THE TRAINING OF FOOTBALL PLAYERS

Valuable Pointers on Proper Method To Get Eleven in Shape.

BEGINNING ACTIVE WORK.

Specess or Failure of a Season Depends Largely Upon the Proparatory Work Done-De Saulles Idea.

pootball players all over the country are once more beginning active work, and before many days have passed the sport will once more reign supreme. The success or failure of a season depends targely upon the preparatory work done, and if the indications count for anything the approaching season will be all that the most ardent enthusiasi could possibly desire. The knights of the gridiron have been busy for the past couple of weeks, and the reports from all the big eastern usual number of sack elevens in the field again and possibly a few new ones will be on the

There are, perhaps, as many different nations followed in the training of football teams as there are trainers in Every trainer has his own leas of what is best for his men, own ideas of what is best for his men, and will accomplish the same end ob-tained by another trainer through means radically different. In football means rancedly driving else pertain-training as in everything else pertain-ing to sports, experience is the best tacher, and he is best fitted to prepare a team for a season's hard cameservant in his own playing of the

here are few men in the country toay who are better acquainted with the points of football or stands higher this dpartment of sport than Johnnie De Saulies, Yale's crack quarterback game, and the best opportunities for observing different methods and their

GOOD IDEAS IN TRAINING.

De Saulles has some good ideas in repard to the proper training of a football sam that should prove of incalculable least to those just taking up the rame. The first thing that should reche attention, he thinks, is to see that the men keep regular hours and are methodical in all their habits. After the men have become accustomed to he routine of regular living it is time to round them into what athletes every where understand to be condition this connection De Saulles has said: "After the men have become accus-

tomed to the routine of regular living it is time to round them into what athletes everywhere understand to be dition. It is condition that the runper, the swimmer, the trotter, the thorougher, the prizefighter, the baseball han anything else, and unless they obtain it or are forced into it by trainers they will fall short of their purpose time and patience. Mishaps and setbacks are sure to occur, but the trainer must be a man of infaite patience, and he must always be hopeful and realize that instead of collection of veterans who are ac customed to obeying rules and in a measure look after themselves he shout him some young enthusiasts who are generally new to strict measures and need a "call down" or two before the squad to bring them to their

NEED PLENTY OF EXERCISE.

De Saulles would see that the men get lenty of exercise and good air and beleves that these are two prominent aids to condition. To keep the men moving at all times and, moreover, to ury the exercise in various ways so that their muscular development will le uniform, is an important factor of

Give each man individual attention. thenever possible," says he, "rather than treat the team as a single unit, prescribing the same line of action for very player. Some men have poorly textloped lungs, thus shortening their vist. If you find players of this sort, bey perform a series of breathing ex-

KEELER, BATTING KING.



Kepler, captain of the Brook-ball team, heads the National batting for the season of percentage is close to 360 oklyns are very prometat has rome to that...

ercises before going to bed and after arising. Other men are week in the legs, and when you find them put them through a set of leg movements, and order them out on the track for 15 min-utes a day. If trainers throughout the country realized the true value of running as a football preliminary, every pigskin chaser in the United States would be ordered to run a certain distance every day during the season. It strengthens the body in a dozen different ways, enlarges the breathing eaand makes the eyes and brain 50 per cent clearer.

SPRINTER WINS THE GAME.

"And then the speedy runner is the man that often wins the games. Times without number I have seen a game go against a team for a greater part of the playing period, and suddenly a fleet runner will shake himself clear and go down the field for a touchdown, winning The practice of falling on the ball

should be given a great deal of atten-tion during training. The coaches will also see that a man does much of this, but that does not relieve the trainer

of his duty in the matter.
"Falling on the pigskin may be done in various ways. First, stand by the side of the man and roll the ball swiftly and throw himself upon it from the rear. Again, stand about 20 feet away and directly in front of the player. Roll the ball rapidly toward him. He will be forced to fall on the ovoid as it comes toward him. Lastly, stand to one side say about 20 or 30 feet, and roll the ball on a line that will carry it about four feet in front of him. He must then throw himself on it as it bobs

A SIMPLE DIET.

Training food should be simple, but not so ridiculously meager as old usages dictated. "After a team is once in condition," continues De Saulles, "it is the duty of the trainer to see that his men do not get 'stale.' It is im-portant that they be given just enough work to keep them in the proper condi-tion. They must be neither over nor underworked. When an eleven goes stale in the middle of a season little short of a miracle can save it from repeated defeats.

When a team is at top notch in condition and shows signs of getting stale, the best remedy is to slack up a bit on strict rules and permit the men a few privileges, such as a smoke now and then and a more liberal assortment of

FITZ WOULD FIGHT AGAIN. Is Willing to Take Another Chance With Champion Jeffries.

"If proper inducements were offered me I would go into the ring tomorrow against any man in the world," said Robert Fitzsimmons this morning as he arrived in the city with his theatrical company to fill an engagement at one of the local theaters, says a Scattle dispatch. "I see where I am quoted as saying that I bar Jeffries in case I decide to enter the ring. I wish to make a denial of that statement. Of all the men I care to meet it is the big Cal-ifornian. And I think you will agree with me that of all the men having a claim on a chance against him I stand foremost.

"My battles with him, both at Coney Island and San Francisco, stand forth as the only ones in which matters were conceded to be even. I surely held him even at Coney island, and who, present in the 'Frisco fight, will deny that I had the better of it until I received the knockout punch. I have had 329 fights since I started in the game, and only two defeats may that brilliant record, Both those defeats were administered to me by the same man, James J. Jeffries. Why then can I be blamed for wanting a chance to wipe those two black spots from my otherwise clean There is an old saying which try, try again,' and that's what I in-

"As to McCoy, if that gentleman will make his offer of wanting to meet me for \$5,000 a side once more, and then deposit a substantial forfeit with some New York paper agreeing to fight, winner take all-well, I will state that a match can immediately be aranged. As to Ruhlin, well, I will meet him when there are no others to met me. I look upon poor Gus as the one huge joke of the prize ring. He is a good, big, game fellow, with not the slightest idea about the fighting game."

"CONNIE" MACK IS WISE. He is Able to Win Championships Without Losing Everything.

"Connie Mack is a manager who wins championships without giving up the entire gate receipts to his players. This was never better demonstrated than the other day when Fultz, one of the star players of his team, approached him and offered him first chance for his (Fultz's) services for next season, provided Connie would pay the same salary as the New York club offered him (\$4,500). This Mack refused to do, and calling Fultz aside, he said: "Go to New York, my boy, and get the money. There is nothing like making hay while the sun shines. The amount you ask is more than I will ever pay to any ball player. I wish you success." It only demonstrates the manner is which Mack does business. He has always been a successful manager. has brought out and developed moryoung players than any other manage in the business, and although the go filled, he is probably equal to the emer-gency, for surely no team was ever crippled like his when Lajole, Flick. Bernhart and Fraser were taken away And yet with it all he plugged up th holes and won the American league pennant. Mack is in a class by himself when it comes to major league ball. The only other two managers to class with him are Ed Hanlon and Charlie

COLUMBIA NEEDS MATERIAL.

Has Good Coach and Schedule-Dark Outlook as Regards Players.

Colombia has begun its football seaon with bright prospects so far coach and schedule are concerned, but with rather a dark outlook as regards material. This became especially evident this week when it was learned that two men on whom the managgement had relied would probably not be able to play. These are C. L. Berrien and E. B. Bruce, vetrans of the '99, 1900 and '61 teams. Berrien is reported as having been engaged as coach of the Hamlington eleven, and Bruce will, it is said, be ineligible to play because of the intercollegiate rule that a man can-not engage in intercollegiate athletics for more than four years. Bruce has played foofball only three years, but four years ago he participated in some dual track contests. With Morley, Van Hoevenberg, McLellan, A. K. Boyesen and Irvine gone, in addition to Bruce and Berrien, this leaves of the veterans only Shaw, center and Weekes and Smith, halfbacks, to work on.

Some of the candidates who are ex-

Some of the candidates who are ex pected to report are Townsend, Good-man, Brown, Tomlinson, Erb, Black, B. H. Boyesen, Benham, Ewing, Thorp, Sladkers, Whitwel, I. R. Fish-er, H. A. Fisher, Fasola, Guyer and Dr. Sallier.

ROOT READY TO FIGHT. Anxions to Meet Gardner, Hart or Jack O'Brien.

Jack Root, who has not appeared in a Chicago bout for a long time, is book-ed to be an attraction there during the winter. He has not been signed for any particular, fight, but the news is compared to the property of the state of the stat

r light heavy weight classes. Root's preferences are George Gardner, Marvin Hart and Jack O'Brien, but not one of these three proposed encoun-ters seems likely to come off. Gard-

to meet almost anybody in the middle

ner, although willing to fight in Chicago, wants pretty good money because he would be compelled to risk his title as champlen of the light heavies. It has been pretty well shown that large purses are out of the question here. Marvin Hart is willing to meet Root on an agreement that if both men are on their feet at the end of six rounds the bout be called a draw. As no club can afford to make a match on such a basis this cuts Hart off the list. O'Brien is pounds lighter than Root and is against giving away so much weight.

SLOAN'S HARD LINES. Clever Little Jockey Inveigled Into An Unfortunate Affair.

Poor little Tod Sloan must have been present time they have got his "Tod-lets" inveigled into about as pretty a mess as he has ever been connected with in his life and the strange part of it all is that he is simply a victim of circumstances. He is not careful in the selection of his friends. That is the whole sum and substance of his wrongdoings. Little Tod was expelled, or rather had a license refused him from the English Jockey club and no reason ever given for the actions of that au-tocratic body. It is strongly believed in this country, however, that the em-nity toward the world's premier jockey that James Keene holds against him is what is responsible for his failure at reinstatement on British tracks. Keene has great influence with the English stewards. Now just as it looked as if he would receive the license he is again entangled in a mess that will work to his injury. It does seem sad fate indeed to have the world's most famous and best jockey with his hands and feet tied so that he cannot ride. And all for what? He committed no crime; he broke no rule of the jockey club. But because he gained the dislike of James Keene when he rode Bally-Hoo Bey for W. C. Whitney. It was claimed at that time that he crowded Tommy Atkins to such an extent as to prevent his winning. Mr. Keene has not for-gotten it and Sloan has suffered for it. ery season that Tod fails to re gain his place in the saddle it means a loss of \$100,000 in jockey fees, to say nothing of other adventures. Tod, it is claimed, has lost \$150,000 in France this year and now comes the exposure of the American crooks that have infested the gay capital and he is called into the muddle as a witness. The last two years have indeed been hard ones n the great American knight of the It was a sorry day for him when he decided to cross the broad Athen all the glory and success a macould wish for were at his home. There is a moral in this Sloan story after all Let well enough alone, THE TURK'S BIG JOB.

Will Undertake to Throw Four Wrestlers in an Hour.

Morablah, the Terrible Turk No. 2 will be a very tired man next Monday night when he undertakes to throw four of Utah's wrestlers in one hour Articles of agreement have been signed whereby the Turk agrees to throw Thompson, McLaughlin, Ross and some unknown knight of the mat in one hour, or forfeit \$100. The Turk is conndent he will come out the victor Thompson, McLaughlin and Ross have their views on the natter which do not run parallel with those of the sultan's former guard. He was unable to throw Thompson and McLaughlin in 15 minutes, and Ross gave him about the toughest contest he ever had, and give the big felow a terrible fight. At all events, three of the men are known to be top notchers in their class and the match will certainly be worth going

COLLEGE SEASON OPENED. First Games of Season Between Yale, Harvard. Cornell and Pennsylvania.

"he football season among eastern colleges has been opened, and from now on it may be expected that the fight for supremacy will be a hot one. Of course practice games will be the orle' of the day until the teams settle lown to the real battle,

The complete schedules of Yale, Harvard, Princeton, Cornell, Columbia and Pennsylvania follow. Those of Anapolis and West Point are not given, the big games in which they figure oppear in the schedules of the others; Saturday, Oct 11.—Harvard vs Maine saturday, bet II. Harvard vs Salaha, at Cambridge; Yale vs Brown, at Pro-vidence; Frinceton vs Annapolis, at An-napolis; Columbia vs Buffalo, at New York; Cornell vs Williams, at Ithaca; Pennsylvania vs Virginia, at Philadel-

Wednesday, Oct. 15,-Harvard vs Wesleyan, at Cambridge: Yale vs Bow-doin, at New Haven; Princeton vs Haverford, at Princeton; Columbia vs Swarthmore, at New York; Pennsylania vs Gettysburg, at Philadelphia. Saturday, Oct. 18.—Harvard vs West Foint, at West Point; Yale vs Penr-sylvania State, at New Haven; Princeon vs Washington and Jefferson, at

Of the City Council, Wilkesbarre, Pa., Cured of Rheumatism.

Col. Wm. J. Harvey, a president of Wilkesbarre's city council, who will long be remembered for his great work for the city, we see a mere physical wreck, torn in every muscle and nerve from the frightful pains caused by rheumatism. He consulted the best physicians, went abroad, took mud baths, and almost every known treatment for the disease. One of the city officials had had a very similar experience and Dr. David Kennedy's Favorite Remedy had cured him, so he recommended this great kidney medicine to his friend, and Col. Harvey is today a well man, hale and hearty. In his own abrupt way he states his case:

"Dr. David Kennedy,
"Dear Sir:—This to certify that I
was permanently cured of rheumatism by the use of Dr. David Kennedy's Favorite Remedy,
"WM. J. HARVEY."

Nothing could be more direct or more to the point than this simple statement. Sheumatism is but another name for uric acid potsoning which is caused pri-marily by diseased kidneys. Cure your kidneys and the rheumatism disap-

For all diseases of the kidneys, liver, bladder and blood, rheumatism, dyspepsia and chronic constitution, as well as sicknesses peculiar to women. Dr. David Kennedy's Favorite Remedy is unquestionably the greatest medicine known to the medical profession.

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Sample bettle-enough for trial, free by mail. Dr. David Kennedy Corporation, Rondout, N.Y. Dr. David Kennedy's Rose Jelly radi-cal cure Catarrh, Hay Fever and Cold in Head, 50c.

Princeton: Columbia vs Hamilton, at New York; Cornell vs Carlisie In-dians, at Ithaca; Pennsylvania vs Brown, at Philadelphia. Wednesday, Oct. 22.—Princeton vs Dickinson, at Princeton; Pennsylvania

vs Annapolis at Annapolis, Saturday, Oct. 25.—Harvard vs Brown, at Cambridge; Yale vs Syra-cuse, at New Haven; Princeton vs Coumbla at Princeton; Cornell vs Ober in at Ithaca; Pennsylvania vs Bucknell, at Philadelphia, Saturday, Nov. 1.—Harvard vs Car-isle Indians, at Cambridge; Yale vs West Point, at Weset Point; Princeton

s Cornell, at Princeton; Columbia vs Pennsylvania, at Philadelphia. Saturday, Nov. 8.—Harvard vs Pennsylvania, at Cambridge; Yale vs Buckorange Athletic club, at Princeton vs Orange Athletic club, at Princton; Columbia vs Brown, at New York; Cornell vs Washington and Jefferson, at

Saturday, Nov. 15 .- Harvard vs Dartmouth at Cambridge; Yale vs Princeton, at Princeton; Cornell vs Laayette, at Ithaca; Pennsylvania vs Carlisle, at Philadelphia.

Caritsie, at Philadelphia.
Wednesday, Nov. 19.—Columbia vs
Annapolis, at Annapolis,
Saturday, Nov. 22.—Yale vs Harvard,
at Annapolis; Cornell vs Vermont, at

Thursday, Nov. 27.—Columbia vs Syracuse, at New York; Cornell vs Pennsylvania, at Philadelphia. Then, as usual, the season will wind

up with the game between Annapolis and West Point on Franklin Field, Philadelphia, on Saturday, Nov. 29.

AFTER ATHLETIC CLUB. Sam Clark Says He is Going to Try For It.

Sammy Clark said the other day that he had every reason to believe that he would secure control of the de-funct Salt Lake Athletic club this win. ter for the purpose of promoting boxing matches. Clark promises that in the event he gets the place, he will pull oft contects that will please the people, that they will be absolutely on the square and that he will sign none but the very best men available.

There is also some talk of Jack Mc-

Namee taking hold of the sport again, although Mac says he will have nothing to do with it unless he has absolute control. He says he does not propose to be tiel up with a lot of wiscacres who think they know all about the game, but who in reality know only when to hold out thir "mitts when the coin is counted," as Jack puts it.

It is certain that if the club is a suc cess this year it will have to be in different hands than it was toward the close of last year's season.

THE BASEBALL OUTLOOK, Fans Anxionsly Await the Meeting At Spokane the 15th. Salt Lake and Ogden fans, one and

all, are now anxiously awaiting the outcome of the meeting of the Pacific Northwest Baseball league, which takes place on the 15th of this month at Spokane. It is the annual meeting of the league officials, and one of the great questions, which will be submitted for consideration, is the proposition to increase the organization by the addition of two more teams, making the league an 8-club organization. Several cities are anxious to be represented in the league and are making efforts to form teams for that purpose. It is quite certain that they will have representa-tives at the meeting to take advantage f any proposition that may arise. But it is understood that the league president, Mr. Lucas, and most of the team managers, if not all, are anxious that Salt Lake and Ogden secure fran-chises and join the league for the season of 1903. It is believed that the offi-cials will look more favorably upon the application of these two cities than any other towns, and if this be true, they will be given an opportunity to act on the 15th The action of the Ogden Baseball as-

ociation on Tuesday evening in select ing Frank Gimlin to represent Ogden at the Spokae meeting, settles all doubt as to the attitude of Ogden and Salt Lake with reference to joining the league. If the Pacific Northwest will take in the Utah cities upon an equal feeting with the teams now composing

footing with the teams now composing the league, then its all over but the signing up of the agreement.

State league's have been tried here, weighed in the balance and found wanting. It has been demonstrated time and time again that the people in Salt Lake and Ogden will support good baseball, and now is the chance to give it to them. If the teams secure the franchises, if the franchises are granted, it means high class baseball for ed, it means high class baseball for One of the greatest difficulties to be

encountered is the question of railroad rates, but it is believed that that matter can be adjusted in a manner satisfactory to all. If the outcome of the meeting is favorable, then is the time for the local magnates, wheever they are the samething take time by the are, to do something, take time by the forelock, and put in a team here that will start out right for the pennant and keep going until it is captured.

Corbett After Jeffries. Jim Corbett still counts himself in

the race for the heavyweight cham-pionship. He was in Chicago last week and said he believed he would meet Jeffries next May. Corbett is certainly not foolish, and if looks count for anything he should be able to go some against any opponent.

As any man is entitled to do, Corbett is looking out for the main chance. He says he had no desire to rush into a fight with Jeffries, with a good vaudeville season just starting. He prefers to wait until he finishes the theatrical season and engage Jeffries next spring As Corbett is the most successful pu-gilist who ever took to the stage his determination is nothing to be surprised

The comparative merits of Corbett and the champion are another thing. Corbett once fought Jeffries 23 rounds and had a lead on points until he was knocked out. He is confident that he can outpoint the champion in a 20 or round engagement. There may be a few men who will agree with him on that score, but in one way or another orbett has managed to hold on to his putation as a fighter of quality longor than almost any other man on the oards at present outside of Jeffries and Fitzsimmons. The fight followers till have some faith in his remarkable

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KANSAS CITY, MISSOURI.

Lieutenant-Commander of the Ladies of the Maccabees Lodge.



633 Troost Ave., Kansas City, Mo., March 28, 1902. In my official capacity it is to my interest to see that members of our society are in the best possible physical health. Having had occasion to use Wine of Cardui myself and having found it a remedy of no ordinary merit but far above anything I have ever known, and being especially adapted to cure all the ills to which women are subject, I have often taken occasion to recommend it and I have never yet had any reason to regret it, for in every instance I have found it most helpful. It not only effects a quick cure, but those who have taken a thorough treatment of this very meritorious medicine seem to be renewed from head to foot, so that they are particularly immune from catching diseases and colds, which are really the beginning of the majority of them. Since I have used Wine of Cardui myself I feel in excellent physical condition and have no need of doctors or other medicine. I consider it a most desirable family remedy and as I have observed for the last three years the very satisfactory results obtained, it is with great pleasure I give public endorsement to Wine of Cardui, as I have many times done privately.

Was & M Oowell

THE Ladies of the Maccabees is | Wine of Cardui has benefited one of the largest fraternal in every woman who has taken it. Such surance organizations in the country and sickness and death confidence in the time of sickness among its members call for benefits when doctors fail and other medito be paid out of the treasury of the cines do not bring the sufferer relief. order. The great organization is Wine of Caraui will cure any un-entirely in the hands of women who have so successfully conducted its af- riods and bearing down pains. It is

fairs that among the secret orders valuable during pregnancy, at child-for women the Ladies of the Macca-birth and during the change of life. bees is regarded as a model. Among It is not a strong medicine but it the leaders of this great order is quickly relieves female troubles in an Mrs. J. M. Powell of Kansas City, easy and natural way. It strength-Mo. She is a lady of high intellens the nervous system, acts directly ligence and as lieutenant-commander on the genital organs and is the of the Kansas City lodge has the finest tonic for women known to the welfare of the organization more or medical science less in her keeping. She says: "In my official capacity it is to my inter- of Cardui and recommends it to

est to see that members of our so thousands of her lodge members, ciety are in the best possible physic don't you think it is worth a trial in cal health." Clear judgment prompts her to recommend Wine of Cardui to the members of her organization. Wine of Cardui,

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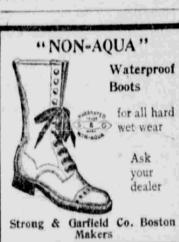
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