Athletes' guide
James Edward Sullivan
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Department of
Health and Physical Education

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A. G. SPALDING.
Chairman of Committee on General and Final Athletics, International Olympian Games, 1904, and Director of Athletic Sports, Paris Exposition, 1901.
ATHLETES’ GUIDE

Containing Full Directions for Learning How to Sprint, Jump, Hurdle and Throw Weights, with General Hints on Training for Each

Special Chapters of Advice to Beginners and Important A. A. U. Rules and Their Explanations, compiled by James E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union

Illustrated from Actual Photographs of the Leading Athletes in Action

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Advice to Beginners

By J. E. Sullivan

In my many years' experience as an official at athletic meetings I have particularly noticed—and with regret—that the most persistent offenders against the rules of athletic competition are the beginners—novices or juniors. By that I mean technical violations of the rules or what appear to be unsportsmanlike or unfair tactics usually coming under the jurisdiction of the referee.

The only way to account for this persistent transgression of the rules by beginners must be that whoever has charge of the schoolboy element, or the beginners, does not instil into their minds the idea of what clean sport means; and sometimes it amazes one to see the chances some of these boys will take in order to win a prize.

In a novice or schoolboy race, as soon as the pistol is fired, you will see a scramble and jostling that is simply disgusting as well as unfair. Some competitors apparently start off with the idea that in order to win it is necessary to shove aside or knock down every boy near them, and the contestants, nine out of ten, particularly those who are out for the first year, show an utter lack of knowledge of the rules or methods of competition.

At one set of games I had the misfortune to be called upon to disqualify three boys. No doubt they were all honest in their intentions and it must have been a sad blow to them to lose the prizes after having been picked as winners. One boy won a first place in a junior race. He was not a junior but a senior, was entered through a mistake, but, nevertheless, ran heats and a final and won; after winning he was protested, and the most natural thing in the world was that he was at once disqualified.

I am convinced from the remarks I heard during the meeting that he knew well he was not a junior, and so did a few of his schoolmates, but, notwithstanding that, they allowed him to compete and lose the
START IN A 100 YARDS RACE.
All contestants using the crouch start. Hands must not be over the starting line.
prize which gained for himself a bad mark in athletics. He apparently thought that no one would recognize him and that the prize would be his. This is one of the bad features of a novice competition. After they lose their noviceship, some boys persistently endeavor to win another novice prize, scarcely taking into consideration seriously the subsequent charge that will be one day made against them.

At a recent athletic meeting in New Jersey one lad entered in a novice race. He could not attend the meeting that night and a clubmate of his who was not a novice thought that he would go in and run in his place. He competed and won. Several of the boys recognized that the winner was not the real entry and protested him. Much to his chagrin he was disqualified and suspended for a year, all of which goes to show conclusively that there must be something wrong with the beginner. He apparently does not read the rules or else he is poorly advised and is in the hands of an undesirable element or naturally starts in being dishonest, although it is hard to think so many of our schoolboys would be guilty of acts that are apparently questionable.

It is particularly noticeable that few old-time athletes are disqualified at athletic meetings for fouling. Nearly all the disqualifications are handed out to young beginners, as the old-time runner keeps his head. He starts from the scratch line, or very near it, picks his way through large fields carefully and seldom if ever touches or elbows a man. By that of course I do not mean to say the veteran athlete is never disqualified or that he would not take an unfair advantage of a fellow runner. I have known them to do it, but in such a case you can always trace a man's career and you will find he has been brought up in the wrong atmosphere. He has not been taught the true elements of clean sport. The old-timer commits his fouls in a mean, contemptible manner, but the novice or junior, through ignorance, will start out in a mad way and go slam-bang into the bunch in front of him and shove right or left regardless of the consequences and run on with a wild stare in his eyes thinking he is doing right, pleads after being disqualified, and in the majority of cases the referee is abused. Sometimes it is a severe lesson and does the tyro a lot of good and other times it is not.
In nine cases out of ten after the disqualification of a novice or beginner there is quite a hubbub. That is where the trainer or the poor adviser comes in, and instead of taking the boy aside and talking to him in a fatherly way and giving him good sound advice he takes him by the arm and insists that he go to the officials and make a protest and at times abuse them.

I am firmly convinced that a great deal of this foul running and unfair tactics that has developed of late and can be seen among our junior members is due primarily to the fact that trainers are at fault. They do not seem to be the right class of men. They are all right at giving the boys points on how to take care of the body, how to start and how to run, but I doubt if they ever say twenty words to the youngsters on the question of clean athletics or tell them what they should not do in races or how to run a race.

A trainer usually has a reputation to make and if he can make a great flurry over a disqualification or an apparent unfair decision, he thinks that is sure to help his reputation as a trainer. In some cases these trainers and poor advisers will abuse the referee and judges and inspectors and accuse them of all acts that are dishonest. In many cases the feeling is worked up solely for the purpose of building up a trainer’s reputation.

I have been connected either as a competitor or an official with athletic sports for over twenty-five years and nine-tenths of the protests have been endorsed by either the professional trainer or the athlete’s club-mates. Many a time I have seen accidents on a track that in no way affected the final outcome of the race and both contestants apparently well satisfied walking away to the dressing rooms, when along would come the kind hearted friend who would insist that the beaten athlete enter a protest, always insisting that he had been deliberately fouled. The athlete in nine cases out of ten would have had no intention of claiming a foul or causing a disturbance, but naturally being worked up after a hard race and his nerves unsettled, he rushes back wildly and makes all kinds of claims and, encouraged by his club-mates or his trainer, makes the usual disturbance that ends disastrously for himself.

At a recent set of schoolboy games held in one of the armories, I was watching the races very carefully when one of the contestants
A PERFECT SPRINTING COURSE.
Six lanes. The stakes are about 18 inches high.
during the last lap was in such a weak condition that it was only by
sheer exhaustion that he kept on his feet until within fifty yards of the
finish, with no one within ten yards of him, when he fell of his own
free will, and I remarked to a fellow officer: "Now wait and see So-
and-so; he is sure to come back and claim a foul." The athlete who
had fallen was picked up by a schoolmate, over rushed four or five
more, and they convinced him he was fouled and, sure enough, came
to the referee claiming he was fouled, which, of course, was not allowed.
I told him then he made a mistake, that I could not see any reason
for claiming a foul, and I showed him he was not following up the
true rudiments of clean sport. His schoolmates did not like the lec-
ture he received. Schoolboys should remember distinctly that it
pays in the long run to be fair in competition. Do not try to take a
mean underhand advantage of a fellow competitor and do not try to
get a prize you have not fairly won.

Another bad feature some youngsters have is taking part in what
might be termed "team work." At a recent athletic carnival in
New York City I saw one of the foulest pieces of running I ever wit-
essed on a path in America, and it was done practically by a beginner
and a contestant who could not win himself. In this particular set of
games there was a point trophy, which is always the cause of trouble
and usually ends in disputes. This one particular club above referred
to was very anxious to win a certain event and had in there several
good men. Another organization had entered one or two men that
were likewise looked upon as likely winners, and this beginner was
picked out in this race to obstruct, impede, jostle, and interfere with
a certain man, so that there would be no possible chance of his ever
going in a final heat. The track was a small one, ten laps to the
mile, and as soon as the pistol was fired, the lad who was delegated,
I am sorry to say, to do the underhand work, made no attempt to get
to the front, but ran very slowly, watching over his shoulder, and as
soon as the man he was to take care of came near him he deliberately
placed himself in front of him, running zig-zag around the path, and
if the back-mark man wanted to go past him on the outside, he would
go to the outside, and if he slowed up with the intention of running
on the inside, he would turn towards the inside. Finally, in sheer
desperation, the back-mark man made an attempt to go past him on
THE STANDING HIGH JUMP.

The jumper usually stands right side to the bar, swings right leg before left.
the outside, and it was impossible to get by and shove the runner in front of him. The result was both of them ran into the fence. Both men were practically out of the competition. Old time officials in watching this performance were disgusted. I immediately disqualified the offender and allowed the hindered competitor to go in the final heat. After the race that boy's friend and himself came to me and endeavored to explain it away; in fact, the youngster himself was so earnest that I really believed he had lost his head and did not know what he was doing. He said his only desire was to beat that fellow and he did not think of what he was doing, but, nevertheless, that particular athlete will always bear watching and the officials who saw him commit this deliberate foul on that evening will always have an eye out for him. He starts out with a bad reputation that will be hard work for him to overcome.

I could go on and recite hundreds more of just such events that have come under my personal jurisdiction, but the only idea I have in illustrating the above is to demonstrate to the beginner the advisability of playing fair in competition, and if the boy himself would take the rules and study them over carefully, he would see what his rights are, what he can do and what he cannot do, and save himself from disgrace and also from the possibility of losing the prize after winning it.

The athletic rules that are in book form are very complete and should be read carefully, for if the rules were read and understood, the Amateur Athletic Union would be saved a great deal of trouble every year in handling technical violations and in passing upon the amateur standing of an athlete. How frequently do we now see in the daily papers in big type, that So-and-so at such a college is a professional ball player and that So-and-so at another college is a professional basket ball player. This charge comes up against collegians when they least expect it and when it practically breaks their hearts and not only of themselves, but their fathers, mothers, families and college-mates as well. We all know that it is the natural desire of a college to get a crack team or a crack athlete, and in many cases an athlete comes to the college from some preparatory school. He goes to the preparatory school because he knows it encourages athletics, has a good trainer, and the boy wants an education. Before he enters the preparatory school he is one of the many that pay no attention to
the rules, he does not really know what the word amateur means and cares less. He starts in his youthful career by competing with professional basket ball teams or semi-professional basket ball teams, or pitches a game of ball in a lot with a professional team, for which he is paid a few dollars, or he runs at a county fair for a two dollar bill. While doing these acts during his early schoolboy days, he does not think of the future, and he never realizes that some day he may be a great athlete, and that every man in that small town he comes from will remember the day he took a few dollars. This happens so frequently it is a mystery why some one does not instil into the boys in their younger days the difference between fair and unfair competition, for certainly any man in the present day should know the dividing line between the amateur and the professional.

I know of a case where a boy in a small town in the West pitched one game of ball and received $3.00 for pitching that game, and he went to the high school, played on the team at the high school, and they thought nothing about it. The matches that he played were not important ones. He developed speed and became a clever pitcher, and afterwards went to one of our very prominent colleges, pitched a few games, and was heralded as the great college pitcher from the West. Pretty soon everyone in his town was talking about the boy's wonderful pitching ability. His enemies sent out the statement that of course he was a great pitcher, that years ago he received $3.00 for pitching a game of ball. The young man was immediately taken from the college team and his entire future ruined.

There are many points that the beginner should know, many rules that even the professional trainer should know, and in order that youngsters can become better acquainted with some of the important rules of the Amateur Athletic Union, I quote a few with explanatory remarks, that, I trust, are plain enough.
A PERFECT START FOR A LONG DISTANCE RACE.
Important A. A. U. Rules and Their Explanations.

By J. E. Sullivan.

**JURISDICTION.**

"This Union recognizes all athletic sports and claims jurisdiction over the following classes:"

1. Basketball.
2. Billiards.
4. Fencing.
5. Gymnastics.
7. Hurdle racing.
9. Lacrosse.
11. Putting the shot and throwing the discus, hammer and weights.
12. Running.
14. Tugs of war.
15. Walking.

Rule IX. shows what sport the Amateur Athletic Union recognizes and claims jurisdiction over.

But an athlete should not have the idea that he can violate the amateur rules in any other sport not mentioned above. He can professionalize himself in other sports that are controlled by other National Associations. The Amateur Athletic Union will refer cases to them and invariably accept their decision in sports not above enumerated or controlled. The Amateur Athletic Union Board of Governors reserve the right to class as athletic all other sports; for instance, such as base ball—a player that takes money or competes with a professional would be ineligible.

**DEFINITION OF A NOVICE.**

"An athlete shall be held to be a novice in each of the classes specified in Article IX. of the Constitution until he shall have won a prize in a competition in that class, open to the members of two or more clubs.

"The winning of such a prize shall prevent his future competition as a novice in that class, although his entry may have been made before he lost his standing as a novice."
THROWING THE DISCUS.
(JAMES S. MITCHEL.)
Many times of late a schoolboy who is not a novice tries to win a prize in a novice class. The above rule is plain enough—an athlete that wins a prize in open competition in gymnastics, loses his novice-ship only in gymnastics, and is still eligible to win his novice event in any one of the other fifteen events, and he leaves his noviceship as soon as he wins a prize in a race that is open to more than one school, club or college. For example, if Barnard and Dwight schools should hold a dual meet, all prize winners would no longer be novices in the events they won prizes in, and your noviceship is decided up to the moment the race is called, no matter when you enter. For example, if you enter two events at one meet, a handicap 60 and a novice 60, if the handicap comes first and you win third prize, you are no longer a novice, notwithstanding you sent your entry in ten days before.

"Open sports are those in which the events are open to members of more than one club, school, college or other organization."

This rule, like the novice rule, is often misunderstood by the boys. Athletes can compete at their own club or school games and win any number of prizes, but as soon as the entries are taken from one other school, it makes the event open. The winning of a prize in an Intercollegiate, Interscholastic or Military League event, loses a boy his noviceship. The winning of a prize for your class, in class-day games, would not debar you, for all are members of practically one club or school.

CONDITIONS OF COMPETITION.

"1. No person shall be eligible to compete in any athletic meeting, game or entertainment given or sanctioned by this Union who has (1) received or competed for compensation or reward, in any form, for the display, exercise or example of his skill in or knowledge of any athletic exercise, or for rendering personal service of any kind to any athletic organization, or for becoming or continuing a member of any athletic organization; or (2) has entered any competition under a name other than his own, or from a club of which he was not at that time a member in good standing; or (3) has knowingly entered any competition open to any professional or professionals, or has knowingly competed with any professional for any prize or token; or (4)
THROWING THE DISCUS.

The discus is thrown from a 7-foot circle. Most throwers stand as above and take two turns before delivering.
has issued or allowed to be issued in his behalf any challenge to compete against any professional, or for money; or (5) has pawned, bartered or sold any prize won in athletic competition; or (6) is not a registered athlete."

This one particular rule is very often abused and apparently thoroughly misunderstood, not only by the schoolboy, but by the old time athletes as well as the club officials.

1. You will be ineligible to compete after you have received an award or compensation of any kind in competition (except it is allowed by the A. A. U.), or have competed for your club for financial reward, directly or indirectly; or if you have received money for training other athletes, or showing them how to perform, or if you have received pay from an athletic organization as secretary, captain or track man.

2. If you have entered into any competition other than your own; for instance, it often happens that a boy at school or college, or at business, will compete in games of base ball or foot ball under an assumed name, apparently to keep the same from his folks. Such an act renders him ineligible; or if you enter from a club that you are not a member of, or a club that you are not in good standing with, you are ineligible, and if you win a prize, it can be taken away from you. I have known of an American champion who lost his championship and prize, because he was not a member of the club that entered him. In many cases this rule is broken by the avariciousness and dishonesty of the athletic clubs which enter a man without waiting until he is regularly elected to the organization.

3. If you have unknowingly entered in competition open to professionals, or if you have competed with any professional for a prize or token; as it often happens, youngsters will take part in races with professionals, not knowing it professionalizes them by so doing; or competing with a team composed of professional base ball players, basket ball players, or foot ball players, makes an athlete ineligible under this rule. This is the one rule that is broken repeatedly. We find that many youngsters compete in base ball on some professional nines, summer nines or hotel nines with professionals, and against professionals, and thereby make themselves ineligible.

4. If you issue a challenge to compete for money, for a stake, or
PUTTING 16-POUND SHOT—THE DELIVERY.
(Champion Denis Horgan.)
allow any friend of yours to issue a challenge in your behalf against a professional or for money, you are ineligible.

5. If, after winning a prize, you pawn the same or sell it, you are ineligible to compete.

"2. No one shall be eligible to compete in any athletic meeting, games or entertainment given or sanctioned by this Union, unless he shall be a duly registered athlete, a member of the organization from which he enters, and shall not have competed from any club in this Union during a period of three months next preceding such entry; nor shall any member of any club in this Union, or any club in any district in this Union be allowed to compete in case he has within one year competed as a member of any other club then in this Union, except with the consent of such other club, which consent shall be filed with the Registration Committee of his district prior to such competition, unless such other club shall have disbanded or practically ceased to exist; provided that the requirements of this section shall not apply to any athletic meeting, games or entertainment, the entries for which are confined to the club or organization giving such meeting or entertainment."

This rule as printed and passed by the Amateur Athletic Union, particularly one portion of it, has never been lived up to. It distinctly states that no one shall be eligible to compete if not a member of the organization from which he enters, and shall not have competed for any club in this section during the period of three months next preceding such entry. The plain language is that if a man leaves the Knickerbocker Athletic Club to-day he cannot compete at all for three months, and only within a year if the Knickerbocker Athletic Club does not consent. Nothing in this rule shall prohibit a man who is a member of athletic clubs from competing in club games; for instance, a man might be a member of the Star Athletic Club, the Xavier Athletic Association and the New West Side Athletic Club, and in the club games he could compete in all three.

"If, during any athletic contest under the rules of the Amateur Athletic Union, a competitor shall conduct himself in a manner unbecoming a gentleman, or offensive to the officials, spectators or competitors, the referee shall have the power to disqualify him from further competition at the meeting."
THROWING THE 56-POUND WEIGHT FOR HEIGHT.

(CHEMION JAMES S. MITCHEL.)
This is a rule that schoolboys and beginners should be careful about. It gives to the referee unlimited power to disqualify any athlete that is abusive or acts in a manner not in accordance with the rules. Many athletes nowadays abuse the officials, question decisions, and some of them will not leave the field until they are practically driven off by the officials. He can only be disqualified from further competition at the meeting.

THE INSPECTORS.

"It shall be the duty of an Inspector to stand at such point as the Referee may designate; to watch the competition closely, and in case of a claim of foul to report to the Referee what he saw of the incident."

Many schoolboys and beginners seem to forget in their races the fact that the inspectors are usually to be found at the four corners of the track. The inspector is usually selected for his carefulness. He watches the athletes as they approach the turn, every jostle and every move is clear to him, and on his report the referee invariably bases his decision. The referee, standing at the start of a race or in the centre of the field endeavoring to have his eye all around, is not in as good a position to judge of the merits of the claim of foul as the inspectors. It would be a good idea if the athlete would remember this. There would be less shoving and pushing or jostles if he knew the inspector was there doing his work.

"THE STARTER

shall have sole jurisdiction over the competitors after the clerk of the course has properly placed them in their positions for the start. "The starter shall also rule out of that event any competitor who attempts to advance himself from his mark, as prescribed in the official programme, after the starter has given the warning to 'get ready.'"

The starter after the clerk of the course is through with his work, is supreme and there is no use of the athlete kicking if the starter disqualifies him for trying to advance his mark after the clerk of the course has placed him there. This frequently happens in athletic competition.
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"Trainers and handlers shall not be allowed within the centre field or inner circle, or on the track immediately prior to or during competitions at championship meetings, except in distance races exceeding one mile; not to include A.A.U. all-round championship meeting."

Most protests and objections come from trainers and handlers of the different athletes who are entered, and it was found necessary to prohibit them from the inner field. This rule is very seldom lived up to, has been persistently violated for years, and should not be. The only exception in this rule is that in the all-around competition where the men are called upon to go through ten events, and the competition takes quite the entire afternoon, it is found necessary to have a trainer or handler with the contestant.

THE COURSE.

"Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks, and in all races on tracks with one or more turns he shall not cross to the inner edge of the track, except when he is at least six feet in advance of his nearest competitor. After turning the last corner into the straight in any race, each competitor must keep a straight course to the finish line, and not cross, either to the outside or the inside, in front of any of his opponents."

Schoolboys should particularly study the above rule. It is a rule that has caused a great deal of trouble, and many of the boys have lost prizes that they have won, owing to the fact that they apparently show no desire to understand the rule, even if they have read it. In all races you get your position either from the clerk of the course or by tossing for it. The position each man draws is his own. He is entitled to that position, either in straightaway courses or on circular tracks. On a circular track he retains his position and cannot run to the inside until he is at least six feet in advance of his nearest competitor. If he is not within six feet of his nearest competitor, there is no chance of a foul. Nowadays as soon as one runner gets even with another, he begins shoving and crowding, in an endeavor to get the pole. The result is that in nine cases out of ten there is a deliberate foul. A careful following of this will save many a boy from disqualification.
AFTER DELIVERING THE SHOT—A GOOD PUT.
"The Referee shall disqualify from further participation in the games any contestant competing to lose, to coach, or to in any way impede the chances of another competitor either in a trial or final contest."

It hardly seems necessary to ask athletes to read this. Very often you will see an athlete compete in a race and help his fellow clubmate along, and in many cases interfere and hinder another competitor. He has no chance of winning. Such an athlete should be disqualified at once, and usually is disqualified.

"The Referee shall disqualify from that event any competitor who willfully pushes against, impedes, crosses the course of, or in any way interferes with another competitor."

Many athletes absolutely pay no attention to the rule about not pushing, impeding or crossing in front of a fellow competitor, and some athletes often forget themselves, especially about putting their hands out to prevent a fellow competitor from going by. Such acts are unsportsmanlike and undignified, and even if done through ignorance, there is no excuse.

"A competitor may decline to jump at any height in his turn, and by so doing, forfeits his right to again jump at the height declined."

In high jumping and pole vaulting, a great deal of trouble has been taking place for years, owing to the fact that the jumper does not seem to thoroughly understand what the rule means. He thinks that he is entitled to pass any height. If he clears 5 feet 4 inches, passes 5 feet 6 inches, he then tries 5 feet 8 inches. If he fails at 5 feet 8 inches, he cannot again try the height he passed; he gets the credit for his last jump of 5 feet 4 inches, and if he starts out at a height, for instance, 5 feet 4 inches, takes one jump out of his three allowed, he cannot then waive that height, but must finish his three at 5 feet 4 inches.

"No person shall be eligible to compete for or enter any competition as a member of any club in the territory of any active member of this
Jumper turning after clearing the bar.
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Union, unless he shall have resided within the territory of said active member at least four months previous to entering for competition."

This rule was framed to prohibit the importing of athletes from other districts. If a man lives in Boston and competes there in May and he should move to New York or be brought to New York, he cannot compete for a New York City club until the month of September.

"3. No prizes shall be given by any individual, club, committee, or association, or competed for or accepted by any athlete, except suitably inscribed wreaths, diplomas, banners, badges, medals, time-pieces and mantel ornaments, or articles of jewelry, silverware, table or toilet service, unless authorized by the Registration Committee, and said prizes shall not exceed the cost of $35 for first, $20 for second, and $10 for third prize, unless, by special permission, challenge trophies or other similar prizes are authorized by the Registration Committee and a record kept of such authorization. Suitable team and individual prizes may be awarded for team competitions in a single specialty."

This rule is often violated by schoolboys and others who plead ignorance. An athlete cannot retain his eligibility to compete if he accepts anything not enumerated above. If he runs for a suit of clothes or anything of that sort, he makes himself ineligible, and the club that offers such prizes exposes itself to discipline by the Registration Committee, and the acceptance of such prizes causes the athlete to suspend himself.

REGISTRATION OF ATHLETES.

"1. In no meeting, game or entertainment that has been sanctioned as an open athletic meeting shall an athlete's entry be accepted unless he shall have received a numbered certificate of registration, stating that he is an amateur and eligible to compete in amateur sports. The provisions of this paragraph do not apply to events that are 'closed,' that is, open only to members of the organization giving the said games."

Athletes should remember if they desire to compete in open athletic games, they must become registered. Registration is procured by writing to the Chairman of the local association of the Amateur Athletic Union, who issues a card to him upon payment of twenty five cents for a number, which he is supposed to retain during the year.
LOW HURDLING.

In the low hurdle race the hurdles are 2 feet 6 inches high and 20 yards apart. 220 yards, 10 hurdles.
The Amateur Athletic Union has wisely decided that when school-boys compete among themselves, it is not necessary for them to be registered or even obtain sanction where members compete in what are called "closed" school games.

"II. It shall be within the province of the Registration Committee to suspend from competition for such a time as it may deem proper any person guilty of unfair dealing in connection with athletic competition or for violation of the rules of the Amateur Athletic Union.

"12. The following, among other things, shall be considered as unfair dealing and ungentlemanly conduct:

"Suppression of true figures from the handicapper; the use of obscene or profane language on the track or field, or any other act which tends to disturb or obstruct a competition."

This rule gives to the Registration Committee of each local association absolute control over the conduct of the athlete, and the beginner should be very careful. For instance, we find here all athletes who make performances in club games and do not state same on the entry blank for the handicapper, are guilty of an offence worthy of censure. It also gives the Registration Committee the right to suspend the contestant who uses profane language on the track and field. It also gives to the Registration Committee of each association the right to see that the infield is kept clear. I am sorry to say that in New York City this is not followed up. Nearly every set of games is marred by a number of competing athletes who, either before or after the event, crowd the infield in large numbers and shut from the audience any possible view of the races. This has been an old abuse around New York City, and it is too bad that athletic clubs giving games will not delegate some one to get the names of the persistent violators for the committee. The names of ten or fifteen of them should be obtained and the men suspended for three, six or ten months. I feel confident that such action would in the future make the games more than satisfactory.

"15. Every athlete, when he registers, shall state his residence and what club he wishes to represent, and he shall not be allowed to change the club during the term of his registration without the consent of the Registration Committee of the district in which he resides."
A. F. Duffey, of Georgetown University, making a world's record in the final heat of the 100 yards run at the Intercollegiate Games, Berkeley Oval, New York, May 31, 1902. Time, 9.3-5 seconds.

(Finish of the fastest 100 Yards Ever Run.)

To the left of the picture are G. T. Hepbron and F. W. Ruben, weather clerks, holding handkerchiefs to show there was no wind blowing. The start was perfect. The track measured one inch over 100 yards.)
When an athlete registers, he states his residence and the club for which he is to compete, and he cannot change from one club to another during the term of his registration without notifying the Registration Committee. This rule is to prevent revolving. Frequently young men will join an organization and ten days later go to another organization, which is a violation of the rules; as an example, one schoolboy registered with the Y. M. C. A, and fifteen days later he changed to an athletic club and three months later he changed to a school and competed for the school and received a liberal mark in a handicap race and won it. This changing was done to deceive the handicapper. This is another indication that the younger element does not understand the rules of honest competition.

SUSPENSION OR DISQUALIFICATION OF INDIVIDUALS.

"Any person competing or exhibiting at open sports, or any athletic entertainment that is not given under the sanction of the Amateur Athletic Union or of one of its allied members, shall thereby disqualify himself from competing at any sports given under sanction of the Amateur Athletic Union."

This rule distinctly prohibits an athlete from competing or giving an exhibition at a church fair, a club smoker or at a picnic; in fact, at any games that are not given by the Amateur Athletic Union or one of its allied bodies, unless the club giving said exhibition or competition should apply for sanction. The mere giving of an exhibition in an unsanctioned tournament at once suspends the athlete without any further action by the Amateur Athletic Union, and should any athlete go in and win a prize after violating the above rule, he would lose it.

"Athletic meetings promoted by companies, incorporated bodies, individuals or associations of individuals, as private speculations or in conjunction with a benefit, social or picnic entertainment, are not, unless with the sanction of the Registration Committee of the Association in whose territory such meetings are to take place, recognized by the Amateur Athletic Union, and any athlete competing at an unrecognized meeting shall thereby suspend himself from all games held under Amateur Athletic Union rules."

This rule is quoted merely to show the athlete the penalty that is inflicted upon him, in case he does compete at an unsanctioned enter-
Remington  Carey  Robinson  Owen  Westing
Geo. Turner, Starter.

START OF THE 100 YARDS
At the A. A. U. Championships, Analostan Island, Washington, D. C., October 11, 1890, when John Owen, Jr., ran 100 yards in 9 4-5 seconds, being the first amateur in the world to accomplish that feat.
Owen was trained for this race by M. Murphy, now of Yale.
tainment or set of games. Ignorance is taken as no excuse. The mere competing at any entertainment that is not registered causes the athlete to suspend himself, and any prize he wins after this he will forfeit.

"No person who, at any time since the organization of the A. A. U., has knowingly become a professional, shall be reinstated as an amateur. No application for reinstatement to full amateur status shall be entertained unless the applicant shall have abstained from all professional conduct for two years, and can be acted upon only at a meeting of the Amateur Athletic Union or of the Board of Governors. A two-thirds vote shall be necessary for reinstatement."

The reinstatement of professionals has always been a much discussed problem, and the Amateur Athletic Union was forced to adopt the above stringent rules. It has been many years since a professional was reinstated, for if a person has knowingly become a professional since the organization of the Amateur Athletic Union in 1888, he cannot be reinstated as an amateur. If, however, a schoolboy or a youngster unknowingly professionalizes himself, he can make application for reinstatement after abstaining from professional conduct for two years. The Amateur Athletic Union is very particular indeed about reinstatements and a case can only be acted upon at a meeting of the Board of Governors, and then a two-thirds vote is necessary.

A local association or its committee cannot reinstate an athlete who competes for a money prize or with professionals—knowingly or unknowingly. Such cases can only be reviewed by the Board of Governors of the Amateur Athletic Union. Nothing in this rule shall prevent the Registration Committee from trying a man and declaring him a professional. But it cannot declare a man an amateur who at any time becomes a professional. For example, if a schoolboy enters a race at a set of "pic-nic games" with several professionals for a money prize—or any kind of a prize—he makes himself a professional, and no association of the Amateur Athletic Union or any of its committees can decide he is an amateur. The Board of Governors of the Amateur Athletic Union in all cases of this kind is supreme.

"Any person receiving compensation for services performed in any capacity in connection with athletic games, or in an athletic club,
FINISH OF THE 100 YARDS.

When John Owen made his famous record of 9 4-5 seconds for 100 yards.

John Owen, Jr., of Detroit, Mich., was the first amateur to run 100 yards in 9 4-5 seconds. The A. A. U. Championship meeting, October 11, 1890, held at Anahostan Island, Washington, D. C., was the scene of this event, and he was trained by M. Murphy, now of Yale.
will be ineligible to represent such club in games under the rules of the Amateur Athletic Union until he shall have permanently abandoned such employment."

This rule was adopted to prohibit athletic clubs from offering positions to prominent athletes and to prohibit the athlete from representing a club if he is employed by it in any capacity whatever. Usually this is in a clerical capacity.

ELIGIBILITY TO LIMITED EVENTS.

"The eligibility to compete in events that are limited to men who have never accomplished a certain time, distance or height in a given event, shall be determined by the competitor's record when the entries for such event closed."

This rule is distinctly different from the novice rule and a man's eligibility will be decided upon at the time the entries for the event he enters is supposed to close. For instance, if a club gives a half mile run for men who have never beaten 2 minutes 10 seconds, the athlete can enter, and his winning of a scratch race on the same day of the games in faster time than 2 minutes 10 seconds will not debar him.

ENTRIES.

"All entries for competition held under Amateur Athletic Union Rules must be made on the entry forms adopted by the Amateur Athletic Union.

"An athlete who fails to compete after entering an event in a bona fide way, and according to the rules, shall be required to furnish a satisfactory excuse for so doing or render himself liable to censure or suspension by the local registration committee."

The sending in of an entry by postal card or letter is a violation of the Amateur Athletic Union rules, but it is not lived up to. An athlete who enters in an event and then fails to compete without giving a satisfactory excuse for so doing, is liable to suspension. Many times during a season two or three sets of games will be held on the same day, and an athlete will enter and decide where he will compete afterwards or after he sees the entries in his own event. In other cases "star" athletes have been known to give their word to compete and after the clubs have gone to great expense advertising
them as an attraction, competed elsewhere. Athletes who pursue this course are liable to suspension.

PROFESSIONAL CONTESTS FORBIDDEN.

"No professional contest or exhibition shall be allowed at any games, meetings or entertainments held under the auspices of the Amateur Athletic Union, except that regularly employed instructors may take part with their pupils in entertainments, provided that such instructors shall not participate in any competition. This rule shall not apply to bicycling events given under the sanction of the National Cycling Association."

During amateur competitions no professional contest or exhibition is allowed, except that professional trainers at a club may give exhibitions at club smokers. It prevents the mixing the same afternoon of professional and amateur events. This rule, however, should not be construed to prohibit professional exhibitions at the sportsmen's shows or shows of a like nature where amateurs are grouped and the professionals grouped, making different officials for each sport. As the Amateur Athletic Union recognizes the jurisdiction of the National Cycling Association in cycling matters, professional bicycle competitions can be held where amateur athletic events are given, without hurting the club or the athlete.

ATHLETES' ATTIRE.

"It shall be the duty of the clerk of the course to see that each and every contestant is properly attired; and under no circumstances shall athletes be allowed to dress or undress in the inner circle."

This rule gives to the clerk of the course censorship over the attire of the athlete. There are some athletes who compete who show an utter lack of modesty, in fact one-half of them would be ordered away from any prominent bathing pavilion. Not only is this rule of the Amateur Athletic Union and decency violated by the athletic club athletes, but by the schoolboys, and I am sorry to say the college men wear some of the most objectionable uniforms ever witnessed, even at a college athletic meeting. It should not be necessary to legislate in a matter of this kind. It is naturally to be supposed that common decency would force the athletes to present themselves in suitable uniforms when they appear before the public.
A SENSATIONAL FINISH.
Between Maxey Long, N. Y. A. C., and Townsend, C. A. A.
Declared by the Judges to be a Dead Heat.
THE REFEREE.

"He alone shall have the power to change the order of events as laid down in the official programme, and to add to or to alter the announced arrangement of heats in any event. A referee has no authority, after heats have been duly drawn and published in a programme, to transfer a contestant from one heat to another."

The referee has absolute power, and he is the only one that can change the official programme. It should be borne in mind, not only by the athletes who ask to have things changed, but also by the officials who take it upon themselves to arrange the programme to suit themselves after the club has drawn heats and they are published. The referee cannot transfer an athlete from one heat to another. Many athletes do not understand this rule. They will purposely omit competing in the heat they are in, fearing their fellow competitors, and endeavor to get in another heat.

"When in any but the final heat of a race, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats, just as if he had been placed in his trial."

In the preliminary heats the referee can disqualify a competitor if he unconsciously jostles or impedes or interferes with the chances of a fellow competitor, and he shall also have the power if a competitor is knocked down or shoved out of the way, to allow that man to run in an extra heat the same as if he won.

"When, in a final heat, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege."

In the final heat in a race if a foul is committed, the referee can disqualify the competitor who did the fouling, and can either place the man as though the athlete that committed the foul had not competed, or he can order the men to run over again that he thinks were hindered.
THE SWING—THROWING 56-LB. WEIGHT FOR DISTANCE.
Training.

It is said that "poets are born not made," and so it is that some folks claim that distance runners are born to run by nature rather than brought out or developed. It is true, staying powers and endurance are predominant in some men, yet there is no young man existing who cannot run one, five, or ten miles, just as he might walk a similar distance, provided he does not overtax the powers of his system in forcing the pace. It must be borne in mind, that to acquire excellence in running as in anything else, one must devote a great deal of time and attention to training, preparation and development. It is usual for a young fellow to enter into open competition with, perhaps, only a couple of weeks' preparation, and getting defeated, he is somewhat and sometimes entirely discouraged, and "throws down the gauntlet," and thinks no more of racing till, by and by, his enthusiasm being again worked up through the medium of an attractive set of games, he again enters and is defeated, and again relapses into retirement, telling his friends that "he was not made to run" and has mistaken his vocation. This is a great mistake. Where is the famous man of to-day in any walk of life who does not owe his final success to patience and perseverance? These qualities command success in long distance running as in other pursuits; in fact, go hand in hand with success. All, of course, cannot excel, but every young man can learn to run well and fast, and secure numerous prizes, if he practices the motto, "patience and perseverance command success," and, in addition, takes sufficient training to develop his latent ability and pays moderate attention to the laws of health and the preservation of a "sound mind in a sound body." Regarding distance running and those best adapted to it, although experts have gone so far as to say a man must be of a certain style of physique, height, weight, temperament, etc., it will suffice to say that such is bosh. No rule can be laid down in this instance. It is as natural to run as it is to walk, therefore, we are all runners, just as we are walkers.
Wm. Meek

Thos. Shearman

HEFL AND TOE WALKING.
Two of America's Fastest and Fairest Walkers.
TO BECOME A FAIR DISTANCE RUNNER.

A man must not be an invalid or of sickly nature, or in other words, needs only a sound physical constitution. By this it must not be understood that a man must be able to toy with a 56-pound weight, or possessed of an enormous appetite; he simply needs ordinary strength and health, follow the directions herein given, and the rest will come as a matter of course. As to whether a man is a sprinter or distance runner: When a youth first enters the athletic arena, he will take to his own game just as a fish does to water. Nature will assert itself in this case, too, and unawares at that, for if you ask any hundred yards runner why he is a sprinter and not a distance runner, he will answer, "I always felt like sprinting and having begun it, stuck to it;" and if any of the prominent milers is asked why he is a distance runner, he will doubtless tell you he took a natural element in long races and never thought of sprinting.

ELEMENTARY TRAINING—HABITS OF LIFE.

When it is decided to go into open competition and try one's luck on the "cinder track," an elementary course of training, extending over a period of at least three months, must be gone through. About seventeen years is the best age to commence, though a man is not too late to go in for athletics at from twenty-three to twenty-five years. A man can, of course, run at forty. It is different with a man who is already in athletics; instances are on record where men have made their best records at twenty-nine or thirty years of age, to wit, W. G. George and W. Cummings, the famous Englishmen, whose names are sufficient introduction to our readers. It is hoped that a man has not gone into dissipation before commencing to train for athletics. Dissipation is the enemy of life and ruin of man and of athletics. Enjoying life is not detrimental to racing, such as an odd cigar, a little spirits and so on. It is not the use of anything, it is the abuse.

SMOKING.

Smoking mildly indulged in, is not as injurious as many people imagine, but it is better by far to discontinue smoking entirely when going into training, and it should be discontinued gradually and by no
GOFF BROAD JUMPING.
Knees Well Up Before Landing.
means suddenly. A sudden discontinuance of smoking will work injurious effects on the system. The person stopping it at once, will feel ill at ease, vexed and generally out of sorts. These unpleasant feelings must be guarded against by a gradual breaking off. The chief objection to smoking is perhaps the soothing of the nerves, which the habit entails. The man who smokes four or five cigars daily, will not only lose his laurels in the athletic arena, but will ruin his health. A man who never runs except a few yards to catch a train, may smoke liberally, but the athlete never. Cigarettes, above all, should be avoided, and should not be touched by athletes or non-athletes. They are a slow poison and look mean. cheap and effeminate. If a man craves a cigar after meals, the only way to overcome the habit is to light a cigar, take a dozen whiffs or so and then throw it away. This is the best way, and finally discontinue it entirely. Athletes should also limit their desire to smoke when out of training, or bear unpleasant consequences, and experience all the more difficulty in discarding the habit when the athletic season again comes round.

DRINKING.

Of drinking, the same may be said as of smoking, it must be discontinued entirely. If a man is using up a great deal of vitality, a little stimulant is necessary. For instance, brandy and eggs now and then, will be found beneficial—some prefer sherry and eggs. Lager beer is very detrimental to the wind and bad for the stomach, and must be avoided. A glass of Bass’ ale at dinner is the best liquid to use. A man who has been accustomed to drink a good deal must, of course, break it off gradually, but unless the habit of indulging is given up entirely, training may not be considered possible. A man who has developed a desire or love for drink, and who cannot shake the habit, is a “forlorn hope.” An athlete may enjoy himself and appease his appetite mildly in the winter months, but should always pay due attention to the laws of health and physical culture, never forgetting that “a sound mind in a sound body is the greatest of all boons,” even if he does forget he is an athlete and disregards the laws of training. Regarding drink, “one man’s meat is another man’s poison.” A little drink in training may benefit some and ruin others. On the whole, sherry to all athletes in preference to anything else.
Brandy and whisky are too apt to induce fever, thirst and false feeling—the most dangerous symptom of training—while beer is apt to bring on thickening of the mind and foulness of the stomach, as well as fat. Finally, leaving athletics out of the question on one side, or lingering argument on them in the other, the men who drink none are the best men and the best athletes.

**LONG DISTANCE RUNNING.**

Training for long distance running, as in every branch of athletics, must be begun slowly. The first step should be to get off the superfluous flesh so as to fit the system to the strain of training. Due attention should also be paid to purging or removing undesirable accumulated refuse from the stomach through the medium of some mild medicine. The distance to be run daily in training will vary with the distance of the forthcoming race or races. In training for a mile, a man may seldom go over three-quarters of the distance in private. Once in ten days is enough to go the entire distance. No definite rule as to the actual distance to be run in training can be laid down, because a spare man will not bear as much training as a stout man, and a man at 25 years of age will require more work to bring him round than a younger athlete. Development of speed for the mile run, and, in fact, for all distances, must not be forgotten.

A good miler must, in a way, get to run as fast as if he were training for a "sprint," and ought to run 50, 75 or 100 yards at full speed daily, and should run 440 yards at top speed at least once a week. Learn to run fast in the last lap and gauge your speed so you will have reached the maximum about fifty yards from the tape; do this always. Don't be fond of running trials in private; go fast enough to learn your true form, but keep a little in hand, preserving all the vitality possible for open competition. A man should be careful about getting stale, but on this point, it is sufficient to say that as long as a man's appetite is good he may rest assured he is not "stale." The best time to run is in the afternoon, but before dinner, and as nearly as possible to the time his race comes off.

In training for distances over one mile the same rules hold good regarding the distances to be run in training. For instance, in the case of a five-mile run it is seldom necessary to run beyond three
miles in training, and one and two miles will be good distance to cover. Of course, the full distance must be run now and then, but here again the athlete must be careful not to overdo it.

In training, a man must consult his own judgment as to the amount of work he can bear, etc., and should also notice the amount of work experienced men take.

TRAINING, GROOMING, TOWELING, ETC.

Too much attention cannot be paid to this matter. Next in importance to exercise and diet comes "rubbing down" (to use an expression best understood by all). A little rub down before a man goes on the track to train is beneficial; it helps circulation and warms the man up, and one should be just as anxious going out for a "breather" as going for a race. When the man has got through his work a light shower should be taken, but too much bathing tends to weaken a man. The athlete's bathing should amount to his immersing himself in the water; plunging through the shower, as it were, and not standing under it as many do. Then rub with the hands briskly, and afterward rub down well with a good towel, using some reliable embrocation when sore or stiff in the muscles. The best lotion to rub down with is X-L-C-R Witch Hazel, a lotion that is made especially for rubbing down and is endorsed by all of America's leading athletes. This rubbing stuff can be ordered through A. G. Spalding & Bros., New York, Chicago, Denver, or any sporting goods dealer. Some men rub down going to bed. It is beneficial, provided there is no tendency to remain awake after it.

TENDER FEET.

Wash twice daily in cold water, and rub with the hands.

DIET.

A man cannot be too careful on this point, it is more than ridiculous for some men to attempt running with their poor stomachs overloaded with liberal quantities of coffee (a deadly enemy to the stomach), milk (which has a tendency to affect the wind), pudding, pie and ice cream (which softens the system and ruins the stomach), soup, ice water and lemonade. If a man does not shut down on his cigars, cigarettes, soup, pie, ice cream and liquor or malts, etc., he
may as well let athletics alone. A little fruit, strawberries, oranges, etc., will kill thirst if taken with meals. Drinking malt liquors of any kind is merely habit and injurious to all men, athletes more than any. The word training, like studying, has a meaning, and when a man says he is in training he should remember that the word infers a preparation and has a meaning.

OPEN COMPETITION.

Accustom your nerves to bear the strain of a coming contest, which is always greater on the forenoon of the day of the races. How often has the man (especially the man with a reputation and expected to win) wished the race was over, or that he were ‘out of it,’ but when the nerves commence to feel strained that way why then make light of the coming event. Get your mind off it and say to yourself: “Well, I don’t care whether I win or not I’ll do my honest best, and no man can do more, and I will at least make a bold bid to win,” and so on. In the race, never let the mind persuade you. A man must train his will power to predominate in racing and never give in or stop till nature gives out.

T. P. Conneff, champion distance runner from 1885 to 1895, inclusive, and holder of the mile amateur record of 4 minutes 15 2-5 seconds, when once asked for the secret of his success, wrote: “I have often thought that the secret of my success to a great extent lay in the fact that I ‘punished’ myself more than the other men. A race, at most, only lasts a few minutes, and a man may as well run himself ‘clean out’ as stop when he feels tired. I was once asked how I felt in a race. I answered, ‘Well, for instance in a mile race I feel the pace at 440 yards; am tired at the half-mile, ‘dead to the world’ at the three-quarters, but got to go to the last lap,’ and it is nearly so. I ran E. C. Carter for the cross-country championship of America in 1888 at Jerome Park, fell in a faint 440 yards from home, and was so done up that I was in a sort of dream (like recovering from a severe illness) for six hours afterwards.

‘As to disease brought on by athletics, it is all bosh. Why is a man endowed with youth, health, strength and energy not to use it? If the young men of our time would smoke less, keep regular and better hours, and not spend their last penny on liquors as a number of them
do, and go in for outdoor sport, manly pastime and general athletics, they would be 100 per cent, better adapted for any walk in life. I am aware that there are reserved old maids, cranky old bachelors, foolish parents, shrunken and undeveloped young men and clerical people who are down on manly sport and general athletics, and they don't know why. Anything that helps to build up young manhood, strengthen, tone up and develop the system, and foster a feeling of independence, reliance and self confidence as athletics do should have the unqualified support of all lovers of the greatest of God's work—mankind."
Hurdle Racing.

The hurdle races most popular are the 120-yards, with ten 3ft. 6in. hurdles, placed at 10-yard intervals, with 15 yards from the start to the first obstacle, and a like distance from the last obstacle to the finish; and the 220-yards with ten 2ft. 6in. hurdles, placed at 20-yard intervals, with like distances from the start to the first obstacle, and from the last obstacle to the finish.

The former race is the most popular with the spectators and the expert hurdler, while the latter one is more in favor with the novices, but is seldom as interesting from the onlooker's point of view. A few years ago the 220-yards race was rarely found on a list of athletic events, while the 120-yards race was included in nearly every set of games held. The 3ft. 6in. event is now the favorite of the games committees.

The hurdler, like the football player, must think and act quickly and be possessed of a fair amount of nerve and dash. "He who hesitates is lost," may be aptly applied to the hurdle racer.

In the 3ft. 6in. race the runner should dash at the first hurdle with all possible speed; no hesitation. At first the novice will hesitate and be over careful. To overcome the tendency he should put up one hurdle at the proper distance, and, with a revolver starting, practice over the single hurdle about six or seven times every other day for about two weeks, or until he obliterates all traces of his hesitancy. He can now put up three or four more hurdles and practice over these four or five times a day on as many days during the week as his strength will permit, but never more than four or five times a week. A trial of the entire flight may be run once a week. After each day's practice he may run 130 yards on the flat, with a somewhat shortened and quickened stride in 15 seconds. If the spring is made off the right foot, turn the body slightly to the right while clearing the hurdle, and vice versa. He should abstain going over
the hurdles for at least three days prior to a race, so as to avoid a chance of getting sore. Long walks should be avoided. This exercise is beneficial to health and the proper work for distance men, but hurdlers and jumpers are not benefitted by it. While it strengthens the heart and legs, and improves the "wind," etc., it also stiffens and binds the muscles. Two or three mile walks on days when not practicing will be found profitable. Be careful of overdoing. When the first symptoms of staleness are detected, work should be stopped immediately, and not resumed until strength and snap return. A helpful exercise is to raise each leg alternately, the knee reaching the level of the armpit, the motion being as nearly like as possible to that employed in clearing a hurdle. This practice will tend to enable the legs to be raised quicker and higher, and to clear the hurdle with the body close to the cross bar. Every inch in height saved in clearing a hurdle means a part of a second saved.

In the 220-yards race the same routine of exercise should be pursued, except that being a longer distance, it would become necessary to run oftener than three times a day.
Running Broad Jump.

In this game the take-off is the main point to be guarded. In a competition, unless the jumper secures a good take off, the jump is worthless. It matters little whether he be in the best of condition; if the joist is not properly reached all is wrong. It is necessary, therefore, to mark a starting point for the run which will fetch him to the jumping line exactly. This is a matter easily accomplished with the aid of a friend. Have him stand at the joist and note where the foot strikes; should it strike six inches or two feet short of the line, then set the starting line six inches or two feet farther back. The jumper must run with all the speed at his command, without hesitation, and be confident that the take off will be properly met. Plenty of practice will be required to get the necessary confidence. Some jumpers have two marks, which is a good idea; a starting mark at say 110 feet distant from the take-off, and the second about fifty feet further on. The latter serves as a sort of check. The knees should be quickly raised as high as possible when the jump is made; additional impetus is thus given. Care should be taken not to shorten the stride while running. The natural stride should prevail until the last two paces, when, if possible, it should lengthened by a few inches. The natural result of this lengthening of the stride is to throw the body up, which means a few more inches gained in distance. Long striders are generally the best broad jumpers. Short striders, unless they have great speed, seldom excel at the game. As speed is an important factor in broad jumping, the jumper should constantly practice at sprinting. Hopping about five hundred times a day is an excellent method of strengthening the jumping leg. Cover about nine inches with each hop about seventy-five consecutive times, with a rest of a few minutes, and then the same thing over again until the desired number of times is reached. The jumper should never lose sight of the fact that it is important to rise as high as possible when jumping. During a competition, while awaiting his turn, he should carefully protect his legs from the cold air and exposure, keeping them thoroughly warm. It is impossible to jump well with cold and stiffened limbs.
Pole Vaulting.

This is a game which requires a strong pair of arms as well as a strong pair of nether limbs. As in the broad jump, a starting mark should be used, but the run need not be more than 75 or 80 feet. Speed is an important factor in this game, as in the running jump.

Two of the commonest faults to be found with the pole vaulter are, first, the take-off foot is brought too close to the point of the pole in the ground; this prevents attaining the swing necessary to carry the jumper over; second, the arms are not used in raising the body, which should be done immediately on leaving the ground. Both these faults can easily be remedied, but either is fatal. The faster the run to the bar, the more the impetus obtained. When clearing the bar the body should be turned so as to face the bar when the ground is reached.

In taking hold of the pole, the upper hand should be at a point about twelve inches below the height to be cleared, the lower hand from 2ft. to 2ft. 6in. under the upper.

The vaulter should grasp the pole as he would a rope in climbing upward; the thumbs pointing upward.

The arms can be strengthened by all-round work on the horizontal bar. Another method is to hang a rope over the inside corner of a door, or on a hook in the wall; raise and lower the body by the arms, allowing the heels to remain on the floor.

As in the broad jump, the speed and strength in the jumping leg should be developed, which can be accomplished by following the suggestions contained in running broad jump.
Throwing the Weights.

The best diet for a man engaged in active training for throwing the 56-pound weight and hammer throwing, should be that which under ordinary circumstances would be best for a healthy man who is obliged to take a very large amount of active exercise. Plain cooked meats, and a reasonable quantity of fresh fruit and vegetables should form the staple articles of diet. Beef, mutton and chicken are more digestible than veal and pork, and should be more frequently eaten, as indeed is the usual custom in ordinary life. Fish is light and nutritious, and may be judiciously taken at any meal in the day. Eggs, when not hard-boiled, are both light and wholesome, but to take them on the top of a heavy meal or other things, is usually a mistake, and leads to the usual result of overfeeding—biliousness. Another point to which an athlete should attend is the quantity of his food. The youthful aspirant to athletic honors usually begins by gorging himself, thus falling a victim to the same old error. In this, as in other matters of diet, it is difficult to give exact advice, but my opinion is that it is better to run the risk of eating too little in training than to run the risk of eating too much. A strong healthy man may easily weaken himself by overfeeding, but he will not be at all likely to reduce his strength by taking less food than he absolutely requires.

An athlete desirous of becoming proficient at throwing 56-pound weight and hammer, need have no hesitation in commencing through fear of having to undergo an exceptionally intricate or trying ordeal. He has merely to observe the simple rules requisite to perfect health, and within these limits his diet may be as varied as he desires. As a matter of course, like anyone aspiring to physical perfection, he must be abstemious in smoking, but an exhaustive gymnastic course will be found unnecessary. Plenty of walking and his practice with the hammer and 56-pound weight, supply all the muscular exercise requi-
site. He is not obliged to have a regular trainer, and with a careful study of the methods of the most prominent competitors and occasional supervision and judicious advice in his efforts to acquire the best style, he may reasonably hope to realize his aspirations.

The main point to learn in throwing the hammer, is to get as much impetus as possible upon the body by rapidly spinning round, the arms being held perfectly rigid with the hammer grasped in the hands. When the greatest impetus is obtained the hammer is let go, an extra push being given at the last moment by a jerk of the whole body. No actual arm work is called for, the strain falling mainly upon the back and loins. The hammer is swung round, when once the thrower has begun his spin at right angles to the body, and in a vertical position, and the arm and handle thus act as one and the same lever. A very slight grasp of mechanical principles will show that the hammer head is as it were attached to the circumference of a revolving circle, the motive power being supplied by the spinning human body at the centre. At the moment of delivery the centrifugal force causes the hammer to fly off in a straight line. It follows that the hammer will fly furthest when the greatest momentum can be produced. It is, therefore, obvious that where run is allowed, the heaviest man, provided he can acquire enough skill to revolve rapidly without falling over, must inevitably be able to throw the hammer furthest; or, as an English trainer once pithily observed, "A good big 'un will always beat a good little 'un."

The advantage of this preparation, even to a man never destined to excel in high-class competition, will be found to repay lavishly the amount of time and trouble expended. The muscles called into play serve to draw the shoulders and ribs into a healthy and natural position, and to give the lungs and heart plenty of room to perform their vital functions. These organs are never slow to avail themselves of this rare indulgence and soon contribute conspicuously to the comfort and health of the general system. The back and loins, and, to a minor extent, the lower limbs, will be strengthened and developed.

In throwing the 56-pound weight a great deal of practice is required, and skill is not such an important factor. A strong, healthy man, with plenty of practice and careful coaching can, no doubt, become proficient at this game.
SHOT PUTTING.

Among the field events which are now found on championship and almost all other properly constituted athletic programmes, there is none more worthy of attention than putting the shot. It is a crucial test of physical culture, calling much less for mere animal strength than for intelligence, adaptability and training. Out of the long list of champions who have won honors at this branch of athletics, the styles of two are to be recommended. One was that of George R. Gray, holder of the American and Canadian championships from 1886 to 1896, and holder of the American record of 47 feet. The other was Denis Horgan, English and Irish Champion, and holder of the world’s record of 48 feet 2¼ inches. Gray’s style was most scientific, and impressed the spectator with its neatness. In the act of performing his put he stood at the back of the circle, held the weight in his left hand, planted his right foot firmly on the ground, at the same time holding his right hand in readiness to receive the shot. He then transferred the sphere to his right at the same instant taking a quick hop to the centre of the circle; his body swung half around as his arm shot out in a rather upward direction, driving the missile through the air.

Horgan’s style was not as “taking” as Gray’s, but it was more effective. Standing at the back of the circle Horgan held the shot loosely in the palm of his right hand close into his neck. After balancing himself for at least a minute in his position he took an easy hop forward, but just as his foot touched the centre of the circle he swung round with lightning speed, at the same instant driving his arm forward with terrific force, helping the impetus with a concentrated push of his body. At the moment the shot left his hand, Horgan leaned away over the toe board and undoubtedly reached further after the moving sphere than any shot-putter we have seen so far. This lean over and extra stretch of the arm in the delivery was the great secret of Horgan’s shot-putting.

From time to time various theories have been advanced as to the relative merits of big and small men in putting the shot, but the different degrees of excellence can never be accurately estimated by inches or feet. Exceptional strength and height are not such indispensable aids as elasticity and quickness of muscle, and as these
qualities are more frequently combined with moderate stature, the pre-
eminence of a medium-sized man like Gray, does not seem paradoxical.

The main point in putting the shot is to get one's "weight on," as rowing coaches express it; that is to say, to employ mere arm work as little as possible, getting the impetus for propulsion from a rapid spring and half turn of the body. The method adopted for securing this by all good weight putters may be gleaned from the following description: The putter stands at the back of the circle, holds the weight in his right hand (supposing him to be right-handed) and balances his body on his right leg. After having acquired his balance and limbered the muscles of his arm by stretching it to its full extent, he takes a quick hop to the centre of the circle; then, with a sharp spring, the right half of the body is brought sharply to the front, and arm and body shoot out in unison with the concentrated effort of the entire muscular system. A careful study of the most scientific performers must be made to render a written account intelligible to the novice, who should then be careful to use a light shot until he has thoroughly mastered the requisite motions.
General Hints on Training.

It is an impossibility to give information or instructions on training which will apply to everyone. Different surroundings and conditions are the principal reasons.

If you intend to train you should fit yourself out with the proper paraphernalia. You should also have the advantages of some gymnasium or have some place where you can get indoor exercise in the early season. You should have one suit, consisting of shirt, sweater, long thick stockings, heavy weight knee pants and shoes, suitable for running on the road. Use a garter to support the stockings, not one encircling the legs, but one suspended from a belt about the waist.

Ordinary rubber-soled gymnasium shoes will answer for roads. If they do not agree with you, get shoes of light leather with a light sole and one extra thickness for a heel. You should also have another suit consisting of a light, sleeveless shirt, thin knee pants and regular running or jumping shoes.

WORK.

There is nothing you can do which will stand you in as good stead as running on the road in the early season. Here is where you find use for your “heavy” suit. Never go out on the road without covering the legs and knees perfectly. You may not notice it now, but, in after life, freedom from rheumatism will amply repay you for the trouble. In the spring and fall, you must keep covered up under any circumstance unless actually competing. In taking road work you should begin with about two miles at an easy gait on three nights in the week, running every other night. On the alternate nights you should devote your time to the specialty you intend to take up. You should also take exercise with light dumb bells (two-pound wooden bells are the best) and use the chest weights. This gets your upper body into good condition. In preliminary work never run yourself
out and try to make your pace such that, at the end of the run, you feel as though you would like to go a little longer. After running and practicing this way for about three weeks, you will be in good condition to take up whatever branch of sport you have decided to try, and this preliminary work will stand you in good stead later on when competing. This work is good and necessary for sprinters and short distance men and, in fact, for all classes of athletes. You can now begin regular work to develop your specialty. Whatever this is, you should arrange your work so that you have long and hard work one day and short light work the next. After a man has once brought himself to good condition, very little work is necessary to keep there, and care should be used, after working steadily for four or five weeks, not to work too much. If you begin to feel lazy, and tired after working, stop for two or three days. Do your work at the same hour each day if possible, and have that hour correspond with the time at which you will compete. Most games are run in the afternoon, and that is usually the most convenient time to work.

**TRIALS.**

Trials should not be taken at any event until you have been working at least three weeks. In running long distances, but one trial at the full speed should be run, and that at least ten days before date of competing. In jumping, pole vaulting, weight throwing and short distance running, once a week is often enough to have a trial and that should be taken at least four days before date of competition.

Broad jumpers often make a mistake in trying at their event too often and continuously. After getting your run and take off, which should be carefully measured and noted, and which is the first thing you should be perfect in, a day's jumping (not for distance) about twice a week and sprinting on the other days is all that is necessary. A trial about once in two weeks will be enough. Good broad jumpers never try it except in competition. The same is true of high hurdle running. After you have mastered the step for about three hurdles, practice at sprinting is all you need. Go into all the games you can, as you will then become accustomed to competition, and it will give you confidence and make you less nervous.
Diet.

Good, wholesome food is necessary to perfect training. In regards to dieting, have your food good and well cooked, and confine yourself as far as possible to beef and mutton for meats, and eat eggs and fish occasionally. Pastry should be dispensed with. This includes pies, most kinds of cake and puddings. Plain cake, rice, bread, tapioca and a few other similar plain puddings may be eaten. It does a man more harm to go without something he really craves, than it does to occasionally eat it. It is not the use, but the abuse of such things which will bring harm to a man's training.

Again, a man can digest things while training, which would trouble him ordinarily. A man should drink as much water as he wants, but the use of liquors or beer under no circumstances. They are sometimes used when a man is overworked, but the best way is to lay off a few days. Eat all digestible vegetables, avoid soups, tea and coffee, also milk unless it really agrees with you. Use a moderate amount of fat; the fats of beef and mutton, but little butter. Fat will aid nature in your training, and a little of it is absolutely essential. Have your meals always at the same hour on succeeding days.

Bathing.

Get a good sized sponge and take a bath. Draw warm and cold water into a bowl, until the warm has just taken the chill off the cold. Dip your sponge in, and wring it gently, not getting all the water out of it. Wipe yourself off. Wipe one arm and wring the sponge out in the water; repeat with the other arm and so go over the whole body, dipping the sponge in the water often. Then wipe perfectly dry with a rough towel. Don't bathe until you have ceased to perspire. Don't take a shower bath or get into a tub, and never use absolutely cold water. Once a week use soap, and take the same process before described with the sponge to get it off. You will find it very pleasant, especially in warm weather, each morning and night, to wring your sponge out in the water and wipe yourself, using an ordinary towel to dry, and not rubbing yourself. Don't be afraid to take these baths in this way for they are not weakening in the least.
SLEEP.

This is one of the most important things connected with training. Any man who is taking regular work should be able to sleep, and he must devote at least eight hours a night to it. Go to bed about 10.30 at the latest and arise about ten minutes after you awaken in the morning. Don't get up the first thing. Go to bed the same time every night. If at first you wake early in the morning get up, no matter what the time is, but go to bed at the usual time that night. You will find that your next night's sleep will be more perfect and that it will soon be regular.

STARTING.

With sprinters, the one essential thing is the start. Many a race is won at the beginning. You should begin your practice at starting gradually and early in the season. Practice it only a few times each day. If you get too sore, let up for a few days. Always practice with some one, and practice with any one and every one. This is the only way. Get some one who will hold you on your mark to start you, either by pistol or word. Never try to beat the word or pistol, either in practice or at any time. Clubs running games at the present time are generally very careful as to their selection for the position of starter, and you must accustom yourself to being held on the mark for different lengths of time. To be ready for the pistol is the first thing, and to immediately start after hearing it is the next. There are several different styles, but experience has proven that the only one and the fastest for all sorts of men is the "kneeling" style. There are several styles of low starts, but the best method may be gleaned from the following description: Place the forward foot from four to eight inches back of the starting line. The reason this distance must vary is owing to the different length of arms of different men. A man with short arms will get nearer the mark, and you must use your own judgment and try to find from which distance you can the most readily respond to the pistol. The distance of the back foot is similarly governed by the length of leg. Place your front foot in its proper position and then crouch down, extending your back foot in the rear until your lower leg (from the knee to the ankle) is parallel with the surface of the track. When the knee of the back
leg will just touch the heel of the forward foot you have got the position for the back foot. Measure this distance from the starting line, put it down somewhere so you won’t forget it, and “always” use the same distance. You will find that the distance of the rear foot from the starting line is about 3 feet 2 inches. Now, the thing is to start properly. The common fault with low starters is that they immediately straighten up when the pistol is fired. This is entirely wrong. You should dive forward and not try to straighten until you have run at least three strides. This fault of straightening too soon is caused by men putting the rear foot too near the mark. When they push off they can’t help rising. If you put it back far enough you dive straight forward, and that is where the quickness of the start above all others comes in. From this position you will seldom go over before the pistol is fired.

The following article on general training has been taken from the Badminton Library volume on Athletics, by Montague Sherman, a graduate of Oxford University and a prominent athlete in his day. Mr. Sherman’s advice to sprinters is as follows:

TRAINING.

“There is certainly this apparent justification for the traditional course, that, as a rule, people in modern times do not adopt as frugal and temperate a habit of diet as they should, and a great many of them are either without the inclination or without the opportunity of taking sufficient exercise. There is no reason why an athlete who desires to get fit should lead other than a natural life, or alter an ordinary natural diet more than is rendered necessary by the increased amount of exercise which he has to take. The ideal diet for a man who is engaged in active training of his body for a race is, and should be, that which under ordinary circumstances would be best for a healthy man who is obliged to take a very large amount of active exercise. What that diet is, is a matter for scientists to decide (or differ upon, as they usually do in such matters), and a practical athlete can only speak of it empirically; but, happily scientists and practical athletes are of one opinion at the present day in thinking that no diet which obliges a daily course of physic can be a healthy one. Physic may be, and often is, necessary
during training, to remedy a mistake which has been made in diet; but it should be used as a remedy, and not as a part of the diet.

"A further difficulty which arises in laying down any regimen for training is the indubitable physical fact that no two men are alike in their internal economy any more than they are in their outward features; and when proverbial philosophy informs us that one man's food is another man's poison it becomes impossible to speak merely from practical experience with any absolute confidence. When, however, it is understood that the problem "What should an athlete eat and drink when in training?" resolves itself into nothing more than this, "What is a healthy diet for a man who wants to get his muscles hard and his wind good?" It will be seen that it should not be difficult to give some short and simple rules for guidance.

"Plain cooked meats, and a reasonable quantity of fresh fruit and vegetables, should form the staple articles of diet. Beef, mutton and chicken are, no doubt, more digestible than veal and pork, and therefore should be more frequently eaten, as indeed is the usual custom in ordinary life; but to treat veal and pork as so much poison, as some trainers do, is simply silly. Taken occasionally by a man who is accustomed to them, they form a pleasing change, and, where a healthy man has an appetite for any food, one can pretty safely say that he is able to digest it. Fish is light and nutritious, and may judiciously be taken at any meal in the day. Soup is, doubtless, not so strengthening as meat, and not so good for the wind; but if a man is fond of soup, he is much better with it than he would be in vainly attempting to relish the mutton of which he is sick. In fact, as long as the food is plain and simple, and neither too much of it is taken nor too little, the athlete is not likely to go far wrong. Eggs, when not hard boiled, are both light and wholesome, but to take them on the top of a heavy meal of other things is usually a mistake, and leads to the usual result of overfeeding—biliousness.

"The most rigid of the trainers of the present day give chops or steaks and eggs for breakfast; beef or mutton again and vegetables for lunch; and beef or mutton again in the evening, together with stewed fruit or rhubarb, blancmange (cornstarch) or rice pudding. This is a good sample of diet we have no doubt; but variety is pleasing, and as soon as any food, however healthy, begins to fall, it should
be changed for something which, although less digestible, will please and therefore reinvigorate the trainee.

"As regards eatables, ordinary common sense can tell man that heavy pastry, or "stodgy" sweet puddings, or highly spiced dishes, are not healthy food, and that the less that is taken of them the better for the athlete; but, at the same time, one requisite for a healthy diet is that a man should like it. Porridge makes an admirable dish for breakfast, but not to a man who doesn't like it. Pepper and mustard may possibly be deleterious (as we have heard) to the coats of the stomach, and tea without sugar may possibly be healthier than tea with sugar; but if a man dislikes his beef without mustard, or his tea without sugar, he had much better use these condiments than go without them, and he will do well to have kidneys and bacon (which after all are not poisonous) for breakfast, rather than to force down his throat the admirable porridge which he may not happen to like. Nothing which is unpalatable should be eaten as a duty.

"Another point to which an athlete in training should attend is the quantity of his food. The youthful aspirant to athletic honors usually begins by gorging himself, thus falling a victim to the same old error that for feats of strength the one thing needful is to eat strengthening food. The old system was applied chiefly to pugilists, of the lower classes, who, when not in training, probably got less and worse food than they really required; accordingly it suited them to eat more when they went into training. At the present day the well-to-do classes, with their three meals a day, eat more than they need. Doubtless their natural powers of digestion increase when they begin to take the increased amount of exercise which training for a race involves; but if, as soon as the fresh air and exercise increase their digestive powers, they immediately increase the amount of food they take, they will end their training as they began it—short winded and over-fed. In this, as in other matters of diet, it is difficult to give exact advice, but our strongly expressed opinion is that it is better to run the risk of eating too little in training than to run the risk of eating too much. A strong and healthy man may easily weaken himself by over-feeding, but he will not be at all likely to reduce his strength by taking less food than he absolutely requires.

"Men in training have their chief meal in the middle of the day, and
a great many doctors recommend this as more healthy, saying that
the digestion is stronger in the earlier part of the day, and that when
the body is jaded after the day's work it is not fair to put a strain
upon the digestion in its weakened state. Whether this view be
right we do not pretend to say, and content ourselves with offering
the practical advice that the athlete should dine at that hour when he
feels most hungry. Men who are accustomed to dine in the evening
may, we think, advantageously stick to their old practice when in
training, and take their chief meal after their day's work. Of one
thing we feel convinced, that a man in training (unless his consump-
tive powers be abnormal as those of Milo of Crotona) does not want a
heavy lunch, and a heavy dinner as well. If he dine in the middle of
the day his breakfast and supper should be lighter in proportion, and
if he dine late he will want only a light lunch of a chop, or a plate of
cold beef and vegetables, with little or nothing else. On the whole,
we prefer the system of a good breakfast, light lunch, and a moderate
dinner after the day's work.

"Of recent years trainers of crews or athletes have come round to a
sensible view of what should be eaten. In our opinion, however,
their views on the question of what should be drunk are not equally
sound. For one thing it is obviously unreasonable to prescribe ex-
actly the same amount of liquid for a small man and a big man, and
to say that this quantity, and no more, must be taken whatever the
amount of the day's work has been, and whether the day has been
cold or warm. Yet this is a course which we have seen constantly
adopted. The old theory was, as we have said, that a man, to get
down his weight, and make his body hard, should take the smallest
quantity of liquid that he could possibly get on with. That theory is
practically extinct, but it has left its legacy behind in the fixed notion
of the trainer that there must be a definite amount of liquid fixed for
each man and each meal. In speaking on this point we necessarily
have to follow the same line of argument which we have adopted
with regard to eating. It stands to reason that a man taking violent
exercise and perspiring freely requires more liquid than he does dur-
ing his ordinary life. But—and it is a very important "but"—the
majority of men drink a great deal more than they want, by which
we do not mean that they take too much alcoholic stimulant, but
that they take too much liquid, to the great harm of their digestion; and in this kind of over-drinking we believe teetotallers are the worst offenders. It is also a well-known fact that taking too much liquid does more to make the body fat and heavy than taking too much solid food. The conclusion we arrive at is, therefore, that a man who goes into training needs more drink than he does at any other time, but should take less than he is in the habit of taking, unless he is more temperate than the majority of his fellow creatures. The athlete in training should never drink between meals unless he is absolutely thirsty, in which case he should drink to assuage his thirst and not for enjoyment; and at meal times he should drink as much as he reasonably feels a craving for. If the drink be unnaturally stinted, the man will soon break down, his skin will get unhealthy, and his sleep and digestion will be impaired. Doubtless it is quite true that a couple of good sized cups of tea before breakfast, half a pint of liquid for lunch, and a pint at dinner is enough for most men in training, but to hold that a man who finds himself parched after his exercise at four o'clock is to wait until his dinner at seven before he can touch a drop of liquid, is to turn a useful generalization into a ridiculous rule. Rigid rules as to the quantity and quality of diet and exercise are not to be relied upon, and the effect of giving a man so much beer for dinner, and telling him he must under no circumstance have any more, leads to absurd scenes and unsatisfactory results. Some great brawny fellow—perhaps the strong man of a crew—eyes his pint of beer with a wistful gaze, and does not take anything more than just a sip when he cannot possibly get his food down without it, in the vain hope that at the end of dinner he will have enough left to have a really good drink, and cease to feel thirsty for the first time during the day. It needs no doctor to say that the man who eats his dinner under such circumstances will fail to get the full benefit out of it, notwithstanding that he has fulfilled the requirement so dear to dyspeptics of eating his food dry.

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"So much must be said as to the quantity of liquor. In the mean time there are other vexed questions as to the drink of the athlete. Until quite recently a man who trained upon teetotal principles was considered a rara avis, and the old English trainers believed in Eng-
lish beer as much as they believed in English beef and mutton. Of recent years, however, not only have temperance principles been widely preached, but the larger number of oarsmen and athletes from America and Canada have adopted the system of training upon water alone, and taking no alcohol whatever during training. From the views we have already expressed it will be seen that we are not likely to take one side or the other with great ardor, as we believe that there should be no violent change in the manner of living when a young and healthy man goes into training. We must confess, however, to have a strong leaning towards the transatlantic or teetotal method of training. Whether alcohol be good or not we leave doctors to decide, but of all people in the world the athlete who is over-trained least requires its stimulus. We believe they still differ upon the question as to whether it is nutritious to any degree, but all agree that it is very hard to digest, and this alone should be a strong argument against its use. Of one thing we feel confident, that if a man drinks water at his meals as a natural habit, he will be very unwise to leave it off for beer or claret. If, however, he is accustomed to drink beer or wine, it is a hard thing to say that the athlete should give either up and take to water if he doesn't like it. We have seen men well trained upon beer, upon claret and upon weak whisky-and-water, and are quite willing to admit that these beverages have done them no harm. Any other wines, however, for a man in robust health are, we think, bad in training, as they excite the nerves and interfere with sound and quiet sleep. Of course, if a man is getting stale, good strengthening wine may do him a world of good; but as long as the athlete is not in this state, the glass or two of port, which he is often recommended to take, is exceedingly likely to do harm, and can hardly do any good. While, however, advocating training upon temperance principles, we wish to make it clear that circumstances and idiosyncracies alter cases. A man with a naturally weak, nervous organization, may find that a glass of old ale or a glass of port after dinner may prevent his training off through the work he has to undergo, and if such men take to the practice of athletic sports they must train on principles that suit their particular cases. With strong, healthy men, however—the only men who in the present age of keen rivalry can indulge with perfect safety in athletic sport—
we think that upon general principles the less alcohol they take the better.

"So far it will be seen we have not suggested that a man in training should undergo any very serious trials and privations. There is one thing, however, which he must learn to do without, and that is smoking. While we are quite ready to admit a moderate use of the comforting weed is not injurious to the health, there can be very little question that it tends to shorten the wind, and does so more especially when tobacco is indulged in between meals and not after them. Very probably many men, and especially sprinters training for short races, have smoked during training and done themselves no appreciable harm, as their smoking has been confined to a cigar or a pipe immediately after dinner; but even these cases we should think are rare. The use and functions of tobacco may almost be described as totally incompatible with the cultivation of athletic excellence. Tobacco is a narcotic; it is no doubt not only pleasant, but may be wholesome, to men whose nerves require soothing after hard brain work and worry, but, except under abnormal conditions, an athlete in training can hardly want a narcotic; he wants to be brisk, vigorous and robust, and anything which tends to make him lazy must do him harm for athletic purposes. In fact, to take a broad view of the uses of tobacco smoking, it appears obvious that the men of the present day are almost universally adopting it, not because they are a degenerate and dissolute lot, but because the high pressure and forced mental activity of modern life have rendered a craving for it as a sedative only natural. But a man who requires a sedative to maintain his nervous balance is hardly likely to be a fit subject for the trainer's hands. By all means, then, let the man in training avoid smoking, and if from suddenly giving up the habit he finds he is unable to sleep, let him wean himself from smoking as quickly as possible.

"Another mistake which a young lad just taking to training often falls into is to take too much sleep. With the old maxim that 'six hour's sleep is enough for a man, seven for a woman and eight for a fool,' we do not altogether agree, but experience shows that in ordinary cases seven hours of sleep are quite enough for a man who has not been taking any enormous amount of exercise during the previous day, and that eight hours is the maximum which can under any cir-
Cumstance be benneficial to a man who is living a regular and temperate life. A young lad of eighteen or nineteen probably requires more sleep than an athlete who has passed out of his nonage and is fully developed, but at the outside more than eight hours' sleep should never be taken. Too much sleep engenders fat and makes the athlete slack, listless, and disinclined for his day's work. We have always wondered how the university freshmen, when they are just sent into training for the spring races, manage to survive the ordeal. They are gorged on meat, eggs, etc., three times a day. They have port wine and figs in the evening, and are sent to bed at ten to sleep until they rise in the morning again at eight o'clock to commence a fresh attack upon mountains of steaks and chops. Even quite apart from the food they take, the men would be slack and torpid from the amount of lazy sleep to which they are condemned.

"Another point which is often disputed is the advantage of early morning work. All are, we think, agreed that a man should get into the open air and clear his lungs before breakfast. By these means he gives himself an appetite for his food, and the improvement in the wind which comes from thus getting out must soon be obvious. But it is a far more difficult matter to decide whether a man should do anything more before breakfast than get air into his lungs. Some men we have known actually to go hard spins before breakfast, others have taken walks of a mile or two, others merely stroll out and walk a quarter of a mile or so just for an 'airing.' Which of these courses should suit any particular individual depends both upon his constitution and his previous habits. Our own opinion is that as a general rule a man should never neglect to get out before breakfast, be it wet or fine, but should refrain from anything like work. We have seen so many men collapse in their training as soon as they tried work before breakfast, that we are skeptical of its good results. But a walk of not more than a mile before breakfast is sure to do good to a healthy man. We need also scarcely say, wet or fine, warm or cold, he should sleep with his window partly open. There can be no quiet sleep for a man in a confined atmosphere.

"There is no reason why an athlete who makes his training consist of a sound and healthy system of living should break down in health, but without doing that he may nevertheless find himself hors de combat"
from some minor evils. Before a runner puts on his first pair of running shoes he should pare his toe nails close to the flesh, or the pounding on the toes will result in the nail being pushed up at each stride. In a few days after this his nails will probably turn black, and in a week or two the runner may find himself minus one or two of them. All danger of this, however, is obviated by not allowing the nail to protrude in the slightest degree beyond the end of the toe. Occasionally the feet get tender from the exercise, and when this happens the athlete will do well to give up the cinder track for the grass for a day or two. Soaking the feet in alum and water is also much recommended as a cure for tender feet. Prevention, however, is better than cure, and the best preventative, is a soft washleather sock coming over the ball of the foot. This is also comfortable, and acts as a safeguard against blisters. With blisters, the best thing is to prick them with a needle as soon as the water has collected in them; after this has been squeezed out, the old skin should be left on to protect the new skin growing underneath. If there are blisters on the foot half-formed, and the athlete is liable to them, the skin is best toughened and rendered least liable to them by taking a salt-and-water footbath in the evening. The light shoes which are necessarily used by runners are also apt to create corns, which must be treated by the usual remedies which are known to housewives or to practitioners for the removal of these unwelcome visitors. The best means, however, to avoid blisters, corns, and such like ailments, is to take a great deal of care in selecting a perfectly fitting pair of shoes.

"Strains of the muscles are more serious matters, and are sometimes very hard to cure; there is always too, a danger that a slight strain of a muscle may get worse if rest be not taken. Experience shows that there is very little risk of the muscles giving way from anything but overwork in warm weather, but in cold weather muscles strain or snap without any warning; indeed so many accidents of this kind happened at Oxford that notices were posted in the dressing-room at the old Marston Grounds warning runners not to go out into the cold without first rubbing their legs with a horsehair glove or with the hands, and not to undergo any violent exercise without taking a short trot to warm the muscles.

"This precaution should certainly never be neglected at any time
when the weather is at all chilly, and in the winter especially it is foolhardy to dispense with it. Slight strains of muscles are best treated by partial rest and the use of opodeldoc or a mixture of arnica and opodeldoc as an embrocation. A composition still frequently used by pedestrians is that which is recommended by Charles Westhall in his little book. Westhall's recipe is as follows: spirits of wine, \( \frac{1}{4} \) pint; spirits of turpentine, \( \frac{3}{4} \) pint; white vinegar, \( \frac{1}{4} \) pint. Mix these with a fresh egg beaten up and give the bottle a good shake before using the mixture.

"If the strain of the muscle be very severe, something else besides an embrocation is required. Complete rest must be the rule; and if there is a swelling from injury to a joint this should be reduced by bathing in hot water. People frequently make the mistake of putting a sprained ankle immediately under a stream of cold water; cold water is invaluable to strengthen the muscle after the inflammation has gone down, but a hot fomentation is what is required to reduce the swelling. When the swelling has gone down, the ‘cold tap’ and embrocation are useful. Upon the same principle, too, that horses are ‘fired,’ the outside of the ankle is often painted with iodine."
Running and Runners.

THE 100 YARDS.

"Before we discuss the best forms of sprinting and its exponents, we may say something of the practice and exercise which a sprinter should take in order to reach his best form. The best practice for a 100 or 120 yards race is to have continual bursts of thirty yards or so with another man, who is about as good or better than yourself. If practising with a man who is inferior, you should give him a short start in these 'spins' and catch him as soon as you can. Such practice both helps a man to get into his running quickly and 'pulls him out,' to use a trainer's expression; that is, the striving to keep pace with a better man, or catch a man in front whom you can catch, involuntarily forces a man to do a little better than his previous best if he is capable of it. A man should never practice sprinting alone; he becomes sluggish and can never really tell whether he is doing well or ill. If he is simply training for a 100 or 120 yards race, after half a dozen of these spins he should take a few minutes' rest and then run the full distance, or at any rate a burst of 70 or 80 yards before he goes in to have a rub down and resume his clothes. If he is training for a 220, 250 or 300 yards, he must, of course, accustom himself to longer trials; but in general, even for the longest of these distances, it is quite enough to run 200 yards at full speed. In fact, as a general rule, for all practice it may be laid down that a man should very rarely run a trial for more than two-thirds of the distance for which he is training. In writing this we know that to so many trainers such an opinion will be considered a rank heresy; but that is a sound rule, at any rate to amateurs who have other daily avocations to attend to, which must occasion more or less fatigue, is our firm conviction. The great point is in every race, and especially in a sprint or in a quarter of a mile, is to come to the scratch fresh.
Our experience of amateurs is that two out of three of them come to the scratch in a big race a little overdrawn.

"Little more need be said of practicing on the path for sprints. It must not be forgotten, however, that the sprinter wants to keep himself hard and fit during the time that all his racing practice consists of hard bursts for very short distances. A few miles walking during the day is always good for the health, but great care must be taken by the sprinter never to get stiff, for he has no time during his race to run off even the slightest stiffness. A trot once around the track at a moderate pace with a springy action to stretch the legs is also a good thing; but in these trots the sprinter should never let himself get off his toes—i.e., run so that his heels touch the ground; when his heel begins to come down on the ground it is a sure sign that he is getting jaded, and he had better leave off and walk back to the dressing room."
Necessary Implements and Arrangements for an Athletic Contest.

Athletes and athletic club officials would do well to procure a copy of the Athletic Primer (No. 87 of Spalding’s Athletic Library). This book fully covers the construction of athletic grounds and tracks, the management of games, formation of new clubs, etc. It also contains illustrations and diagrams of what might be considered a perfect athletic track.

In laying out or re-arranging grounds great care should be taken to see that the field sports can go on without interference, and in the management of a large meeting it is very essential that more than one field sport should go on at one time. Therefore it should be arranged to have the running broad jump, running high jump and the circles for weight-throwing separated. In order to have your plant as perfect as possible, it is necessary that you have all the apparatus that is necessary, not only to conduct an athletic meet, but to give the different athletes an opportunity to practice the various sports.

There are many things that are required. Great care should be taken in the arrangement of the broad jump. The toe board is a very important article and is generally overlooked, and the runway requires as much attention as the track. At the average athletic grounds the jumping path is usually neglected.

In the sprint races, wherever possible, each contestant should be given his own lane. A lane can be made of iron stakes driven in the ground about eighteen inches apart and strung with cords.
For the pole vaulters and high jumpers you should procure two sets of wooden apparatus—Spalding's complete apparatus No. 109. If the pole jump and high jump go on at the same time, an extra lot of cross-bars should be on hand and three or four different poles.

For the weights you will be required to furnish a 16-lb. Spalding Championship Ball Bearing Hammer, as originally designed by Champion John Flanagan. It is now universally used by all the good weight throwers. The ball-bearing swivel hammer is in great demand and favored. It does away with the breaking of handles, and Flanagan claims it can be thrown many feet further than the old style hammer. Schoolboys invariably use the 12-pound shot and the 12-pound hammer. If they desire lead shot, it usually costs a little more than the iron. The 16-pound iron shot can be bought for about $1.25, and the 12-pound shot for $1.00.

The regulation 56 pound weight, known as the "Mitchel" weight, can be secured for $7.00, and with it comes two handles, one for the man who throws with one hand and the other for the two-handed thrower.
The most suitable hurdles on the market are the Foster Patent Safety Hurdles. The frame is 2 feet 6 inches in height with a horizontal rod passing through it two feet above the ground. The hurdle is a wooden gate 2 feet high swinging on this rod at a point 6 inches from one of the sides and 18 inches from the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw on the rod. It would be hard to conceive any device more simple or more easily handled than this. The invention was used exclusively at the Pan-American Sports and has met with the approval of the best known physical directors and trainers of the country.

The Spalding Official Discus should always be on the grounds. This retails for $5.00.

A megaphone is now a necessary adjunct to an athletic meeting. With a megaphone almost any amateur can announce the results distinctly.

The captain of the club should endeavor to have in his possession a pistol so that the boys can practice starting, and a whistle for announcing that everything is ready for a start and also for attracting the attention of the officials, several measuring tapes and several balls of yarn for the finish.

The athlete is also advised to consult the following books which contain a great deal of useful and necessary information on their
respective subjects: No. 27—College Athletics, by Michael C. Murphy, the Yale trainer; No. 37—All-Around Athletics; No. 87— Athletic Primer, devoted especially to the subject of athletic grounds and the formation and running of athletic clubs; No. 135—Official Amateur Athletic Handbook, which contains the rules under which every set of athletic games must be contested, and should be studied by every athlete who intends to compete: No. 136—Official Handbook of the Athletic League of Y. M. C. A.'s; No. 145—Official Athletic Almanac, published yearly, and the only publication containing all the official athletic records, besides portraits of leading athletes and pictures of important athletic events; No. 149—The Care of the Body, by Prot. Warman, the famous exponent of physical culture; No. 153—Official Inter-Collegiate Handbook, contains the official rules of the Inter-Collegiate A. A. A., and should be studied by every athlete who intends to compete in college events. The price of any of the above is ten cents, and they can be obtained generally from any newsdealer or from the publishers, American Sports Publishing Company, 16-18 Park Place, New York.
What to Wear.

It is very important that the beginner in athletics should know what to wear for the different sports. The ordinary athlete, the runner, will require a pair of sprinting shoes, No. 2-0, that retail for $5.00. It was with this style shoe that Wevers made all his records. John Cregan, the Intercollegiate Champion, wore them, as well as Charles Kilpatrick, the peerless half-mile runner and celebrated record holder, and Arthur J. Duffey, who has gone the 100 yards in 9.5 seconds. The sweater, No. A, of finest Australian lamb's wool, was made originally by special order for the Yale foot ball team and now used by all intercollegiate athletes, is one of the best in the market, sells for $6.00; athletic shirt, No. 600, at $1.50; athletic pants, No. 3, at 75 cents; a supporter is very essential for an athlete and nearly all the champions use them; No. 5 is the most suitable one and retails at 75 cents; a pair of corks will cost the athlete 15 cents; pushers for the running shoes, 25 cents; the bath robe is now an essential part of an athlete's outfit, these retail at $5.00. This complete outfit costs $19.40. They are all good, serviceable articles.

The second quality of the same line of goods can be bought as follows: sprinting shoes, No. 10, $4.00; sweater, No. B,
$5.00; shirt, No. 6-E, 50 cents; pants, No. 4, 50 cents; supporter, No. 2, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, $3.50. This second grade outfit costs $14.40.

The pole-vaulter will want the same outfit, with the exception of a pair of jumping shoes, No. 14-H, which sell for $5.00, and a pair of wrist supporters, No. 200, which can be bought for about 35 cents. There is one article that a pole-vaulter must have, and that is his own pole. There is an awful lot in getting used to a pole and having confidence in the one that is yours, because no other contestant is allowed to use it according to the rules, which is quite right, for we have often seen a pole-vaulter make the fatal mistake of allowing much heavier men use his pole and break it. Any one can naturally understand that a man who weighs 160 pounds cannot use a pole designed for a man weighing 115 pounds. The best pole on the market for athletic purposes is the 15-foot 6-inch pole as supplied by A. G. Spalding & Bros. to the Princeton University A. A. This pole is made of hollow spruce, thus being much lighter, and owing to a special preparation with which it is filled, the strength and stiffness is greatly increased. It retails for $10.50; a 14-foot pole, hollow, retails for $9.50, and the solid for $6.00. Usually the vaulter will wrap the pole to suit his own tastes.

The high jumper and the broad jumper will want an outfit as follows: jumping shoes, No. 14-H, $5.00; sweater, No. A, $6.00; shirt, No. 600, $1.50; pants, No. 3, 75 cents; supporter, No. 5, 75 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, $5.00.

An outfit, with several of the articles of a cheaper grade than the above, costs: jumping shoes, No. 14-H, $5.00; sweater, No. B, $5.00; shirt, No. 6-E,
50 cents; pants, No. 4, 50 cents; supporter, No. 2, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, $3.50.

The man who throws the weights will require the same wearing apparel as the pole-vaulter or the runner. John Flanagan and James Mitchell, two of the greatest weight throwers in the world, wear what is known as the No. 14-H shoe, with a short spike, which retails for $5.00. It is very essential that the weight thrower should have his own implements; in fact, nearly all the champion weight throwers carry their own weights with them and guard them jealously.

Without doubt the best hammer in the market to-day is the ball-bearing championship hammer as designed and used by John Flanagan, the record holder and champion thrower of the world. This sells for $10.00. An extra leather case for carrying these hammers will cost the athlete $2.00. The regulation hammer, lead, you can get for $4.50, and the iron at $3.25. The 16-pound shot, lead, will cost $2.50, and the iron, $1.25. The 56-pound weight, lead, will cost $8.50, and the iron $7.00. With the Spalding 56-pound weight come two sets of handles, one for one hand and one for two hands; and I would advise any weight thrower who wants to become expert to carry his own weights and particularly his own hammer. He can then arrange to have the grip made to suit himself, and when necessary to cover it with leather, and he will not be called upon when he goes to a competition to take the ordinary hammer with a handle that every one has used and with which he is not familiar. Many a man has lost his event by not having his own weight. Robert Edgren invariably carries his own hammer with a handle suitable for him, and to which he is accustomed.

Athletes should make it a point to have two suits of athletic apparel, one for competition and one for practice purposes. The clothing that some of our
crack athletes wear in competition is a disgrace to athletics, and it adds a great deal to an athlete's appearance to appear neat and clean when taking part in athletic competition. In practice within one's club or grounds almost any kind of clothing can be used. A sprinter should have two pairs of running shoes, one a very heavy pair for practicing in (the cross country shoe, No. 14-C, makes a very good shoe for this purpose, and can be had with or without spikes on heels), and a light pair for racing. One of the best professional sprinters that ever wore a shoe made it a point to train for all his races in very heavy sprinting shoes. Aside from the benefit that is claimed for practicing in heavy shoes, you always feel as though you have a pair of shoes that will be ready for any race that is scheduled, and bear in mind it does not pay to buy athletic implements or clothing that are cheap. They don't wear and cannot give you the service that you will get from articles that are official and made by a reputable house.
Spalding's Championship Running Shoes

This Running Shoe is made of the finest kangaroo leather; extremely light and glove-fitting; best English steel spikes firmly riveted on. Worn by nearly all of America's fastest sprinters and distance runners.

No. 2/0. Per pair, $5.00

ARTHUR DUFFEY—Holder of the world's record, 9 3-5s. for 100 yards, wears Spalding's Shoes in all his races.

M. W. LONG—Holder of the world's 440 yards record; the American, English and International champion, wears Spalding's Shoes in all his races.

B. J. WEFERS—The holder of the world's record for 220 yards, made his record with a pair of Spalding's Record Shoes.

JOHN F. CREGAN—The American half-mile and Intercollegiate champion, and thousands of others attribute their success on the path to the fact that they had a well-fitting, light, serviceable shoe to wear.

Nearly every American, Intercollegiate and Interscholastic record has been made when the contestant wore Spalding's Shoes.

Write for Complete Catalogue of All Athletic Sports.

A. G. SPALDING & BROS.
(Incorporated)
NEW YORK CHICAGO DENVER
Spalding's Running Shoes

Finest Calfskin Running Shoe; light weight, hand-made, six spikes.

No. 10. Per pair, $4.00

Calfskin Running Shoe, machine made.

No. 11. Per pair, $3.00

Write for Complete Catalogue of All Athletic and Sporting Goods.

A. G. SPALDING & BROS.
(Incorporated)

NEW YORK       CHICAGO       DENVER
Cross Country Shoes

Finest Kangaroo Leather; low broad heel, flexible shank, hand-sewed; six spikes on sole; with or without spikes on heel.

No. 14C. Per pair, $5.00

Illustrated Catalogue of All Sports Mailed Free.

A. G. SPALDING & BROS.
(INCORPORATED)
NEW YORK CHICAGO DENVER
Jumping and Hurdling Shoes

Jumping and Hurdling Shoe; fine kangaroo leather, hand-made; two spikes on heel.
No 14H. Per pair, $5.00

Indoor Running Shoes

Made with or without spikes.
Fine leather, rubber tipped sole, with spikes.
No. 111. Per pair, $8.50
Leather shoe, rubber tipped, with spikes.
No. 112. Per pair, $3.00
Leather shoe, rubber tipped, no spikes.
No. 114. Per pair, $2.50

Handsomey Illustrated Catalogue of all Sports Mailed Free to any Address

A. G. SPALDING & BROS.
(Incorporated)
NEW YORK  CHICAGO  DENVER
THE HACKEY
PATENT ANKLE SUPPORT

A. G. SPALDING & BROS., Sole Licensees.

Made of soft tanned leather and worn over stocking. It relieves pain immediately and cures a sprain in a remarkably short time.

No. H
Per Pair, $1.00


A. G. SPALDING & BROS.
(Incorporated)
NEW YORK CHICAGO DENVER
CHAMOIS PUSHERS

Made of fine chamois skin and used with Running, Walking, Jumping and other athletic shoes.

No. 5 . . . . . . . . . Per pair, 25c.

ATHLETIC GRIPS

Made of selected cork, and shaped to fit the hollow of the hand.

No. 1 . . . . . . . . . Per pair, 15c.

Illustrated Catalogue of All Athletic Goods sent Free

A. G. SPALDING & BROS.
(Incorporated)

NEW YORK     CHICAGO     DENVER
The Spalding "Highest Quality"

Sweaters

Made of the very finest Australian lamb's wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight.

We call special attention to the "Intercollegiate" grade which was originally made by special order for the Yale football eleven and is now exclusively used by all Intercollegiate players. They are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. A. "Intercollegiate," special weight, . . . $6.00
No. B. Heavy Weight, . . . . . . . . . . . . . . . . . . . . . . . . . . . 5.00
No. C. Standard Weight, . . . . . . . . . . . . . . . . . . . . . . . . . . . 4.00

Colors: White, Navy Blue, Black, Gray and Maroon. Other colors to order at an advanced price. Prices on application. All made with 10-inch collars; sizes, 28 to 44.

STRIPED SWEATERS

Same quality as our No. B. Sizes, 32 to 42 inches. Colors: Red and Black, Navy and Red, Orange and Black, Navy and White. Stripes 2 inches wide.

No. BS. Each, $3.50

Any other combination of colors to order only at an advanced price.

Catalogue of Sporting and Athletic Goods free to any address.

A. G. SPALDING & BROS.

(INCORPORATED)

NEW YORK CHICAGO DENVER
We introduced these sweaters to fill a demand for as heavy a weight as our "Highest Quality" grade, but at a lower price, and after much experimenting, we are in a position to offer this line in the following colors only: Black, Navy Blue, Maroon, Gray or White, as follows:

No. 1. Same weight as No. A. Each, $5.00
No. 2. Same weight as No. B. " 4.00
No. 3. Same weight as No. C. " 3.00
Sizes, 30 to 44.

STRIPED SWEATERS
Same quality as No. 3. Sizes, 32 to 42, in following colors: Red and Black, Navy and Red, Orange and Black, Navy and White.
No. 3S. Each, $3.50
Stripes 2 inches wide, in above combinations of colors only.

Illustrated Catalogue of all Sports Mailed Free.

A. G. SPALDING & BROS.
(Incorporated)
NEW YORK CHICAGO DENVER
RIBBED SWEATERS

Our No 9 sweater is made of pure wool, full shaped to body and arms. It is guaranteed superior to any sweater of equal price. Guaranteed absolutely all wool. Sizes, 26 to 44.

In following colors only: White, Maroon, Navy Blue and Black.

No. 9. Medium weight. . . . . . . Each, $1.60

No. 11. This sweater is not all wool, but contains more of it than most sweaters usually sold as all wool sweaters at a high price. Medium weight, in Black, Navy and Maroon only. Sizes, 32 to 44. . . . Each, $1.25

Handsomely Illustrated Catalogue of all Sports Mailed Free.

A. G. SPALDING & BROS.
(incorporated)

NEW YORK CHICAGO DENVER
FULL STRIPED JERSEYS

Nos. 1PS and 10PS.

Full striped jerseys; two inch stripes; manufactured from hard twisted worsted, and closely woven, in the following combinations of colors: Orange and Black; Navy and White; Red and Black; Gray and Royal Blue; Royal Blue and White; Columbia Blue and White; Scarlet and White; Black and Royal Blue; Navy and Cardinal; Gray and Cardinal; Maroon and White.

No. 10PS. Each, $3.00

Furnished in same colors as No. 10PS, but collars and cuffs not striped
No. 12PS. Each, $2.25

Our EXTRA QUALITY JERSEYS are made of the finest Australian Wool. Navy Blue, Black, Maroon.

No. 1P. Full fashioned, solid colors. Each, $4.00
No. 1PS. Striped...

4.50

Any other combination of colors than above, or different width stripe, to order only, and at advanced price. Quotations on application.

Handsomely Illustrated Catalogue of all Sports Mailed Free.

A. G. SPALDING & BROS.
(Incorporated)

NEW YORK   CHICAGO   DENVER
Same grade as No. 10P, solid color bodies with alternate striped sleeves—usually two inches of same color as the body, with narrow stripe of any desired color. A very popular garment to be worn with sleeveless jackets.

No. 10PX. Each, $2.75
SPALDING'S JERSEYS

No. 10P.

Our No. 10P line, recently introduced by us, is manufactured from hard twisted worsted and closely woven; of a good quality. Made so as to stand the most severe strain; an absolutely perfect football jersey.

Solid colors: Black, Navy Blue, and Maroon, carried in stock; other plain colors to order at short notice.

No. 10P. . . . . . . Each, $2.50
No. 12P. In same colors. . . . . . " 2.00

Send for free catalogue of Athletic and Sporting Goods.

A. G. SPALDING & BROS.
(Incorporated)

NEW YORK   CHICAGO   DENVER
Quarter Sleeve Shirts

Best Worsted, full fashioned stock colors.

No. 1F. Each, $2.75
Cut Worsted, full fashioned, Navy, Black, Maroon.

No. 601. Each, $1.50
Sanitary Cotton, White, Navy, Black, Maroon.

No. 6F. Each, 50c.

Knee Tights

Best Worsted, full fashioned, stock colors.

No. 1B. Per pair, $2.75
Cut Worsted, full fashioned, Navy, Black and Maroon.

No. 604. Per pair, $1.50
Sanitary Cotton, White, Navy, Black and Maroon.

No. 4B. Per pair, 50c.

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Spalding's Sun Protecting Mask
Finest steel wire, extra heavy black enamelled; our patent sunshade protects the eyes without obstructing the view.
No. 4-O. Each, $4.00

Spalding's Neck Protecting Mask
Finest steel wire, extra heavy and black enamelled to prevent reflection of light; our patent neck extension affords absolute protection to the neck.
No. 3-O. Each, $3.00

Spalding's Special League Mask
No. 2-O. Each, $2.50

Spalding's Regulation League Mask
Made of heavy, soft annealed steel wire. Well finished and reliable in every particular.
No. OX. Black Enamelled. Each, $2.00
No. O. Bright Wire. " 1.50

Spalding's Amateur Mask
Bright wire. Same size and general style of the League mask. Substantially made and warranted perfectly safe.
No. A. Each, $1.00

Spalding's Boys' Amateur Mask
Bright wire. Exactly same quality as our No. A mask, only smaller in size. An absolutely safe mask for boys.
No. B. Each, $1.00

Spalding's Regulation Mask
Bright wire. Made in same style as our Amateur mask, but without head or chin piece. Warranted.
No. L. Each, 75c.

Spalding's Youths' Mask
Bright wire. Well padded. No head or chin piece.

Spalding's Beveled Edge Shoe Plates
Razor Steel

TOE.
No. 3-0. Toe Plates . . . . . Per pair, 50c.
No. 4-0. Heel Plates . . . . . " 50c.

Spalding's League Plates
Steel specially hardened, sharpened edges.
No. 0. Toe Plates . . . . . Per pair, 25c.
No. 2-0. Heel Plates . . . . . " 25c.

Professional Shoe Plates
Best Quality Steel.
No. 1. Toe Plates . . . . . Pair, 10c.
No. 1H. Heel Plates . . . . . " 10c.

Spalding's Pitcher's Toe Plate
Worn on the toe and affords a thorough protection to the shoe, and at the same time a most valuable assistant in pitching. Made for Right or Left Shoe. Used by all professionals.
No. A. Aluminum. Each, 50c.


A. G. SPALDING & BROS.
Incorporated
NEW YORK CHICAGO DENVER
Spalding's
No. X Infielders' Glove
A good all-around glove, improved style. Made of good quality horsehide, well padded. Web thumb; double row of stitching on heel pad. Will give excellent service.

No. X. Each, $1.50

Spalding's
No. XB Infielders' Glove
A Boys' Glove. The same quality as our No. X, but smaller in size.

No. XB. Each, $1.00

Spalding's No. 15 Infielders' Glove
A well made glove, improved style. Made of extra fine quality brown leather, well padded. Web thumb; double row of stitching on heel pad.

No. 15. Each, $1.00

Spalding's No. 12 Infielders' Glove
Good quality soft suede tanned leather nicely padded. Web thumb; double row of stitching on heel pad.

No. 12. Each, 75c.

Spalding's No. 16 Infielders' Glove
A good glove, full size, improved style. Made of good quality soft tanned leather, nicely padded. Web thumb; double row of stitching on heel pad.

No. 16. Each, 50c.

Spalding's No. 14 Infielders' Glove
Similar to No. 12, but smaller in size. No better at the price.


Spalding's No. 17 Infielders' Glove
A Youth's Glove; all leather, good quality, well made and padded. Web thumb; double row of stitching on heel pad.

No. 17. Each, 25c.

No. 10. **HIGH FLYER BALL**
A very lively ball; the inside is all rubber, making it the liveliest ball ever offered at the price. Put up in a separate box and sealed. Each, 25c.

No. 7B. **LEAGUE JUNIOR BALL**
Slightly under regular size, horsehide cover, and is very lively; carefully made and a perfect boys' size ball. Put up in a separate box and sealed. Each, 25c.

No. 7. **BOYS' FAVORITE BALL**
Regulation size and weight, horsehide cover and well constructed. An excellent regulation ball for boys. Put up in a separate box and sealed. Each, 25c.

No. 14. **BOYS' AMATEUR BALL**
This ball is a little under regulation size, has a sheepskin cover, and is very lively. Put up in a separate box and sealed. Each, 15c.

No. 6. **VICTOR BALL**
The best 15-cent ball ever put on the market. Regulation size and weight. Each ball is put up in a separate box and sealed. Each, 15c.

No. 9B. **SPALDING'S BOYS' LIVELY BALL**
A good Boys' Lively Ball, juvenile size, two-piece cover. Each ball trade-marked. One dozen balls in a box. Each, 10c.

No. 8. **SPALDING'S EUREKA BALL**
Nearly regulation size and weight. The best cheap ball for the money on the market. Each ball trade-marked. One dozen balls in a box. Each, 10c.

No. 13. **SPALDING'S ROCKET BALL**
This is a good bounding ball. Size, 8 in.; weight, 4 ounces. The best 5-cent, two-piece cover ball in the market. One dozen balls in a box. Each, 5c.
Spalding's Boys' League Mitt
Made throughout of specially tanned leather, lace back; very soft and pliable and extra well padded; double row of stitching on heel pad and strap-and-buckle fastening on back; laced thumb.

No. 5-OB. Each, $2.00

Spalding's Boys' Mitt
Made of extra quality asbestos buck, extremely tough and durable; well padded; lace back; reinforced at thumb and double row of stitching on heel pad; laced thumb; good size. A very serviceable boys' mitt.

No. AB. Each, $1.00

Spalding's Boys' Mitt
A great favorite; made of extra quality firm tanned oak leather; extra well padded and substantially made; lace back; double row of stitching on heel pad; reinforced and laced thumb.

No. BB. Each, 50c.

Spalding's No. 4 Mitt
Men's size. Firm tanned leather; extra heavily padded; reinforced at thumb joint and double row of stitching on heel pad.

No. 4. Each, 50c.

Spalding's Junior Mitt
Most popular mitt made; of good quality firm tanned leather; well padded; lace back and reinforced thumb; double row of stitching on heel pad.

No. CB. Each, 25c.

Spalding's No. 5 Mitt
Improved style; firm pliable leather; laced thumb; well padded and double row of stitching on heel pad.

No. 5. Each, 25c.

Spalding's No. 7 Mitt
Leather face, canvas back; good size and well padded.

No. 7. Each, 10c.


A. G. SPALDING & BROS.
Incorporated
NEW YORK CHICAGO DENVER
Spalding’s No. PX Infielders’ Glove

Our No. PX Infielders’ Glove is made up on lines suggested by prominent professional players. Quality and workmanship cannot be surpassed. The quality of buckskin used in making up this glove is the finest we have been able to obtain, and all other items of manufacture have been carefully looked into. It is heavily padded around edges with fine quality felt, and padding extends well up into the little finger. Has no hump, but is made extra long to protect wrist.

No. PX. Each, $3.00

Spalding’s No. 2XS Infielders’ Glove

A special glove with features that will appeal to the professional player. Made extra long, of selected velvet tanned buckskin, kid lined and lightly padded. Has no heel pad.

No. 2XS. Each, $2.50

Spalding’s No. AX Infielders’ Glove


No. AX. Each, $2.50

Spalding’s No. 2X Infielders’ Glove

Made throughout of selected velvet tanned buckskin, lined and correctly padded with finest felt. Has web thumb. Highest quality workmanship throughout; double row of stitching on heel pad. No better made at any price.

No. 2X. Each, $2.50

Spalding’s No. 2XB Infielders’ Glove

Our best boys’ glove. Made in same style and of same material as our No. 2X glove, except smaller in size.

No. 2XB. Each, $2.00

SPALDING'S OLYMPIC DISCUS

An exact reproduction of the discus used in the Olympic games at Athens, Greece, by Robert Garrett, of Princeton, the winner. Guaranteed absolutely correct.

Olympic Discus. Price, $5.00

COMPETITORS' NUMBERS
Printed on Heavy Manila Paper or Strong Linen

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Athletic Emblems, Grips, and everything needed by the athlete for all sports will be found in our complete catalogue, copy of which will be mailed free to any address.

A. G. SPALDING & BROS.
NEW YORK CHICAGO DENVER
The Spalding "Championship" Ball-Bearing Hammer, originally designed by John Flanagan, the champion of the world, has been highly endorsed only after repeated trials in championship events. The benefits of the ball-bearing construction will be quickly appreciated by all hammer throwers. Each hammer put up complete in sole leather carrying case.

- No. 02. 12-lb., with Sole Leather Case, $12.00
- No. 02X. 12-lb., without Sole Leather Case, 10.00
- No. 06. 16-lb., with Sole Leather Case, 12.00
- No. 06X. 16-lb., without Sole Leather Case, 10.00
- No. 8H. Extra Wire Handles for above, .50

Fully described in complete catalogue. Copy mailed free.
The frame is 2 feet 6 inches high, with a horizontal rod passing through it 2 feet above the ground. The hurdle is a wooden gate 2 feet high, swinging on this rod at a point 6 inches from one of the sides and 18 inches from the other. With the short side up, it measures 2 feet 6 inches from the ground, and with the long side up, 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw on the rod. It would be hard to conceive any device more simple or more easily handled than this.

The invention fills a long-felt want, and has met with the approval of the best known physical directors and trainers of the country.

Prices on application.

Complete Catalogue of all Sports Mailed Free

A. G. SPALDING & BROS.
NEW YORK  CHICAGO  DENVER
SPALDING'S CHAMPIONSHIP BOXING GLOVES

New York, June 12, 1899.
Messrs. A. G. Spalding & Bros.

Gentlemen:—I wish to thank you for the perfect Shoes and Boxing Gloves that you furnished me for my late fight with Mr. Fitzsimmons, and also to give you my endorsement for the superb quality of these goods. I shall expect to use them in all my future contests.

Yours very truly,
Jas. J. Jeffries.

Chicago, April 10, 1898.
Messrs. A. G. Spalding & Bros.

Gentlemen:—This will give you exclusive right to use my name endorsing your line of Boxing Gloves.

The five-ounce Championship Boxing Gloves used by me in all my battles are simply perfect, and the training gloves cannot be equalled for correctness of fit, for they permit one to close their hands firmly, preventing any chance of an accident.

Yours truly,
Robert Fitzsimmons.

THE SPALDING "CHAMPIONSHIP GLOVES" are endorsed by all champions and have been exclusively used for years in championship contests and in training. The material and workmanship are of highest quality, the fit is perfect, and by their peculiar construction, absolutely prevent any chance of injury to the hands or wrists. Each set is carefully inspected before packing, and guaranteed in every particular. Made in three sizes, in sets of four gloves.

No. 115. The Spalding "Championship" Glove, 5 oz. Per set, $6.00
No. 116. The Spalding "Championship" Glove, 6 oz. " 6.00
No. 118. The Spalding "Championship" Glove, 8 oz. " 6.00

The Spalding "Special" No. 218
Same style as our Championship Gloves, but not quite so high a quality in material or workmanship.
No. 218. Per set, $4.00

A. G. SPALDING & BROS.
(Incorporated)

NEW YORK CHICAGO DENVER
SPALDING'S BOXING GLOVES

No. 11. Corbett Pattern, large 7 oz. glove, gambian tan leather, padded with best curled hair, laced and padded wristband, palm grips. Substantially made throughout for hard usage. Per set, $4.50

No. 9. Regulation 5 oz. glove, otherwise same as No. 11. Per set, $4.50

No. 13. Corbett Pattern, olive tanned leather, well padded with hair, laced wristband, palm grip, leather lined and bound. Per set, $4.00

No. 15. Corbett pattern, soft tanned leather, well padded with hair, laced wristband. Per set, $3.50

No. 17. Corbett Pattern, craven tan leather, well padded with hair, palm grip and padded wristbands. Per set, $3.00

No. 19. Corbett Pattern, craven tan leather, well padded with hair, palm grip. Per set, $2.75

No. 21. Corbett Pattern, grip and cuffs of olive tanned leather, balance of glove finished in dark wine color tanned leather. Well padded with hair, and laced wristband. Per set, $2.00


A. G. SPALDING & BROS.
(Incorporated)

NEW YORK  CHICAGO  DENVER
Our Moline Platform is adjustable in height, readily attached to any wall, and the side bracket so arranged that it touches three rows of studding. Neat in design and handsomely finished, it in no way detracts from the appearance of the room, does not obstruct the light, and overcomes many other objectionable features of the old style disc usually costing double the price. The new and exclusive feature in this platform offers a wide range for clever combinations and scientific work. Each platform is supplied with everything necessary for attaching to wall, and crated ready for shipment.

No. 1. Moline Platform, Without Bag, $10.00

SPALDING’S SPECIAL PLATFORM, No. 2

Made of selected material, substantially constructed and durable. The necessary screws and bolts for quickly setting up sent with each platform.

No. 2. Without Bag, $6.00

SPALDING'S STRIKING BAGS

A. G. Spalding & Bros.

Your striking bags are perfect in every way, and I gladly recommend them for home or gymnastic use. I have used them in all my exhibitions and in training.

Robert Fitzsimmons.

The Spalding "Championship" Bag

No. 19. Made of the highest quality of Patna Kid, the highest and strongest of leather. Sewed with silk, double stitched and reinforced throughout. Originally designed by the famous "Kid" McCoy, and exclusively used by him in all exhibitions and for training. An ideal bag for fast work. Complete in box, $7.00

No. 20. Made of finest selected calf skin, double stitched welted seams, and reinforced throughout. Extremely fast and lively, therefore an excellent bag for platform work. Complete in box, $5.00

The "Fitzsimmons Special" Bag

No. 18. Made of the finest selected Napa tanned leather, extra well made, and an exact duplicate in every way of the one used by champion Fitzsimmons in training and for exhibition purposes. Very light and extremely fast. Each bag is put up complete in box and carefully inspected before packing. Complete in box, $5.00

No. 18s. Same as No. 18, but trifle smaller in size, and lighter; intended for very speedy work. Complete in box, $5.00

No. 12. New Regulation Style, olive tanned leather cover, double stitched, one-piece top and welted seams. Reinforced loop. This bag is particularly adapted for quick work. Complete in box, $4.00

No. 10. New Regulation Style, made of specially tanned glove leather, substantially put together, one-piece top and welted seams, double stitched and reinforced throughout. Complete in box, $3.00

No. 17. New Regulation Style, made of fine maroon tanned leather. Well finished, one-piece top and welted seams. Complete in box, $2.50

No. 16. New Regulation Style, extra fine grain leather cover, one-piece top and well made throughout. Complete in box, $2.00

No. 15. New Regulation Style, olive tanned leather cover, with one-piece top and welted seams. Complete in box, $1.50

No. 14. New Regulation Style, light russet tanned leather cover, one-piece top and welted seams. Complete in box, $1.00

A. G. SPALDING & BROS.
(Incorporated)

NEW YORK CHICAGO DENVER
SPALDING'S DOUBLE END BAGS

The Spalding "Expert" Bag

Made of finest selected Nappa tan leather, and workmanship of same quality as in our "Fitzsimmons" Special Bag. Double stitched, welted seams, reinforced one-piece top, best quality Para rubber bladder. An extremely durable and lively bag. Complete in box and carefully inspected before packing.

No. 7. Complete in box. Each, $5.00

No. 6. Extra fine olive tanned leather cover, double stitched, welted seams, and reinforced one-piece top. Extra well made throughout. Complete, $4.00

No. 5. Regulation size, specially tanned glove leather cover, one-piece top, welted seams, double stitched and substantially made. Complete, $3.50

No. 4½. Regulation size, fine maroon tanned leather, one-piece top and welted seams. Well finished throughout. Complete, $3.00

No. 4. Regulation size, fine grain leather cover and well made throughout, one-piece top reinforced, double stitched. Complete, $2.50

No. 3. Regulation size, substantial red leather cover, one-piece top and welted seams. Complete, $2.00

No. 2½. Medium size, good quality dark olive tanned leather, well put together, one-piece top, and welted seams. Complete, $1.50

No. 2. Medium size, good light russet tanned leather, substantially made, two-piece top, double stitched. Complete, $1.00

Each bag complete in box, with bladder, rubber cord for floor and rope for ceiling attachment.


A. G. SPALDING & BROS.
(Incorporated)
NEW YORK CHICAGO DENVER
The Spalding Official Striking Bag

Made of the highest quality Patna Kid, the lightest and most durable of leather.
Sewed with silk, double stitched and reinforced at all points subject to greatest wear.
This is the bag used in all exhibition work on account of its lightness and speed. The bladder is made of pure Paragum.
A finer bag cannot be made at any price. Complete in box.

Illustrated Catalogue free $7.00

A. G. SPALDING & BROS.
Incorporated
NEW YORK CHICAGO DENVER
Spalding's "Highest Quality" Catchers' Mitt

Leather of finest quality calf skin, lace back; padding and workmanship of the very best, strap-and-buckle fastening at back. Lace thumb. Double row of stitching on heel pad. The "PERFECTION" of catchers' mitts.

No. 7-0. Each, $6.00

"Decker Patent"

Made same as our No. O Mitt, with the addition of a heavy piece of sole leather on back for extra protection to the hand and fingers.

No. OX. Each, $3.00

Spalding's No. 0 Mitt

Face, sides and finger-piece made of velvet tanned boulevard and the back of selected asbestos buck. Strap-and-buckle fastening at back and well padded. Double row of stitching on heel pad. Well known for reliability. Lace thumb.

No. O. Each, $2.50

Extract from the Official Rules.

Rule II. Ball.
Sec. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.
Sec. 4. The official ball must be used in all match games.

The Spalding "Official" Basket Ball

Officially adopted and must be used in all match games. The cover is made in eight sections, with capless ends and of the finest and most carefully selected pebble grain leather. The bladder is made specially for this ball, of extra quality Para rubber. Each ball packed, complete, in sealed box, and guaranteed perfect in every detail.

The Spalding "Official" Basket Ball.
No. M. Each, $5.00

Extra Bladders
No. OM. For above. Each, $1.25

Handsomely Illustrated Catalogue of all Athletic Sports Mailed Free to any Address.
SPALDING'S BASKET BALL GOODS

SPALDING
"SPECIAL, No. E."
Fine English pebble grain leather case. The bladder of the purest Para rubber and guaranteed. Each ball complete in sealed box.
No. E. Each, $4.00

SPALDING
"STANDARD, No. 16"
Fine leather cover, regulation size. Each ball complete in box with bladder.
No. 16. Each, $3.00

SPALDING
"PRACTICE, No. 18"
Good quality leather cover, regulation size. Each ball complete in box with bladder.
No. 18. Each, $2.00

EXTRA BLADDERS
For above bags.
No. 27. Each, 60c.

Handsomely Illustrated Catalogue of all Athletic Sports Mailed Free to any Address.

A. G. SPALDING & BROS.
Incorporated
NEW YORK    CHICAGO    DENVER
How About Your Bat?

If you have an old bat that is just right, or a broken bat that you wish duplicated, send it to us and we will make you an exact duplicate at the regular price of $1.00 each. We will keep the model of your bat at our factory, so that you can re-order at any time. Our highest quality bats are made from the very best selected second growth white ash, grown on high land, and under no circumstances do we use swamp or lowland ash in these bats.

Our bats are made under the supervision of Jack Pickett, who has been identified with base ball for the past fifteen years, having played with the National, Eastern and Western Leagues. Mr. Pickett is undoubtedly one of the best judges of base ball bats in the country and is thoroughly familiar with the players' wants.

Catalogue of all athletic sports free.

A. G. SPALDING & BROS.,
(Incorporated)
NEW YORK. CHICAGO. DENVER.
Our lines of flannels for Base Ball Uniforms consists of the best qualities in their respective grades, and the most desirable colors for Base Ball Uniforms. Each grade is kept up to the highest point of excellence, and quality improved wherever possible every season. We are outfitters to all the League clubs and colleges throughout the country.

**The Spalding Uniform No. 0.**
The workmanship and material of this outfit is of the very highest quality throughout, and special care has been taken to make this uniform superior to anything offered in this line. Complete, $15.60; net price to clubs ordering for entire team, $12.50 per suit.

**The University Uniform, No. 1.**
In workmanship and quality of material equal to our No. 0 Uniform; good weight flannel. Complete, $12.50; net price to clubs ordering for entire team, $10.00 per suit.

**The Interscholastic Uniform, No. 2.**
Made of same grade of material as our higher-priced uniforms, but of lighter weight flannel. Substantially made and a most serviceable outfit. Complete, $9.65; net price to clubs ordering for entire team, $8.00 per suit.

**The Club Special Uniform, No. 3.**
Made of good quality flannel in a variety of very desirable patterns. Well finished and a most excellent outfit for amateur clubs. Complete, $7.00; net price to clubs ordering for entire team, $5.50 per suit.

**The Amateur Special Uniform, No. 4.**
Made of good quality flannel and compares favorably with uniforms of other makers quoted at a much higher price. Complete, $5.00; net price to clubs ordering for entire team, $4.00 per suit.

**The Spalding Junior Uniform, No. 5.**
Made expressly for clubs composed of boys and youths, and will stand the hardest kind of wear. Complete, $4.00; net price to clubs ordering nine or more uniforms, $3.00 per suit.

No extra charge for lettering shirts with name of club. Detachable sleeves, 50c. each shirt extra.

---

**A. G. SPALDING & BROS.**
Incorporated

NEW YORK  CHICAGO  DENVER
 Were awarded a Grand Prize at the Paris Exposition of 1900 for the finest and most complete line of athletic goods exhibited. It is the highest award given for any exhibit, and is exclusively granted for the best goods in that particular class.

At the Pan-American Exposition of 1901 Spalding's athletic goods were used exclusively in all the athletic events in the Stadium of the Pan-American.

When purchasing anything in the athletic line, insist upon the article bearing the Spalding trade-mark, and refuse to accept what is offered as "just as good as Spalding's."

A. G. SPALDING & BROS.
(Incorporated)
NEW YORK    CHICAGO    DENVER
Athletic Club Emblems
One size only. Suitable for Athletic Shirts or Sweaters. Prices on application.

Send for free catalogue of Spalding's Athletic Goods.

A. G. SPALDING & BROS.
(Incorporated)

NEW YORK  CHICAGO  DENVER
The Spalding Official League Ball

Has been the Official Ball of the National League for nearly a quarter of a century, and must be used in all games. It is also used exclusively by the leading colleges and athletic clubs. Insist upon seeing Spalding's trade mark upon what you purchase and refuse what is offered as "just as good."

Complete illustrated catalogue of athletic goods free.

A. G. Spalding & Bros, New York Chicago Denver
### Spalding's Indian Clubs

Our Trade-Mark Indian Clubs are of selected material and perfect in shape. They are finely polished, with ebonite centre band and gilt stripe top and bottom. Each pair wrapped in paper bag.

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#### Indian Clubs

The following Clubs are not Trade-Mark Goods, but of good material and far superior in shape and finish to the cheap clubs on the market.

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#### Exhibition Clubs

Handsomely finished in ebonite and made for exhibition and stage purposes. The clubs are hollow with a large body, and, although extremely light represent a club weighing three pounds or more.

- Ebonite Finish.
  - No. A. Per pair, $3.50
  - With German Silver Bands.
  - No. AA. Per pair, $5.00

#### Iron Hangers for Indian Clubs and Dumb Bells

With screws for fastening to wall. Nicely japanned.

- For Indian-Clubs.
  - No. 1. Per pair, 25c.
- For Dumb Bells.
  - No. 2. Per pair, 25c.

### Spalding's Wood Dumb Bells

Our Trade-Mark Bells are made of selected material, neatly decorated, well finished and of perfect balance.

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<td>.70</td>
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#### Wood Dumb Bells

Made on approved models, nicely balanced and finished in Japan.

<table>
<thead>
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<tr>
<td>4</td>
<td>.70</td>
<td>$0.80</td>
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#### Iron Dumb Bells

Made on approved models, nicely balanced and finished in Japan.

Sizes, 2 to 40 pounds.

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<td>4 lb</td>
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<td>$0.40</td>
</tr>
<tr>
<td>5 lb</td>
<td>.45</td>
<td>$0.50</td>
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#### Nickel-Plated Dumb Bells

Nickel-plated and polished.

- 1 lb, Pair, $ .25
- 2 lb, Pair, $ .30
- 3 lb, Pair, $ .35
- 4 lb, Pair, $ .40
- 5 lb, Pair, $ .45

#### Nickel-Plated Dumb Bells, with Rubber Bands

Nickel-plated and polished.

- 1 lb, Pair, $ .65
- 2 lb, Pair, $ .75
- 3 lb, Pair, $ 1.00
- 4 lb, Pair, $ 1.15
- 5 lb, Pair, $ 1.25

### Complete Catalogue of Athletic Sports Mailed Free.

**A. G. SPALDING & BROS.,**

NEW YORK. CHICAGO. DENVER.
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