This chopping or meeting the ball half way is much better than striking wildly at it. Do not swing your bat, but meet the ball square, and you will find many line drives result.

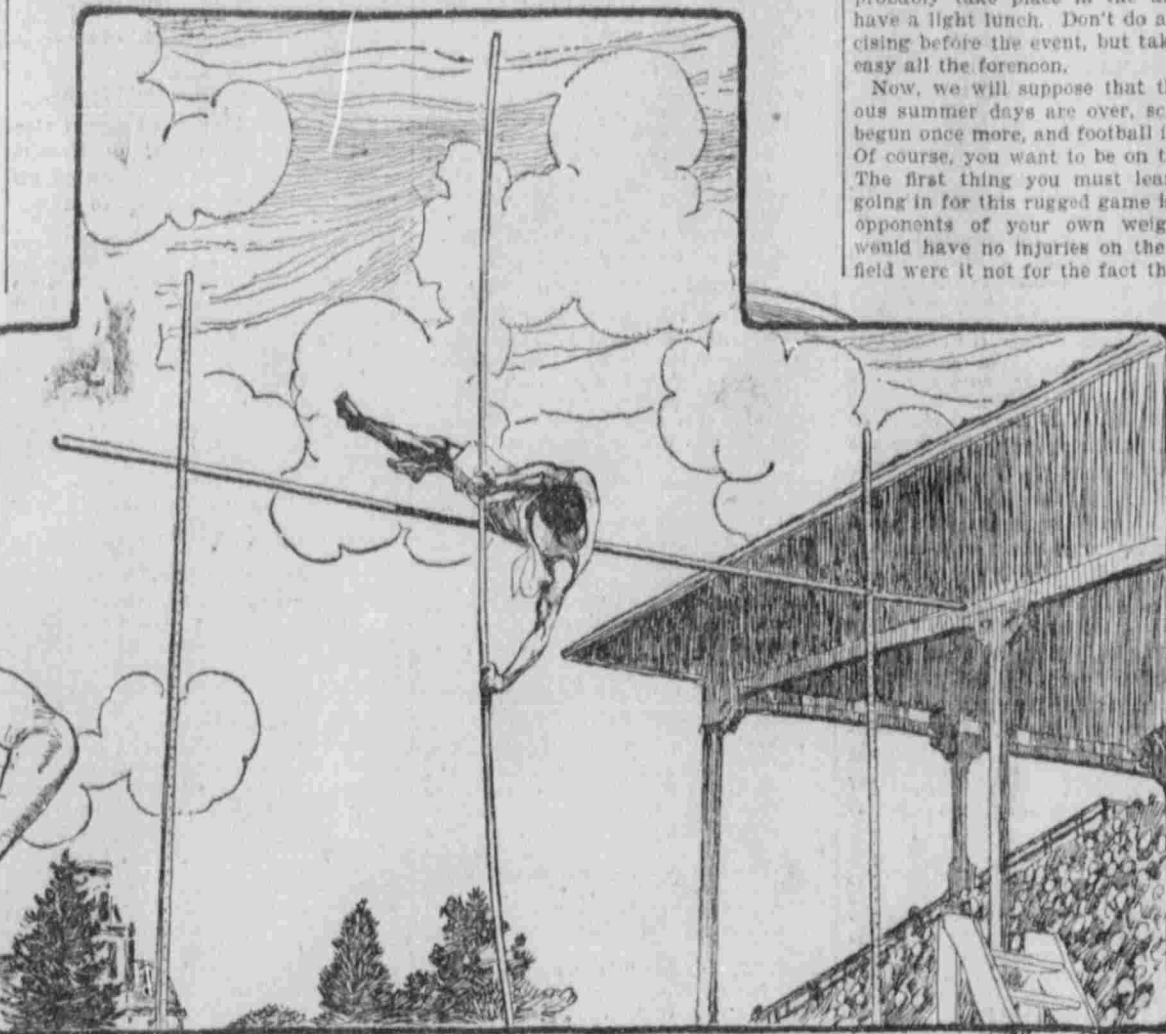
A boy who can make a single in the

in good condition. Be very careful as to the amount of pastry and fancy candies you eat during hot weather. I believe in allowing my boys to eat heartily, but insist that everything they have shall be substantial food. At my training table the boys may have everything wholesome that is in season. An all around athlete needs all around food. Sugar need to be considered bad for an athlete, but that is an exploded notion. It is good for him if taken in moderation and in the right forms. Trainers of race horses give it to their chargers when fitting them for the turf.

When going in for swimming, the same advice holds good as in regard to baseball—don't try to break a record the first week you are in the water. Go slow, have patience, and your speed will increase each day, while at the same time you will perfect your stroke. Tell your companion who challenges you for a brush that you are in training, and if he has read this article he will know what you mean.

On the day of the race, which will probably take place in the afternoon, have a light lunch. Don't do any exercising before the event, but take things easy all the forenoon.

Now, we will suppose that the glorious summer days are over, school has begun once more, and football is in line. Of course, you want to be on the team. The first thing you must learn when going in for this rugged game is to seek opponents of your own weight. We would have no injuries on the football field were it not for the fact that light-



S. K. THOMAS, A MAGNIFICENT ALL AROUND ATHLETE.

bringing arms to sides and taking same inhaling exercise until you have same strained feeling.

5. Let hands remain at sides, double the fists, turning thumbs out, and bring arms up almost to shoulders without bending elbows. Do this till the biceps are fatigued; then change position of elbows, raising them to rear, placing hands on hips, closing fists tight and throwing arms backward, with palms facing back.

Many well known athletes who have not time for regular gymnasium work use these exercises daily. They may be employed by boys from 15 to 20 with great benefit.

When going in for a season of work during the summer, such as playing baseball, swimming, rowing, etc., it is always well to begin by taking up such exercises as I have mentioned as a preliminary course. If you intend to play baseball, begin to practice throwing daily during your intervals of leisure. If you can get to some open place, where people are not around, practice throwing stones. You remember George Washington, who was the best athlete and thrower of his time, was the only man who could hurl a stone across the Potomac. He said he practiced daily pitching stones into the stream, until at last he could send them across to the opposite bank.

On your first day on the diamond do very little throwing, merely handling and tossing the ball underhand. Many boys who do not understand what "throwing the arm" means will on the first day's play try to put as much speed into the ball as if they had been in training for a month. The muscles around the scapula or shoulder blade must not be stretched, but must be loosened, so as to allow you to have control of the ball when you throw.

one who is depended on in an emergency rather than the fellow who occasionally makes a home run, but generally strikes out. Don't be afraid of the ball. Many batsmen, seeing the ball coming, step back, thus losing the force of their shoulders and at the same time losing sight of the ball, which, even if hit, will generally go up for a pop fly or short infield hit. When you pull your left foot back, you lose all power to put speed in your stroke.

Now, we will suppose you have been playing baseball for awhile and want to shine as a runner or jumper on the track or field. All you need now is wind. For the first three weeks practice style in starting. The great trouble with most trainers who have boys under their charge is that they make them do too much training. Do only half as much as is put down in the various books on the subject, and you will about hit the mark.

Many preparatory schoolboys lose a great deal of valuable time from their studies pretending they are engaged in athletic work. This is not at all necessary. One half hour daily is all that is needed for one to be in a track suit. I strictly forbid my pupils loafing around the oval in their running costumes, for nothing is so conducive to "staleness," and as a result they would have no ambition to study. Remember that you must be a student as well as an athlete.

One of the hardest sports to train for is swimming. In this, as in every other athletic exercise, the most important consideration is to have your stomach

weights are put on the teams when opposed to very heavy men. I would much prefer to be an expert on a light team and able to go through the season without the aid of crutches than a star player on a big varsity team and at the end of the year find myself maimed for life, or at any rate badly injured.

Boys should remember that to play football they must develop their muscles, without which one cannot get into rushes and scrammages without injury. If padding is needed, take my advice and wear plenty of it, notwithstanding any bantering you may receive because you wear a nose guard, shoulder pads, knee guards and other paraphernalia. It is better to look "like a Roman gladiator" and leave the game feeling like a ripe orange just dropped from the tree rather than to go without these precautions and look like a canceled postage stamp and feel far worse.

Scientific men who have made a long study of the game have invented these pads and guards, and they are mighty useful. Remember also to have all the vital parts of your body well guarded and supported, or you are liable to do yourself serious hurt.

Don't be a one-sided athlete. Don't be a baseball crank and at the same time afraid to play football or fear that fencing will cost you an eye, or that rowing will pull an arm out of you, or that swimming will drown you. Strive to be an all around good man. Don't be a record breaker.

All exercises taken judiciously will develop you into a real American athlete—the kind that can beat the world for health and strength. There is a man in New York whom I would like you to imitate in this respect, as I regard him as an ideal athlete. He has never broken a record and doesn't want to, for he goes in for sports for the love of exercise. I refer to S. K. Thomas, a Wall street broker. He is the champion gymnast of the famous Seventh regiment of New York, an organization which contains many fine athletes. Last year he won the A. A. U. tumbling championship. He is the champion all around athlete of the New York Athletic club, is one of the crack football players of the Crescent Athletic club of New York, is a fine player at lacrosse, hockey and baseball—in fact, he can play all our games well. He is not a big man, being only about 5 feet 6 inches in height. Besides taking part in sports he manages to get through a great amount of business.

P. M. Sisson

HIGH AND LOW GEARS.

It is predicted that riders will soon realize that the use of a coaster brake will result in lower gears being used. High gears for road riding have been found to increase the discomforts of cycling, and their only recommendation lies in the facility with which a rider can descend hills rapidly without excessive pedaling. For hill climbing a high gear is positively a burden, but the "plungers" will no doubt stick to the high gear. If a rider is satisfied to travel at a moderate pace, he will find that with a coaster brake machine a gear of about 70 will give the most satisfaction. In going up hill this gear, with the coaster, will give the best results. The moderate gear and the coaster brake will appeal mostly to the women riders, as they have been the chief martyrs to the condition of affairs as they existed while the high gear craze was on.

SPORT MEMORIAL DAY

Important Events in Many Cities

MAY 30 has come to be looked upon as the legitimate opening of the outdoor season of sports. This year will form no exception to the rule. Several big events will be held on that day in different sections of the country. The annual Memorial day games of the Knickerbocker A. C. of New York have come to be looked upon as a star event in track and field sports, for all the crack amateurs, including the college men, compete.

The great Irvington-Milburn road race will be held as usual, and this blue ribbon event of the cycle world promises this season to regain some of its former glory. The big road race inaugurated last year at Bedford, Mass., will be held again on the forthcoming holiday and has attracted a host of entries. Detroit is to have a big cycle road race, in which the first prize will be an automobile. Other events in several lines will make the day memorable in the sporting world.

The games to be held under the auspices of the Knickerbocker A. C. will attract a good deal of attention owing to the fact that this will be one of the last chances the public will have to see the athletes who are going to Paris to compete in the international events to be held in connection with the exposition. Another fact that will make these games unique among the sports of the day is that the programme is identical with the championship series to be held at the Paris exposition. All the running events are to be measured in meters. The paramount race of the day is the 2,500 meter steeplechase from scratch. This will be the first contest of the kind on the Bayonne oval, and experts at cross country running say no finer spot exists for the sport. Roughly calculated, the race, rendered to English statute measure, will be a little over a mile and a half.

Several novelties are promised this season by cycle race promoters which should help to make the summer one of exceptional interest in this sport. Motor cycle racing, although not exactly new, is sufficiently novel, in America at least, to attract many people to the tracks.

Last year team work among the crack professionals caused the officers a good deal of trouble, and no effectual method was found to do away with it. A clever move, however, has recently been made by the N. C. A. which will make it legal. The plan is to license team work by arranging races in which it will be the chief feature.

The scheme is to have on the programme one or two events in which the men shall be permitted to practice all

the tactics of team work, including pacing, pocketing, and in fact everything except actual physical interference. Teams are to be of two men each, the riders deciding between themselves which man is to win, the rule being that only one man on each team is allowed to score. This sort of race will admit of lots of jockeying in the open field, and good generalship and team work will aid the winners immensely, while the spectators will have to do a lot of guessing as to the probable victor while the race is in progress.

There have been two other plans proposed for varying these team races, each of which may be used during the season. One is to have the winners nominated before the race begins and to have the team mates started a little ahead as recognized pacemakers. The other plan is for the various teams to start at different points on the track and make it a sort of pursuit race.

These ideas, if put into practice, should make the season on the cycle track very exciting, besides doing away with the evil of team work as it existed in the past.

On Friday next in the arena of the Westchester Athletic club at Tuckahoe, Bob Fitzsimmons and Gus Ruhlin, Billy Madden's "Akron Giant," will battle for flistic supremacy, the argument to last for 25 rounds unless terminated earlier by the superior skill and hitting power of one of the opponents.

Ruhlin is a big, husky chap who enjoys the distinction of having fought a 20 round draw with Jim Jeffries in San Francisco. There are those who declare that Fitzsimmons has gone back and that Ruhlin will make a show of him, while the former champion's friends stoutly maintain that Fitz is now in better shape than he was at the time of his battle with Jeffries. On form it must be admitted that Fitz seems to have the better of it, although the fact that Ruhlin for weeks sparred with Jim Corbett while the latter was rehabilitating his physique preparatory to the battle with the champion must not be overlooked. Ruhlin's greatest shortcoming hitherto has been lack of cleverness, and it is but fair to assume that he has gained in speed as the result of his long course with Corbett, the cleverest heavyweight perhaps the world has ever seen. Fitz has sufficient cleverness and is without an awful puncher. Moreover, he is not afraid of what the other fellow may do to him, confining his attention always to the contemplation of what he may be able to do to the other fellow.

At present, while it is quite natural that Fitz should be the favorite in the

betting, it looks very much as though the fight will go to the man who first succeeds in landing on the proper spot. The winner, it is generally understood, is practically certain to be matched to fight Champion Jeffries at the Atlantic Athletic club of Coney Island. Of necessity the contest will occur prior to Sept. 1, on which date the repeal of the Horton law will take effect.

Oarsmen are interested in the rumor that B. H. Howell, the American who at Henley last year won the Diamond Sculls, besides carrying off most of the other English sculling championships, will compete in the international events to be held on the Seine. It is said that Howell's reason for meeting B. H. Ten Eyck, the young American champion, is that he may think Howell will beat the Worcester lad, as he is a very fast and finished sculler and has for some time been under the care of a professional.

Others, on the contrary, maintain that Howell will be beaten by Ten Eyck just as easily as all other aspirants to the regatta in which Ten Eyck won the Diamond Sculls three years ago. Englishmen profess to be glad that the men will probably meet on the Seine, as they say that if Howell beats Ten Eyck the stigma of having beaten Ten Eyck's entry will be partially wiped out.

It's too bad the Britishers have to fall back on a Yankee to do the trick for them, if indeed he can do it, which is by no means certain.

The plans for the national regatta under the auspices of the N. A. A. C. to be held on the Speedway course of the Harlem river at New York are now practically completed. New York have not had a national regatta for a great many years and are taking great interest in the affair. It is doubtful if there is a finer course in America than the one selected, for oarsmen as well as for spectators. Thousands of people can watch the races from end to end from each shore, either from the water level or from the heights on the banks of the stream.

The arrangements for selecting the crews that will represent the country in the world's championship races at Paris are very fair, and all have an opportunity to compete on equal terms. All the prominent clubs have sent in their entries, and some grand racing should be witnessed.

LEO ETHERINGTON.

BORN A CLOWN.

"Did you ever hear of a joke which got Dan Rice, the most famous of all the circus clowns, his job under the canvas?" asked an old timer.

"No; what was it?"

"Dan, while still in his teens, applied to a circus manager for a position.

"What salary do you want?" asked the manager.

"Eight hundred dollars a night!" replied Dan.

"Tell you what I'll do," said the manager.

"Well, speak quick," returned Dan. "I'm losing time."

"I'll give you \$4 a week."

"All right," said Dan; "it's a go."

MARY SANDERS, A BEAUTIFUL AND TALENTED YOUNG ACTRESS.



Miss Mary Sanders, the sunny haired little comedienne who recently closed a starring tour in "The Old Curiosity Shop," in which she emulated the example of Lotia by doubling the widely different roles of Little Nell and the Marchioness, has been engaged to originate the principal ingenue role of a certain extent a counterpart of life in southern Indiana entitled "Lost River." The character is said to be to a certain extent a counterpart of June in "Blue Jeans." Mr. Arthur's most celebrated success. While Miss Sanders differs from the ordinary type, "soubrette" in that there is a note of refinement in all her work, she doubtless excels in such quaint comedy types. Thus her creation of the Marchioness came as a surprise, although Miss Sanders has long been a favorite in Washington, Boston and other cities. Polly Eccles in "Caste" is another of her celebrated parts, and she also scored success as the amateur Juliet in "Her Last Rehearsal."

Miss Sanders graduated from a school of acting and shortly afterward played small parts in one of Charles Frohman's companies. Then she joined the National theater stock company in Washington. For three seasons she was a favorite in the national capital, and when, after a brief tour as a member of Richard Mansfield's company, she joined the Castle Square company in Boston she was not long in establishing herself as a prime favorite in the Hub. For three seasons she played the whole round of soubrettes and ingenue roles in current English drama. Then followed the starring in "The Old Curiosity Shop."

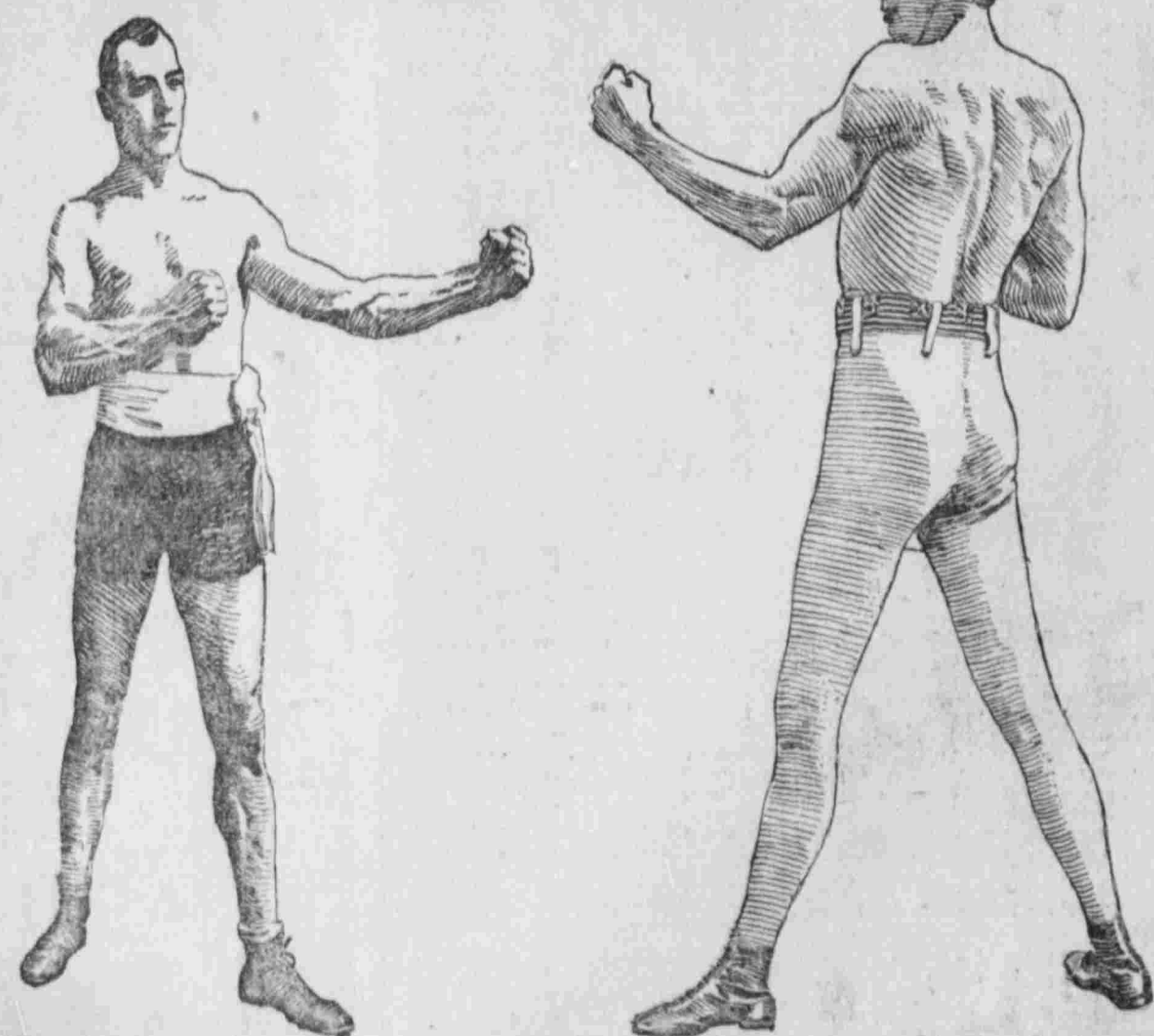
song by Walter Clifford, entitled "He Spent His Time in Buying Wine." Daniel V. Arthur is organizing a summer stock company to be headed by Katherine Grey and William Morris.

It is reported that a new comedy by Justin Huntly McCarthy, "The Starling Fawn," will be played by R. H. Sothorn. Elita Proctor Otis may go to Australia next season to enact the title role in "Zaza."

It is said that Mrs. Modjeska will omit her customary tour next season and pay a long visit to her home in Poland.

Henry E. Dixey has been engaged to originate the character of Francis in Langdon Mitchell's dramatization of his father's (Dr. S. Weir Mitchell) story, "The Adventures of Francis."

Marcus Mayer has retired from the management of Olga Nethersole. She will be managed next season by Louis Nethersole.



RUHLIN AND FITZSIMMONS IN FIGHTING ATTITUDE.

THE SUMMER STAGE.

Mr. Louis James and Miss Kathryn Kidder will be seen next season in an elaborate production of "Midsummer Night's Dream." Mr. James will be the Bottom and Miss Kidder the Helena.

Peter F. Dailey will star next season in an adaptation by George V. Hobart of the German farce "Im Himmelhof." Yale students recently revived "Ralph Royaler Doyster," the first known Eng-

lish comedy. There was no scenery, and the traditions, pronunciation, etc., of the times were followed as closely as possible.

There is to be an "international congress of theatrical art" at the Paris exposition from July 27 to 31, to which leading English managers and artists will be invited.

A prominent Italian paper accuses

Henryk Stenkiewicz of having derived the material for his novel "Quo Vadis" from several old Italian stories.

George Boniface, who made a hit in the role of a Scotch-Irishman in "Mam-selle Awkins," will star in "The Man From Mexico" next season.

Mrs. Felix Morris is a new vaudeville monologist.

In their coming American tour Bernhard and Coquelain will play "L'Al-gion," "Cyrano de Bergerac," "Ham-

let," "La Tosca," Camille" and "Tar-tuffe."

Mildred Holland has been ill, but is now recovering. She will resume her starring tour in September.

Maria Teyssie may do Nell Gwynne in the adaptation of Anthony Hope's novel "Simon Dale" in London.

Hilda Spang will be the leading lady of Daniel Frohman's stock company at Daly's theater next season.

John F. Leonard, formerly of Gilmore

and Leonard, will star next season in a play written by himself, entitled "Hogan's Wooden Wedding."

It is said that Lulu Glaser, Mabel Gil-mai, Dan Daly and Thomas Q. Seabrooke may be brought together in "The Cadet Girl" at the Columbia, Boston.

Mrs. Fiske will use "Becky Sharp" again next year.

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