# Local Baseball and Wheeling Gossip.

Benderational transferon and the contract of t

IVER LAWSON FINED.

He is Accused of Fouling McFarland - Latter Assaults Him.

The New York Sun of August 14th publishes the following item of the trouble which occurred at Washington, D. C., in which Floyd McFarland and Jed Newkirk assaulted Iver Lawsen for alleged foul riding.

Action was taken yesterday by the N. C. A. board of Control on the incident at fisticuff's that occurred Wednesday night at Washington. Iver Law-son, Floyd McFarland and Jed Newkirk were each fined. The official edict, as sent out last night, reads:

"For foul riding at Washington, D. C., Aug. 21, Iver Lawson is fined \$25; F. A. McFarland and Jed Newkirk, for conduct detrimental to the sport at the same time and place, are also fined \$25

Riders are cautioned against a con tinuance of the questionable riding that has characterized some recent meets. warned that future punishments will be severe in the extreme."

According to the official reports that

were received by the N. C. A. authorities what actually happened was this: Lawson deliberately fouled M. Farland and threw him. McFarland was not much hurt and went to the training quarters at the backstretch, fuming with rage and there awaited the finish of the race. When Lawson came around, riding slowly, McFarland did not walt for him to dismount, but snatched him from his wheel and proceeded to punch him. "Jed" Newkirk, McFarland's chum, who came here with him from California in the spring, There was promise of a free fight when the police interfered. The unfortunate part of the affair was that it occurred on the track and not in the training quarters, although it was on the opposite side from the grandstand.

There is one consideration that makes such incidents as fouling and fighting instructive and in a way valuable. They demonstrate that there is keen rivalry between the men and that the contests are "on the square." There are a number of the circuit chasers who will not speak to each other and will ride them-selves to death in an effort to defeat the enemy. There are several men who are pretty well known as "team matea," or riders who will work together and help one another whenever possible, in spite of the rules against it. Lawson is accredited with having made himself unpopular with several of the speediest ones because he was riding alone, but could give his rear wheel to any one of The decision of the board of control to punish by a fine instead of by suspension prevents the loss to managers and the public of three of the most attractive riders.

This news will come as a surprise to The flews will come as surprise to Iver's many admirers here, for he has never been known to do any crooked work before. The riders here believe if the true state of affairs were to come out he manner against the true state of affairs were to come out he manner than the state of the latter than out he merely gave tit for tat in throw-ing McFarland. It is not at all strange that the young Swede is unpopular with the eastern cracks for with Iver's advent they see their chances for riches

and fame rapidly diminishing.

It is certainly to his credit that he refuses to do any team work and pre-fers to make his way to the front alone. Iver entered the races after the season was well advanced and nearly a dozen riders were so far ahead of him they had no fear of being vanquished. But the plucky rider took the wind out of feels about the Ohio boy. their sails right from the jump and forced such men as Taylor, McFarland, Cooper, Fann, Fisher and others to take a back seat. He has beaten all of them, including Kramer, and no wonder they do not like him. He now holds second place in the race for the championship, and if given a fair deal it is believed he son will close up the gap between him and Kramer.

#### THE TWENTY-FOUR HOUR RACE Biggest Event of the Season Will be Launched Monday Night.

The twenty-four hour three-cornered race between John Lawson, Charles Turville and W. F. King, has been the subject of conversation among the riders and the race-loving public generally during the week. The management of the Salt Palace track has been and is. making every effort to make the race success in every respect, and are con-

fident of succeeding.

The men will be started off on their long journey behind motors and wind shields at 9 o'clock Monday night. Before the start, Manager Rishel will run a couple of sprint races, and after the finish of the race Tuesday evening, the

usual program will be given.

The men have completed their arrangements for the struggle. All the motors at the track will be pressed into service besides several tandem teams. There will be a shift of scorers at the track all the time. The riders will have their food carefully prepared and there will be no bungling this time.

will be no bungling this time.

Each man is in the pink of condition and each declares he will hit it out from start to finish.

John Lawson is looked upon as the probable winner, but his most ardent admirers admir Turville and King will give him the fight of his life. It is expected that a big crowd will be on hand to see the start and doubtless many will remain at the track all of Monday night. The "News" will post bulletins of the race all day Tuesday.

#### IN BASEBALL CIRCLES.

White Wings and Lobsters to Play for \$1,000.

From all indications the scheme to form a two team league after Septem-ber 8th, between Salt Lake and Ogden

will go through with a whoop, Salt Lake and Ogden fans are in favor of the plan and will contribute generously to its support. A schedule generously to its support. A schedule will be drawn up in the near future and will provide for games up to the middle of October. Each team will put up \$500, making a purse of \$1,600, and the winner will take all.

As the two clubs stand at present the fight would be a one-sided affair, for, in its present condition, the home team could not hope to defeat the Labetor.

could not hope to defeat the Lobsters in such a race. But the manager of the former has given the assurance that three of the best players in the Lagoon club will be signed and will play in the ranks of the White Wings throughout the new schedule, Buck Weaver and Hollingsworth will be two of them, but who the third man will be has not been decided definitely. These men will do a great deal towards putting the club on an even footing with Ogden. Their fast infield work and their hitting is just what the team needs the most, and in the event the deal goes through, and there seems to be no doubt of it, there will be some red hot games played in Salt Lake.

#### TROUBLE FOR SILER.

May Not be Permitted to Referee

Jeffries-Ruhlin Bout. The San Francisco authorities have decided that if Jeffries and Ruhlin insist on Siler as referee of their bout no permit for the same will be issued. That's the way it ought to be, says Oto Floto. There are plenty of good men in San Flancisco who can referee fights without sending East for a man. Siler is as good a referee as we have, but he hurt himself beyond recovery when he allowed the bets of the Gans

В поменения принципального принцения принцения принцения принцения принцения принцения принцения принцения в п did not want to say that the fight was a fake or he did not know any better. The way the money was being bet in advance of the same ought to ha him that something was wrong. But let bygones be bygones. Siler will refere around Chicago again when fighting opens up there. He can referee a good bout when he wants to, but of late he has been very unlucky. There may be something to Kid Parker's kick, after all, that Siler counted too fast when he declared him out in his match with Gans. Water finds its level, you know.

CHRISTY VS. WILKE.

Ten Round Go Scheduled for 17th or 19th.

The ten-round fistic bout scheduled to take place at Clift's hall during the Elks carnival between "Young Christy" and Barney Wilke of San Francisco, is attracting a great deal of attention among the local lights of pugilism, and they expect to witness one of the fastest contests of that kind ever pulled off in Salt Lake.

During the week Christy called on Chief of Police Hilton and asked if he would permit the contest. The chief informed bim that there was no law against "boxing contests for science and skill," but if they attempted to pull off a "prize fight" something would drop. Christy assurred the chief it would not be a slugging match, but merely a sparring match. The two men are said to be so evenly matched they could easily be taken for

twins. Wilke, from all accounts, is just about as fast as Christy, and if such s the case the event ought to be inter-

Those who saw Christy's work here last winter when he fought Jim Fran-cis twenty rounds, can testify as to his ability. His friends claim for him great improvement, and predict a victory for him over the colored man when the two meet again this fall.

IF REHLIN WINS.

Corbett Will Surely be After Him at Once.

Should Jeffries and Rublin fight, says Macon, and should the Okron Glant win, I think Corbett will be after the new chambien like a hawk after a June bug. Jim is very fond of money, and he is remarkably clever in acquiring it, but the championship of the world is worth more to him than to any other fighter living. He could make more out of it, and through he would naturally insist on making the best financial terms possible, no mere question of purse or gate money would deter him from meeting Ruhlin. He had him for a sparring partner practically for several weeks, and he feels as certain of his ability to whip him as he is that he is alive. When John L. Sullivan agreed o box Corbett in San Francisco, just before he started on his ill-starred trip o Australia, he gave the pompadour boy a chance to size him up, which was worth thousands and thousands of dollars to him. Shortly after that Corbett, in a letter to me, said: "I'll never challenge Suilivan, because I don't think it would be the proper thing to do, but if he ever challenges me or gives me an opportunity to box him I'll accept it so quickly that the bricks will smoke under his feet, and I'll whip him just as sure as we meet in a ring." How he

#### THE MAN WHO HITS.

Is Said to Make Home Runs in Every Game.

They have got a chap named Billy Prout in Washington court house, Ohio, who, if reports are to be believed, can make such batters as Lajole, Heidrick, Burkett and others "tear to the woods." Every game the team of the town mentioned plays the reports come out and tell about two or three home runs by Prout. It is said that whenever the team plays and Prout fails to make a home run the merchants hang crepe on their front doors. Of course his fame spread rapidly among the league clubs and all kind, of offers poured in upon him. He turned them all down, however, preferring to play for glory with the team at home than for money among strangers. An enterprising paper sent one of their baseball reporters to Washington court house to watch Mr. Prout play. The following "pipe story" is the result of his efforts: "While in Washington I went to the

ball park to see the game between the home team and the Norwood Tourists. In the last inning Prout hit a liner to center field that looked like a sure out. Schroder, or the visitors, went after the ball and was about to nab it when a farmer in a buggy drove across the field an of the ball dropped in the bed of the wagon. The rural gentleman drove on as if nothing had happened, while Prout circled the bases and was creditrout circled the bases and was created with a home run. Then the farmer pulled up his horse, threw the ball into the diamond and left the park amid the cheers of hundreds of the Washington

#### THE WESTERN LEAGUE. Not Unlikely that It Will be Re-

organized This Winter.

That the coming winter will be an opportune time for the organization of a Western league muscular enough to take rank with the major bodies is undeniable. The fight furore, with a brief deniable. The sign of the sign and incertitude between the two big bodies, the National and Amer-ican leagues. Both will be anxious to affiliate with the Western, and by maintaining a strict neutral position, the Western cannot avoid being an inmense gainer. The hostile moguls of the major bodies are still at work endeavoring to seduce, cajole and en-trap each other's star players, and each are hinting at the organization of new circuits. The fact is, the big basebal people are in such a mess that neither knows where they are at, and, like the immortal Micawher, they are impatiently waiting for something to turn up. This may be the new Western league. The National especially seems to be in sere distress. One day Andy Freedman threatens to blot out both Brooklyn and Philadelphia, and the next Ebbits and Rogers have lowered the irascible Gothamite into a prema-ture grave. One day the American s down the National, and the next National eats up the American. Then, again, they seem about to shake hands across the bloody chasm, and consolidate into one mammoth trust. Thus it will be seen that the organization of a new Western league, with Milwaukee, Cleveland, Indianapolis and Louisville in the East, and Minneapolis, St. Paul, Omaha and Kansas City in the West, would be a most advisable move-a move that would redound to the credit of these thriving cities and give the West a class of the great na-tional game she has never, as a body,

#### Discipline in Baseball,

In the years I have been identified with baseball it has been my experience that the members of a champlonship team rarely cause the officials of the league any trouble, says Ban John-son in the Record-Herald. The ball players must keep their minds riveted being the champion of clean and sports-

McGovern fake to stand, Either George | upon the game to be successful. Those who allow themselves to be diverted from the play in disputes with the um-pire work an injury to their club. An ill-tempered player breeds endless trou-ble for the club manager and the offi-

cials of the league. It frequently happens that a player to cover up his own short comings finds fault with his fellows, and on the slightest pretext plunges into a dispute with the umpire. Let a player have a batting slump, coupled with ragged fielding, and he will frequently attempt square himself with the manager at the umpire's expense.

the umpire's expense.

A manager in his swaddling clothes must have watchful care and attention from his superiors. He is frequently as dangerous and flighty as a "brand new" club owner. Clothed with authority, he seems imbued with the idea that to make his presence felt he must quar-rel and scrap with the league officials. The players under his control are inculcated with the same spirit. Discipline is thrown to the four winds, de-moralization follows and the club ceases to be a factor in the pennant

The troublesome managers and play ers are, as a rule, those who want something better than an even break. They are the very ones the sport-loving public will not encourage. The Amerian people love fair play. Games won bulldozing tactics will not receive the indorsement of the patrons of the sport. For several years the American League has enjoyed the reputation of right at the outset of the race. Many

Sporting Notes.



HERE are two or three members of the Salt Lake baseball team who would like very much to remain in Salt Lake during the coming winter and play here

that any of them will do so. It is understood that McCausland, Williams "Pink" Hawley would remain they had any assurance of good posi-tions for the winter, and it has been suggested that some generous hearted fans should come forward and offer them employment to secure their services for next season. It would seem that after the present series are closed it would be an opportune time to lay plans for the formation of a league that would be a league. Salt Lake will that would be a league. Salt Lake will never have a championship ball team, no matter how many good players are secured, unless the public supports it better than it has done this year. The success of the Ogden team lies in the fact that the boys are given the proper kind of support and they hang together, they know each other and play as a team instead of one man trying to as a team instead of one man trying to do it all. Their heart is in the game and they make it a business and not a mere pass time, and they have demon strated that it is a paying business,

Among the white riders there is feeling now of security and happiness The white men feel that the champion



JULIUS ON LAWSON'S SINGLE MOTOR.

Here is a picture of Oscar Julius, mounted on John Lawson's single motorcycle which he purchased from Geo. A. Mexwell of Denver. Maxwell made the machine "all himself," and he is very proud of it. Oscar is also proud of it and there is every reason why he should be, for has it not helped him to fame and glory?

When Maxwell brought the machine here he expected to run away from al! the fastest motors, like an express train going against a jack rabbit. But when he took it on the track for a trial spin he couldn't ride it at all. The thing refused to stay on the track and Maxwell was advised to put on more speed. He did so and the next minute was ploughing up into the seats and then down into the grass. Several riders tried it but after the first attempt shook their heads gravely and said any man who would ride it was a tool. Oscar Julius is not a fool by any means and yet he was the man to master the fractious thing. There seemed to be an affinity between Oscar and the motor, for with him it was as gentle as a lamb. He rode a mile in 1:27, and then had the keen pleasure of riding rings around Johnnie Chapman's Red Devil. Tuesday evening he rode against King's new motor and made it look like the proverbial snail. The plucky Swede says if the machine don't go back on him and cause his death, he will make it go a mile in 1:20 before the season

For this photo and the one of Leo Powers, which appeared in last Saturday's paper, the "News" is indepied to the firm of Fries Brothers.

be denied. There has been more rowdyism this year than was ever known before in the history of the American League. The fact that the two large leagues are at war is in a measure responsible for the trouble.

The American league has made, how-ever, an honest and determined effort ever, an honest and determined effort to preserve order on its ball fields and discipline among its players. Out-breaks have occurred of a most dis-graceful nature, but the offenders in no instance have gone unpunished. The American League officials have a keen appreciation of a duty they owe the public. They will not falter. More drastic measures will be used, if necessary to curb the belligerent spirits of the organization.

The intelligent and thoughtful player must appreciate that the future welfare and prosperity of the game hinges largely on the manner in which it is conducted during the present year. Many thousands were weaned away from the sport during the Brotherhood revolt, and in the year following, which marked the untimely conflict between the American Association and National League. It should be the steady aim of every American League manager and player to lend his best efforts for maintenance of good order on the

I have full confidence in the Amerian League staff of umpires. They are men of integrity, good judgment and long experience. Three on the staff have served the league in previous years, and with credit. The vaporings of a partisan press, and the wild utterances of a disgruntled manager or player should not be taken seriously. player should not be taken seriously.

piring is to keep the players away from the official. To umpire a modern game of ball is at best a trying and thankless job. The umpire is not infallible. In the course of two brief hours he is called upon to make a hundred or more decisions. He would, indeed, be a re-markable individual if he could give them all correctly—to the entire satis-faction of eighteen ball players, two managers-not to mention the partisan spectators. The way to secure the best results from an umpire is to encourage him in his work rather than to abuse

### Didu't Marry for Money.

The Boston man, who lately married a sickly rich young woman, is happy now, for he got Dr. King's New Life Pills, which restored her to perfect health. Infallible for Jaundice. Biltousness, Malaria, Fever and Ague and all Liver and Stomach troubles, Gentle but effective, Only 250 at Z. C. M. L.

ARTISTIC JOB WORK
ARTISTIC JOB WORK

Setimates the specially attended to at the special street of the special street of the special special street of the special street of the special specia

manlike ball. This spring there was a universal demand for clean ball. It is something every intelligent patron of the game wants, and they should not to retire and prepare for a fresh start. is adverse to the best interests of Tay-lor. The riders are competing in a fair and above board manner, without team work or collusion, and Taylor finds every opportunity to win. He is beaten by clever head work and speed on the part of the other riders, and is apparently a little discouraged just at

present. About the "maddest" man in town Thursday afternoon was the manager of the local ball team. His anger was aroused over the rank "horse play" in dulged in by his men in the game with There were rumors for fines for all of them and releases for others and had it been a league game doubtless such heroic measures would have been justifiable. There was only a small crowd present, but they went to the park to witness a ball game and not a urlesque. The batters struck at wide ones and let balls that went straight over the piate go by. They booted the ball on every possible occasion and ran bases like the bloomer girls—only not so good. Every person who saw the game (?) believed the locals could have won had they felt so disposed and the crowd naturally felt sore over the re-

An eastern writer has the following to say of Iver Lawson:

Iver Lawson won the championship of Australia at the mile last winter, and at Syracuse he rather took by surprise such riders as Kramer, Taylor and Cooper when he walked away from them. Lawson is carefully studying the field and learning rapidly the new ways of the sprinters preparatory to going out with a rush to battle for the top of the championship ladder. In several races the clever Swede has been beaten by tricky jumps not counted upon, but he says these will not occur the second time and catch him napping,

Walter Smith, the Brooklyn school by, who rides under the colors of the ounty Wheelmen, has put the five miles down so low that onder if it will ever be lowered. Pan-American exposition he rode an exhibition five miles in 7m. 53s., also put the record for four miles down to during the same ride. Smith Columbia racer also have the mile paced competition record of 1m. 39 4-1s. to their credit.

It is expected that before long the local pig akin chasers will begin to or-ganize football teams and settle down to hard, earnest practice. The proposi-tion to organize a league seems to be favorable to them, and many would like to see the desl go through. Those who profess to know say the University eleven will carry off the state cham-

pionship honors this year. The team will, it is said, be composed of the very best men available and will probably be under the direction of Coach under the direction of

Manager Rishel of the saucer confidently expects to see the world's rec-ord broken into fragments in the twenty-four hour race which begins Monday evening. Not only does the managedr expect it, but John Lawson, the present champion, says he is going to do his best to lower the mark. He says he is in first class shape for the big undertaking and realizes he wili have to work hard and unceasingly to defeat Turville and King.

Two New England pugilists fought fifteen hot rounds for the benefit of a score of wealthy summer residents at

Bar Harbor. Billy Payne, one of the principals, described it: "Dere was enuff money to buy gold ropes, and dey showered us wid wine."

Boston, the team which stands grand chance to win the pennant of the American league, has not found it necessary to beat up any umpires in

Sammy Clark has secured the Armory Hall in which to promote boxing matches the coming winter, and says he will pull off some of the warmest "goes" ever seen in Salt Lake, His club was managed successfully last year, and nearly all the bouts were interesting. The only drawback to then, was the place where they occurred. It was a low dingy hole and many remained away on that account.

## A Few Points for Swimmers

announcement of the second of

Secret of Learning Endurance in the Water-Need of Adjusting the Stroke and Breathing.

mannament and a second a second and a second a second and a second and a second and a second and a second and

enabling a person to get to a place quickly, and in helping a person to stay affoat or to continue moving slowly for a long time, says the New York Sun. There are times, as in going to the

rescue of a drowning person, or in getting to a float or pler against a strong tide, when a few fast strokes are all important, and the ability to swim a short distance very fast is extremely useful. But if those few fast strokes fail, the ability to stay affoat becomes of first importance, and many a socalled good swimmer has been drowned he never learned the art of swimming a long distance in a leisure-

For the art of swimming to be of practical use to a person it should be so cultivated that he can rely on it to support him in almost any emergency One should be able to swim at least a dozen strokes very fast and one should be able to keep on swimming easily for at least an hour without touching bot

Endurance in swimming comes from two things; the time of the stroke and the adjustment of its force to the strength of the body. A person can walk for an hour or two without becoming exhausted and a summer girl can dance for six or eight hours at a stretch, but very few persons can run at full speed after a street car for a block without losing breath. It is so in swimming. Very few outside of thos who have been specially trained for i can swim any great distance at a high speed, but aynone can keep up a cer-tain rapidity of stroke for a very long time. What this rapidity will be, de-pends on the strength of the individual and should be ascertained by practice. In the castaway stroke, used by sailors in the English navy, the swimme makes only about five strokes a minute and does not move more than two feet at a stroke, but a man has been known to keep it up for two days after being lost overboard from a boat on the Good-

The best way to adjust the stroke of the individual is to keep it in exact time with the breathing, which will be about twenty strokes a minute or a little faster. If the strength is exerted when the lungs are full and the chest is firm and expanded, it can be used to better effect, and if the time of the exertion is always the same as the time of breathing, the whole operation berhythm which requires very little effort

to keep up. does not breathe in exact time with the stroke the breathing must be hurried to keep up or the stroke must be slowed to avoid the unnatural shortness of breathing. It is the stroke which should be adjusted and not the breath. Nothing else is so exhausting as irregular breathing, especially in swim-ming, and nothing else so quickly brings it on as irregularity in the stroke, or a stroke which is too slow or too fast for the natural time of the

The whole art of swimming is directed to bring about this adjustment. Ten years ago American champions used a style of stroke which would be laughed at today. The well known Trudgeon, which consisted in swinging both arms forward out of the water, the body being on the chest, with the head and shoulders well out, was so exhausting that no swimmer in this country could keep it up for more than 100 yards, even when specially trained for the effort. The reason for this was that it was out of time with the breath-

American experts began about six years ago to take up the English side stroke which differed from the Ameristroke which differed from the American side stroke in making the stroke of the upper arm after the kick and not at the same time. This alternate motion resulted in doing away with the peculiar jumping up-and-down motion of the American stroke and left the body deeper in the water, so that the head did not come up at all, the mouth being turned to one side just enough to inhale the breath as the kick forced the body forward, and made a wash or trough in the water just deep enough

to clear the swimmer's mouth.

The head being carried by the water all the time the feet came nearer the surface, and all the power of the stroke was used to propel the body forward, whereas a great deal of the power in the old-style was used in bobbing the head up and down. This saved power and added greatly to the endurance of the swimmer, it below much easter simthe swimmer, it being much easier simply to propel a floating body than to propel and lift at the same time.

The next step was to try the return over the water of the under arm, which had always been carried forward under the control of the return over the water of the control of the return the control of the return over the water of the control of the return the r

water. At first this seemed like going back to the old Trudgeon stroke, but there was this great difference that in the Trudgeon the whole head was above the water line, and the stroke of both arms was the same, sweeping from side to side. In the new stroke the face and head are buried after the kick and the under arm is lifted out and thrown forward while the whole body is submerged. The next kick makes the wash in which the swimmer breathes, the upper arm stroke follows, the head and face disappear, and the under arm is brought out and thrown forward.

When this first stroke was first tried it was thought to be as exhausting as the old Trudgeon, but on account its having so much less work to do, all the power demonstrated that if the stroke was properly adjusted to the time of breathing a swimmer could keep it up for some time, and there are today at least a dozen men who can race a mile with it. Many modern champions think that

this style of swimming is quite new and some of the strokes now in use as the Trudgeon was named after the man who first brought it to England. It must have surprised many crack swimmers to see, when they visit the Pan-American fair, that the stroke which they have a stroke which they have arrive at after so many years of study and development is practically the stroke which has been used in Hawaii since prehistoric times. It is unfortunate that no person who was a critical swimmer or knew fine points of the art ever visited Ha-wall and brought home with him a clear description of the stroke there used. What pictures we have of the islanders represent them swimming with the head and shoulders very high.

facing the way they are going and us-

Swimming is useful in two ways: In | ing the arms as in the Trudgeon. Any one who visits the Hawaiian village at Buffalo will find there two swimmers, one a mere boy, who have the art of submerging the head and carrying both arms forward over the water reduced to perfection. The boy is a marvelous swimmer, and his stroke is simply per-

when Capt. Webb swam the English channel he used the breast stroke, the side stroke being very little known, but he swam with his face in the water all the way. That is, instead of keeping the mouth and chin with the whole back head high and dry, he raised his face to take a breath as he brought his arms back and sank his face and head under the surface when he kicked, so as to save the labor of carrying his The two things necessary for a per-

son to master who is desirous of learning endurance in swimming are: To keep the head down in the water so that all the strength of the arms and legs may be utilized for propulsion legs may be utilized for propulsion and to time the stroke so that it shall agree with the rate of breathing, which is easy and natural. This will require, first, that the swimmer, after having mastered the elements of the art and acquired confidence enough to try some variations in his stroke, shall practice a style of side swimming that will keep a style of side swimming that will keep the head down in the water and bring up the feet, so that the entire weight of the body may be carried by the water almost as if floating, and that will direct the power of propulsion to sending the body straight ahead, on a line with the surface, and not waste it in lifting the head and shoulders out of the water at every stroke. the water at every stroke. Having mastered a stroke of this kind the next thing to do will be to get in the habit of using it in exact time with the breathing which is found to be most natural and easy for the individual and can be maintained for a long time without inconvenience.

out inconvenience.

The importance of knowing the breathing interval and of adjusting one's self to it might by illustrated in many ways. For instance, it is impossible for any swimmer to get out to sea from the beach when the high combers are coming in at a greater rate than sixteen to the minute. If there is any point, such as a pier,

these combers pass so that you count them and you find that they coming in faster than sixteen to minute, you will find it impossible to through them, because there is not enough between them to breathe, must duck your head to meet comber or dive through it, and wyou come up on the other side, and a gasp of breath, you must dive a before you can make a stroke, and you cannot make any headway, requires a very strong swimmer, ca bie of taking several very fast stroto get out through breakers that coming in as fast as twelve to the mute.

In coming ashore these

ute.

In coming ashore through break the swimmer should never let the colors overtake him, but should keep face out to sea when he gets into breakers, and let them drive ashore backward, ducking into big waye, so as to provent it big wave, so as to prevent it throwing him on the beach. By throwing him on the beach. By ching the right moment he can alw take a sudden turn when quite c to the beach and get beyond the nof the next comber and safe on his while a less skilful swimmer woul caught and dashed on the shore rolled out again in the undertow, haps never recovering his feet again in the undertow, haps never recovering his feet again. No mater how skilful a swimmer become, he will never acquire a

become, he will never acquire a summer become, he will never acquire ance without confidence. If afraid to go out 100 yards from without a boat he will never be a mer in the true sense of the Cramps will never drown him. Cramps will never drown him, they do not add an ounce to his What drowns all so-called goo mers is heart failure, or want o If you will trust the water it will fail to support you as long as not starve to death.

#### Want a Brush?

\*\*\*\*\*

Any kind for toilet purposes you can find here. Nail

Throat

And one thing worth remembetter brush than you can get anywhere else for the same

We import most of our own brushes—so we save the job-ber's profit.

You cannot afford to buy a brush without looking our stock

#### F. C. SCHRAMM,

PRESCRIPTION DRUGGIST, Where the cars stop, McCornick

\*\*\*\*\*\*\* Still at 64 West 2nd South. THE LIS, THE PHOTOGRAPHER,

BEST WORK. LOWEST PRICES ENLARGEMENTS AND FRAMES, ALL UP-TO-DATE. 

# LAGOON



LEAVE SALT LAKE: 7, 9, 11 a. m., 1:30, 3:30,

5:30, 6:30, 7:30 p. m.

LEAVE LAGOON:

7:50, 10 a.m., 12 noon, 2:30, 4:30, 6:30, 8:30, 10:30 p.m

ADDITIONAL LAGOON TRAINS SUNDAY AND HOLIDAYS.

LEAVE SALT LAKE-2:30 and 4:30 p. m. LEAVE LAGOON-3:30, 5:30 and 7:30 p.m.

mmmmmm

## For the Land's Sake!

The John Dern and Oliver Plows are the plows for making the land do its work. Ask for catalogue. Prices very reasonable.



OLIVER CHILLED PLOWS, from the world's largest plow factory, are used in every nation under the sun. Their supremacy is due to their sterling

CO-OP WAGON & MACHINE CO.

GEORGE T. ODELL, Gen'l. Mgr.

Houses at
Salt Lake, Ogden, Logan, Idaho Falls
and Montpelier.