TRAINING
FOR THE TRACK · FIELD · & ROAD

HARRY ANDREWS

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TRAINING FOR THE TRACK, FIELD AND ROAD

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Frontispiece

TRAINING

FOR THE TRACK, FIELD AND ROAD

WITH SOME HINTS ON HEALTH AND FITNESS

BY

HARRY ANDREWS

OFFICIAL TRAINER TO THE AMATEUR ATHLETIC ASSOCIATION ; SOME OF THE CHIEF ARMY REGIMENTS ; SOUTH LONDON HARRIERS ; OF A. SHRUBB, M. HOLBEIN, J. MORTON, ETC. ETC.

AND EDITED BY

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PREFACE

THERE are probably fifty books treating more or less directly with this subject—a subject that becomes the more acute to the British sporting world as one great International Olympiad succeeds another—but all written by athletes and from the athlete's point of view. Many of these books are excellent and helpful as far as they go, but it is only to be supposed that all miss many vitally important points that a trainer alone can probably envisage.

It is quite reasonable that such omissions should occur when it is remembered that in a professional trainer is embodied an individual whose object is to save his subject all need for consideration of obscure, but none the less vital, points in his training. In point of fact, *to get his man to think as little as need be, and to do as he is told !*

But I have another, and to my mind a far more important, reason for putting pen to paper. It is to endeavour to emphasise the intense importance of body-massage upon any athlete who has a whole-souled desire to be nothing less than *fit*. So vital do I consider this branch of training that I will say, without reservation of any kind, that no English

athlete, in view of the climate he is forced to live in, can look for complete and continued success without it. America, even with her better climatic conditions, has discovered the truth of this statement, as her increasingly numerous victories in the field testify.

My best reason is that, since my issue, some years ago, of a little text-book on training, so many friends and acquaintances in the athletic world—more than half of whom have passed through these hands to the track—have demanded a full and up-to-date book on this increasingly important subject.

This book is now before them by the kindly aid of a more skilled pen than my own, and may it attain the good object for which it has been compiled.

HARRY ANDREWS

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TRAINING FOR THE TRACK FIELD AND ROAD

CHAPTER I

TRAINING AND LIGHT EXERCISES

Preliminary Advice.—There is very small doubt, even in the *lay* mind, that some of the milder methods of body exercise are applicable to practically everybody between the ages of seven and seventy, and were this fact fully grasped we should be a fitter nation than we can show ourselves before the world to-day. Naturally, every man is not a good subject for training. There are individuals whose bodily health is distressingly conspicuous by its entire absence, from many and varied causes, and for whom any form of exercise would merely spell suicide. But such unfortunates are, at most, but five per cent of our population, and many whom imagination has led to believe are among this small proportion would be agreeably surprised, and eventually strong and healthy, could they but throw fancy behind them, and take to a light and strictly graduated course of training.

This book is in no sense a medical one for either youth or adult ; should there, then, be any doubt in an individual's mind as to the advisability of light or heavy training, let him consult his doctor before taking up either the one or the other. I believe this piece of advice to be specially good in the case of the track aspirant, for many a strong and healthy youngster has been found, on examination, to be quite an unfit subject for the heavy training required. Such a discovery is naturally disappointing and disconcerting ; an early visit to the doctor will, therefore, not only mitigate both, but also save time and the pocket.

Such a visit has also its uses for the healthy man. The doctor's " clean bill " all men prize as an asset, and with it a youngster is brought to feel that he may " go ahead." The confidence imparted by such a certificate is immeasurable when serious work is contemplated. It must be remembered, too, that a clever medical man's diagnosis is of the greatest value to the trainer. All slight local weaknesses can, by such a guide, be carefully watched and nursed where not too serious to stand the rigours of training. In fact, a trainer, with such expert knowledge of his subject, may, in conjunction with his own skill, be able to modify, and perhaps cure, such defects, so bringing his man to the mark ready to go " all out " with the best exponent entered for the event.

The foregoing paragraphs must be taken as a piece

of serious advice that experience teaches me is very necessary, but do not let them damp the aspirations of any youngster. No man can tell exactly what he is till a higher authority gives him his cue, any more than a man can tell what he can do till he has tried.

Heavy and Light Training.—In its strict sense "training" means close and earnest preparation for a special athletic event. An athlete may set himself to lower a long-standing record; to run against another man known to be half a second better than himself; to keep just ahead of a man whose time, on paper, is shown to be as good as his own; or to win a contest of importance where the talents of the competitors are an unknown quality. All these events call for the need of strict training of a longer or shorter period, and, unless the competitor is naturally determined and speedy, he cannot do without it and look for success.

But, unfortunately, we possess a very small number of athletes to-day who take the trouble to keep in the mildest form of training. The vast majority, with an important event behind them, drop training altogether. Not only this, but so many—and it is sad to have to record it—follow their own appetites and desires; utter laziness, overfeeding, or other and grosser indulgences. Such want of restraint, after strict abstinence, has been considered by some to be a natural circumstance; as natural a circumstance as it is for any four-legged animal to gorge itself to excess after a long period

of starvation. I will not attempt to argue the point here, but merely confine myself to a statement of facts as they have come under my personal observation.

Such want of seriousness in athletics has, in my deliberate opinion, been the direct cause of our want of success recently in almost every international arena. It is probable that we never were, as we for so long fondly imagined ourselves, pre-eminent in almost every branch of sport. Till recently there was no Olympiad to test our claim, though had there been we might, as a nation, and at this date, have been in possession of a small army of likely champions, all eagerly waiting to come to their own a few years hence.

One instance alone will serve to give point to the truth of this statement. It is in every sportsman's recollection that only two or three years ago we at least thought ourselves well in the lead at long-distance running. Then came the first Olympic meeting at Shepherd's Bush, and——! Where were our crack representatives? The Italian, the American, the South African, had all broken the tape ahead of our great string. And why?

Reasons and excuses fluttered like leaves in the wind, and only one from amongst these might have been taken as at all plausible. "The excessive heat had done the business. No Englishman could have been expected to have stayed under such a handicap!" But I would remind these partisan apolo-

gists that Russia and Sweden were both well represented. To enlarge upon this reminder the reader will, I think, agree is needless. But, unfortunately, these excuses are but repetitions of many others similarly made in other branches of sport. Great Britain, instead of excuses, asks for causes and remedies. When both have been found, understood, and followed, the old country will have no cause for shame at any international meeting.

We pride ourselves upon being, I think justly, the *first* athletic nation. We have many assets that should make us so. Our public school games are, one and all, of incalculable help towards the many assets demanded in an international competition. By favour of these, the youngster, unknown to himself, is putting in his groundwork, in conjunction with a national temperament that has, in the past, pulled off big things. Pluck, patience, enterprise, equanimity in loss, restraint in victory, suppleness of limb, are all indirectly taught the schoolboy, and, if he can be kept up to the mark set by all public schools, no more can, or should be, expected of him. He is undergoing the fullest training that any healthy lad should be subjected to.

The British nation is, at any rate in its own opinion, supposed to hold the belt for doggedness, and, I believe, till quite recently, there was at least some semblance of truth in the claim. But can we *honestly* claim this great asset to-day? The rush for amusements and distractions of every type,

other than those offering a hard fitness of mind and body, is rapidly giving us a second, and perhaps a third, place in international athletic competitions.

How often one meets a likely youngster, whose build and natural, and therefore correct, methods speak the potential champion—who, when asked to go into strict training, replies: "Oh, I can't be bothered with a strict course," or, "Too much fag; I'm out for the sport of the thing. Can't work and play at the same time!"

It is by reason, or rather the unreason, of such replies that we hold the place we do among the sporting nations to-day. Nor is it surprising when we remember how seriously other nations take an international meeting and their deeply thought-out schemes and methods for "breaking the tape" during the past few years. Most athletic sports have to-day passed the border-line dividing work and pleasure, and now stand well within the former's territory. No American, German, or French athlete, whose pace or science proclaims him a "possibility," thinks of dropping out of training from one year's end to the other. It is not reasonable to suppose that any athlete can keep himself in perpetual readiness for an important event. Such a method in the long run would but spell staleness, and staleness in its worst form. By "all the year round" training I mean that he is never quite out of training; that he is always physically fit, and able, at a month's notice and with hard training, to toe the line in the

pink of condition. In other words, he does not allow himself to "go soft" between important events; gather to himself an undue amount of adipose tissue; let the blood get into a bad or sluggish condition; or allow the muscles to become flaccid and irresponsive to any urgent call upon them.

Unfortunately, these latter conditions—the outcome of that misnomer "a good time"—are all too prevalent amongst our youngsters to-day; and were it possible, by some occult means, to see into the future, that our youth might understand the disabilities against which it is fighting, and the dangers that stand in its path, purely by reason of slackness and love of pleasure, Great Britain would never again have cause to hide a diminished head in the sports of any open field.

Preaching to impetuous youth is of little avail. The evangelist of any cult is, then, usually written down a bore and ignored as such. I will not therefore lay myself open to such a fate, but ask any youngster, thinking of a competitive event seriously, to look upon me as his Remembrancer, and only as such; for there are only one or two serious possibilities he has to face if he is prepared to give only a casual and grudging attention to his preparation.

Upon each occasion a man drops into bad condition the harder does he find his task in regaining complete physical fitness, and should the attempt be made—as it too often is—without due time being

allowed for it—in point of fact rushing a full course of training at the last possible minute—he faces more than the possibility of overstrain, with its recurrences at later dates, or its frequent gift of complete incapacity from further participation in that particular form of sport. The other possibility is that furtive, sudden enemy staleness. No competitor is more prone to suffer from its attack than the scratchily trained individual. It may catch him unexpectedly, and in one of two ways, according to his constitution and temperament. Either a day or two before the special contest, or at some casual period during the season.

To the young man in good average condition these warnings do not apply, but he who falls below this level will do well to take them seriously to heart, and learn, as he reads, how easily good condition may be attained and retained. He will do well, too, to remember that an old stager talks. An old stager who has walked precisely the path he proposes to take, with the same inclination to slack after a hard course of training. One who has wondered, too, halfway through a rigid course whether, in view of the doubt surrounding the result, it is worth the time, fag, and expense, when the money might be so much more pleasurably spent. Or whether the persuasions of friends for an " evening off " may not be listened to and acted upon, now and then, without serious results.

As one of those old stagers I say, emphatically,

where serious athletics are intended, *train hard or give up all idea of competition !* No man can simultaneously work and play. Our place in the athletic world to-day is sufficient proof of this truism, and will continue to be so till our youngsters have grasped the fact. When they have the world will be astonished !

We old stagers took our " days off " precisely as you do, and were just as callous to advice and warning as you now are. We also found—often when the first fresh elasticity of youth had gone—that the " good time " we had promised ourselves proved to be just the reverse, in comparison with the good time represented by the absolute physical fitness we had abandoned for play. In other words, we found that what we had, in our slothful ignorance, labelled " hard labour " was actually the " good time " we had sought, by a softer and quite mistaken road.

My reader will perhaps wonder, at this stage, whether he is ever going to hear anything really useful upon the *practical* side of training. Well, let his mind be easy, for I am now coming to the subject proper. But before doing so I would ask him, if a track or ring aspirant, to note every detail contained in these few foregoing pages. They have not been written aimlessly, but after due consideration and in order that he who would run may read, to a better understanding of the precautions required in the making of a successful athlete.

The Training Age.—Much amateur and profes-

sional ink has been expended in an attempt to narrow a very wide divergence of opinion upon the best age at which training should commence, and I may say at once, and without reservation, that under no circumstance would I undertake the strict training of any youth under nineteen.

No boy or youth, if he but follows the ordinary lines of public school pastime, can be other than fit. His natural vitality is constantly urging him to exercise of every sort, and his daily life sees him embracing it whole-heartedly, almost without knowing that he is doing so. For this reason, the schoolboy is never really out of all the training he requires at any season of the year. The very joy of life refuses to allow him anything else but supple limbs and good heart and lungs. The consequence being that when the date for the annual sports approaches, his summer cricket and tennis, his winter football, hockey, and paper-chasing, require but the supplement of a little sprinting, walking, and skipping to turn him out upon the all-important date in the pink of condition. In point of fact, Mother Nature refuses to allow her healthy young to drop from a high state of efficiency, thus proving herself the best of all trainers.

The growing boy requires no strict form of training. Misguided ambition now and then leads a youth of fifteen or sixteen to compete with young men in something more important than school sports. He may perhaps be successful, and such

success may lead him to train as strictly as his elders for the winning of more laurels; but he is doing no eventual good—in fact, a great deal of harm. I do not speak casually, but from long experience; for that experience has shown me no strictly trained youth under nineteen who has ever had more than a fleeting success at that age, and none at a later date.

A well-grown youth of seventeen may enter for a race with adults, and may even meet with success in competition with famed athletes. He may even find no ill-effects from the extra strain to nerves and body such competition involves, provided he has relied upon his natural fitness, in conjunction with such light exercises as would naturally and easily bring him to such a state. But—and I speak after due consideration—if his ambitions have led him to be put through the terse ordeal of special preparation, suited to men five and six years his senior, and competes once or twice in this class, I have no hesitation in saying that any future hope of a successful athletic career can be abandoned from that date.

A moment's reflection will show that such a result is practically inevitable. The action of strict training upon an immature frame must naturally be to take more from it than it puts into it. To ask for more of a young body than Nature ever intended that it should yield. Such a demand, coupled with the rigours of a first-class contest, sows the seed of

either chronic staleness or some future organic weakness, neither of which are of any use to the "first flight" man.

Such sad failures shown by promising but misguided material have long ago convinced me, at least, that the very best system of training for any lad is that offered by the sports and athletics of his school-days. In other words, a boy requires no other preparation than that given him by an active, healthy life sedulously followed.

Man, on the other hand, is a maturer animal, who has lived longer and learnt more—though not always the best way of life. He has, generally speaking, either by compulsion or inclination, deserted the natural path of youth, and special remedies are required to meet his case. How these may be applied, and some of his former abilities retained, I shall endeavour to explain in this and subsequent chapters.

Now, a youth of eighteen or nineteen should step upon the stage of serious sport in the perfection of condition, and without the need of any but the lightest forms of training to tune him to concert pitch. Unfortunately, many lads of this age are anything but in this condition. Such a state may, of course, in the minority of cases, be less their fault than their misfortune. But in the majority of such it is, upon enquiry, almost invariably found to be owing to one or other of the causes I have already mentioned. I say, then, and I say it in all serious-

ness, that the lad who is unwilling, despite the splendid possession of youth and all that it means, to give an hour or two each day to light exercise, and to religiously avoid any obstacle, dietary or otherwise, to perfect physical condition, had far better give up all idea of an athletic career; for, in these shrewder days, to give but half of oneself to such an ambition is pure waste of time.

For serious competition, then, no young man under nineteen should ask, or be asked, to submit himself to any form of heavy training. At that age, and beyond, growth upward has practically stopped; the organs and tissues are sufficiently matured to receive and endure more drastic methods, and the young body ready for the trainer's art in the development of those features still lacking to possible success in the particular branch of sport the subject has marked out, or has had marked out, for himself.

Nineteen is, then, the earliest age at which the minimum of risk is encountered when under strict training. But the best years for such work are, in my experience, between the ages of twenty-two and twenty-eight. At some stage during these early years the body should have reached its full physical development, and the athlete be, in the true sense of the word, at his prime: able to endure the most punishing event with no more serious result than that of natural fatigue, and ready, with a few days' rest, to do it all over again.

At the age of twenty-seven, or in exceptional cases twenty-eight, the sprinter comes to the end of his career in international company. But Nature is much kinder, as a general rule, to long-distance exponents. I myself have known men of forty, and even of forty-five, still in possession of something nearly approaching championship form. These latter cases are certainly remarkable, but by no means impossible, when one remembers that such hard-dying form has had for its foundation an earnest endeavour to get fit and keep fit. *Athletes with such records have never allowed themselves to go quite out of training ;* and in order that my reader may not misread my meaning, and at the risk of being accused of repetition, I would say that I name these actual years solely in application to the athlete who has undergone uniform and hard training for competitions in the company of "first flight" men.

The individual who takes up light training in the interests of general health can be given no age limit. As a case in point, take the man who has, all his life, been a successful athlete, or of an athletic disposition. Such a man can, unless he has developed some organic defect, throw exercise to the wind during the winter, yet go into light training with the coming of spring, and reap much benefit thereby—even though he may have all but reached the Biblical time-span to human usefulness.

Strange as it may sound to say so, training is of even greater importance to the weak than it is to the hale, strong subject, though medical advice as a preliminary is absolutely essential. We will presume, then, that the doctor has examined and given the weak subject permission to undergo light training, and this being so we have three distinct problems of, or beyond, the age of nineteen—the weak, the strong, and the elderly—to tax the professional trainer's skill in correctly solving. All three of these and some others—notably that of the man whose want of interest or indulgence has allowed him to drop out of consistent light training—require the trainer's careful handling ; and what more natural preliminary to heavier exercises than walking can be found ?

How and When to Walk.—Experience tells me that walking should represent the groundwork of any system of training, whether light or heavy, and for every kind of athletics. Walking is Nature's first exercise. From the moment we venture beyond our cradles till the sad time when our nether limbs will no longer carry us, walking is a necessity, and at the same time one of our greatest boons. Not only our limbs benefit, but our lungs as well. Under its wisely graduated influence the weak, narrow chest expands, so increasing its lung capacity, and a consequent capacity for stiffer work. It also, and automatically, requires of the walker natural, even breathing ; whilst, given fresh air, all organs are forced to

receive, and benefit enormously from, that which has hitherto been foreign to them.

It does not matter what branch of sport is contemplated—boxing, fencing, wrestling, sprinting, long-distance running, jumping, rowing, putting the weight, throwing the javelin or discus—walking as a primary exercise is applicable to all, and of by far the greatest benefit of any form of training in its results.

The first necessity of any man undergoing a course of training is complete bodily health. This walking can give ; for, easily and quietly, in fact, quite unconsciously, it sooner or later takes toll of every muscle possessed by man. Its soft, sure work eliminates the slightest risk of strain upon any muscle or organ, whilst all are immeasurably benefited by its adoption.

Unfortunately, walking exercise eats more time than the majority of other beneficial exercises, and many a promising athlete has been obliged to be content with a second, or third, place owing to the fact that his daily employment will not give him sufficient time to include walking in his course of training. But the early riser can still benefit from this exercise without disorganising his business hours, and my suggestion is that he should take a sharp two-mile walk before breakfast. There are, of course, individuals healthy enough in themselves, but unable to take strong exercise upon an empty stomach. My advice to them is to take a light

breakfast, and allow at least half an hour to elapse before hard walking, or to select another time for this exercise.

For the first two or three weeks the average man will find early walking something of a tax upon his resources. It is, however, his resources that are to be multiplied ; he may, therefore, congratulate himself upon the discovery, for the test not only shows that he has need of it, but, what is far more important, he is deriving actual benefit from it.

In order to subtract the fullest benefit from walking, four or five sharp miles should be completed before lunch, and three or four after tea, whilst a mile or more before bed-time, particularly in the winter, will be found an excellent night-cap, and a great health-preserver.

Speed in walking is also a factor to be considered when commencing to train for fitness or an athletic event, and I would say at once do not attempt to attain and keep a special pace. Such an effort is quite unnecessary, and only tends to worry the essayist. The man who has put in a regular course of conscientious toe-and-heel work will find that pace has sensibly increased, and he may also be surprised to find that his increased pace has intruded itself without its usual adjunct increased exertion ; in fact, he will find that the exact opposite is the case. The first few walks will probably average anything between three and three and a half miles to the hour, but in the same number of walks he will

find that he is doing a good four in the same time, and without feeling that greater exertion has been put forth to attain such a result.

The best piece of advice I can give is, make your own pace—the pace, in fact, that suits you best. This pace will almost certainly be an average of four long miles an hour.

Walking as a Weight Reducer.—The making of flesh, when out of steady training, is the athlete's great bane, particularly when his early years have slipped away. The troublesome task set in the reduction of this has brought many a man, with still some athletic years to draw upon, to the abandonment of his sporting career. There is small question about it that the individual prone to this trouble has a far more stony athletic path to cover than the naturally lean subject. But here again it is only persistence and determination that are required to allow of the retention of his former place.

I submit that such a man's athletic path is stonier, but, of course, much depends upon the sport in which he specialises. The boxing man must perforce be quite fit and always in moderate training. Even between competitions he must never ignore the skipping-rope, punching-ball, or walking exercise. All of these are his assets, for they mean, if dropped, poor wind and added tissue. No man can entirely check the propensity to pile on flesh excepting by artificial means which are also weakening

means, and therefore of no use to the athlete. It behoves him, then, to be careful that the flesh he does make shall be as hard and firm as it is possible to make it. This advice applies particularly to the boxer who, nowadays, requires all the protection he can get against the body punch. Weight in boxing is an asset, but that weight must on no account be increased by the presence of a substance that is capable of bringing either a sluggish or depressing influence into the ring.

The case of Montagu Holbein is perhaps the best instance I can record as to the great influence of walking upon weight reduction ; though, fortunately for them, sprinters and racing cyclists are able to reduce flesh without the same risk of lost vitality and form. Compared with the boxer, their separate ordeals are less heavy and sooner ended ; hence the possibility of less natural methods, though these latter are to be by no means recommended. The reason why I quote Holbein is because we have in him the best example for the half-hearted athlete. No man, in my experience, accumulated flesh so quickly when serious training dropped. Fit and trained to a hair he scaled 12 stone 4 lbs.—his normal track weight—but a couple of months' absence from the track showed him in possession of that extra number of stone, all four of which had to be removed before he could ride again. And they were removed within three months purely by walking! His average distance would be thirty country miles

a day at the rate of between four and five miles. *Verbum sat sapienti !*

It must not be forgotten that there is a great deal to be said for many systems of physical culture where the creation of muscle is the chief object, but none of these can pretend to approach walking, skipping, and other exercises—to be touched upon later—where suppleness of limb is concerned. À propos of this fact I will mention an incident that has always remained in my memory, and which has, to a large extent, influenced my own methods of training.

A discussion arose, a few years ago, with a young and exceedingly clever medical man as to the merits and demerits of the many systems of physical culture. Our argument was finally clinched by the doctor exclaiming heatedly, " Why need a man go in for physical training at all ? Let him take a long walk in the country, or in one of the public parks, every evening for six months, then retake the measurements of chest and limbs. He will have improved all round as much as any system of culture will have done for him in the same time ! "

The fact of the matter is that easy transit is beginning to make a lazy nation of us, and that physique and health are both suffering by a change from more primitive, and far more natural, methods of travel. How few men mind, and so refrain from removing, the inordinate amount of fat they are accumulating, or the increased presence of uric acid. It seems almost pitiful to think that men of business

method and sober thought can only be brought to see the sense of ordered exercise when gout or rheumatism have at last got a grip upon them, and perhaps far worse troubles are in the making.

A walk to business twice a week, or, if living beyond the suburbs, from a station or two short of the terminus, though a small task, would go a long distance towards forming the protective factor against such future ills that every sedentary man of middle age requires. The same piece of advice applies equally to the young man similarly situated.

Skipping as a Path to Fitness.—We are only just beginning to realise the great benefit that may be derived from this seemingly childish pastime. The one-time mother's plaints that shoe-leather and ceilings suffered by reason of the rope's use is now seldom heard, though skipping is by no means so generally evident as it might be, and for folk of almost any age. Not only is it one of the finest exercises for leg, shoulder, and wrist muscles, but it aids both liver and stomach in their functions. Its chief and lasting benefit is, however, to the lungs.

Like walking, skipping is most beneficial before or after the morning tub, and with the bedroom window thrown wide that the air breathed, when the lungs are working at express speed, may be the freshest it is possible to obtain. For all forms of sport that ask much of the lungs, the skipping-rope is a sure, ready, and inexpensive branch of light training. The athlete who specialises in sprint or cycle racing

should never be without a skipping-rope, and conscientiously devote a short time to it daily, until the last few days preceding an important event. It will be found of great help, also, to count whilst skipping, and to gradually increase the number and pace of the revolutions. There are many varieties of steps, but the two most in use, and of practical use, are the straight forward running step and that in which both feet leave the ground together. The former will be found invaluable to running men, and in any sport where the lungs are called upon for special effort. The latter, where the betterment of health and general tone is the main object.

All our best athletes introduce this wholesome exercise into their system of training, in most cases with remarkable results. A single instance in support of this exercise is little Michael, the Welsh cycling-record breaker. His wonderful series of successes may, without any shadow of doubt, be placed to the credit of the one thousand steps it was his custom to indulge in as a " leg loosener " before any practice spin upon the track.

It will be well to make it clear, however, that it is not nearly so much by the number of skips made as by your regularity in the exercise that the fullest benefit is obtained. By far the best method is to start easily and to gradually increase the dose. If this method is followed, you will find that a surprising endurance is achieved, and such progress may

be noted by inviting an athletic friend, who has not given much attention to the exercise, to skip with you step for step. Even though a strong and well-developed man, you will probably find that he will be the first to throw up the sponge.

Skipping as a Weight Reducer.—Both for development and reduction of weight, walking and skipping are the exercises *par excellence.* But in respect of the former I can already hear the plaint, " How can I, an amateur, and with business occupation, give the time required to walking ten or fifteen miles a day ? "

Well, it must be admitted that the amateur can rarely give the three or four hours required to this exercise for general training or weight reduction. For the former purpose he must, therefore, reduce the mileage by a third, taking the first two miles before breakfast, and the remainder during the evening. But the latter portion should be taken at top speed and, for weight reduction, dressed in two sweaters.

It may be that the amateur will be able to reduce these portions into three, thus also dividing the weight of his task, and perhaps increasing its pleasure. But the flesh producer has always his skipping-rope to fall back upon : a distinct asset when time is the taskmaster. From half to one hour with the rope, in conjunction with all the fast walking that can be got, should bring him quickly back to the weight at which he works best. But it must be

remembered that either or both exercises must be undertaken seriously and with rigid regularity.

A fast bout of skipping of from a quarter to half an hour in many cases proves quite sufficient in itself to move superabundant tissue, altogether apart from the fact that it is also one of the very finest exercises for every purpose. By its use both leg and stomach muscles show a wonderful development, whilst it offers another and important gift in the development of the chest.

An Alternative Leg Exercise.—At the risk of being considered a nuisance in the home the runner has another method of leg and lung development that gives wonderful results. Let the stairs, and the more flights the better, be his track. But an outdoor flight of stairs is naturally preferable, and one is usually to be found upon a grand stand or large pavilion. Two or three sharp bursts both up and down will be found exceedingly helpful, especially to the sprinter.

It is important, though, to remember that the stairs must be taken one at a time. The stride required to negotiate more than one stair, when ascending, demands a greater stretch than for the track, and therefore creates the possibility of bad form ; whilst the stretch of one stair only has the opposite result.

Our speediest sprinter, H. Hutchens, never allowed this exercise to be absent from a heavy system of training.

SKIPPING AS A TRAINING FACTOR

The running method.

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Gardening as a Training Exercise.—Quite a number of hobbies are also useful training elements, and perhaps the first of these, because indulged in slowly and in the open air, is gardening in all its branches. The mere act of tip-toeing upon a ladder to reach, and nail or prune, a fruit tree, or climbing rose, brings into quiet play muscles that have been left almost untouched by rope, dumb-bell, or punch-ball. Weeding, planting out, hoeing, mowing, scything, sweeping, all have good training qualities, with the additional advantage of having fresh air as a companion, and, though it may seem an unimportant item, interest to occupy a temperament —I have come across many in the course of my work—that becomes easily bored and jaded by repetition.

As a muscle-producer and hardener there are few exercises like digging. It has, too, the added benefit of creating patience, determination, and endurance. Much good accrues to both body and mind by setting oneself the task of digging up a given area of ground, slowly but conscientiously; and, however hard the inward voice to "down tools" may be, to plod steadily along till the task is done.

Gardening is certainly a great asset to the athlete who takes a pleasure in it, but I do not mean that it can in any sense take the place of those exercises I have and shall touch upon. I am, of course, a firm believer in open-air exercises, but very much of an athlete's serious training must be done beneath the

roof. Gardening must, therefore, be looked upon—as a school botany class held in the field—in the light of the pupil's work and recreation combined, weather permitting.

The Use of Dumb-bells.—I have more than once heard the statement made that only with dumb-bells can a complete muscular system be satisfactorily created and retained. My experience is such that I have no hesitation in saying that the idea is quite an erroneous one. On the contrary, I have found, even in relation to athletic events where great muscular strength is the need, that an extensive use of the dumb-bell tends to muscle-bind their devotee, and sends him upon the ground minus that suppleness which, in company with strength, hidden or evident, marks the prize-winner.

I do not, of course, mean that the dumb-bell has no place in my system of training. Quite the contrary is the case. I look upon it as a most useful adjunct to indoor exercise, but an adjunct that should be treated with wisdom and knowledge, otherwise their user may find that he is obtaining little or no benefit. He may even, perhaps, find himself taking a retrograde step.

My first piece of advice is, then, to use light dumb-bells. A pair weighing 3 lbs. or 4 lbs. apiece should be all-sufficient for all purposes, and, properly used, the exercise created by these will be found quite enough for any man. Secondly, I would advocate their use, as with the skipping-rope, and in con-

junction, but on alternate mornings with it, either upon rising or directly after the bath. Thirdly, I would suggest the purchase of Sandow's dumb-bell chart. The cost of this chart is a shilling, and it gives both excellent and sound advice upon the use of these, whilst saving a few pages of this little book to other and equally important details.

It is naturally important that the athlete should know how to adapt the use of dumb-bells to his own particular need, and, before proceeding to the next heading, I should like to suggest the following general principles for adoption in certain cases. These suggestions apply equally to the dumb-bell, wand, or swinging club, though more especially to the first-named; for any sort of exercise induces blood circulation and perspiration, also greater work for both lungs and heart. All these creations are good, but they do not exhaust the list of benefits we hope to obtain by artificial means. I will name a few instances.

Suppose, for instance, that a man is troubled with sleeplessness and its attendant evil, nervousness. Such a case requires only the lightest pair of dumb-bells, if any at all, and these should be used only in conjunction with slow and suitable exercises for the head, body, and arms. Constipation is a great evil and very prevalent, but can be relieved, and often cured, in the same manner by special exercises for the trunk and lower limbs, with or without hand weights. The young city man, chained to his desk

for many hours daily, cannot very well help acquiring a noticeable stoop at the shoulders, and perhaps contracted chest. The requirement here lies not so much in the dumb-bell as in the wand, and most of all in a special exercise for back and shoulders that attacks the seat of the trouble.

These are but a few instances of the many cases requiring special treatment, and for such special cases I cannot do better than refer the reader to an excellent little book on the subject by Hartvig Nissen, Gymnastic Instructor to Harvard University. It is published at 1/– by Messrs. Ward, Lock and Co., and in it he describes how a man may train, or better his condition, without the use of any appliance.

Personally speaking, I cannot do other than strongly advocate the use of light dumb-bells for general training, with a judicious admixture of skipping. But do not overdo the former, or you will eventually find muscles, that should remain supple, have hardened and some portion of your training has to be done again ; perhaps when time can least readily be spared.

The Benefit of Gradation and Variety in Training.— I feel that I cannot too earnestly caution the young athlete against heavy work at the commencement of his training course. A special athletic event is, very naturally, an epoch-making event in the eyes of the budding champion, and enthusiasm is one of the greatest factors to success in any branch of sport.

But enthusiasm and overwork as often walk hand-in-hand in sport as in business, and with much the same result. The great desire to get fit quickly is good, but unfortunately only in exceptional cases can this be satisfied, and then often at expense to the body and future career.

I would strongly advise, then, that the youngster who has not been previously put through any system of training shall attack his first course with deliberation. This can easily be done by starting well in time, and the direct result will be that he will eventually find he can sustain great physical effort without the suspicion of damage to the system. The same advice applies to the athlete who has gone quite out of training. When he starts to train again he should do so with the primary intention of throwing away superfluous tissue. Such work should be undertaken gradually, and whilst being done no thought of trials, or sustained efforts, should be indulged in.

It may perhaps point the moral of steady and progressive work when I state that the majority of athletes who, at middle age, suffer from fatty or enlarged hearts—there are unfortunately a great number of these—have for the cause of their ailment the fact that they did not give sufficient time and attention to their training. And if one troubles to give the fact a moment's thought the reason is obvious. The human heart is the centre of the body's life, and round and about it are many delicate organisms dependent upon its smooth working. The

heart and its satellites must not, therefore, be asked for more than their accustomed burden of work without undue notice of the demand, and this can only be done, without damage to them and the athlete's ambition, by steady and progressive work, together with variety of exercise.

CHAPTER II

MASSAGE: ITS BENEFITS AND IMPORTANCE IN TRAINING

The Supreme Importance of Massage.—A hard and serious course of training has many obligations which must be whole-heartedly observed if the athlete really intends to make a bid for fame in any branch of sport. Each day comes in turn, and each has its fixed routine of exercise, settled diet, and rigid functions; all carried out under the watchful eye of the trainer. All have their time and place; all are of the first importance, and yet none fill quite so important a place, or are of such inestimable benefit, as massage.

I make this statement very seriously and in all earnestness, hoping that every young athlete will read it as seriously and earnestly. It is made, too, in the light of, perhaps, the closest association any English trainer has had with athletes of every description. I speak, of course, of massage upon scientific lines.

It was only comparatively recently that the benefits of massage and its application became vaguely understood in Europe and America, and

then only to a very limited number of really reliable trainers. But, with the exception of America, the science is practically a dead letter, or only sketchily applied, in Western lands. India well knew its benefits for many ailments centuries ago, as did many Europeans who made the tropics their land of sojourn; and it seems to have been mainly through the home-coming of some of these that a vague knowledge gradually filtered into these islands. But despite the lapse of time, we have by no means seized with both hands this means of becoming fit that has lain so close to our hands.

It is quite otherwise with America. We are, in point of fact, gradually learning from her, and at second-hand, what we might, and should, have learnt—as she has done—from one of our own dependencies. Not only this, but it is America's whole-hearted willingness to learn, from any practical source, how to become fit, and keep fit, for International competitions, that has brought her to the proud athletic position she now holds.

Far from being able to say the same, owing partly to our different interpretation of that which constitutes an amateur athlete, but principally to the fact that we have not, hitherto, been prepared to give the time, care, and discomfort required to make the ideal athlete, we have till now treated International athletics as a game pure and simple; till our one-time pupils have become our teachers.

PHYSICAL TRAINING

Officers and men of the 1st Middlesex Regiment exercising without appliances.

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This America is doing to some purpose, and one of the first lessons set us is the need of expert massage. She has practically learnt her lesson, and learnt it well. All her recent successes—I say it with assurance—are directly due to a correct method of massage, either personally or professionally applied; though even America, with all her thoroughness, has so far omitted one or two essential facts, and these I shall deal with a little later.

Those who have undergone a course of massage in India have the highest praise for the science and its results; many declaring that English operators are far behind in their knowledge of its complete application. I am quite inclined to agree with such —up to a point. Massage in its truest and strictest sense is known only to a very limited number of Englishmen, but at least some of that limited number are, in my opinion, quite the equals, if not the superiors of any Hindu masseur. In any case the fact must be grasped that the first-class operator is born and not made.

Like most professions, massage requires a peculiar aptitude that is only given to the very few. It may very likely be that my reader possesses all the qualities of the ideal masseur whilst quite ignorant of the fact; and in like manner there are certainly many individuals possessing this gift with very different occupations to fill their working day. In some respects the fact is a pity, but the fact none the less remains.

Massage and its Meaning.—The generally accepted idea of massage seems to be a hearty rub down with hands or gloves after a fast and heavy sport. The same idea, in a modified degree, seems almost to be held by the majority of professional trainers; in the latter case thus pointing my argument that the science is still in its nursery state as far as this country is concerned.

I do not, however, suggest that glove-rubbing has not its uses, and excellent ones too. Strong friction, with a hard glove, immediately after a tough winter game is highly beneficial. It brings a healthy glow to the body by hastening a circulation that in reaction may have become sluggish, and imparts a feeling of well-being to the system, besides preventing a later stiffness in the muscles that have been most heavily taxed. But scientific hand-massage can do all this and a great deal more.

Hand-massage alone is also capable of doing quite a number of other and useful duties. These I shall have much to speak about a page or two further on. But one of the chief reasons why the correct method of massage—that with the hands—should be adopted is that it is quite incapable of doing the skin an injury. It is often very much otherwise in respect of the glove, though this should not be, and the cause will be found, more often than not, to be owing to the athlete's or trainer's carelessness. No man should glove-massage, or submit himself to this treatment, unless his skin has been thoroughly dried

with a towel. This point should be kept carefully in memory, for a damp skin, particularly a sensitive one, may very easily be scrubbed raw by rough gloves, with a consequent inconvenience that may very readily develop into a danger to fitness. Thus at least one good argument is ready in favour of hand—as opposed to glove—massage.

Hand-massage gives the needed fillip to the circulation, but more slowly, and therefore with a greater likeness to Nature. It has also the additional benefit of being innocent of the slightest symptom of skin irritation through the presence of dampness. Indeed, the system rather welcomes moisture, for, to derive the greatest benefit the subject should be in a moderate state of perspiration when placing himself in a masseur's hands.

Self-Massage.—It is, of course, possible to do a great deal in the way of self-massage, though naturally an athlete is unable to do this either so effectively or so thoroughly as can a trainer. There are portions of the body no man can easily reach, owing to want of arm-length, and the fact that the hands possess only a limited turning-table at the wrists. But, as I have said, much may be done, particularly with patience and experience.

The different processes of self-massage are difficult to demonstrate with the pen, but I shall endeavour to be as lucid as possible, and will preface my suggestions by saying that the prospective amateur masseur should gather some useful wrinkles by,

first of all, placing himself in the hands of a good professional for one or two operations. The experience thus gained should go some distance towards a knowledge of the science, which is not merely massaging, pulling, and kneading of the muscles.

The general principles upon which a self-masseur should work are as follows :—

The absolute relaxation, as far as possible, of every body-muscle is a *sine quâ non*. It is palpable that such a state must pertain if these are to be properly handled and worked. Naturally the arm and hand muscles, when at work, cannot be in this state; but apart from these, every muscle, particularly that one under manipulation, should be flaccid.

It is possible to use the hands simultaneously. This is accomplished by working upon the chest with the right, and as much of the back as can be encompassed with the left.

An alternate method is to manipulate a section of the left side of the chest with the left hand, whilst the right simultaneously works upon the shoulder, and *vice versâ*. Not a fraction of the body that can be reached should be neglected, the masseur's aim being to make one muscle the rival of another in suppleness, and the whole a lissom entity.

It is important that the action of rubbing be done in an upward direction and with a circular motion, whilst the two actions together should be accomplished briskly but softly.

When a muscle, or group of muscles, has undergone this treatment for a few seconds take hold of a portion of the flesh with thumb and first finger, and lightly, but firmly, squeeze or pinch it. The same action should be repeated upon the muscle, but in neither case must this be done so violently as to cause a bruise.

The action of squeezing and pinching carries out one of the best purposes for which massage is employed. By this action the muscle becomes soft, and by softness I mean suppleness; in point of fact the very best condition muscle can attain. No greater mistake can be made than to imagine that because a biceps shows knotty, and iron-hard to the touch, its possessor is enormously strong and of great endurance. He may be able to lift a much heavier weight than a well-trained rival in possession of less and looser muscle development, but the latter has by far the greater staying power, and will, in all probability, beat the former comfortably in the aggregate, i.e. by the number of lifts he is able to make.

You will probably be asking yourself, "Why pinch and squeeze the flesh also?" My reply is that this portion of the operation is nearly as important as the same method upon the muscles, for it is of great help to the creation of the best type of both muscle and tissue by the obliteration of useless or exhausted tissue. The presence of this last is a drag upon the uphill road to the creation of supple

muscles, the type required if the athlete is to be capable of engaging in feats of endurance.

Generally speaking, the boxing man should give special attention to the arm and chest muscles. Some recent exhibitions of in-fighting in the professional ring only tend to show how essential it is to create and keep a supple muscular development over both chest and stomach. For cyclists, runners, jumpers, and oarsmen, the muscle above, and upon, the inner side of the knee is the one upon which to work most assiduously.

Experience and observation will teach an athlete which muscles most require loosening, and these, hand in hand with practice, will show him how a great deal of useful work can be done by himself upon himself, and how he may eventually reach almost every muscle he possesses during this vitally important feature of his training.

For the athlete in training the best time to pick for self-massage is that upon returning to the dressing-room after strenuous effort. He should then strip at once, rub down gently with a soft towel, lie, for at least a couple of minutes, covered with one or two blankets and till a fairly free perspiration has been obtained. This done, rub down again, when the body is ripe and ready for massage. Between the ages of twenty and twenty-five the athlete can afford to do without a very thorough course of massage, though he would be far better for it; but as his years increase so will he find the

marvellous benefits accorded by this scientific portion of his training.

The Superiority of Professional Massage.—Speaking from a personal experience that stretches backward many years, I cannot too strongly praise the art of massage, and the numerous benefits it is able to accord the human being. No individual under my training system has been a stranger to massage. After every strong piece of exercise, often more than once daily, I have subjected each individual to it, and the results have been little less than phenomenal. Nor, I am convinced, would any athlete who has passed through these hands, and who has had practical experience of what massage can do, ignore it when preparing for any future athletic meeting.

There is no art ready to the trainer's hand that is able to so thoroughly, effectively, and completely loosen each muscle, fight stiffness, or conquer that great danger—when in strict training—a muscle-bound state. And to be able to accomplish these the artificial means employed must of necessity be intimate and thorough. This skilled massage is; for it reaches each muscle-group, and each muscle composing them is separated, kneaded, and rubbed, till all are brought to a condition that will sustain great exertion with the minimum of stress.

But, whilst there are undoubted benefits in self-massage, it stands to reason that a skilled masseur can do the work perfectly, and bring to the subject

the greatest degree of benefit—a benefit the subject would never be able to bring himself. As a matter of fact the two methods are not upon the same plane, and the first reason is, as I have already recorded, the need for the relaxation of each muscle and segment of tissue, when the operation of massage is taking place. This, naturally, no self-operator can encompass.

Secondly, it is apparent to the slowest mind that no man, however expert he may be, can thoroughly massage himself, though, if he has good reasons for not undergoing a professional course, it were well for him to try and do it as well and thoroughly as he is able, and to make a habit of it. We have before us in the athletic world to-day a good sprinkling of successful examples of self-massage, but these successes just fall short of complete success for the very simple reason that the masseur is able to reach, and thoroughly work over, body sections a subject cannot touch—unless a contortionist. Hence, thoroughness and full benefit are alone in the hands of the professional operator.

Now, no boxer of any reputation or ambition should be so foolish as to ignore the benefits of massage. His need is a close attention to every muscle he possesses, but more especially to those of arms and shoulders, chest and abdomen. He can reach all these after a fashion, but none of them with the muscles sufficiently relaxed to receive full benefit. Here the second man is indispensable. The runner,

OPEN-AIR MASSAGE BEFORE A PRACTICE RUN

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the cyclist, the jumper, and the oarsman, should all give close attention to both knees and calves, but to do this they must either stoop or raise one leg, whilst they stand upon the other. There is, therefore, no complete relaxation there, and the need of another to do the work is at once apparent.

The fact that certain muscles are of the greatest importance to certain athletes does not mean that these muscles should be attended to exclusively, or to the comparative neglect of others. Every body-muscle has need of careful massage and every athlete, no matter what his speciality may be, should be worked upon from finger-tips to toe-joints, and thoroughly.

Face massage is another matter, and fortunately does not enter the realm of athletics, so lessening the masseur's task. But the athlete who would become a very Apollo might include it in his system and reap no harm. I imagine, however, that such a man would require an abounding patience, and a large lump of self-conceit.

One other very important item shows a distinct need for skilled massage. This is when the region of, and around about, the kidneys is being worked upon. It is a vital and therefore important region to anybody, athlete or other, and requires correct and gentle manipulation. It is also practically impossible to reach this region satisfactorily, much less to apply self-massage to it. A gentle rubbing is naturally beneficial if carried out regularly, but

such action can in no sense compare with the skilled and careful treatment of the masseur, whilst the action of reaching behind to this region tightens arm and stomach muscles to an undesirable degree, thus lessening the possible benefit. Here again is the right and proper work for professional hands.

The Correct Time to Undergo Massage.—This to some extent depends upon the condition, exercise or competition possessed, or entered upon, by the subject; but for purposes of clearness I will presume that we are speaking of the athlete in strict training. This being so I would say that the very best time to submit oneself to massage is directly after heavy exercise, whether a competition, bout of training, or a sport. It is then that the athlete is ripest for, and most needs, this treatment. Every section of the body should then be subjected to this rubbing, pinching, and squeezing process, and the operation, to be thoroughly and conscientiously done, should occupy at least twenty-five minutes—and more, if time serves. Hurried or scamped work, where massage is concerned, only means that a modicum of benefit is being received, and perhaps not even that amount.

I do not, of course, mean that a man should be operated upon directly he re-enters the dressing-room, or quits work in the gymnasium, but after a careful wipe down and rest beneath blankets—as has been described already under Self-massage.

The preliminaries to the operation of massage are identical in each case, but with a subject in strict training these should be undertaken seriously, without rush or flurry, and with an earnest desire upon the parts of both trainer and subject to extract the greatest amount of benefit from the time and work expended. The subject will, therefore, help the trainer, perhaps more than he imagines, by a careful observance of these seemingly small details, and by an exercise, at the same time, of that rare gift, patience.

This short interval before the operation of massage has more in it than shows upon the surface. The preliminary treatment I have described, and invariably employ, serves as a great safeguard against chill. It also gives the heart, lungs, pulses, and other organs the opportunity they ask for to return to their normal speed of working, which, in turn, helps to the state of complete relaxation desired, and already described, for massage.

Such, then, is the best time for massage, with its preliminaries duly noted, and this time should apply, as I have already said, to the athlete in strict training. But there are also other times when a shorter bout of massage can be undergone by him with advantage. For instance, a short operation of a few minutes, and upon those muscles which will shortly bear the brunt, may, with advantage, be submitted to before entering upon a serious trial. The same applies to the competition itself, when a rather

longer interval could be usefully expended. Such treatment, at such a time, will not only make elastic but add vim to the muscles, particularly when the competitor has undergone regular courses of massage.

But do not mistake my meaning when I suggest massage before a trial or competition. Such a suggestion in no sense means a thorough operation. The object to be obtained is the loosening of the muscles and freshening up the subject for the ordeal. To attempt more than this is unwise, because a full operation has, almost invariably, a sedative effect —the directly opposite result to that which should be produced—and is liable to bring with it a slack condition for the time being.

It must be remembered that temperaments differ widely, and that whilst one man might, before an event, take great benefit from a full half-hour bout of massage, the much greater proportion would become relaxed, and to some degree somnolescent—a state of mind and body more fitted for the arm-chair.

For this reason, temperament should be just as much the particular care of the trainer as limbs, heart, and lungs, and, after careful study of his subject, he should be able to exactly gauge his charge's requirement both in the matter of time and quantity, and to graduate the operation to the needs of the moment, whether in the ring, on the track, or elsewhere. The need for the professional eye in

this respect is another strong argument in favour of professional massage.

Massage as a Health-giver.—Apart from being, in my experience, the first element in an athlete's training, and the direct cause of any success he may achieve, massage is also—I say it after careful study—the greatest health creator and preserver humans possess. Not only can the science produce muscle and tissue, accelerate the circulation, and brisk up heart, lungs, liver, and kidneys, but it is instrumental in getting rid of bad flesh also. In point of fact, massage tunes the whole system, and is capable of bringing both man and woman to the highest pitch of health, and keeping them there.

I could instance many men, some of them self-masseurs, who have become utter strangers to ill-health entirely owing to a judicious system of massage. More than this, the system applied to their children has given these youthful subjects the greatest legacy any man could wish for—a daily life without an hour's illness.

From the point of view of health the greatest boon massage can bestow is the removal of bad flesh, and the inducement of healthy muscle and tissue to take its place. This it does so readily that many unbelievers who have been at last persuaded to undergo a course, have been, at first, almost incredulous of the results attained. But it does not require a description here of the ills escaped, and benefits attained, by such removal.

The beneficial results, too, massage has been able to show in bad cases of rheumatism are phenomenal, and if people suffering from this universal ill could but be persuaded to spend the money they lay out in quack medicines upon a course of massage the world would be a much happier place to live in for themselves—and others. I would, therefore, beg any chronic sufferer from this nagging, crippling ill to pour his physics out of the window, and submit himself to the careful handling of a trained masseur, and so find a real and permanent benefit as a consequence.

Massage, judiciously administered, has the power to literally drive the complaint from the body. The process may be a protracted one, but is none the less sure. First, a hot bath, followed by a rubdown, and then a bout of massage; a course increasing in length and minuteness as the patient becomes accustomed to, and better able to sustain, the treatment. He, or she, will find such a system an infallible remedy.

So deeply do I feel upon this subject—a feeling that has been created by a short lifetime of close observation and practical experience—that I would boldly assert, in the interest of the nation, that neither sex, no matter at what age, or of what occupation, should dispense with massage, self or professional, in their search for, and retention of, absolute physical fitness.

My readers may possibly think that, in making

the strong appeal I do, I am striking the personal note too heavily. If this is the case, I would set their minds at rest by a simple statement. It is that, whilst still a trainer, *I am no longer a masseur*. My reason I will give under the next and final section of this chapter.

The Masseur's Age-limit.—Even those quite ignorant of the first elements of massage will readily understand that the system, to a large extent, means the transformation of natural vigour from one to another. Take, for instance, then, the case of a young athlete, who has just come into the dressing-room after a gruelling contest. His natural energies are, for the moment, at a very low ebb. His vitality has been severely drawn upon, and his general condition such that his body has become highly receptive. In fact, a delicate instrument ready to be played upon by any force capable of urging it to further effort. This is the very condition massage has in view, and provided the masseur is a young, vigorous, and healthy man nothing but good can accrue; for vigour is being passed to the subject through the fingers of the operator as well as by the operation itself.

We have, however, the opposite side of the shield to contemplate, and a much more serious one from the athlete's point of view. The renewal of the body's vigour by strenuous manual work, and by the passage of some of the operator's vitality by this means, must of necessity become a gradual

tax upon the operator. Plainly put, the masseur is a loser by the deal, and the more honourable a loser in ratio to the care and interest he exercises upon his subject. Plainly put also, it is his bounden duty to suffer such loss. But what is likely to happen in the case of a masseur past his prime, or in indifferent health? I will give you my opinion—a very strong opinion—for what you may consider it worth.

Any man who has practised the masseur's art for the better part of his lifetime must have given forth a large share, perhaps practically all, of his vitality in the pursuance of his trade. His body thus becomes an avid receptacle for a further supply, and as such constitutes a danger, possible or positive, to the renewal of vitality in the body of his subject. Opinions are divergent upon the subject; but my own long observation tells me that the danger is real, and that, instead of imparting strength, the elderly operator is either imparting no vitality, or actually receiving vitality from the work of his hands.

My argument may seem far-fetched to some readers, but I would again remind those who may be led to doubt this possibility that the exhausted athlete is in a condition that lends itself most easily to outside influence—hence the chosen time for massage—and so lies open to receive an increase of outside vitality, or most prone to a raid upon that which he already possesses. The same condition is

as equally receptive of any ailment, slight or serious, from which the operator may be suffering when at work.

We are all, I think, aware how injurious it may be for a young child to share the same bed with an elderly individual. Old people are always endeavouring, unconsciously, to obtain an increase of vitality, and it is only reasonable to suppose that such an endeavour should be made under such conditions, and to the detriment of the more youthful member. The operation of massage by an elderly masseur is upon all fours with such a case, but owing to the fact that massage brings with it actual contact, and sustained contact, this unwittingly evil influence, in my belief, is the more harmful.

So grounded is my belief in the seriousness of this danger that I have taken personal steps to avoid the possibility of its presence. I have ceased to practise as a masseur. For, though hale and vigorous, I have turned forty, and in my opinion forty should be the age-limit for such work, though, nowadays, but the prime of life for many other callings. My reason for drawing so sharp a line across life for my own observance is that about this age the youthful fires in us all are beginning to die, and in the case of the masseur the period of taking rather than giving is approaching, if not already present.

There are, of course, men of forty-five and even older still in full possession of their early vigour,

and fortunate exceptions to what I believe to be Nature's ruling. These are, however, isolated cases walking amid a multitude whose period for further development ceased some years beforehand. Such is my deliberate opinion, and such my unwilling decision as far as I am concerned.

CHAPTER III

IMPROVEMENT OF HEART AND LUNGS

THE vast majority of folk, partly owing to heredity and partly owing to our own artificial methods of life to-day, possess something other than a strong heart. And yet the greater number, to whom strenuous exercise is a stranger, probably go down to their graves without the slightest suspicion that they own so doubtful a possession. Such, however, is the case, and it will continue to be so unless steps are taken early in life to ascertain and, if there, correct this failing.

The naturally healthy youngster comes but little beneath the eye of the medical man, and so passes through his various stages till early manhood is reached, quite oblivious, perhaps, that he has been left a legacy that may be paid over to him sooner or later in life.

Here, then, we have at once the best of all reasons for a thorough medical overhaul before settling down to participate in the serious side of any sport. And here, and now, it must be recorded that disappointment awaits many aspirants. But how much better to face early disappointment than the eventual

possibility of incapacity for even light exercise brought about by the absence of medical examination in the teens. And how much better still an examination that shows weakness, but the possibility of betterment, and perhaps cure, under careful treatment.

That a cure for a weak heart can be found I have myself been witness upon more than one occasion, or I would be much averse to speaking upon a subject that should be the doctor's alone ; and, even then, I can but give one or two hints which should, in every case, be supplemental only to medical knowledge.

My business lies not so much in the discovery of a heart unable to fulfil its proper functions as in the best method of dealing with a man who would enter, or has entered, the athletic world under such adverse conditions. And here I would say, at once, that the best piece of advice I can offer is that of *rigid moderation*. The youngster preparing to embark upon a career of athletic competition, whether physically perfect or not, should undertake no more than the very lightest of training exercises, and of the shortest duration—an *hors-d'œuvre*, in fact, in earnest of that which is to follow. After a week's interval the physically perfect youth may increase his pace, work, and time ; but the man with a heart, however slight the fault may be, can make no such advance for many months, and then only after another and thorough medical overhaul.

This second examination may show the aspirant to have further penalised his future athletic career, in which case it were far better to relinquish all idea of heavy exercise, and to live a normal life, nursing a certain satisfaction that all has been done that can be done under adverse conditions. On the other hand, a distinct advance may be shown. An accession of strength that allows of a slight increase in the severity of the exercises. But, here again, only a very slight step in advance should be made. Proceeding by such gradual stages, closely watched by a medical man, there is no reason why the subject may not, in time, take his place in the ranks of the physically fit, though he may never be able to tackle so heavy or sustained a programme as the majority of athletes.

Light training exercises I have already dealt with, and of these walking is, in my opinion, the most natural, and therefore least taxing, of all for the young man who would cure heart trouble. Where this trouble is not acute he may also indulge in body exercises without dumb-bells, or with wooden ones, but these exercises must be of the lightest description, and of short duration. Sandow's Chart will tell him all he requires to know upon these; but if not supervised by a professional trainer, let him make *moderation* his watchword.

It is, however, with the heart of the athlete that I would deal, for he is, as a class, exceedingly subject to both enlarged and fatty degeneration of this

all-important organ. Nor are these, as is generally supposed, the inevitable outcome of a strenuous athletic career. Quite the contrary is the case. All athletic exercises, excepting those of the severe and most prolonged description, should benefit, not weaken, body-organs that are in a healthy state.

No; the origin of this prevalent trouble lies not in the rigour of the particular sport, but in the mistaken methods of the athlete himself. *He has not been properly trained, or has not properly trained himself.* In other words, he has employed an indifferent trainer—a professional who has not carefully watched for, and diagnosed, the needs of his man—or has done one, or more, of three other things :—

(1) Jumped into a long and severe course of training without due preparation.

(2) Trained severely at the last minute.

(3) Entered for important events with little or no training at all.

Any one of these mistaken methods if persisted in are practically certain to leave their exponent the legacy of a fatty or enlarged heart at some period during his later years. They may, even, suddenly end his athletic career for good and all.

For this reason, I cannot too earnestly impress upon all youngsters the vital need for moderation in training. Impetuosity has rarely ever, in this world, shown the road to method and deliberation; least of all will it do so where the early stages of

training are concerned. Take at least three weeks simply to prepare for training proper. Use skipping-rope and dumb-bells in the lightest manner during this period, and the heart will not occasion you a moment's serious thought.

The youth of common sense scarcely requires to be told that over-excitement is detrimental to success in training. A quiet, well-ordered life during this period cannot fail to be of the greatest benefit in every respect, and is of almost equal importance to the avoidance of cold water immediately upon the top of hard exercise. This latter, and till lately very usual, method of cooling off and refreshing up has done more than almost anything else to promote heart-trouble among athletes. I shall, however, speak more fully upon this point in a chapter devoted to " Rest and the Tub."

How to Strengthen the Lungs.—Upon the equally serious question of the lungs I can do no more than give such advice as my experience tells me will be useful and right. But even such advice must be taken in the light of a supplement to that of a good medical man. For if lungs are actually diseased no professional trainer could, alone, hope to effect their cure. Weak lungs do not, however, come under this heading, and here the trainer's art may be as equally successful as medical science.

It stands to reason that unless the lungs are strong and healthy—carrying out naturally, easily, and freely any ordinary tax placed upon them by their

owner—none can hope to do himself full justice in any event he may wish to enter upon. Lungs may, however, be weak in their functions without being actually diseased, and it is upon such that the competent trainer has an opportunity of accomplishing best work—in point of fact strengthening the weakest link in an otherwise strong chain.

My own treatment for such a subject is simple and thorough. Before any strict method of training is entered upon I confine myself to the improvement to this weak area by first of all instituting a rigid system of diet in which regular doses of cod-liver oil take a prominent place; for I have found no better substitute that combines in itself a good lung tonic with so many other useful properties for the man who would become fit and keep fit.

Lung Exercises.—With this diet should come light dumb-bell exercises. But these latter should, at first, be mainly centred upon the area most requiring to be strengthened, and should be undertaken more than once during the day. Any suggestion of over-exercise, however, should be very carefully avoided. As I have already said, each bout of exercise should, at first, be of the lightest description, and only after a lapse of time should gradual increase be made. For here again, benefit does not so much accrue from the length of the exercise as from the regular periods at which it is performed.

My reader will naturally ask when and how often I consider such exercises should be undertaken, and

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I wish that it were possible to answer directly by naming set periods during the day. Man is, however, a temperamental animal, and a system which will exactly suit one subject may have a more or less damaging effect upon another. There is need, therefore, for less explicitness and more detail in my reply.

Now, for the weak-lunged—but otherwise normal—subject I would unhesitatingly set three periods of ten minutes—that immediately after the morning tub, at midday, and again at 5 p.m. There are, however, many healthy men quite unable to take any form of exercise before the first meal of the day without detriment to digestion or some other vitally important function. For these, exercise should be postponed till an hour has elapsed after taking breakfast. The remaining two periods of exercise should, in this case, be proportionately postponed. I give these hours in order that my reader may have an ordered system to work upon, but it will be well if each subject tests for himself the three periods of exercise that will best suit him, and keeps vigorously to them.

All exercises, especially those for the lungs, give most benefit when taken in the open air, but when time and weather preclude the possibility of this, the widely flung window will prove a great help and benefit, and should never be omitted in conjunction with any indoor exercise.

There are many good systems of lung exercise,

but, in my opinion, the best is that set upon Sandow's Chart, and with light dumb-bells. A pair of this firm's grip-bells, together with the chart I speak of, does not involve a serious outlay, and used in conjunction, lightly and systematically, will bring certain benefit to this all-important area of the body.

Together with the dumb-bells should go a short course of breathing exercise, and it should be possible to take this without discomfort after the morning bath. Here again are many systems that can be adopted, but a simple and quite effective method is to stand before the open window, hands upon the hips, and very slowly inflate the lungs to their full capacity by way of the nostrils. This done, hold the breath for a few seconds and then proceed to deflate slowly by way of the mouth. At the commencement of the course this exercise should not be done more than half a dozen times, and only increased by two inflations at a time as the subject progresses.

Light dumb-bell and breathing exercises judiciously undertaken are of the utmost benefit to the weak-lunged, and if, together with these, the largest amount of outdoor walking can be indulged in, no ordinary sufferer from this drawback will have cause to be disappointed with his progress and ultimate cure.

But I would again remind my reader that, in advising these exercises, I speak of the weak-lunged only. Where there is the slightest suspicion of

disease a very different and far more careful method of treatment must be called for and set by a good medical man before any thought of an athletic career is entertained.

An Athlete's Shape.—It may, perhaps, encourage some would-be athletes when I tell them that shape is by no means everything ! I believe it is more or less a fact that many well-known professional dance-mistresses can tell at a glance whether or not a new pupil is likely to develop into anything approaching a *première danseuse*. This is by no means the case with the present-day trainer in relation to the athlete, and many have been the surprises in consequence. Speaking generally, the youth, or man, of good proportion has the greater pull in the athletic world, but it is always disconcerting to now and then find the excellent results that can be got from seemingly poor or indifferent material.

I have myself had some very agreeable surprises in this respect, and one at least I would cite in order to give full weight to my statement. Some years ago a man placed himself in my hands for training—a man without the slightest evidence of muscular development, and so thin that he had the appearance of being a mere sack of bones. His want of development was such that not even the most sanguine trainer would have hoped that any useful result could have been obtained by a course of training. Yet in the shortest space of time he could not only hold but beat first-class men at his sport.

Let no man, however ill-equipped he may feel himself to be physically, despair of attaining a moderate success in the athletic world, and so flee from the fight for fitness, or never enter upon it at all. Experience tells me that eye-judgment can rarely be relied upon ; for, whilst the most unlikely build may hide a champion, a fine, well-developed shape, try as one may, can sometimes be made nothing of. The successful athlete is he who is good all over, and altogether apart from a perfect shape. Such a state may, as a general rule, be eventually attained by patience and judicious training.

I could give personal instances that would fill a long chapter to uphold my contention, but I have other matters of, I hope, more value to discuss in the restricted space of this little book. I will, therefore, content myself with the denial that because muscular development is not in evidence, chest measurement small, or stomach measurement excessive, improvement is impossible. Every man or woman possessed of common sense, patience, and application can better physical defects and weaknesses, and build up a frame and set of organs that will stand them in good stead upon a day when they are most likely to be fully taxed.

CHAPTER IV

DIET AND SMOKING

What, and When to Eat.—Quite a furious little pen-war has, at odd intervals, been waged round the vital question of the athlete's "table," and these little wars have, at least, been productive of some benefit to the object upon which their violence has been expended.

Scarcely a week goes by without some press-reference to a good athletic performance brought about by a special system of diet in which that particular periodical is most interested, while small thought is given by these heralds of the ideal diet to the overwhelming average of success in the field put up by athletes who have merely followed the everyday method of feeding the body, with perhaps the slightest deviations in the matter of time and detail.

That the meat question is an intensely important one few can deny, least of all the professional trainer. The latter's business it is to diagnose his charges and quickly find those foods, and periods for taking them, that will best suit the subject, and the sport for which he is under strict training. Dieting is, therefore, the trainer's business, and as

such, should be rigidly adhered to by the athlete when in professional hands. But, as the object of this little book is to be a first-hand aid to the man unable to command professional help, or to him who prefers to rely upon self-help, I will formulate a general plan of diet, which can be safely followed by any normal, healthy man not living in a tropical or sub-tropical climate.

I do this the more readily because experience has shown me how fatal it is to explore into various systems of diet when training has commenced. It goes almost without saying that all such experiments—should such be considered necessary—are far better undertaken during the course of light exercise which should invariably lead up to strict training. Constitutions differ vastly as to digestion, and it is reasonable to expect the earnest and thorough man to embark as easily upon a voyage of discovery into the still unexplored sea of diet as it is for him to diligently climb to the final peak of fitness. Thoroughness is the essence of training. But let this diligent seeker apply himself to his diet-discoveries before placing himself under any serious form of training, otherwise he may find his progress badly marred—perhaps brought to a standstill.

Such a man may argue that he cannot thoroughly test his diet-system till in full training; and his argument has some justification. But if he is a naturally healthy man, with a normal digestion, he

need have no anxiety as to the food he eats in strict training, provided he follows the formula as set out here. If, on the other hand, his digestion is faulty, it were wise to experiment and discover the system of diet best suiting him under everyday conditions, and before thinking of taking up any form of training. By so doing he will be better prepared to withstand, without discomfort, any minor changes he may think of benefit when hard at work.

There has also been some controversy in professional circles as to the number of meals a man should take when in training. But here again no strict rule can be set, for capacity and habit will have their say, and it is palpably suicidal to condition to try to make a two or three-meal man into a four-meal man, and *vice versâ*. Let every man eat according to his habit and method, only eliminating those foods least helpful, or absolutely detrimental, when serious work begins.

Experience tells me that at least three meals are necessary to the normal man living in this climate, either in or out of training; nor have I ever had cause to alter my opinion, or to do other than frame a normal athlete's course upon these lines.

This being so I would say, without reservation, that the healthy normal man should not only thrive, but reach as fit a state as it is humanly possible to do, if, when in training, the following formula is studied and carried out.

Breakfast.—From 8 to 9 o'clock a.m., two boiled

eggs with dry toast; followed by lettuce or cress, also with dry toast; orange or lemon marmalade, or honey, in small quantity. This meal can also be varied by the substitution of fish, or, very occasionally, by a small, slightly underdone, chop, steak, or couple of cutlets. The occasional inclusion of fried bacon, and butter, must be regulated by the athlete's capacity to absorb easily these fatty courses. But no man in training can do himself other than good by refusing both. The same remark applies to bread, unless the dislike for toast is very evident, when only a stale loaf should be cut, and even then in small quantity.

Lunch or Midday Dinner.—Whatever the term used for the midday meal, it should be a hearty and sustaining one. But here again, the everyday *régime* should be followed as closely as the exacting details of training will allow. I mean this: that the man accustomed to lunch lightly, and take his heaviest meal between the hours of 6.30 and 8.30, would be unwise to suddenly alter his dinner-hour to midday, and *vice versâ*. In other words, feed as you have been accustomed to do out of training, but with an eye to the exclusion of those dishes likely to be harmful, or of least help to you.

Lunch.—The hours between 12.30 and 2 p.m. seem to be the best suited to this meal, and should be regulated by the hour at which breakfast is eaten. All light, nourishing dishes are applicable to this meal:—boiled fowl with green salad; fish

with sauce; eggs, poached, scrambled, fried, or boiled; a little fruit, either fresh or stewed, but without cream; toast, or crust of stale bread. I have purposely omitted the quantity of food to be taken, because it is obvious that human capacities differ widely, and for this reason cannot be regulated upon one set formula. Only the self-indulgent man eats to repletion, and it goes without saying that his self-training points in quite an opposite direction to that of the athletic ground; while the man who takes the trouble to train will also be careful to stop eating when he is moderately satisfied.

Midday Dinner.—The man who is accustomed to eat his heaviest meal at, or round about, 1 o'clock will have no reason, or wish, for a full evening table, and, in consequence, the following dishes will not be harmful, or out of place, eaten with moderation:—

Roast beef, or mutton, slightly underdone; boiled mutton; poultry; steak or chop, similarly cooked; milk puddings; stewed fruit. It must be understood, however, that these are standard dishes applicable to the case, and that there are several others, equally capable of tissue-building, that the athlete may choose according to his taste. For variety is an excellent thing, here as elsewhere. No meat dish should be eaten excepting in company with a good quantity of green vegetables.

I have given a general idea of the type of dish that may be eaten at this meal, leaving further choice to the common sense of the diner, but there

are certain dishes, which, in my opinion, should not be touched at any meal when in training, and these are :—venison ; pork, either roast or boiled ; hare ; rabbit ; boiled beef ; potatoes in whatever manner cooked. I invariably place a ban upon any variety of cheese ; shell-fish of all sorts ; pastry ; and puddings made of suet.

Tea, or Meat Tea.—The athlete who is accustomed to lunch and dinner, will, when out of training, probably indulge in a cup of tea, with biscuits or bread and butter, at 4 or 5 p.m. There is, of course, no actual harm in the enjoyment of so light a meal when in training, but the wise man will avoid such, and substitute for it a dry biscuit or a little fresh fruit, or both.

Meat Tea.—This meal, in many households, takes the place of evening dinner, but, being of a rather lighter description, should have its place earlier in the evening. From 5.30 to 7 o'clock allows of reasonable latitude, and also gives the needed interval between this meal and a cup of cocoa or chocolate and a dry biscuit—a night-cap I heartily recommend, particularly to indifferent sleepers.

For a meat tea I would recommend a diet upon practically the same lines as that for breakfast, but varied from this meal, and with the occasional addition of poultry.

Dinner.—Here again it will not be useful to tabulate the dishes, for the athlete can follow my suggestions and details for a midday dinner diet, but

I cannot advise him to sit down to this meal at a later hour than 8 o'clock. Digestion should be allowed the fullest rope before the bed-time hour.

Eating between meals should on no account be indulged in, though, if for business or other reasons, the man in training is forced to put up with a longer gap between meals than ordinarily occurs, a couple of biscuits, or an apple, may be eaten with benefit.

Crank Diets.—There is, I believe, an idea still surviving despite advanced dietary knowledge that practically raw meat is helpful to a man in training. Open-air digestions of a hundred years ago very likely survived, and even thrived upon, such a penance, but the trainer rarely comes across such to-day, and this being so I have no hesitation in saying that food prepared in this way would be a fatal stumbling-block to seventy-five per cent of our small army of athletes. Meat *slightly* undercooked retains more nutriment than meat overcooked, and is still digestible—hence its building property so prepared; but nearly raw meat possesses neither of these qualities, and should be strictly avoided. That meat is a little under-done or over-done does not represent nearly so important a detail as the good cooking of it.

Whilst upon the subject of diet, I should like to say that increasing experience in this department has taught me that for training a simple meat diet is infinitely superior to all others; nor do I make

this statement with the bias of a meat-eater, but from many years of close observation. Vegetarians, non-breakfasters, one-meal-a-day men, fruit-eaters, fasters, have all been beneath my hand or eye, and I have, at this date, even less cause to alter my opinion than I had occasion to do some years ago. Special diets may be of great help to those not constitutionally sound, but these unfortunates come within the doctor's sphere, not the trainer's, and must follow the former's advice till fit for the latter's hands.

It is the utmost folly to experiment with one's diet at any time when training. Let the meat-eater keep to his meat, and the vegetarian to his vegetables and fruit. For only by so doing can either expect to work in comfort and keep robust health.

What to Drink.—This question has been launched across the athletic world with even greater force and persistence than that concerning food ; nor is it likely that the question will more readily resolve itself into a settled formula than did that concerning solid food. Neither is it reasonable to suppose that it will ever do so when we remember that, given the multitude of liquids in conjunction with an almost equally different number of temperaments, we have a much more difficult riddle to guess. The question, in the main, resolves itself into the smaller question of usage, which, in its turn, points to the folly of drastic change from everyday custom.

The excessive stimulant drinker, and the occa-

sionally excessive drinker, are both untrainable, and therefore outside my province. Remains, then, the moderate man and the teetotaler. I will speak first to the former.

Moderate Stimulant Drinking.—Many lucky men, untroubled by a course of training, and possessors of domestic service that allows of the indulgence, drink a cup of tea before rising. This habit has, no doubt, its refreshing moment, but the man in training must forego the luxury. A far less pleasant substitute for this should take the form of a glass of fresh water. Such a draught flushes the stomach and prepares the drinker for the first meal of the day. At this meal either cocoa or weak tea may be drunk, but in neither case should more than two breakfast cups be taken.

If business, or other affairs, allow of training exercise being taken after breakfast, a glass of light or good dinner ale may follow the rub-down, but not otherwise than at the termination of exercise, and in no case without the accompaniment of a dry biscuit. The hour between 11 and 12 o'clock is best suited to such refreshment. The man whose morning is filled by sedentary occupations should avoid all suggestion of a meal till lunch or midday dinner.

At these two last-named meals he may indulge in half a pint of either of these ales, and if thinned or weakened by excessive exercise he may increase his drink bill by another half-pint, but upon two

days of the week only. No more than two cups of weak tea should accompany afternoon or meat-tea, and the luncheon ration of ale applies equally to evening dinner. It will, then, be apparent that my allowance to the man in training, who dines late, is a pint and a half of ale per diem, and rather less to the man who drinks more tea owing to the different time and composition of his meal. But early in the course of training many men require a building-up factor, for the simple reason that the body has not yet become accustomed to a more strenuous existence, and loses flesh accordingly. It is then, and only then, that it becomes advisable occasionally to increase by half a pint the quantity of ale drunk.

No man placed in my charge, and with my knowledge, touches, under ordinary circumstances, either wines, spirits, or liqueurs, and I strongly advise their avoidance by the self-trained man. The medicinal side of the question is another matter. Lowness and staleness may be successfully met by the substitution of a quarter of a pint of champagne for the half-pint of ale at the midday meal upon one or two days in the week, but only under such circumstances. The use of brandy in cases of accidents requires no comment from me.

Teetotalism.—The foregoing paragraph may seem contradictory to my readers when I tell them that I have been a total abstainer all my life, and that I do not even know what the taste of alcohol is like. For this reason they may also argue that my advice

is not the outcome of practical experience. But if they do they will have left out of calculation that most helpful of training factors—observation. Fortunately the faculty for observation was given me very early in life, and both fortunately and unfortunately, a few drastic object-lessons in the disastrous effect of alcoholism upon much older friends and acquaintances. The consequence being that a useful lesson was learnt at an early stage, which has never been forgotten.

I cannot, therefore, help the self-trained man with advice collected from personal experience, but am able to say without reservation that the man who has never indulged in stimulants has never felt the need of them, and yet has been able to train himself into the pink of condition. Not only this, but he has been able to put up excellent performances as well.

I am of opinion, however, that observation is a more useful and accurate asset even than personal experience upon this important item in training, and I may say at once that many years spent closely in touch with every type and class of athlete has shown me that neither the moderate stimulant drinker nor the teetotaler can claim an advantage in fitness or athletic success, however much the various sporting and other periodicals may produce statistics upon the subject to prove their case. Here again is a straight matter of use and custom to which drastic changes would be disastrous. Let

the teetotaler remain a teetotaler. He neither knows nor requires anything else. And let the beer-drinker reduce his daily ration to the formula already advised. This, strictly adhered to, will work no harm upon his course of training; quite the reverse.

The man immoderate at intervals—in other words, the convivial drinker—I have no means of sitting in judgment upon, for I have persistently refused to take in hand men whose whole heart is not in their work; and no man who risks his chances by even one lapse in this respect can be so classed. But among the many successes I have been able to pride myself upon have been both moderate men and total abstainers, and in a survey of their athletic careers I may truthfully say that there is very little to choose between them, for many champions have been found in both ranks.

I have this to say for teetotalism: it has a very helpful advantage in that it restrains its man, when out of training, from the slightest temptation to indulge in alcohol, and the consequent heating of blood; that forerunner of other kinds of sensual indulgence, which are so often instrumental in closing a promising athletic career. And this for the moderate drinker. He appears to last as well in his competitions as in his general career, when opposed by the abstaining competitor. I might, perhaps, be able to cite one or two exceptional cases in which he has lasted better, but a few cases are not productive of settled conviction one way or the

other, and, in my opinion, it is wiser for the teetotaler to remain a teetotaler, and for the moderate man to keep moderate, both in and out of training.

For abstainers my formula is invariably the same as with the stimulant drinker: a glass of hot or cold water, or nothing, before the breakfast hour. At breakfast one or two cups of cocoa, or weak tea. If exercise is taken, a half-pint of cold water or milk and soda, with a biscuit at 11.30, and after a rub down. If an apple is preferred to liquid this can be substituted, and I usually find that this is so in the case of the abstainer. With lunch, or midday dinner, a glass of water or milk and soda. With afternoon tea, or meat-tea, one or two cups of weak tea. At evening dinner a glass of milk and soda, a cup of cocoa or chocolate with which one or two biscuits should be eaten.

I am not in favour of either lemonade or ginger beer as a substitute for soda and milk. My reason for this is that both are gassy, and neither allow of the milk combination, and milk is of great utility as a body-builder.

Smoking.—I will say at once that experience has led me to form a very strong opinion upon this popular habit. I am also under the impression that this opinion will not be popular. It is that smoking of any kind is of no good to the athlete. I will go further than this and say that it is of no good, excepting in exceptional circumstances, to anybody.

Many an argument have I indulged in with

medical men and others upon the use of the "weed," and in no case have I been able to extract the statement that such use is constitutionally beneficial to the athlete. That the habit is a pleasant and sedative one I should be the last to deny, and in cases such as insomnia, with its attendant ills, moderate smoking may constitute a blessing. But the healthy man requires no such sedative; much less the athlete, whose brain should be active and nerves well strung, otherwise it were pure waste of time to think of, and prepare for, any competition of importance.

I state my opinion upon the subject the more readily because I know full well that no athlete of standing can contradict it. Perhaps I should illustrate the point even more strongly when I say that I can scarcely remember one tobacco smoker who has reached the top rung of the athletic ladder, whilst I could name many a first-flight man—amongst those passed through my hands—who have never smoked. And it is largely to this display of restraint with, or absence of need for, tobacco that I attribute their wonderful records of success.

My earnest advice, then, is this. If you are a smoker, and would become an athlete with a record to be proud of, cut down your present daily allowance by at least half—that is if you are convinced that moderate smoking is beneficial to you, or you feel that you cannot give the habit up altogether—and then see how much easier it is to train yourself.

If you have been a regular smoker for many years, I cannot advise discontinuance, even when in training. Such a drastic change would be nothing less than harmful; but gradually lessen the pipe allowance till you have reached the lowest point to which you feel you can go without detriment and actual discomfort. Such an act of sacrifice will repay you a hundredfold in the athletic field.

Finally, if my reader who would be a successful athlete has but recently taken to smoking I would counsel him to at once discontinue the indulgence, whether in or out of training. For only by so doing can he hope to keep heart and lungs in fit condition when taxing them in training and actual contest.

CHAPTER V

REST AND THE TUB

The Sleep Allowance.—The sensible man's period of sleep can be as well regulated by himself as by his trainer. In point of fact, sleep generally regulates her own time for arrival and departure without outside help of any sort, and the allowance assigned the physically fit is, on an average, much in excess of that to the unsound.

It is here that temperament steps in again to utterly upset any attempt at standardising this all-important part of the training day. Habit, too, has a great deal to say upon the amount of sleep that may be snatched from the twenty-four hours, and in face of these two autocrats I can only advise, and leave the essential details to nature.

The time for sleep must also, of necessity, be governed to a degree by the daily occupation of the self-trained athlete, apart from a hundred and one other helps and hindrances which become apparent to the thoughtful man. I would, therefore, counsel the greatest amount of sleep it is possible to encompass between the hours of 10 p.m. and 8 a.m. But in saying this I do not, at the same time, advise the

man waking naturally at say 7 o'clock to turn over and attempt oblivion for another hour or more. Such a method generates a bad habit and brings sluggishness in its train. The natural waking hour is the one at which to rise, bath, and exercise.

There is an old saying—I am ignorant of its origin—which assigns six sleeping hours to a man, seven to a woman, eight to a child, and nine to a fool. The creator of this saying evidently knew nothing of the needs of modern man, much less those of the athlete, and without apology I would appropriate the "fool's" portion for the latter. If a healthy, hard-working man can encompass nine hours of dreamless sleep it is certainly his by right, and he will be the better for it.

Nine hours, then, is the allowance I endeavour to obtain for all men in my charge, and this allowance is usually obtained without much difficulty. Nor when in heavy training and close upon an important event do I discountenance an occasional hour snatched after the midday meal. To the man of excitable temperament this odd hour often comes as a great boon, and may often have stood for that very thin dividing line between victory and failure.

Apart from the length of the sleeping period, it must be remembered that regularity is an important factor. Not only the hour for rising, but that for retiring, should be as rigidly adhered to as it is possible to do. It goes without saying, also, that

all evening festivities likely to be hurtful to training must be given up, whilst even the harmless ones must on no account be allowed to stand in the way of retirement at from 10 o'clock to 10.15. Sleep's full benefit is only derived when regularity and freedom from interruption are secured. My whole system of training has been organised to court and secure sound, recuperative sleep, and this benefit can only be obtained with any certainty by a rigid and determined observance of these foregoing details.

I would even advocate an extra hour—beyond the nine—upon the two or three mornings immediately preceding an important athletic meeting; particularly if the athlete is of a naturally nervous disposition and liable to over-anxiety. The same piece of advice applies to the man obliged to travel any distance before a contest. Though only the most placid of temperaments are able to accomplish it, an attempt should be made to snatch an hour's sleep when one's destination is reached, even though, perhaps, only an hour or two before the ordeal takes place. The man able to do this possesses a great advantage over the man who cannot, and, in addition, stands an object of envy among fellow athletes, for every one of them knows the priceless asset this short period of oblivion represents at such an hour —an asset that no money, and very rarely the most careful training, can procure.

Sleep is the great recuperator of us all, but, as

applied to the trained athlete, to be obtained and enjoyed it must be created by regularity; and I would again impress upon the self-trained man the need for watchfulness in this respect. To some people 10 o'clock p.m. is considered the juvenile hour for bed, but I invariably insist that it shall also be the bed-time for every athlete in my charge. Perhaps my reader may also be led to keep this hour strictly when I tell him that as many events have been lost by the non-observance of this hour as by other slack methods indulged in by the man in training.

Insomnia.—This terrible affliction should never attack the healthy man, and its appearance shows conclusively that there is something radically wrong with the nerves or body of the sufferer. Stubborn sleeplessness is an ill that very rapidly incapacitates any man for work or play, and can only be, and I fear rarely, tackled by the medical man with any degree of success; though I have known some extraordinary cures. No man, therefore, suffering from chronic insomnia is food for the trainer. His handicap is too great in more fortunate company, for he is fighting against two foes at once—the robust health of others, and his own failing.

But I frequently have charge of men who, whilst in rude health, suffer from one of three drawbacks: intermittent sleep, sleeplessness till a late hour, or very early waking. All of these naturally take from the recuperative period, and lessen tone and general

health. All are, as a rule, the outcome of slight nervous disorder, brought about by over-anxiety, over-training, or a lapse in general health, and all are curable by careful attention to the different details in the day's training, and diet, as set out in this book.

Unless a man is naturally a short sleeper—when his constitution tells him that he requires no more than this curtailed period—one month's properly regulated method of exercise and diet, as already set out here, should procure for him all the sleep required to act as a buttress against strenuous work. He would also find that he could eventually indulge in the nine-hour-stretch I advocate for almost every man.

Sunday Rest.—The Jews were a thorough race in all matters of social conduct, and no rule showed their common sense in a greater degree than that rigid rule laid down of one day's rest in every seven. Religious beliefs have no place in a book on training; but when a belief is as helpful to a science as to the individual it may be followed with twofold zest, and here is a case in point.

Six consecutive days are, in my opinion, amply sufficient for a training week, and if the seventh is used, owing to lateness in training or from some other cause, it should be used sparingly. It will be found, however, that the average athlete will, from choice, keep Sunday as a day of rest. In any event I feel it my duty to advise this habit, and particu-

larly in the case of the self-trained man. Such observance, by the athlete not directly beneath the trainer's eye, becomes a great safeguard against over-training, and its dread companion, staleness.

I do not, of course, suggest that Sunday should represent a day fallow of all exercise—a day spent mostly in bed, or at length upon a sofa—but a day of more restful activity. The sensible man will spend at least half of it in taking a long country walk. Such mild exercise will come as a grateful change to the constricted and monotonous exercise of the track and gymnasium.

The Cold Tub.—There is, I know, a wide divergence of opinion as to the useful properties of the tub in training, but as I have made a closer study than, I believe, the majority of professional trainers upon this important item, I feel that I may speak with some confidence.

Now, I will say at once that I am not an advocate of indiscriminate bathing when in training, or out of it for that matter. My reason is that frequent, or lengthy, immersion in cold water, particularly in the winter, stiffens joints and muscles. The same remark applies to swimming during a course of strict training ; for I have more often than not found frequent users of the swimming-bath show signs of lethargy, and in some cases of body-flabbiness as well. A moderate use of the swimming-bath is quite another matter. A short visit twice or three times a week can make little or no difference

to the athlete's tone, and may even be beneficial. But, here again, moderation should be exercised.

The exponent of winter pond-bathing is, in my opinion, an object for the onlooker's pity. This type of bather is either ignorant of, or wilfully indifferent to, the pains and penalties he must almost inevitably undergo later in life. Not one man in a thousand picked from the ordinary occupations of life—it is a high average, but I speak after due consideration—possesses, by reason of the sheltered existence he leads, either the heart or circulation that will enable him to withstand, indefinitely, the shock to the system a sudden plunge in water produces, when only a little above the freezing point, and now and then below it. Unfortunately, there are many who are fully aware of the risk they run, but still continue the habit. Such foolhardiness richly deserves the crop of tares it sows, particularly when done in a spirit of pure *blague*, as is more often than not the case. For if not, why cannot the less public, and far cleaner, opportunity afforded by the bath-room be substituted ? As a matter of fact, I discountenance, with only a very few exceptions, the use of a dead cold bath by any man in my charge, and in order to avoid the two dangers already mentioned—shock and body-stiffness. Instead, I employ one of two methods. The athlete can take the cold morning tub in the form of a sponge down in the bath or hip-bath, or use the former in the ordinary way, but slightly tempered with warm water. Both

of these methods can be indulged in without either of the risks it is so vitally important to guard against.

There is another bathing habit which, though not so prevalent nowadays as it used to be, I would warn self-trained men against. In nearly every pavilion of any size is to be found a bath of cold water standing ready for the use of competitors. And into this each man steps at the conclusion of his event. Now, we may easily guess the state of this water after the twentieth man has used it, but very few stop to consider the possible consequences of their action. Apart from the fact that the constant immersion of the over-heated body in cold water produces a greater shock to the system than the morning bath, a real and present danger is created for the body when the pores of the skin are open to receive the impurities such water contains.

I am quite aware that very few clubs can afford to supply more than one, or perhaps two, baths for the use of competitors. If, therefore, a clean warm bath is impossible, I would strongly advise that bathing of any sort be abandoned in the pavilion, and that the athlete lie for five minutes beneath blankets before undergoing a thorough rub down.

The Hot Bath is naturally softening in its effect upon the man in training, and for this reason should not be indulged in too frequently during this period. Nor should it be taken other than at night-time, and before retiring to bed. I have a good reason for this in that the bather is freer from the possibility

of chill than he would be when taking such a bath in the morning. Also, if taken at night, it is taken far from any meal-hour. For, as we all know, a full meal, and particularly breakfast, has a tendency to lower a healthy man's temperature. This choice of time for a hot bath is, therefore, wiser in more than one respect.

The hot bath has also a decidedly good effect upon the liver and kidneys, two sets of organs it is very essential to keep in thorough working order—and free from chill—if the utmost is to be got out of oneself.

I am of opinion, then, that for the purposes of cleanliness and refreshment, the warm bath, rather than the hot or cold, and taken at night-time, is the best in every way. This bath, excepting in exceptional cases of over-fatigue, or utter exhaustion, I would also recommend the self-trained man at the close of a contest ; and, if possible, taken at home. The possibility of such risks as I speak of will then be absent, and, with the addition of a dash of Condy's fluid, will be found all that could be desired.

Sea Baths.—I believe the medical profession is as one upon the beneficial properties of the sea as compared with the lake or river for bathing purposes. Sea-water is a wonderful strengthener, and I would allow any man under my care to indulge in its use moderately, and at most seasons of the year. In the first place the possibility of shock to the system from cold sea-water is much lessened by reason of

its consistency, and consequent higher temperature ; and in the second, entry from the beach is a more gradual process of immersion, so having the same protective effect against the same danger.

But, in my opinion, warm sea-baths are the most beneficial of all, and the athlete able to afford an occasional Saturday-to-Monday at a seaside, where such may be found, cannot fail to be well repaid in added vigour by the outlay. I speak from personal experience, for Brighton has been my goal for this sole purpose, and I never regretted the outlay. But, although the cost is by no means excessive to the modest man, there are those unable to find the time or means for such a benefit, and this being so, I would recommend a good early morning sponge-down with Tidman's, or one of the many other, sea-salts in the water used. This substitute is far more economical, and very nearly as good as a visit to the sea itself.

CHAPTER VI

MEDICINE, EMBROCATIONS, LINIMENTS, AND GENERAL HINTS

The Uses of Medicine.—The naturally healthy man rarely requires artificial help, liquid or solid, to keep him upon the straight path of fitness. His own redundant vitality should be sufficient aid to the throwing off of any mild distemper caused by change of weather or season. Such a subject should then require, at the most, but one or two doses of medicine during the year, and if more, the cause must be sought at the door of exceptional circumstance.

It is almost invariably found that man, athlete or otherwise, requires a mild corrective at that trying period when late winter merges into early spring. It is then that the leaden weight of our winter months begins to be felt most, with the Briton at a lower ebb than at any other time of year, and less ready than in the autumn for any atmospheric change, however gradually that change may assert itself.

But despite this trying period of the year I rarely find that any man in my charge requires more than

a gentle aperient, and the period itself seems to have been specially designed by Nature for the trainer's benefit. This will be understood when I say that only at the commencement of a course of training should such a series of doses be taken, and that most men begin their season's training with the first signs of spring.

The athlete who has given time during the winter to a fair amount of in and outdoor exercise should, at least, be in a fit state to take up light training with the first signs of spring. He should also, and as a consequence, be in an ordinarily healthy state of body. If not, and in need of more drastic medical treatment than I speak of, his own doctor will be of greater help to him than I can hope to be, at any rate in the limited space of this chapter. I must, therefore, confine myself to the case of the man who only requires, as he should do, tuning up to concert pitch. For every man who wishes to reap the full benefit from his training course must come to its preliminaries in a healthy state. I speak, of course, of the athlete, and not of the man who takes up light training for health. The first stage for the latter is, as I have already advised, a doctor's certificate.

Regularity.—It is a generally recognised fact that to attain, and retain, perfect health, the most naturally healthy man must be regular with all the functions necessary to the cleansing of the body. This regularity is, therefore, of vital importance in the

matter of the stool, and no matter of whatever importance should prevent a rigid daily observance of this duty. The time best suited to the daily motion is that immediately succeeding the breakfast hour.

I have found that want of time, a poor circulation during the winter months, or the cold tub, have all been the means of preventing the choice of this hour for this important duty. If, therefore, my reader is handicapped by such drawbacks, let him choose a later hour, preferably after the midday meal, but let him keep rigidly to it. Perseverance, and then habit, however, have both a great say in the adoption of the earlier hour, and its choice will eventually repay the preliminary inconvenience.

Knowing so well the vital importance to health that regularity in the discharge of this duty implies, I have purposely put the matter plainly to the reader, and I will also add a useful check to irregularity. It is a remedy of my own, and invariably used upon men in my charge when its necessity is apparent. The formula is as follows :—

A Good Aperient.—Epsom salts, two ounces.
Senna leaves, half an ounce.
Spanish liquorice, a piece the size of a small marble.
Ginger, half a teaspoonful.

Ginger, liquorice, and senna leaves should be placed in a covered saucepan or teapot, and half

a pint of boiling water poured over them. This mixture should then be left for the night. Upon the following day add the salts and well stir till thoroughly dissolved.

A wineglassful is the correct dose, and this will procure three or four free motions, the first occurring about two hours after the dose has been taken. I advise this remedy to be taken upon getting out of bed, for, in conjunction with the breakfast tea, or cocoa, it will be free from griping effect, and its action quickened. Should the first dose not have the desired result, repeat the draught, but allow one day to elapse between the doses. This aperient, treated in this manner, will be found to have excellent results, without unduly weakening the subject on the threshold of his training course.

The Best Embrocations and Liniments.—I believe there are quite a number of people who hold the opinion that embrocations have little virtue in themselves, but that the method of applying them has the desired result. In other words, then, the method of rubbing is a greater curative factor than the embrocation. This belief I would submit, from long experience in their use, to be a great mistake. Quite upon the other hand, I have found them to be of the greatest benefit, and not only to the athlete but to the masseur in the course of his work.

Thus, embrocations have a double use in the athletic world, and for its purposes two kinds are

used. In the one the primary ingredient is oil, in the other spirit, and both kinds have their disciples ; but for ordinary purposes, and particularly in the winter, I invariably use that with an oil formula. I have two good reasons for the choice ; the first being that spirit is very cold in application, and I have known men who have applied it, or had it applied, subject to a more sudden fall of temperature than it is either wise or safe to undergo after practice or contest. My second reason is that spirit embrocations evaporate too quickly under the rubbing process.

For the general guidance of the self-trained man I would, then, say *always use an oil embrocation* for massage or rubbing down, either before or after practice. It should also be applied and rubbed into the muscles and tendons most likely to bear the onus of the particular sport or exercise to be entered upon, or into those that have already been most taxed.

But for sprains, strains, or bruises a different method of treatment with embrocation is necessary, and in practically all these cases the use of spirit is preferable to that of oil. For instance, a tendon or muscle has been unduly strained in foot, calf, or thigh, or a bruise has been set up by an accident ; any one of which represents a weakening of efficiency. On no account is it advisable to continue work under such disability. Rest at once. Make no attempt whatever to work off the trouble or

worse things may befall. Let the next two or three days be entirely void of exercise, and, during this interval, rub the weakened part at frequent intervals with a spirit embrocation. Supplement this treatment also by holding the injured part under cold water as long as this can be borne, and at very frequent intervals. The two applications in conjunction will be found quite capable of restoring the limb, or other part, to its usual strength and usefulness in a few days.

I would also take this opportunity of warning the self-trained man against the use of pure methylated spirit for such needs as I have mentioned. This I know to be frequently done, and also for ordinary rubbing-down purposes. My opinion is that this spirit, used in so undiluted a form, has little effect, and may have bad results if persisted in. I speak with some certainty, for I have made a careful study of this department of the training course, and, in fact, manufacture my own embrocations. The formulas for these, being part of a trainer's science and livelihood, I must ask the reader to allow me to omit from these pages, but as a guide to him I will name two embrocations I have also found of great service. They are Sandow's Embrocation, an excellent oil lubricant, and George's No. 1 Recordine, all that can be required as a liniment in spirit form.

I have also found that very stubborn cases of sprain yield readily to the correct application of the

extract of Witch Hazel, a small bottle of which can be bought at any chemist's for sixpence: an amply sufficient quantity for several applications. Witch Hazel has very many uses, but for inflammation caused by sprains it should be applied as follows :—

Well soak a piece of boracic lint with the extract, cover the part affected, and over this place a rather larger piece of oilskin; bind the whole firmly with a strip of linen or surgical bandage. The lint should be resoaked about every three hours, and kept on the injured part during sleep.

Spirituous embrocations possess another usefulness, and one that, I believe, is not generally known. Long distance and cross-country runners frequently find themselves some way from home after completing the course, and often soaked through without the immediate prospect of a change. Such a condition points to the possibility of a chill, which can often be staved off by the simple process of pouring a dessert-spoonful into the shoes. That *bête noire* of so many long-distance runners, chafing, can be readily scotched by another and very much more homely form of liniment. Pure Russian tallow daubed on the inside of the socks, in and about the crutch, and beneath the arm-pits, before starting upon a long run, is not only a preventive but a great relief as well.

General Hints: Weighing.—The very first thing a man should do, on putting himself under a course of training, is to weigh himself, and this duty should

be repeated every two or three days during this course. No surer method of ascertaining progress has yet been devised. The watch, the weighing-machine, and a looking-glass are all reliable factors for this purpose, but the greatest of these is the weighing-machine.

The watch should be used during all practice runs, and each length of time duly noted. By so doing the self-trained man can tell at once how each run compares with the last, and whether he has lost or gained in speed. But the weighing-machine is of still greater practical use, for, by com paring and classifying its records with those of the watch the athlete has a sure guide to the weight at which he does his best work. The most satisfactory dual results should then be tested at least half a dozen times, when the runner has sure data of the correct weight to strive after during the training course, and at which to keep for a coming event.

It is almost needless to record the fact that the looking-glass tells the tale of health or the reverse, and a tale that any sensible man may easily read. The human eye acts as the best witness to bodily condition. If bright and clear its possessor has no reason to consider himself otherwise than quite fit to make any change in his diet, or think of medicine. But should the eye be dull, or have a watery or fleshy appearance, it is time to look for the cause and instantly treat it. Such a look probably means

that the athlete has overdone matters and gone stale in consequence. But the weighing-machine is by far the most ready guide to the self-trained man bordering on, or actually in, such a condition. Therefore let me impress upon my reader the necessity for taking his weight frequently, and carefully tabulating the results.

Upon these results certain changes should be made. For instance, suppose the athlete finds that the work he has set himself is such that weight is being reduced too quickly owing to loss of flesh. Such a case requires a reduction of work and an increase in the quantity of his daily ration ; and should this falling-off occur in hot weather I would advise this change being supplemented by a quinine and iron tonic, and taken regularly, after meals, for a couple of weeks.

Should the season be very hot and trying such a tonic can be taken regularly, and with benefit, even when not actually feeling overstrained.

Whilst upon the subject of weight I should like to record the fact—for the guidance of the self-trained—that the heavier a sprinter scales, provided, of course, that he is absolutely fit, and with the additional strength to carry his weight, the greater will be his success. Speaking roughly, the reverse is the case with the long-distance man, whose weight should, if possible, and without bad effects, be lessened in proportion to the distance in which he specialises.

Staleness and its Cure.—No trainer, however skilled and experienced he may be, can protect his charge from this "thief in the night." No rule or regulation, no patient care or watchfulness, is of the slightest protection against the sudden and often disastrous appearance of staleness. I speak, of course, from the standpoint of the well and carefully trained subject. Staleness naturally has its provocations in carelessness, immoderation, want of patience, and a dozen other obvious setbacks to the trainer's art, but, altogether apart from such, the most earnest athlete is liable to go stale, for no apparent reason, and at any moment during the training course.

This being the case no trainer has the power to safeguard his charge against such an attack, and the self-trained man is in a still less enviable position; for the skilled trainer can at least detect the first signs of the approach of such, and take all due precautions at once. It is quite otherwise with the self-trained man, who may have been entertaining the enemy, quite unknown, for days, and only be aware of it when marked signs have come to light.

As a guide to him I will then say that the two most marked of those signs are unaccountable loss of weight and a marked reduction in perspiration after exertion. Another sure index of the trouble is the dull, sleepy look in the eyes after the night's rest. Thus we have another, and still more critical use for both weighing-machine and looking-glass.

Nearly all athletes vary in weight, under training, from one-half to one pound *per diem*, and when perfectly fit and healthy. The loss of weight caused by an attack of staleness, in some acute cases, reaches the phenomenal figure of 5 lb. in twenty-four hours. A loss of half a pound must not, therefore, frighten the self-trained man in the belief that he has become a victim, or he may very likely become one ; for wonderful are the results that auto-suggestion is capable of even when unconsciously exercised.

Such, then, are the signs of staleness, and I will do my best to tell the self-trained how to meet, and cure it. Upon the appearance of one or more of the signs I have just mentioned cease all work on the spot, and increase your drink allowance by half a pint. Should the athlete be a teetotaler, he must add this quantity to his tea or breakfast or afternoon tea. If a non-abstainer, his ale should be increased by the same amount at either lunch, midday dinner, evening dinner, or supper. Whilst a dose of the tonic I have already mentioned should be taken once daily.

This *régime* should be adhered to till the subject finds his weight and general condition as of old, when he may again resume the training course.

The Teeth.—One of the least recognised yet most important causes of indifferent health lies in the neglect of the teeth; and in view of the discomfort and pain such neglect must bring, principally to the

meat-eater, it is surprising to find how prevalent it is with a large minority of athletes.

It must be remembered that the mouth is the direct route to the stomach, and that foul matter, represented by fragments of stale food and decay—one of the direct causes of such—are liable to poison the stomach and debilitate the whole system. The stomach must at all costs be kept in a healthy state, and so in good working order.

The course of training will naturally be helpful to this state, but no course can successfully fight against a chronic state of poisoning. This being so I would urge every athlete to visit his dentist once in every year, that decay may be arrested, and mastication, and therefore digestion, allowed to do its full duty. I would also strongly advise him to clean his teeth very thoroughly both night and morning. There are many forms of tooth-cleansers, but none of these surpass for practical efficiency, and economy of pocket, precipitated chalk. Every chemist keeps a supply, and a penny-worth should be sufficient for a month's use.

The Continent State in Training.—The intimate nature of this subject has, I believe, led to its omission from most books on training, but experience tells me that it is one of vital importance to the athletic world, and as such it would be little short of criminal to avoid mention of it in these pages. Moreover, my earnest desire is to make this little volume a ready help to the athlete unable to benefit

by the professional trainer's skill and watchfulness. I make no excuse, therefore, for its inclusion.

Temperaments and constitutions differ so widely that it is difficult to do other than follow a general line of advice to the athlete, and I must do this, being as explicit as possible in the circumstances.

Now, I fully expect that I shall find many readers prepared to contradict me when I say that, in my experience, the married man does not make the best athlete. But such is my deliberate opinion, based on many years of observation; and I may say too, that I have been very loth to come to this conclusion; for the married state is, in several ways, a great safeguard to a healthy young man.

My reason is this; that sexual restraint of the most rigid kind is absolutely necessary to success in the athletic arena. No man who requires every particle of strength he is possessed of—for any important athletic meeting, where the tax upon both heart and muscles will be excessive—can afford to throw away the very source of it in other directions. In my opinion, therefore, continence is not only desirable, but, if a man is to be brought to a contest in the pink of condition, absolutely essential.

That the course of training, in itself, militates against bodily restraint is a fact too well known to all trainers, and another source of anxiety in consequence. I mean by this that a good and thorough system of training naturally brings every organ possessed by the body to a high pitch of health and

vigour, and that any man in such perfect condition must, of necessity, possess those secretions which a less healthy subject would have in less degree. It is only reasonable to suppose, then, that there must be a natural outlet for such, and that the more healthy the subject the greater the use of this outlet.

It is true that with many subjects placed in my care, the hard work of training has absorbed this redundant vitality without in any way lessening vigour. Anybody so constituted requires no advice from me, but it is to those men to whom no amount of exercise is of service, and more especially to those upon whom strenuous exercise has an accumulating effect in this respect, that I would speak: for, whilst such loss is perfectly natural to any strong, healthy man, excessive loss through excessive exercise only serves to defeat the good derived from training. It is therefore vitally important that nothing of the kind should occur during the preceding ten days to any competition of importance.

Such loss of vitality almost invariably occurs during sleep, when both mind and will are also in a more or less dormant state, and as a rule through lying upon the flat of the back. For this reason the restless sleeper is unable to safeguard himself against such discomforting consequences, and so artificial means have to be employed. Any reader so troubled would do well to tie a large cotton reel to the waist-cord of his pyjamas, and in such a

position that the reel will rest firmly in the small of the back when these are donned for sleep ; or, if a night-shirt is worn, to a piece of broad tape or light belt, which should be worn next the skin, with the reel in the same position.

With such a check it will be impossible to lay upon the back without waking, and any undue drain upon the system avoided as far as it is possible to do so without having recourse to drugs, which I do not feel justified in speaking of here. I have two reasons for the omission. Firstly, I feel that these come more within the province of the doctor than the trainer, and secondly, I am of opinion that, upon some constitutions, the setback produced by their use is nearly, if not quite, as great as the loss their use prevents.

After reading the foregoing paragraphs many readers may argue that the married state would seem to be the greatest natural safeguard a man could possess in training. But I would ask them to remember that the prime of an athletic career is between the ages of twenty-one and twenty-eight, and that the athlete, in the true sense of the term, is a man of redundant vitality, to whom sexual restraint is far more irksome than to the man of sedentary occupations. I would remind them also that I speak from long observation, a further description of which, and upon so intimate a subject, it would be impossible to detail. Furthermore, I speak to the man unsupervised by the professional trainer.

I have handled the subject as delicately as it is possible to do consistent with plainness, and in view of its extreme importance to the last few weeks of any training system.

The Slip.—I will conclude this subject by advising every athlete to wear a slip, both at practice and during a competition. It represents not only a great safeguard against rupture, but also against chafing in winter, and bruising in hot weather.

CHAPTER VII

CLOTHING

The Need for Warmth.—Few men are able to show their best form when even only slightly chilled by waiting, or from some other cause. It must be remembered, too, that both anxiety and nervousness have a decidedly lowering effect upon body-temperature; thus, perhaps, spoiling the possibility of a first place; such a place as might have been attained had the competitor left his mark under normal conditions, i.e. those of full elasticity for every limb. Temperament and temperature are, therefore, more closely acquainted in the athletic world than in any other walk of life.

The trainer's duty, just before any competition, is to allay anxiety and above all to see that his charge makes his great effort under the best conditions it is possible to encompass. But I shall speak on this important point in the next chapter, and at the moment confine myself to warmth and comfort as applied to clothing.

The Sweater.—As the athlete's clothing is practically identical in all the more exacting branches of sport there is no need for special detail, but I would

say at once that each item of the outfit should be upon the loose side. A moderate looseness is productive of warmth, contradictory as it may seem. But this will be understood when I remind the reader that heat given off by the body requires space in which to circulate, and that a tight, thin sweater not only does not give this, but also opens its texture, where most tightly stretched, to all the winds that blow.

It is, therefore, false economy to buy a thin, cheap sweater, even for spring or summer use. Our English climate can produce summer days that are not only windy and wet, but cold as well, and that, if not properly provided for, may catch the athlete napping, retard his training course, and reduce or obliterate his chance of success later on. It must be remembered, too, that a thick sweater is required for reducing weight, as already explained. A passable imitation of what a sweater should be can be bought for about five shillings, but this being made of a cotton and wool mixture is of small practical value as a warmth retainer, and has the additional disadvantage of shrinking badly in the wash. I would never, personally, pay less than half a guinea, and to a reliable sports-clothier. I would even then be careful to see that I had bought one of pure wool only, and *with* a collar—not the turned down variety—that comes well up the neck. Such an outlay upon one article of an outfit may be considered excessive, but then it is the most important item,

and, if thoroughly good, will last its purchaser many years.

For weight-reducing exercises—where it is found that two sweaters are necessary—the second, or inside, sweater need not of necessity be of the best quality. But, in relation to practice or competition, the sweater should invariably be worn up to the last moment before starting, and slipped on again directly the competition is over. It should, in fact, be always worn when the competitor is not actually undergoing exertion.

The Vest should also be of wool, a good merino, and not too thin in texture. Excessive thinness of material makes no appreciable difference to the weight of clothing carried, and has no protective quality whatever. Silk is light and pleasant to the skin, but, though supposed to be as protective as wool, its athletic qualities are doubtful, and its cost excessive for this purpose. I have also found that it splits easily when damped with perspiration, and for this reason alone I cannot recommend it. Apart from its material, the vest should be without breast buttoning of any kind, but made to pull down over the head in the same manner as a sweater, and, for protective and warmth-retaining purposes, with three or four-inch sleeves.

Shorts.—For the ring these should be comparatively close-fitting, and end some six inches above the knee ; in fact, little more than scanty drawers. For practically every other event these should be

very loose, at least twenty four or five inches in leg-circumference, and end two or three inches above the knee.

The actual material, provided it is strong and does not chafe, need not signify for boxing purposes, as such competitions are mostly held indoors, and competitors are close to their dressing-rooms. But, for outdoor sports of all descriptions I would counsel the use of a good, thin, West of England cloth, or serge, as opposed to silk or cotton, and for the same reason as applied to vest material. It is wise, also, to spend a little time in having shorts made to measure. My reason being that the ready-made article seldom fits to a nicety, particularly in the waist measurement, and that for sprint racing there is more in the correctness of this than might be supposed.

Long-distance and cross-country men often require a pocket for the handkerchief. This should be placed on the right or left hip, and not at the outside of either thigh.

A more comfortable waist-fit, and with less drag than either elastic or back-buckle, will be found by placing a small buckle at each side, and above the hip-bone.

Boots.—As a very large percentage of training for any event is occupied in walking exercise, the need is at once apparent for a pair of boots that represent the acme of comfort in every respect. Every man has, of course, his own opinion as to comfort

in foot-gear, and were space available it might be interesting to tabulate some of these opinions, if only to demonstrate their variety, and, in some cases, vagary. But the self-trained man asks for fact rather than fancy, and it is my business to supply the former to the best of my ability.

Here again I would advise mild extravagance—I speak to those of shallow purses—rather than rigid economy, for it is vitally important, where much walking is done, that boots should be good and reliable. To emphasise the point I will say that, though a comparatively poor man, I do not pay less than a guinea a pair, and have them made upon my own last. I am of opinion, too, that this is a wise move, and a moderate price, even for a poor man, when comfort can be guaranteed by paying it.

There are also different tastes and needs in the matter of material. Some have a preference for light chrome leather and others for box calf. Both have much to be said for them, but for wear combined with ease and comfort I would strongly recommend a light pair made of horse-skin. The latter last long enough to have the additional advantage of being resoled more than once. And, as all great walkers know, it is the old boot that scores : particularly when it is a broad-toed one, with plenty of room for the foot when heated, and perhaps slightly swollen, towards the end of a sharp ten-mile tramp.

Shoes.—A man very soon finds out which type

of shoe suits him best. In point of fact, the particular form of sport he is embarked upon practically dictates the choice. There are, as a matter of fact, three kinds to choose from : spiked, rubber-soled, and leather-barred shoes. But I cannot recommend the last named for any sports but football and hockey, and even then the leather stud is, to my mind, more practical.

The spiked running shoe, however, is more used than any other for foot racing, and is certainly the lightest and most useful of them all. The number of spikes carried should be, as far as possible, determined by the runner's weight and the distance he specialises in. But the following short table will better demonstrate my meaning, and give an average in each case :—

One hundred yards, and two hundred and twenty yard sprinters : six spikes.
Quarter, half, one mile, and two-mile track runners : five spikes.
Cross-country runners : five or six spikes.
Long, high, and pole jumping : seven spikes (the seventh being placed in the heel).

Rubber soles have a tendency to draw the feet, particularly in hot weather, but are still much used for road practice and racing. I cannot, however, recommend them, but rather a thin leather sole for any such hard, dry surface. Nor is rubber of any serious use for cross-country work excepting per-

haps on dry surfaces, which cannot, of course, be guaranteed. Whilst it is well to remember that a sunburnt slope of grass can be as slippery as ice to the man minus nails or spikes, as so many so-called Alpine accidents demonstrate.

It will be well, then, to buy a reliable pair of spiked running shoes for any form of foot-racing, but if a long-distance man it will be well to have a thin, flexible metal plate put between the layers of the sole-leather, that injury to the foot may not be caused by the gradual working through of the spike-butts.

Before leaving the subject of boots and shoes, I should like to give the self-trained man one or two useful hints concerning them. For instance, at the finish of a long-distance run, the foot is invariably a little swollen, owing to the pounding it has received and consequent over-heating of the blood. It is, therefore, advisable to leave the starting-point with the shoe laced to allow, as far as possible, for this latter condition. Do not, then, lace up in the dressing-room, but slip on the unlaced shoe and walk about till the bell rings, then tie the laces at the starting-point.

Thin running shoes are naturally liable to stretch. This can be prevented in a measure by folding back the sole in such a manner that the spikes meet the heel, and the lace-ends tied round the doubled shoe to keep this position.

Do not forget to be careful of both athletic boots

and shoes. If wet, inside or out, through weather or perspiration, spread over them a thin coat of a good oil-dubbin. But, before doing so, see that all mud and moisture has been removed.

Socks.—This part of an athlete's clothing is quite as important as any other, and in one or two particulars even more so. Whatever the substance of the sock worn, by either walker or runner, it should be undyed and fit the foot well. Over-large socks, which ruck at heel, instep, or toe, usually mean blisters. And a broken blister, rubbing on a cheap dyed surface, often spells blood-poisoning. See, then, that your running socks are of thin natural wool. There is no better substitute.

Chafing is, unfortunately, a great bugbear in the athletic world, owing to the large proportion of long-distance men who possess tender feet. But there are two methods of fighting this drawback, and both of them good. If, therefore, the first does not successfully meet the case the second can be applied. Should the thin woollen sock alone be found insufficient to protect the toes from blistering, a well-fitting toe of wash-leather should be sewn over the sock, and as far up as the instep ; but this must be evenly, flatly, and securely sewn to guard against any suggestion of rucking. The second remedy is to wear one thin pair of socks over another, the two pairs thus chafing upon one another instead of upon the skin.

A Useful Lubricant.—For long and sustained effort,

particularly in the case of wet cross-country work, I know of no better protection from both chafing and chill than Russian tallow. This useful article, applied all over the inside, including the ankles, of a pair of socks, has the power of making a man a better stayer than he imagines himself. That many an Alpine climber uses it for these purposes, is proof positive of its efficiency. Eight, ten, and sometimes twelve hours on a glacier and in snow couloir, with no relief from thick, sodden boots, is a test for any human foot, but that test is by no means so great when the foot is also encased in a generous film of this useful domestic commodity.

Pure yellow soap can be used in the same way, is easy to get at short notice, and has very nearly the same virtue for the same purpose.

CHAPTER VIII

TEMPERAMENT

Pluck.—It is probable that very few race-meeting spectators, and perhaps some experienced officials, ever imagine that anything but speed and careful training is instrumental in winning a gruelling competition. And perhaps the public would not care much, if they did know, provided the man who carried their money broke the worsted.

But the knowledge is very essential to the competitor himself, particularly when in more famous company than his own. The self-trained man, particularly, should know of this element, for it is in training that he has the best opportunity for creating and developing it. This essential element is will power, which is but another word for one in greater use—*pluck.*

Will-power has done more to snatch victory from almost certain defeat than any other asset possessed by man, and incidentally to upset all preconceived ideas of form so carefully tabulated by the expert.

I have just said that training is a great help to the creation of a strong will, and I mean by this that the progressive course of exertion employed in every

training formula brings with it the gradually increasing need for serious application. The greater, therefore, the need for exertion, the greater the need for application, and, with it, of will-power to carry through the task. Thus, a course of training, earnestly carried out, is a very decided factor in the creation of mental stamina, to which pluck is the closest relation.

A heavy training course is, therefore, the finest preparation for the enlargement of patience, tenacity, rigid obedience, and all that goes to the schooling of mind as well as body. In fact, plainly put, the man who takes his training course seriously possesses a hundred per cent better chance in the arena than an even more brilliant opponent who has not done so.

Such a man never imagines himself to be beaten half-way through a contest in any sport, and by so doing gets beaten. He may feel dead-beat, but still has the will-power to persevere, and perhaps even raise a spurt that crumples up the field, and lands him a much surprised first. In racing or boxing competitors feel much the same, and the man whose careful training has also developed dogged pluck is bound to succeed eventually. It must be remembered, too, that by the exercise of doggedness the man of indifferent talent will finish much nearer to the winner than he would have done without this commodity.

Judgment.—Pluck is the winning asset, but there

is another that has worked hand-in-hand with it along the path to victory, and its name is Judgment. By judgment, I mean use of brain as opposed to blind striving in the endeavour to accomplish something.

Take, for instance, the long-distance runner, toeing the line in company with a large "field," the individual talents of which are utterly unknown to him. He may be the speediest of the bunch, and on the other hand, he may be the slowest, or his greatest asset may not be speed at all, but staying power. It would be manifestly foolish, under such conditions, to ignore any form of diplomacy; in fact, to sink thought and trust to luck. Such methods are but an adoption of brute force and blind ignorance that never won a prize worthy of mention.

The athlete should use his head as well as his limbs in every sport he takes up. And this head-work should be primarily concerned in finding out, as far as possible, the initial value of the opposition in any contest. If there are any authentically written records of these men opposing him, he should have read and digested every one. If he has no such guide to go upon he must substitute for this a quiet but close enquiry as to speed, staying power, characteristics, dodges, etc., that the best units in the opposition are likely to employ, and collect his information from individuals who are by experience and observation most likely to give

him, accurately and authentically, the details he is in need of.

With a small sheaf of such information carefully gleaned, he will then do well to exercise his own judgment, i.e. to take thought as to the use of such means as he possesses in the extension of his " field."

Let us take one or two instances as a guide to my meaning. There is, perhaps, only one man to be feared. In this case it is essential to know whether his speciality is speed or staying power. If the latter, and you are a speed-man, it would be well to let him become your pace-maker. By so doing you should be able to reserve yourself for the last lap, and so beat him by pure pace in the straight.

Then reverse the picture. You are the stayer and your opponent has the legs of you : the consequence being that it is necessary to entirely reverse the venue. You, in this case, must become the pace-maker, and move at the top of your speed from start to finish. By such generalship you may have so increased your lead as to be uncatchable when you tire, or have so worn him down that no spurt is forthcoming just before the finish.

When racing at distances of half a mile and over it is wise, at whatever effort, to keep a second or third place, and well upon the inner edge of the track. At three-quarters of the distance from home do your best to close upon the leaders, keeping there till about a hundred yards from the tape, when your final effort should be made.

Other instances might be cited as requiring judgment to bring its exerciser within reach of victory, but the few examples I have given should sufficiently prove the need for the development of this quality in all athletes who would get the most out of themselves.

Anxiety is one of the greatest drawbacks any trainer has to contend with in his charge. In fact, so strong is the influence of this trouble that very often the trainer himself comes under its sway, and so has a double battle to fight in his attempt to get his man to the post in fit condition.

But my experience is that practically every man " anticipates " too much as the time for the ordeal approaches, and so, to a greater or less extent, drops some of the good derived from the training course. That any man should " anticipate " where a serious competition is concerned, is only natural, and those who interpret this anxious state as funk are, in almost all cases, making a great mistake. Any man capable of using his brain must naturally come under such influence, be it in great or small degree, and, because the competitor does not possess a mind of studied calm, it by no means points to the fact that he is going to fail.

Neither does it mean that the man who looks most nervous feels this state more accutely than his fellow-competitors, and, in point of fact, funks the task set before him. Nor does it mean that the apparently cool customer is in happy possession of

this state. Far from it. He may be exercising great will-force to keep his feelings under, and, by so doing, taking out of himself, before the ordeal, a good deal of that which he had far better have kept in reserve for it.

My opinion is that it will pay a man better, in the long run, to ignore appearances and refrain from attempting to look other than he feels when foot racing. In boxing competitions it is another matter; though, of course, the effort to appear cool and collected has the same wasteful effect.

The man whose temperament will allow him to do nothing else than feel, and look, nervous need never be ashamed of it. He is merely feeling and doing what the greatest champions have done before him, and will continue to do when he has finally abandoned the athletic arena. The possession of a nervous temperament is in no sense the possession of a " white liver."

Men there are whom I have trained, or been in close touch with—wonderful exponents of their own sport, and quite unbeatable, excepting for unforeseen accident—who, though they have known the race to be a personal gift, have been so intensely nervous that they have been quite unable to hold their water. The mere fact that a good man is being put upon his mettle is sufficient cause for anxiety. He has a keen wish to uphold his reputation, and must, for this reason alone, possess such in an intenser degree than the man who has not yet " arrived."

Many and various are the degrees and appearances of nervousness in the athlete—and its result upon his performances. We have the man who, in dressing-room and at starting-point, can obtain such a grip of himself that not a vestige of his feelings show in face or action, and whose subsequent performance is a miserable fiasco. We have, also, the man with the same repressive faculty, but whose pent-up feelings burst forth in wild excitement at the pistol shot, and carry him, with an artificial élan borrowed from this, past the post an easy winner. There is, again, the man who wins his races under precisely the same conditions, but who has lined up for the pistol in a state of nervousness bordering on collapse. And, finally, we have the man whose state of nervousness utterly kills any chance his own talent, and the most careful training, would have given him.

Very rare is the man with nerves so well strung that any kind of ordeal is unable to affect them, but such a man cannot help having the best chance of all at any sport. He does not allow anxiety to take too much out of him before a contest ; makes his start in good fettle and with all his wits about him ; is not penalised for outstepping the mark too soon ; does not start too late from fear of being penalised ; and, above all, and particularly at long distances, runs well within himself.

The placid disposition is given to the very few, and for this reason I speak to the athlete without

it ; but, in doing so, I have thought well to mention the many troubles the cool, collected nature avoids, and as an incentive to the cultivation of such a nature where at all possible. To change a highly excitable nature to a calm, almost indifferent one is as impossible a task as to evolve a champion sprinter from a Marathon runner, but a modicum of change can be accomplished in both instances, and I shall, a little later, try to show how this can be done.

Loss of heart in the middle or towards the end of a long, gruelling race, or boxing competition, has other origins altogether, though in a measure temperamental, but which must in no sense be put down to funk. Staleness may have made a belated appearance ; too fine a course of training may account for the trouble ; a meal may have been taken too close to the time of competition ; or nervousness may have made too great an inroad upon will-power previous to the contest, and, although all actual feelings of nervousness have passed away, its one-time presence is showing its effect in this fatal way.

Such " bad turns " take the heart out of the huskiest athlete ; and for the self-trained competitor, who has no one to watch over him, these are bad times indeed. The trainer knows that, with ordinary pluck and a little proper attention, the dead-beat feeling will pass away, and the competitor be his old, self-reliant man again. It is,

therefore, very important for the self-trained man to remember this ; for unless the cause is deep-seated he should be able, with the exercise of his full will-power, to pull himself together within a short space of time, and without having given too much away to his opponents.

The " bad time " is bound to visit the most lion-hearted at some time or another, and it is vitally important that it should be sent packing with as little delay as possible. Its visit is usually to the address of those who have in hand some lengthy task calling for great endurance, and no matter how fine an exponent a man may be he must expect, and prepare for, such a temporary drawback. Individual effort is the best means that can be employed to put such an evil behind one, and, indeed, it is the only one in the case of a man not watched by, and attended to by, a professional trainer.

Worry is one of the worst afflictions any athlete can be subject to. But when I speak of worry I do not in any sense mean fear for the result of an ordeal. I speak entirely of that state of mind brought about by private troubles, real or fancied. Fortunately, the greater proportion of our sporting youth does not readily indulge in sustained low spirits. Its whole course of life and training precludes such a state. But when the exception is encountered by the trainer the task of training becomes hard indeed.

Now and then, but fortunately very rarely, I have come across men whose natural state appears to be

that of perpetual worry. The most insignificant trifles, the smallest check to progress, a trifling change in the training venue, are all magnified to disproportionate dimensions, till the individual reaches such a state that the training course has only a small effect upon progress, and in acute cases none at all. Such natures never can prepare satisfactorily for any form of competition, and this being so, it were far better if all idea of entry were abandoned.

There are, of course, cases where phlegmatic subjects cannot help worrying. Grief at the death of a loved relative; money difficulties; the sudden and serious illness of a parent; all these distressing events may occur, or be occurring, during training, or just upon the threshold of the competition itself, and the trainer can do little or nothing to find an antidote. The ill effects of such a type of worry upon training are phenomenal, and no man suffering from it can hope, or expect, to do himself justice. In such a case, my advice is definite and to the point. Either postpone, or if this is impossible, give up all idea of entry till the cause of such trouble has passed.

Few things disable a man so completely for athletics as this type of worry. In respect of the other, and lesser forms, I shall now endeavour to give some counsel, and, I hope, show a remedy.

Some Useful Hints.—No man engaged in a feat of endurance upon the track should be without an

attendant who has some knowledge of nursing a competitor. Few laymen can, naturally, watch, and be of the same assistance to a runner as the professional trainer, though, of course, much help and encouragement can be accorded by the friend who uses his head, and has, to some extent, studied the needs and difficulties of sustained effort.

Let us, then, take the case of the competitor eaten up with anxiety, and just before the competition. Any man left to brood alone in such a state is severely handicapped in the coming task. His nervous system becomes loose and unreliable, and probably his temperature will have dropped several points. To allow either of these conditions to occur means that the sufferer is beginning to lose any chance he may have of winning his event.

It becomes, then, the duty of his assistant to take him severely in hand. Do not let the entrant remain alone for a moment. Do everything in your power to take his mind from the impending ordeal. Choose some subject of conversation that you know will interest him. If possible make him laugh. The humorist is at this time of inestimable value.

Do not let your man sit or loaf. Walk him about, either in the pavilion or out of it. Such a method of procedure has a double use. It not only diverts the mind by change of scene and people, but keeps the legs and feet muscles lissom. And lastly, on no account talk about, even refer to, any details of the coming event. If all these distractions can be

employed you have the satisfaction of knowing that you are sending him to the post in a far better frame of mind than he would have gone had you been absent. Do not forget, also, that the same treatment can be employed to advantage upon the athlete who shows no signs of anxiety at all.

The "bad time" or dead-beat phase, during a competition, is another matter altogether, and a much harder one to cure, from the fact that different temperaments embrace the phase differently, and the consequent necessity for quick recognition and care are more difficult to come by.

Now, I have already recorded my aversion to the use of spirits excepting in cases of accident, and I am still of the same opinion in the present instance. I believe that in seventy-five per cent of such cases brandy, or brandy and the yoke of egg, is administered as a pick-me-up. But I should like to point out, to both the self-trained man and his attendant, that the stimulating effect of brandy is not permanent, and that whilst it can be given towards the end of a taxing competition with effect, it is not of the slightest use to the man who shows symptoms of a "bad time" soon after the competition has started. For brandy's after effect—the collapse of general tone—has then to be fought off by, perhaps, two, or even three more doses. It goes without saying that such a method is inimical to the competitor's success.

I take my stand firmly upon one or other of the

best forms of meat extract in such cases, and of these experience tells me that OXO is all that I shall ever require as a reviver and sustainer for any man undergoing a severe ordeal. Such a man, if starting thoroughly fit and well trained, only requires feeding at fairly frequent intervals with this extract, and, should the "bad time" put in an appearance, with the addition of hot tea, or a strong cup of this extract, in which the yoke of an egg has been beaten.

Such a filip should be capable of setting your man going again, and at the top of his form, within ten minutes. It should also be capable of sustaining him without further attention for hours.

Wine I have also mentioned as a stimulant of indifferent properties, but in extreme cases of temporary exhaustion champagne can be used with effect—if used sparingly. Unfortunately good dry champagne is expensive, and for the purpose I mention only such a brand should be used. Cheap champagnes have but the same results obtained by spirits, so that for all ordinary purposes I cannot do better than recommend the amateur to employ the more economical pick-me-up as offered by a good meat extract.

Drugs as a stimulant I resolutely set my face against, and this firm resolution is also the outcome of intimate experience. I have, at the request of one or two of my charges, experimented with two

sorts. These were cocaine and strychnine. With both the results were dire.

The short details of one instance in which cocaine was used will, I think, be sufficient to point my argument. After taking lozenges composed of cocaine, the subject of the experiment—a well-known cycle rider—reached a mild state of frenzy, and left his field far behind, but in less than half an hour the drug's influence had died out, leaving my man in a state bordering on collapse. My reader scarcely needs to be told that such a means of "stealing a march" neither enhances an athlete's reputation as a good sportsman, nor does the experimenter any good from the constitutional point of view. I am also of opinion that for an extreme case of exhaustion, even at the latter end of a contest, the use of drugs of any kind is a great mistake.

I have also tried strychnine in tabloid form for a bad case of exhaustion, but, finding it of no practical use, fell back upon a cup of hot meat extract. The latter had almost instant effect.

But it is from America that the use of drugs, as applied to athletics, has come; and whilst her trainers may, very likely, possess greater knowledge and skill in their administration, the fact must not be lost sight of that each future dose requires increasing to obtain the desired effect, with an ultimate result that can easily be imagined.

This "drug habit" in American athletics, despite the wonderful performances that are attributed to

it, would seem to point to a great drawback as well. Brilliant as are America's exponents at their best, few are able to claim the length of athletic life our first flight men can show.

In concluding this chapter it is only right that I should record the beneficial effect of strychnine, medically applied, in a case of real and unavoidable private worry. The actual cause was one of sudden financial loss, which so preyed upon my charge that nothing I could do availed to make him fit for the trial of endurance that approached. Matters became so serious that he at last consulted his doctor, who prescribed one-sixth of a grain three times a day. This was taken for six days prior to the contest, and a wonderful performance, with no after effect, was the result. But all prescriptions entailing the use of drugs fall within the doctor's province, and should never be used by the athlete without such authority.

CHAPTER IX

RUNNING

I

Distance.—It is my firm belief that by far the greater proportion of runners, walkers, and riders have no conception of the distance best suiting individual capabilities as applied to their particular class of sport. Certainly, at the start of a racing career, there are very few men indeed who take the trouble to differentiate between the hundred-yards sprint and the mile race. By this I mean that the individual commences by fancying himself either a sprinter or a long-distance man pure and simple, and plugs away at one or the other with this conviction.

No method of procedure could be more mistaken. To begin with, the man is wasting valuable time; and secondly, he may be getting himself into habits and a style that will be hard to break when he has discovered his error.

That the novice errs in good company is small excuse for the error—quite a number of first flight amateurs and professionals have run for many years without making the all-important discovery

—for it would seem only natural and necessary at the very commencement of a career devoted to such a many-headed sport as racing, to call expert advice, or at any rate a maturer opinion than that possessed by the novice.

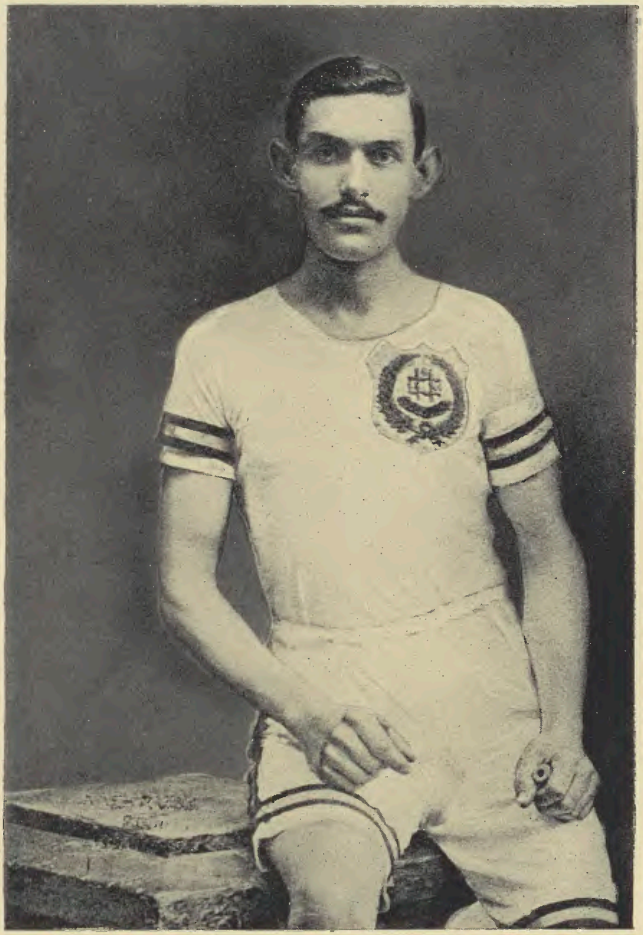
Incredible as it may sound, I have personal knowledge of the fact that some famous veterans still possess quite a mistaken idea of the distance at which they travel best. And even at the present date, I find nine out of ten men placed in my hands with the sketchiest notion, or no notion at all, of their racing speciality. It is also my belief that quite as many races have been lost through lack of this important item of knowledge as from want of talent or training.

Another curious phase in this failing of the novice is that, despite a succession of failures at his chosen distance, the thought rarely comes to him that it might be wise to try a shorter or longer distance, and so ascertain whether one or the other may not prove more suitable to his style and method. There are, for instance, quite a respectable number of good average sprinters who achieve success at local sports, and who are apparently content to continue their career of unimportant victory or defeat, imagining the sprint distance, and nothing else, to be their *métier*. These men are very likely far better fitted for the half-mile or mile, and might, during the time wasted, have gone far to make themselves champions at the longer distances.

Many cases of this kind have come before me, and I also find that, with the majority of them, only the chance opinion or advice of a more competent man seems to have been instrumental in solving the riddle. But in most of these cases, unfortunately, the individual has so accustomed himself to the old distance, and his methods and habits have been so stereotyped, that he finds the greatest difficulty in making the changes, or that the change has become altogether too drastic to allow of success in his new sphere.

The remedy is, however, quite easy to find if the novice will only waive personal taste and opinion, and avail himself of the help and advice of those with more knowledge than he can possibly possess himself. To be plain, let him place himself in the hands of a competent judge of style and form. By so doing he will not only save valuable time, but start his career with the best possible chance of success. One very striking example of the need for expert opinion in this respect is shown in the case of one of my most famous pupils, Alfred Shrubb.

All foot-racing men know that Shrubb was, at his zenith, unconquerable at any distance from 2000 yards to 12 miles, and practically as good at 15 miles. Very naturally he was persuaded to attempt the Marathon course of 26 miles, and he himself was of the opinion that he could stay the distance. We all know, however, that he failed more than once, and it became the opinion among



ALFRED SHRUBB

Britain's greatest long-distance runner.

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experts that such a distance was beyond his powers. That opinion is, however, not mine.

It must, in the first place, be remembered that Shrubb negotiated the Marathon distance late in his athletic life, and so handicapped himself in company with younger men. But this was not the real cause of his failure. It was because he employed the same tactics he had been accustomed to use at a much shorter distance, and, as we all know, these tactics were to run his opponents off their legs from the start of the race. Even in the Marathon race he was able to accomplish this up to the twentieth mile, but beyond this distance he ran himself out. What a Marathon exponent we should have possessed had Shrubb, early in his career, brought his marvellous talents to bear upon distances beyond the 12-mile limit !

It is, of course, by no means an easy task to correctly judge any man's distance. Even an experienced trainer's first impression may have to be modified ; but, for the amateur's guidance, it is fairly safe to assume that no good sprinter is, even at half speed, of any use at a mile, or that a long-distance runner can be made into a champion sprinter. We can, thus, with comparative safety, narrow this complex question. We may even go beyond this and say that the half-mile runner, being capable of that distance, may also be capable of training himself to the mile, and longer distances, for from the half-mile distance onward it is

far easier to judge of a runner's capabilities than below it.

Now, in finding your correct distance—the distance at which you do yourself full justice—it is essential to retain the services of a practical trainer, either amateur or professional, capable of closely watching you actually at work. Such an observer will note action, stride, and general method at three-quarter speed, and during several runs. These completed he should be capable of forming an opinion upon the novice's possible distance, but it is at this stage that timing will confirm or modify this opinion.

The watch is now used at the tentatively chosen distance during several runs, and also at other distances. The judge is thus able to eliminate those distances at which his man is least good, and finally decide upon the one he should embrace and train for.

It will thus be seen that it is very difficult for a man to even attempt to judge himself, and if a trainer cannot be employed to render this service the only method left to the novice—and that not a very reliable one—is to run in friendly matches with more experienced men, all of whom represent different distances, and by so doing try to find the distance that seems your forte. When you are practically certain of your choice try this distance together with both the next shorter and the next longer, and in company with the watch. You

should, at this stage, be comparatively certain of the distance you are cut out for.

Style in running is an extremely important factor to success ; and a far more necessary adjunct than many people imagine. But it will be easier to understand this when my reader is reminded that the best methods employed for running are those which eliminate over-exertion, and at the same time produce the greatest amount of propulsion.

The runner's chief object should be to glide rather than bound over the course, using the methods of the greyhound rather than those of the stag, and, for this reason, the longer the stride employed the better it is for the runner. But I do not mean by this that the novice should attempt to lengthen his stride. Such an attempt merely means over-striding oneself. A fatal fault and one sure to lead to disaster.

I have not only read in cold print, but have actually heard the advice given to a novice, to gradually increase the length of stride right up to the tape. I have not troubled to ascertain any of the possible results brought about by such advice, but, if carried out, they must have been highly discomforting to those men who listened to and attempted to profit by it. I, however, give the young athlete credit for average common sense, and in any case it does not take him long to discover that his own stride is the natural stride to employ, and that the acceleration of pace at this stride is *the* method most likely to bring him success.

It means, then, that the longer the natural stride possessed by the runner the better for him, but that he must on no account attempt to lengthen it. His course of training, and practice running, will do this naturally, and he will be surprised to find the difference in length that he has gained, at top speed, in a few months.

For this reason, every runner should take the measurement of stride at least once a week. But, as the stride with the left leg varies from that with the right, two strides should always be measured together at a given spot, and such a measurement should be made at three points, particularly when one of the longer distances is being run. This method will show at once whether or not an even stride is being sustained. The sprint method of running is, for the majority of novices, a rather harder task to undertake. In the first place this class of running requires its man to possess a natural style; and in the second he must be a really good runner as well. Such men are by no means plentiful.

The sprint style does not require a long stride, but that the runner shall pick up his feet swiftly and carry them at a low elevation. The backward kick of the foot, as it leaves the ground, though impossible to get rid of entirely, must be reduced till almost non-existent. The body should have a slight inclination forward, and on no account must it be swung from side to side. Such a method only retards the runner and makes his task the more difficult.

Keep the body quite steady, even when travelling at top speed, and the chest full and square to the tape.

I would also warn the self-trained man against two or three other very prevalent faults to be seen in runners who have not had the benefit of a trained eye. The first is the prancing method of running adopted by so many. In no case should the knee-cap be allowed to rise above the level of the hip. To force the knee-cap higher merely means loss of power and time. The second is in respect of the hands. The swing of these should never be allowed to rise higher than an inch or two above the hips. If so swung they materially help in the act of propulsion. But the frequent picture one gets of a man attempting to upper-cut himself rhythmically, and with both fists, is not only unlovely, but a piece of exertion that might be expended with much greater profit upon the real source of propulsion, the thigh and leg.

Always keep the head at the same angle as that held by the body. Do not throw it back. Such an angle means eventual loss of control. It also means that, in long-distance racing, you are unable to keep your eyes on the heels of your "next ahead." Such observation is very necessary when making him your pace-maker, and until you are prepared to make your effort to pass him. In short sprinting it is also very necessary to keep the head at the right angle, for in this case your eyes should, all the time, be glued to the tape.

Balance.—This portion of his training is exceedingly important to the sprinter, whilst it is of almost equal importance to the longer distance exponent. But the sprinter's body-angle acts in some measure as a guide because of the need for its adoption in a modified form for less speedy racing.

The sprinter, when travelling, should, in point of fact, never keep his balance, but be always off it, from the mark to the tape. During the action of running, the body is being projected through the air resistance ahead, and every particle of weight and strength is brought into play to accomplish this in the smallest space of time. This being so, the runner's action, until the tape is reached, is one sustained effort to throw his body forward, and, to do so, the effort put forth represents nothing more or less than the commencement of a fall, checked at each stride of the leg. The sprinter is naturally oblivious of this condition, his aim and object being to breast the tape, which he does in a more or less perpendicular position. But until this point is reached he should always be as I have already said, off his balance.

The body poise of the runner becomes gradually more upright as the racing distance increases. Take, for instance, the quarter-miler. He may commence at three-quarter speed, but, having to reserve himself for the finish at top speed, he will occupy half the race in running well within himself, and therefore, and during this slower

period, with the body at a very slight forward slope, and well within his balance. Thus, it will be seen that only in starting and finishing will he require to employ the off-the-balance method of the sprinter.

The half-miler, miler, and runner at longer distances commence their tasks at a moderate pace, in every case reserving themselves for the final run in. It is, therefore, only at this time, and during the period occupied in spurting at various points during the race, that the body-slope of runners at these distances is so carried as to place them off their balance. And so this slope lessens as the distance to be run increases, until, with the much slower, long-distance walker the body is carried upright.

Start and Finish.—Only during the last few years has the athletic world awakened to the extreme importance of a good start in sprint races; and here again America has demonstrated the thoroughness with which she approaches every detail pointing the possible road to success.

The need for a good start naturally applies to the shortest distances, but particularly to the hundred-yard sprint. And when it is remembered that this latter distance can be won, and very often is, by a bare inch, one may, on such occasions, be forgiven for debating whether the speediest man has won, or whether luck has not had something to say as well. For it may very likely have happened that the winner's start was perfect, thus giving him

the benefit of at least a yard, which could not quite be cut down on the tape by a slightly speedier man than the actual victor.

Every close finish at the shortest distance can, therefore, point to the need of serious and diligent starting practice, and I cannot too earnestly advocate this for all foot racing up to 440 yards ; nor would I attempt, excepting in cases that show a starting method to be obviously faulty and slow, to alter any sprinter's pet method of leaving the mark, but merely to speed it up. Nothing is more disconcerting to the sprinter than to ask him to completely alter one of the least important of his racing habits, and his method of starting is something more than one of these.

Although every sprinter has his own method of starting, this method, in the majority of cases, is but a slight modification of two very generally used styles, the " Dab " and the " All Fours " starts. The latter comes to us from America, and the former has been, till lately, the more generally used in this country ; but the " All Fours " is certainly the one I feel, with a very full knowledge of both, I can best recommend.

This start requires the finger tips, and not the foot, to touch the mark. The forward foot thus rests about three inches behind the hands, with the rear leg bent, knee downward, for the strong push off both factors are able to give. Such a start has one great advantage for the " nervy " sprinter, and

A TRIAL RUN TO THE WATCH

Correct angle of body at the tape.

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there is little doubt that it is for this reason so popular with American runners at short distances. The crouching position it involves makes for greater steadiness, because, at the sharply delivered warning "set," when over nervous, the "Dab" starter is liable to overstep the mark before the trigger is pulled.

It has also been said that the "All Fours" method of starting can often cheat the pistol, and that this reason, more than any other, accounts for its popularity in America. I am, however, by no means prepared to bear out this opinion, preferring to look upon all athletes as good sportsmen until some flagrant act proclaims the perpetrator to be otherwise.

By cheating the pistol I mean that the crouching runner is in a good position to see the smoke a fraction of a second before the report, when the pistol is fired downwards, and so, perhaps, gain half a yard upon the "Dab" starter. But the pistol held upward, at arm's length, expunges any such possible advantage, and should always be so fired.

And now for the advantages of the "All Fours" as compared with the "Dab" start. Of course, everything depends upon the runner's intelligent adoption of his own method, but, for the purpose of comparison, we will say that both stylists are clever starters. All things, therefore, being otherwise even, we are at once conscious that the "Dab"

method is obliged to give its rival a natural start of from nine to twelve inches, and by reason of the fact that the runner's head is this distance over the mark actually toed by the "Dab" starter. Short sprints have been won or lost by much less!

Then, again, the "All Fours" start is much smoother in its working than its rival. The "Dab" starter must, to a certain extent, jerk himself into his stride and correct body angle, which takes from the advantage he holds in reaching this angle some yards before the exponent of the rival style. And beyond this he is obliged to do without the very real support to leg and thigh muscles, when in a strained position, which the arms undoubtedly give.

But the real advantage derived from the "All Fours" method is that the runner, from the moment he leaves the mark, is gradually and naturally rising to the correct running angle, till, at fifteen or twenty yards from the mark, he is in full flight, backed by the impetus given to save a fall when right off his balance. The runner's speed is thus immediate and extreme from the moment the pistol is fired, and compares more than favourably with a method of starting that requires time to attain full speed.

In point of fact one may, in many respects, contrast the two styles by likening the "All Fours" to the smooth, speedy rise of an aeroplane, and the "Dab" to the fussier and more jerky start of a motor-car.

As a general rule the runner's right leg is a trifle stronger than the left, he, therefore, uses this as his starting propeller; and in giving details of the correct method for the "All Fours" start, I will presume this to be so. Any reader, therefore, who makes use of the left leg for this purpose must, in like manner, reverse these details.

At the starter's warning "get ready" the competitor kneels upon the right knee, and places the fingers of both hands upon the mark. His length of arm will then give him the correct distance at which to dig a hole for the left foot behind the line. The left foot's position correctly judged, and placed, the right knee is brought forward till the knee-cap is exactly parallel with the instep of the left foot. The competitor has now the correct place for the toes of the right foot, and digs another hole for them also.

He is now ready for the warning "set," and when this is given the right knee is raised about six inches from the ground, the back arched, and he is ready for the pistol. Upon the discharge the right leg swings forward, the left arm is thrown backward, and he is in full flight with the body rising to the correct sprinting angle.

The sprinter adopting the "Dab" start places the big toe of either foot—the choice of foot is in the same manner dictated by custom, or relative strength of legs—upon the mark, and rests the propelling foot in a small hole made with the shoe

spikes, and about two feet to the rear. At the report of the pistol, a forward dab is made with the advanced foot, the rear foot comes forward at the full length of the runner's stride, and he is immediately in flight at the correct body angle, gradually attaining top speed.

I have been witness of many curious methods of starting a sprint race ; some of them seeming to be quite impossible from the onlooker's point of view ; and yet many of these have sent their possessors like a bullet from a rifle. Every man should, therefore, use the method he is most accustomed to, and let the trainer endeavour to speed up this method, not change it.

Another very important point to remember is to avoid any suggestion of body-screw in starting. Whether upright or crouching, always breast the tape from start to finish. Spring from the mark so posed, get to your full stride without a second's delay, and keep it till the tape is well passed. Do not screw round to find out what opponents are doing, but keep your eyes fixed upon the tape.

The finish in long-distance racing is naturally of greater importance than the start. The entrant, whether walker, runner, or cyclist, requires to keep something " up the sleeve " and to produce it at the right moment. He must, therefore, be careful not to lose it before it is required, either by a fancy sprint start, or by working himself out within a hundred or two yards of the post. A strong finish

at the termination of a long gruelling race is rarely obtained without some form of stimulant, and it is almost invariably necessary to resort to this form of help. I hope, therefore, that my reader, if with aspirations to long-distance racing, has carefully read my views upon the use of such as set out in a preceding chapter.

Passing.—It would seem needless to say anything upon such an apparently unimportant detail of track racing, but experience tells me that the novice loses much ground by the non-observance of one simple rule in this department. It is only natural that a youngster, flushed by the sudden knowledge of superiority to an opponent, should, in the excitement of the moment, ignore, or be quite ignorant of a point in mathematics that, if studied, would be of great assistance to him.

Put into plain English the point is this, never attempt to pass an opponent when rounding a bend! Very few racing tracks are circular, and most of them elliptical. It follows, then, that you will almost invariably race upon a track with acute turns at each end, and in passing another man at either of these turns you will require to steer a course that will carry you outside him, and, in consequence, some distance from the inner, and shorter, course on the track.

To attempt to pass at these two points means that you are covering two or three more yards than your opponent, and that you will, in all probability,

be unable to accomplish your purpose, or to accomplish it with a loss of energy that may just lose a good place on the run-in. To attempt to pass two men abreast at these points is still more disastrous, for you are then nearly doubling the extra distance that must be covered. Always make your passing effort where the track is straightest, and the conditions, therefore, more nearly equal for every competitor.

Timing.—I fear that many earnest racing men have experienced keen disappointment at the announcement of official timing. Such announcements too often vary materially from careful results taken at frequent time trials. Unfortunately, official time-keeping has rarely ever been as accurate as it might be, and it is not an overstatement to say that in some recent instances it has been little less than scandalous.

But in extenuation I would say that " clocking " is neither so easy nor so simple as it may appear to the spectator, and that only years of practice can perfect this all-important branch of judging. Not only a quick eye, but a cool head and great patience are required. In point of fact, timing is a fine art possessed by very few, and even these few are liable to make superficial errors when exercising their duties upon a fast, close finish.

The fact that accurate " clocking " is often so important to all concerned, points to the need for long and careful practice. I would, therefore, counsel

no man to attempt so important a duty unless at the end of a long and varied course upon the practice track. I would also suggest a method of standing when at this duty, which will make the task much easier, and of which many professional time-keepers seem to be quite ignorant.

Do not stand right up to the tape, but in line with it, at least five yards from it, and on the edge of the track. It is almost impossible to time accurately in the former position, whilst in the latter one has a less confused and more comprehensive view of the unit to be timed.

Pacing.—For the sake of the absolute novice I would explain that the word *pacing* in the athletic world means the method employed to create an even pace, or series of different paces, for runner or rider at long distances. In fact the action of "making the running" for another man.

Naturally, pacing is not permitted during a competition, but it is an exceedingly valuable adjunct to the system of training in these two branches of sport, and is carried out on practically the same lines in both of them, and against the "clock," or without it.

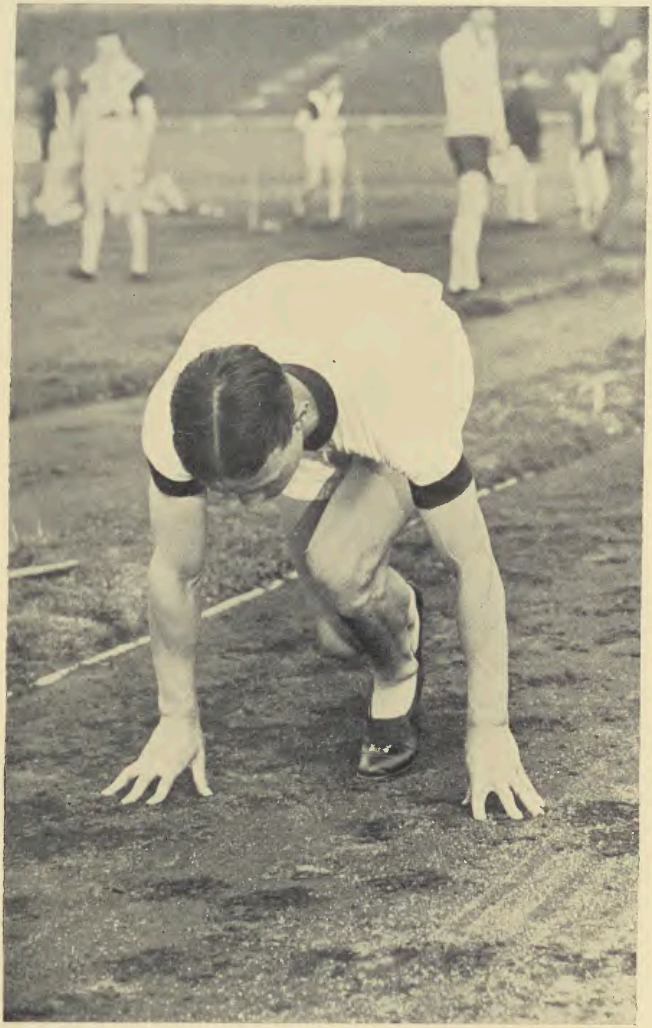
For walking and running, a good man ahead, who thoroughly understands his duties, is of great value. Such a man can make a difference of between five and ten seconds in the mile to the man in training. He not only sets his man a pace, or variety of paces, according to the distance to be competed for, and

draws him along at a speed that, without such help and encouragement, he might have fallen below, but sets him a standard to walk, run, or ride by, and so, by skill and care, nurses him to the retention of this standard.

In order to reap full benefit from pacing the walker, or runner, should either try to obtain a faster exponent than himself, or, if this is not possible, get his pacer to lead him at settled stages during practice on the track. By this means the pacer will always be the fresher man, and for this reason faster as well. The latter method is the better when speed is being cultivated.

In respect of long-distance work all allowances must be made for the distance to be covered. For instance, it would be very damaging to the novice to whip in ahead, at some given spot, and immediately set up a pace that is even a little above that at which he has till then been travelling. Acceleration of pace should be made gradually and, as far as possible, without the runner's knowledge. For in this class of racing it must be remembered that the requirement is not to create sudden bursts of speed, but to gradually quicken the runner's normal pace.

Bad pacing is as damaging as skilled pacing is beneficial, and one very important feature, that can make or mar according to the manner in which it is accomplished, is in seeing that your new pacer picks you up promptly when a change of pacers is



THE "ALL FOURS" START

Applegarth going for the 220-yards record.

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being made. Never allow one to leave till the other has joined you. Such a change should be so accurately timed and carried out that no slackening, or other drawback, occurs. And, above all, never allow the fresh pacer to swing off immediately at a speed above your own. Such a gross fault has been instrumental in breaking many a good man during training.

The foregoing remarks apply equally to cycle racing, but here the pacer has a far greater need to know his man's requirements, and, in fact, to thoroughly understand him. A change of pacer on the cycle track is naturally a tricky operation, and particularly in motor-pacing, hence the increased need for care that the " jump in " is not made many yards ahead of the man to be nursed, or at a pace far beyond that at which he is travelling.

Finally, let me counsel the walker, runner, or cyclist, to invariably keep his pacer in check. If travelling at too great a speed signal to him at once, and always keep up close to him. By so doing you will be far better able to regulate one another, and it must be remembered that the pacer requires this attention quite as much as the runner or rider, when at work.

CHAPTER X

RUNNING

II

The Hundred-yards Race.—This is in the truest sense of the term the sprint distance, although any distance between fifty yards and the quarter-mile is usually looked upon, spoken of, and treated in the light of a sprint. But I am inclined to eliminate the quarter-mile from this category, and to place the 220-yards course as the boundary line for this class of racing.

My reason is that no man, however strong and well-trained, can travel at the very top of his speed for more than two hundred and fifty yards, and if the word *sprint* is to be used in its true sense all distances at which it is quite impossible to sustain the extreme speed must be ignored. For sprinting means that each entrant runs at the greatest pace he can encompass. He, in fact, runs himself out.

Although the sprinter travels, when racing, at top speed, and for the time being runs himself to a finish, he has actually a far easier time of it, both under his course of training, and during the contest.

Whether runner or rider, he has merely to prepare for a short, sharp ordeal, and has one care, and one care alone, to occupy mind and body—the covering of the distance at his best pace. He is, therefore, not bothered, like the longer-distance man, with the need for thought and application upon such important questions as pace at start and finish, and when the effort for the latter should be timed; how to successfully nurse the middle distance; when to attempt to pass; and many other details, requiring craft and diplomacy, that face the long-distance exponent.

This being so, the sprinter's course of training is narrowed down, and of a much lighter order than that employed for feats of greater endurance. I can even remember two or three instances of sprinters who have toed the line with practically no practice at all, owing to early staleness, business engagements, idleness, or some other hindrance, and who have put up wonderful performances in the actual contest; thus demonstrating what can be done, at a pinch, with little preparation at the hundred-yards distance. But such a course is naturally unwise. It badly overtaxes a heart that has not been gradually prepared to meet the strain, the results of which may be felt sooner or later in life.

Preparation for sprint racing should occupy at least six weeks, even when the competitor is naturally a fit subject, and a good natural runner. But

every athlete will find the greatest amount of benefit gained when able to give two months or a little longer to his training.

The course should begin with a daily stroll—not fast walking—of a mile, and before breakfast. Do not hurry this meal. Eat slowly, and digest well, before taking up the next stage. Breakfast should be followed by another quiet stroll of two miles in the direction of, and finishing at, the track. This reached, rest for a few minutes, then strip and massage, for 10 or 15 minutes. Very light track-work then follows, but this should not take the shape of more than one or two bursts of fifty yards with a fair interval between them, and at not more than three-quarter speed. These short sprints represent exercise for heart, lungs, and limbs, and no more and no less than this light course should be attempted for the next three weeks.

Any practice sprint, however short, should be made from the style of start the runner finds will suit him best, and, if possible, to the pistol: so practising as nearly as possible under racing conditions.

At the end of three weeks, or thereabouts, and according to progress, these short bursts of fifty yards can be interspersed with three-quarter-speed striding up to 100 or 120 yards, but the runner must be careful not to pull up short at the finish of these distances; gradually decrease speed beyond the 120 and till the 140 yards point has been reached.

To pull up dead at the end of practically a full-speed run may often spell "break down," and is in any case damaging to the heart's action.

About every eight or ten days a trial test of the distance you are training for should be made with a sprinting partner, or against the watch. If a partner, then a faster man than yourself should be found, that your best speed may be drawn out of you. But supposing such a man cannot be obtained, a nearly equal benefit will be found by starting your man a yard or two ahead of you.

Immediately upon finishing practice, or trial runs, massage for half an hour. Do not loiter about, but stroll slowly home to the midday meal, followed by an hour's rest. The same course of track-work should be gone through in the afternoon, preceded and followed by a two-mile walk and massage. After the evening meal another stroll of two or three miles, and then to bed.

Such a course, strictly adhered to for three or four weeks, will complete your training; and remember that speed is not increased by violent or spasmodic work, but by slow and careful training. Remember, too, that you must avoid catching cold. Always have an overcoat ready to be thrown round you between sprints. Never omit to wear this when not actually at work.

During the first two or three weeks, under this *régime*, you will probably find that your weight has been decreased by some 6 or 8 lbs. This is quite as

it should be, and need not cause uneasiness. You will find that at the end of this period, and perhaps before, your weight will be increasing again, and that, by the date of the contest, you will have practically recovered the loss. Weight is by no means a fault at this distance, provided the sprinter has proportionate strength to utilise it, when it becomes a decided aid against the resistance of the air at high speeds. For this reason big men, as a rule, make better sprinters than their smaller brethren.

Should your training be complete some days before the competition, it will be well to avoid the possibility of staleness, by omitting all practice, with the exception of one short sprint, or three-quarter-speed stride over your distance, daily, and with the walking exercise as already described.

Hurdling.—For the purposes of classification, and general method of training, hurdling comes under the heading of sprint racing; for whilst its essential needs are the correct timing and measurement of stride, its distance, start and finish, are actually those followed for the sprint distance.

The hurdle-race distance is invariably one hundred and twenty yards, with ten flights of 3 feet 6 inch hurdles placed at exact intervals of 10 yards. The nine intervals of ten yards thus formed, together with a flat race of fifteen yards to the first hurdle, and a flat finish of an equal measure with the start beyond the last hurdle, make up the full distance.

Build is, for this event, a great determiner of success. Short men have won distinction, but it is to the tall, lithe exponent that we must look nowadays for consistent results in first-class company. It is, therefore, essential that the hurdler be well above the average height, and possessed of a good length of leg. In fact, to use the trainer's expression, "*well split up*." He must also be a sprinter of some talent, and able to do at least 100 yards in $10\frac{1}{2}$ seconds.

Under no circumstances should the novice attempt the hurdles before he has passed through a very thorough course of sprinting practice, and attained his top speed. But this point reached he may commence by negotiating three hurdles, and very gradually increase the number to six or seven.

From now onward he may take the full number, but only twice a week, in slow time, and with an eye to correcting faults that are bound to occur however earnest and careful the essayist may be. Hurdling above every other type of competition requires of the novice a careful observance of the correct, and therefore the most speedy, method of passing the hurdle. If this is not done bad methods quickly form, and are then extremely difficult, or impossible, to eradicate, and seconds are lost that might have been saved in the actual competition. Of this correct method I will speak a little further on.

Between the mark and the first hurdle seven

strides should be taken, and between each hurdle three strides, and three only. These measured strides should be rigidly adhered to. A greater number means loss of time, and perhaps the race. It is for this reason that the hurdler must of necessity be long-legged, and so able to easily negotiate this mechanical need of the course.

Much practice should be given to the sprint start and taking of the first hurdle, and this piece of advice applies equally to the last hurdle and the fifteen yards of the finish. The latter should be taken " all out," and as though the finish of a flat hundred yards is being covered.

We have now the most important point of all to consider—the speediest method by which to take the hurdle. Every man left to his own devices has his own style of jumping an obstacle at a run, and perhaps one in a hundred negotiates it correctly. By correctly, I mean with a minimum of lost impetus ; for it is the case that almost every novice employs a method that leaves him too long in the air, or, in other words, with both feet too long off the ground.

The upward leap is naturally speedy ; it is, therefore, the interval of suspension above the obstacle, and downward movement, that most require speeding up. This being so, it is vital to adopt, and practise, a style that will force both body and front leg downward, in order to get full impetus for the next three strides and the next hurdle.

THE HURDLE RACE

The correct position of legs at the top of the stride is shown by the pose of the second figure from the left.

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The old method of leaping high, bending the front and trailing the hind leg, is very pretty to watch, but the veriest novice can see at once how long the interval is between the highest point of flight and the moment when the front foot touches earth again. Not only does this style lose precious time, but more often than not there comes with it a kick backward of the hind foot after it has left the ground. Such a backward kick, it need scarcely be said, creates another and very serious retarding element.

After a long and thorough study of many styles, I have at last come to the conclusion that one, and one only, gives the novice that combination of balance, and impetus both upward and downward, which is so vital to success. That style is the "Straight Leg."

By the use of the "straight leg" jumping, in the strict sense of the word, is eliminated. The front leg takes the hurdle with what, in the absence of a better word, may be described as a fast "step over" in full stride, whilst the toes must have been pointed downward before the hind foot leaves the ground. At this point the body is bent forward, with the front arm well in advance of it, and the other arm at a corresponding angle with the back leg. The front leg is now driving downward, stretched almost straight, to get impetus for the next three strides, and the "take off" or back leg should be in the act of being brought round smartly, with a slight

outward kick, to bring the body back again into its balance.

This style not only reduces to a minimum the time occupied in taking the hurdle, but it also swings the body, on landing, into a directly forward position once more. A position that it has lost in a greater or less degree as the front leg takes the obstacle. Beyond this, it gives both legs a far more powerful and speedy impetus for the work that still remains to be done. But to employ such a style successfully a strict course of exercise must be undergone.

One great advantage enjoyed with this style of hurdling is that much of the training can be done at home, and this should be undertaken both morning and evening.

The necessary exercises are as follows :—

(1) High kick with the front leg straight out in front of the body. The same exercise applies to the hind or "take off" leg, but in this case the kick must be done sideways and from the bent knee.

(2) Place the heel of the front leg on the table and bow the head till it touches, or nearly touches, the knee, being careful not to bend the leg, and to bring both arms well forward. An alternative to this exercise can be employed by sitting on the floor with the front leg extended, the back leg bent sideways from the knee, and bowing slowly forward, whilst at the same time lifting the bent leg. With

this method also the arms should be brought well to the front.

(3) To create good balance the most useful exercise is to stand upon the toes of the " take off " foot, and to lean as far forward as possible without falling. This exercise should be carried out two or three times at short intervals, and if undertaken conscientiously, and in company with the foregoing two, will materially help the novice to the possession of a style that, coupled with diligent field work, should make him an eventual winner.

The Quarter-mile Race.—For this race the training system is much the same as for shorter distances, but rather more taxing because of the greater distance to be competed for. It is also, in many respects, the most gruelling of all foot races. Two reasons alone will be sufficient to prove this fact. Not only must the competitor put in his best speed all the way, but he must finish the last hundred yards with every ounce of staying power that remains to him. Such conditions mean, therefore, a call for not only good speed but great staying power, if the runner is to meet with success in noted company.

The quarter-mile, above all other races, calls for a full knowledge of distance on the part of the competitor. Experience has shown me quite a number of quarter-milers who are unable to stay the distance. This fact has been conclusively shown by

their poor finish. A finish in which there has been neither speed nor sting. Do not, therefore, waste valuable time because you imagine yourself to be a quarter-miler, but make sure of it before training and entering for a race that you may not be qualified to take up.

I have spoken of the need for a fast and hard finish, but do not allow yourself, as do so many, to indulge in what may be described, in the absence of a better word, as a final gallop to the tape. The temptation to break into a longer stride is always present when attempting to put in a strong finish, but it must be curbed. There is actually no reason whatever for altering the stride at this point, excepting that of want of control caused by over-excitement. Keep tight hold of yourself, therefore ; quicken your natural stride, and keep your own method of sprinting right up to the tape. By so doing you will certainly reach it in better time than by the adoption of any unfamiliar method of running.

Every sort of advice has been launched upon the novice as to the best method to adopt in tackling 440 yards, and some of it has been so palpably outside the mark that I have been lost in wonder at the inventive faculty possessed by many of the advisers. But there is actually very little to be given in the way of useful tips, and less time and opportunity for their use, when the runner faces the fact that he must exercise his highest gifts of

speed and stamina from start to finish. Here the distance is such that any easing of pace is quite impossible, unless the form of the runner in question is far above that of the other competitors.

The wonderful time of 48¼ seconds stands, at present, the record for this distance. This fine piece of running was accomplished by Buttery in 1873, and it will require a phenomenal performer to lower it. But any man who can cover the 440 yards in 50 seconds may consider himself a runner who has chosen his distance aright.

As I have already said, the method of training for this distance is similar to that for sprint racing, but slightly more severe. Walking exercise, to and from the track, should be of the same distance, and taken at the same pace ; but the practice running, at three-quarter speed, should be increased to five and then six hundred yards. It will be seen that these distances represent some 50 to 150 yards beyond the racing distance, and are so lengthened to create staying power. Interspersed among these practice spins should come bursts of fifty yards in order to acquire speed.

Trial runs against the watch should also be made, but, owing to the length of the course, coupled with the speed required, I cannot advise these being indulged in more than once every tenth or twelfth day. Massage should be undergone precisely as for the hundred-yard distance.

The Half-mile Race by reason of its distance re-

quires a greater attention to lasting power than to actual speed, though the latter feature must not be neglected. Here, too, a certain amount of craft is employed to produce a successful result. The start is decidedly slower ; the middle distance used to nurse the runner, or in passing some of the leaders ; and the last quarter in thinking out and acting upon a plan of action that should secure a good place during the run-in.

It is impossible, without taking a number of fictitious cases and analysing and detailing them one by one, to be precise in describing the best methods to employ at this distance, but speaking generally, I would advise the novice to try and work himself into second or third place as quickly as he can, but on no account to risk running to a stand-still in the attempt to do so. This piece of advice applies also to longer distances, in fact from the half-mile up to cross-country distances. But, whilst the attempt to reach this place should be made as soon as possible, and your staying powers are sufficient for it, and also the final effort in the straight, it will not do to better your position with a rush. Make the change doggedly and gradually, thus allowing yourself the " little more up the sleeve " that will certainly be required in the straight run home. Remember, too, that when the final effort is made it will mean going " all out."

The half-mile is also different to the quarter-mile in that the runner must carry no superfluous weight.

This being so, a course of training should be devised to slightly reduce rather than make for the retention of normal weight. In other words, to find and keep the lightest weight at which a man runs best, and without loss of stamina.

The first two or three weeks of the half-miler's course of training will relieve him of all unnecessary fat as expeditiously as those of the short-distance sprinter, but this period passed, and the body accustomed to the strenuous task it has been set, the building process, already spoken of, reasserts itself. Now, whilst the gradual increase in weight does not affect the sprinter, it is otherwise with the half-mile exponent. He does not require weight. The less he is asked to carry the better for him, provided health and strength do not suffer by the sacrifice.

The self-trained man must, therefore, watch himself carefully, and, whilst keeping down weight to a reasonable extent, never cross the border-line drawn between lightness and thorough fitness. Rather than endanger the latter it will be better to race at the weight scaled before entering upon the training course.

But, as I have said, lightness is the half-miler's goal, and to attain such a condition reasonably and naturally, it may become necessary to slightly increase the severity of the exercise runs, and also the distance of the walking exercise by a couple of miles. The same vénue applies equally to distances up to three-quarters of a mile, but not beyond it ;

as does also the general system of training, which I shall detail a little later on.

It is always well to remember that, at the half-mile distance, the last two hundred yards are of supreme importance. It is, therefore, the worst policy to jump off at a tearing pace if unable to keep sufficient in reserve for a gruelling finish. It is far better to start fourth or fifth, to gradually better your position as the race proceeds, and to make your real effort at the correct moment, with something left to make it with. Let us take a standard example. Suppose the runner to be a good average exponent at this distance, and by "average" I mean that he is in possession of fair speed and staying power. My advice to him is not to hurry the start, but to be content with fourth place. At the quarter distance let him try to make this the third, and at half distance second place. He should then be well up on the leader for the final burst. On the other hand, if unable to carry out this programme in detail, he must trust to the last two or three hundred yards, and the last ounce of power he has kept in reserve, to carry him in ahead of those in front. For this very reason always train assiduously to acquire a very fast finish of the last furlong.

At no time during the half-mile race—even with a good lead—is it wise to look behind you. Nothing so demoralises the runner when another is following him closely. Apart from this no man can put up his best pace when doing so, and the slight twist to

THE QUARTER-MILE DISTANCE

Showing correct angle of body and position of arms.

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the body, whilst travelling at any speed, is liable to cause strain.

For this distance the training routine should be as follows :—

A walk of three miles to the track. Massage, and then a three-quarter-speed run of from one to two miles. Massage again and then walk home. The afternoon work should consist of a two-mile walk and a practice run of rather less than a mile at nearly full speed. Further walking should be indulged in after tea, and to the extent of four or five miles.

The routine should proceed upon these lines for a couple of weeks, when the morning practice run should be changed to alternate 300 and 600 yard runs at full speed, but do not change the afternoon work from the three-quarter-mile run.

About the fourth or fifth week, and onward, indulge in a burst of three, four, or six hundred yards, morning and afternoon. At this juncture a time trial should also be made once a week over the racing distance, and on no account put in any but the lightest work upon the two days preceding the competition. Massage must invariably precede, and succeed, both morning and afternoon practice, the latter always after a few minutes' rest beneath a blanket.

The half-mile record still stands to the credit of Hewitt of New South Wales, and figures at 1 min. 53½ secs. The novice who covers this

distance in 1 min. 58 or 59 secs. is, therefore, doing well.

The Mile Race.—For this distance the first fortnight's vénue is practically identical with that for the half-mile, but I should like to remind the man who fancies this distance, and is about to prepare for it, that there are few who are able to shine in the face of so taxing a race. Not only must the essayist be physically and constitutionally fit, but he must be a fast runner, possessed of stamina, and a man who can also use his head.

It will be well, then, before entering upon the necessary course of training, to undergo a thorough overhaul at a doctor's hands, that any small constitutional defect may be made good.

A "true bill" obtained, the first two weeks should be occupied, as already explained, in removing superfluous fat. The miler's daily walking exercise should be nearly double that set for the half-mile. That is to say that each walk during the day should not be less than four or five miles, and the practice running also increased.

It will be well, also, to mix your speeds with your distance. If you have done 400 or 500 yards at a moderate speed upon one day, run a good 600 yards at nearly top speed upon the next. In fact, create as much variety as you can, always having in view the fact that a mile has to be run some weeks hence, and that speed and staying power are the prizes you are also out to capture.

At the end of the first fortnight occasionally stride over the whole distance, whilst still keeping hard at work upon the shorter distances at greater speed. A very thorough course of massage must accompany all practice runs, and every ten or twelve days, not oftener, run a trial of the full course against the watch.

It will perhaps be helpful to the self-trained man if I draw up a short time-chart for the distance. The runner's pace varies considerably at different periods during this race. He has not only to keep much in reserve, but has also to make good his position in the field. So far he but imitates the half-miler, but there is something else. He must also make good his average, by which I mean, that he must not allow his progress to fall below a certain average pace.

Now it is almost invariably the case that the first quarter-mile is done in the quickest time, the second in slower, the third in the slowest, and the fourth in the next quickest, though this last quarter should be done in the fastest time of all. But records show that only those men possessed of the finest staying powers have been able to accomplish this difficult feat.

The still standing record for the mile is 4 min. 12¾ secs., and it was made by W. G. George, in 1886. This magnificent time was put up by the finest natural runner, and most carefully trained man, it has ever been my privilege to see. George set him-

self the task of covering the mile in 4 min. 12 secs., and was only conquered by three-quarters of a second.

The time-table he set himself was as follows :—

440	yards	in 0	min.	59	secs.
,,	,,	1	,,	3	,,
,,	,,	1	,,	6	,,
,,	,,	1	,,	4	,,
		4 mins.		12	secs.

Such running is, of course, phenomenal, and can only be accomplished with the possession of exceptional stamina, and the great gift of speed; but the man who would be of any use at this distance, in good company, must be able to cover it in 4 mins. 25 secs. dead; and even then he may find, nowadays, that he has not been quite speedy enough.

This is, however, a good average to take as a standard, and for helpful purposes I will divide it into reasonable quarters. These are :—

440	yards	in 1	min.	3	secs.
,,	,,	1	,,	7	,,
,,	,,	1	,,	9	,,
,,	,,	1	,,	6	,,
		4 mins.		25	secs.

The self-trained man following this table during trial runs will find it a great aid in his work of preparation, and any small decrease eventually made in the *seconds* column should provide him with an excellent chance of winning the event.

CHAPTER XI

RUNNING

III

Longer Distances.—To become a first-flight man at long-distance running a large measure of muscular strength is essential, as well as the possession of strong will-power. A very rigid, regular, and careful course of training must also be undergone. Naturally the course of training will vastly improve the individual in these respects, but any man possessing even one slight bodily or constitutional defect will be ill-advised to take up this sport, either in running or wheeling, with the enormous tax it imposes upon all the organs of the body ; altogether apart from the additional severity the necessary preparation imposes.

It is not every man, however fit he may consider himself to be under ordinary circumstances of life, who can boast of a stomach with a coating like leather, and its sequel, the digestion of an ostrich. But something very similar to these conditions is required if the long-distance runner is to last, and gain a name, in his class ; for long, sustained effort

of this type invariably makes quite as severe a call upon these lower-placed organs.

The number of distances run nowadays between the mile and ten-mile course makes it necessary, in giving advice, to take several together; but, as the course of training is very nearly similar for all, the method it is needful to adopt will, I feel sure, be sufficiently detached for ready understanding. I will, therefore, bracket the two, three, four, and five miles in setting a training vénue, and commence by reminding the reader that these distances all require a course that applies itself more to pace than to distance.

For the first fortnight, or three weeks, walking practice must be undergone thoroughly; no shirking of this rather monotonous, but highly essential, branch must be permitted. For all these distances walks of from four to six or seven miles should be made, and twice daily. They must also, unlike the walking practice for racing at shorter distances, be made at a fast pace; in fact, and in every case, a bout of good heel-and-toe work at the rate of at least five miles an hour.

During the preliminary weeks, interspersed with a thorough course of massage as already laid down, no other variety of work should be undertaken than practice runs at three-quarter speed, and of a mile longer than the distance for which training is being undergone. It will be well, also, to wear a thick sweater as a help to fat reduction.

From this point, and onward for two weeks, discard the sweater and create variety in your practice. This should be done by an occasional full-speed run over the quarter-mile, and a larger number of sharp runs over the half-distance ; whilst every other day or so, the three-quarter-speed run, set for the first fortnight, should be indulged in. A time trial can now be made over the whole course once a week, but not more often, and the day preceding this trial should be devoted to very light work consisting of only a few short spins as a leg-stretcher.

Variety of work, coupled with full courses of massage, should now continue for another two weeks, when the training course should be complete. Thus we have a fortnight of preliminary training, and a month of heavier work which may be called the period of special preparation.

We have now disposed of the shorter group of long-distance courses, and come to the still more severe group from ten to fifteen miles. Owing to this increased length a course of training of increased severity is required, and, at the same time, the possession of great powers of endurance. The need is, therefore, for staying powers rather than speed ; whilst the former is always more difficult to create.

Here, again, hard walking and a strict course of massage are of the first importance. In fact, as a preparation for these distances, neither can be overdone. Get in all the fast walking you possibly can

AN IDEAL MILE ACTION

Good forward balance, and use of full stride.

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during the day, and the walking schedule should be taken as follows : Two miles before breakfast, then five miles and a bout of massage. Another evening walk of five miles, and massage.

Walking exercise can be indulged in the more freely because running practice must be confined to the afternoon, and only once during the afternoon. This bout of practice should consist, for the first two weeks, of a daily spin of five miles at three-quarter speed, and this only. For the remaining four or five weeks continue the same walking exercise, but gradually add another mile or two to your running practice two or three times a week, and a full-distance spin once a week.

I would, at the same time, strongly advise the full-distance course never being exceeded. This warning applies to all distances from ten miles onward, and is given in order to guard against the possibility of both strain and staleness. Nor should more than one time trial be allowed during the course of training, and that fully ten days before the event. A time trial, at these distances, being run practically under competition conditions, takes too much out of the runner to be indulged in more often, and the loss of weight and stamina occasioned can only be fully recovered in this length of time.

Even in long-distance racing an occasional spurt is useful, and often required. To meet this possibility it will do no harm to vary the running practice by including an occasional full-speed sprint up

to five hundred yards. Such a useful asset as an occasional burst in long-distance racing is very disconcerting and disheartening to one's opponents.

The man who would train, and enter, for distances above fifteen miles must not only be sound physically, but constitutionally, and at the same time be prepared to undergo a very monotonous and taxing course of training. In view of competition at very long distances a large amount of walking exercise must be undergone, and an equal amount of running practice. It is difficult to lay down a hard and fast set of rules, because of the variety of distances between the fifteen-mile and Marathon courses, and the slightly different methods of supervision for each individual. But the course of training for any entry at distances of from fifteen to twenty miles can be met by studying the course set for the rather shorter distance, and increasing the volume of exercise and practice in proportion.

Both walking and running practice for such distances should be done on the road as being far less monotonous, and therefore less tiring to mind and body, than the frequent circling of the track. But whether such training is carried out on track or road it calls for hard and persistent work, which, in turn, asks for close application and great determination. The man who would qualify as a famous long-distance runner must, therefore, be prepared to exercise both these attributes in no grudging manner.

The system of training for very long-distance racing must have as its chief feature a gradual creative faculty. Hurried or broken work is not of the slightest use in the face of such a body-taxing distance as twenty miles, or even more. A very gradual building-up process of organs and muscles is the only method by which to face so severe an ordeal when running in competition.

The system of diet also plays a large part in this class of racing, and should be as carefully chosen and followed as the training course itself. Solid and abundant fare should be put before any man contemplating long distances. The training course itself asks too much of the man indifferently fed. For this reason, the wastage that is bound to occur must be replaced, as it occurs, by a nourishing and plentiful table.

The competitor should, therefore, be well fed, not only during the course of training, but right up to the day of the race ; for it is invariably better to enter upon such an ordeal rather above than below normal racing weight. The race itself will, in all probability, relieve the runner of a few pounds ; hence the wisdom in having something that can be spared, rather than the theft of that which cannot, and in consequence the cause of weakness and possible defeat.

The system of training should take the form of road-walking, gradually increasing from fifteen to twenty, twenty-five, and thirty miles daily, and,

for four or five weeks, these should be sandwiched between runs of an equal distance, at half speed, and upon both road and track. I cannot advise trial runs of any sort being indulged in. The taxing effect at these distances is too great to allow of quick recovery, and, even if one were undertaken, the gradual course of training might be seriously interfered with. Let the competitor, on the contrary, reserve his great effort for the all-important day.

The Marathon distance comes under this heading, and the course of training for it is precisely similar ; but as this race, barring the finish, is run entirely upon the roads, the road should be used entirely for training ; with, at intervals, a track ending, that the man in training may accustom himself to the softer finish. Length of preparation must depend entirely upon the individual's condition and capabilities as he proceeds.

The great need is to be able to stay such a course at a good average speed, and, if needed, under warm weather conditions. The English Olympic Marathon of 1908, still fresh in the memory of athletes for its day of intense heat, can be taken as a sample of the conditions under which it may, perhaps, be necessary to run such a race. If, therefore, the athlete, despite such conditions, can last the distance, and cover the course with an average of six minutes to the mile, he will very likely prove the winner.

Cross-country Running is quite an art in itself, and, speaking generally, it may be classed as a branch of sport that involves a method and course of training peculiar to itself. I do not, of course, mean that it requires one special style of running. One may stand and watch a long string of men at work, each with a style of his own. But if the onlooker watches closely he will at once be conscious of the fact that the method employed by each man is precisely the same.

Such similarity of method is created by the fact that any man who hopes for a measure of success must have carefully trained himself to acquire a good eye for the lie of the country, also keen insight and quick decision with which to meet and overcome the hundred and one difficulties, expected and unexpected, that are strewn about a cross-country course.

Cross-country racing almost invariably brings with it two factors, one or the other of which is usually absent from track or road racing. These are strange company and an unfamiliar course; and these alone call for the creation of the three assets I have just mentioned.

But other talents are also necessary if success is to be achieved, and these are strong will-power and great stamina. In fact, to be really prepared for cross-country work a man must be so fit that he can engage in any unforeseen exertion at any moment during the run. Such a need may be brought about

by a sharp and sudden contest for a better place; to overcome the difficulties of uneven ground represented by hill or valley, or of soft and sodden surfaces that ploughed land so plentifully provides.

There is another difficulty that must also be faced, and one that entirely eliminates the idea of time as a guide to form. A half-day's rain or a heavy frost can suddenly and entirely alter the surface of the course, therefore perhaps creating conditions that may mean a difference of fifteen or twenty seconds to every mile.

It is obvious, therefore, that such conditions require of the runner a perfect bodily condition and a very careful and shrewd course of training. Such a possession and preparation are absolutely essential, and it is pure waste of time for any man not so equipped to prepare and enter for any important event under this head.

It will be well, too, for the self-trained man to remember that, if in possession of pace rather than stamina, he must keep his better asset in reserve for grass surface or open road, and in no instance force it when negotiating heavy or broken country. And if, on the other hand, he is a stayer, without any great bent for speed, it will be often necessary to move at a greater pace than he is accustomed to, or likes, if he is to stave off defeat.

For such a set of conditions it is obvious that the training course, which should be much upon the lines as that for long-distance track racing, must be

more arduous, and therefore more gradually applied. This being so, the first fortnight of preparation should be very light in comparison, and that of the succeeding weeks increased more slowly, but with equal application. Unfortunately there are many promising long-distance men who, owing to business engagements, are unable to give to this heavy class of training the full time it demands. In such a case my advice is to abandon the help of wheels and walk to and from business. Some small part of the time given to the midday meal could also be usefully spent in walking.

Run good long stretches of road, three times a week, and run them in company with others. I cannot advise long-distance practice being undergone alone. Such a method makes for monotony, and monotony has often proved itself to be an antidote to ambition.

Finally, do not run either at practice, or during the contest, too thinly clothed. Most cross-country contests are held during months of the year that see least of the best weather, whilst sleet and icy winds may have to be encountered. It does not require any warning from me of the possible results from such conditions when accompanied by a late start, or any other interruption to a complete change that may occur in the open.

Whether such conditions are encountered or not, the finish should be succeeded by a warm bath, a thorough course of massage, and a hot cup of meat

extract. Such precautionary measures are always wise, for they may nip in the bud an unsuspected chill which, if taken during practice, may delay, and perhaps altogether upset a course of training.

In concluding this chapter a few words upon the build of the cross-country runner may be of use to the athlete in the choice of his *métier*. This class of racing requires physical strength, as well as speed and stamina, for the reason that ditches, fences, and hedges, may all require negotiation, and the jumping, climbing, or forcing tactics that may have to be employed would take too much out of the runner pure and simple. Cross-country running is essentially an all-round athlete's sport, and as such, requires its exponent to be proficient in every department. The build *par excellence* is, therefore, that possessed by the thick-set man of medium height. Such a build can far more easily overcome such obstacles, and yet hold a pace that might be considerably reduced by the tall, whispy build that knows so well how to win at much shorter distances.

But the whole secret of success in this branch of sport is earnest practice upon a *régime* that builds up stamina and will-power, and that never allows its man to go entirely out of training, even when no competition is actually in sight. Train very gradually ; take plenty of time about it, and, when at last in strict training, put in two, or even three,

serious cross-country runs each week, and in company. And lastly, however good a jumper you may fancy yourself to be, always climb, or scramble, over, or through obstacles. Jumping when running takes too much out of a competitor.

CHAPTER XII

CYCLE RACING, ETC.

Training for the Cycle Track.—Although it is impossible to give anything like an exact average of the distance covered in cycle racing as compared with foot racing, I think I am comparatively safe in saying that it stands in the proportion of about five to one. But I am safer, with experience to back me, in advising the self-trained man to use this proportion as a guide when setting out to prepare for a cycle competition.

He will find that the final ordeal fully justifies such an apparently excessive amount of preliminary work, and that, in fact, he could not have done without it.

I have already dealt with that important asset, racing judgment, in a former chapter, and that chapter applies equally to the racing wheelman. But there is another form of judgment that so many wheelmen lack, and that has never ceased to surprise me by its absence. It is the want of care taken in finding out the best method of sitting, by which to get the most out of themselves and their cycles.

The great idea with some seems to be an endeavour to crane as far forward as it is possible to do, altogether ignoring the factor of balance, and the gripping, and therefore driving, power of the back wheel. Such a method is almost invariably owing to the fact that the correct position of the saddle has never been ascertained. It is, of course, impossible for me to give hard and fast advice to a man whose build and work I have never seen. I can, therefore, only generalise, and will do this by saying that he should ride several fairly long stretches upon the track, at a good speed, and with each stretch shift the position of the saddle till he is satisfied that he has found a position giving him full pedalling power without strain of any sort. Such position must not only guarantee the minimum of bend at the knee, but also be such that back and arms have full play. In point of fact neither back nor arms must be so stretched as to form a rigid bar between handles and waist.

Cycle racing has one feature in common with the quarter-mile foot race in that both start and finish are of importance, especially the latter. It will be well to spend some time, and make a strong feature of both during training practice. Although, of course, the distances travelled are not the same, they are relatively so, and much the same methods can be employed.

As with foot racing, the cycle adapts itself to sprint, middle, and long-distance competitions;

but, with the exception of sprint racing, practically every distance means but wheeling at half, or three-quarter speed, and a final dash when one or two laps from the tape. So bad did the method become that some athletic meetings imposed a time-limit under which no competitor could become a winner, and this, in a measure, stopped the abuse. But this lagging method, under which each competitor endeavours to make another his pace-maker, is still in vogue, and should, in the interests of sportsmanship and clean racing, be heavily penalised.

Such a method is, however, by no means universally adopted by cycle-racing men. Those who have clean racing at heart, and prefer to make a real race of it, are usually those who meet with success. And it is rightly so, for the racing man of talent naturally likes to give that talent full rein, and to show that he can win in good company, rather than snatch a bare victory by dodge and shift. It is usually found, in every branch of sport, that the athlete able to go " all out " for the greater part of any competition engaged in, comes out eventually a winner.

It is comforting to find, however, that the old method of lagging over nine-tenths of the course, and sprinting the remainder, is dying slowly, and that the best men are beginning to adopt better methods. It may be taken as a sign of grace that a few attempt to make the final effort at too great a distance from the tape, sometimes at something

like half a mile. This is an error, though an error on the right side ; for the same purposes would be more usefully served were such a distance reduced by half, or even more, and the pace for the whole competition distance speeded up. By adopting the latter course the keen sportsman runs far less risk of " cracking up " just upon the tape.

At the risk of repeating myself I would remind the racing man that a thorough and conscientious course of training obviates all need for trickery, and that the competitor who has kept himself fit during the winter, and takes his succeeding work seriously, should be able to lengthen the distance of the final effort to any extent. The more such a distance is extended, if able to be fully sustained, the more disconcerting does it become to the remainder of the field.

The very heavy work entailed in cycle racing, a very small proportion of which is spun at short distances, requires quite as good an average of bodily fitness as does foot racing at proportionate distances. For this reason the competitor should never allow himself to go out of training right through the year. Plenty of road riding should be put in at all seasons, and alternating with it those lighter forms of training exercise represented by walking, skipping, and breathing, that have already been touched upon in the first chapter.

One of the most important points to observe, also, is that of machine adjustment. Never, under any

circumstances, engage in any serious practice spin on road or track, much less the event itself, without going over your cycle with spanner and oil-can. Render this service to your mount personally; do not allow either friend or pavilion attendant to perform the duty. Both may be highly efficient, but the many little distractions and duties before a race have a way of leaving overhaul and adjustment indifferently done when not beneath the rider's eye. Personal supervision not only leaves the machine as the rider would have it—an all-important point—but also adds to the required confidence in its efficiency.

I have very often been asked my opinion upon the best make of machine for road and track work, and must confess that, some years ago, I considered one make, and one make alone, pre-eminent for all purposes; I could, therefore, truthfully offer a firm opinion to questioners. But this is by no means the case to-day. In fact, I should be hard put to it to select the ideal machine from a good dozen of the best makes, so marvellously engineered and adjusted are they. Any man seeking advice upon this point, therefore, cannot go wrong in the selection of one of these for absolute reliability; his only need then is to be sure that the machine exactly fits and suits him.

And now a word or two upon the system of training for cycle racing. It must first of all be borne in mind that the cycling season commences round

about the end of April, or perhaps a little earlier. We can then, more or less, gauge the time best suited to put preparation in hand. Speaking generally—for every man is to an extent a law to himself where training is concerned—the period of special preparation for cycle racing is rather longer in proportion to that of foot racing. It is, therefore, necessary to commence light work soon after Christmas.

This preliminary course should take the shape of long rides along the road, and, owing to their heavy state, at not more than half, or a little over half, speed. I would advise, then, that the wheelman put in a daily spin of from ten to fifteen miles, or as nearly this proportion as weather and other circumstances will allow, and week-end runs aggregating at least fifty miles.

Such a vénue should occupy the interval between the middle of January and the first days in March, when the track should commence to be used. From now onward, till the end of the third week in April, take regular evening spins of five or six miles. Start these at not more than half speed, and increase them gradually to three-quarter speed, but on no account sprint.

At the end of this period, and during the next fortnight, preparation for pace commences. This takes the form of short, fast work, which the rider, in his eagerness to progress quickly, must not overdo. The evening ride must, therefore, not exceed

three miles, with the addition of not more than two full-speed spins of about three hundred yards, or more. So speed is carefully and gradually produced.

A complete course of this length and detail, coupled with its preliminary work, should render the average man fit and ready to compete for every type of cycle competition. But from this point onward, provided he is quite satisfied as to his riding weight, he must be careful not to court staleness by continuing the course in full detail. Let him reduce it by half, occupying the remainder of the time left before the meeting in rest and diet. There are, of course, some men who find no difficulty in training hard almost to the date of the race, but this number is small, and, moreover, it is to the self-trained man I speak : hence the caution given.

My reader will readily understand that here it is only possible to give advice applicable to the generality of racing men, and that special cases, and advice applying to them, must stand aside. He will understand, also, that it is only by knowing, and working with, an athlete that the professional trainer can recognise and meet the minor needs of his subject.

Taking weight is equally as important in the case of the wheelman as it is in that of the runner. This should be done every second or third day, and a careful register kept during the entire training course. By this means the wheelman is equally

capable of detecting, and therefore stopping, the approach of staleness or debility, as explained in an earlier chapter.

Long-distance cycle racing requires a much more strenuous course, and the physical needs of distance running apply equally to this sport, whilst the work entailed is as severe in proportion. For any racing distances between, and including, twelve and twenty-four hours, the course of training demands early rising on the part of the wheelman. Long daily rides at half speed should come first, and twice weekly increase these to seventy or a hundred miles, if possible, paced by a motor-cycle.

Practice rides of such length usually require the start to be made very early in the morning, sometimes before 4 a.m., and, owing to the hard work involved, it is unwise to start upon an empty stomach. The rider should, therefore, be given an egg and milk, with one or two dry biscuits, before starting, and, if strong and fit, should be able to cover fifty to seventy miles before breakfast. The remainder of the long-distance course is much the same in detail as that for shorter distances, and from neither must a very thorough course of massage be omitted.

Feeding for Long-distance Track Racing.—The question of the athlete's diet has been fully dealt with earlier in this book, but I have reserved advice upon the equally important question of meal-giving during protracted competitions, as it applies almost exclusively to the wheelman. Two very favourite

tests of endurance are the twelve and twenty-four-hour cycle races, and unfortunately it is the case that many failures can be traced to ignorance in this important department.

Few people seem still to realise that the method of giving is quite as important as the substance of the nourishment provided. Feeding too early, or too often, in the race can do quite as much damage as incorrect food. At such trying distances, and under such exhausting conditions, the athlete's digestion is anything but normal, and for this reason no solid food of any kind should be given whilst the actual race is being ridden or run.

Under ordinary conditions it is unwise for either rider or runner to take food later than two hours before the start of a long race, and at least another hour, or hour and a half, according to condition, should elapse, upon road or track, before further feeding is resorted to. From this point onward, food should be administered every half-hour, and in liquid or jellified form.

Here again the individual to some extent gives the law, for the form of nourishment suiting one man may be the source of defeat in another, and the problem is one that must therefore be decided upon during long practice spins by the self-trained athlete. Fortunately, he has the choice of many nourishing alternatives, and the majority of these are represented by meat-extracts, jellies, yoke of egg, with lemon juice at long intervals. I have

even found apples and pears quickly assimilated, but very rarely; and being solid, the novice would be well advised to avoid them.

It is of the first importance, also, to obtain new-laid eggs where this form of diet is being employed. Shop eggs have no real nutritive quality for the athlete, and should be avoided at all costs.

Drugs and stimulants have also been fully dealt with, and my advice in regard to these as applied to wheeling also holds good.

A Last Word.—I have now completed the task I have set myself to place before the athlete who prefers to train himself a detailed course to follow. Every detail of this course has been collected and tested during the better part of a lifetime spent upon road and track, and whilst the man who reads may be disposed to modify some of these details as the outcome of business occupation, or other advice, he will be well advised to accept and act upon them in substance.

No needless task has been imposed upon the novice; no impossible course of work has been set the man who claims to be physically fit; and no severe system has been set before those unable to make this claim. I have a reasonable hope, therefore, that the man of fifty will find this little book as useful as the youth of nineteen just starting out upon the more serious portion of his athletic career.

To both I would repeat the best piece of advice I can give, *never allow the body to go quite out of*

training! Study particularly the first chapter. In it will be found all that is required by which to easily attain, and keep, such a condition. Remember, always, that the body must be rendered fit before it can be properly and satisfactorily trained. Remember also, that if a course of training is entered upon, its items must be carried out earnestly and in detail, otherwise time is being wasted. And above all remember that a very gradual system of building up the body is *the* target at which to aim.

APPENDIX

THE novice has now an opportunity of learning how a condition of fitness, in any track or road competition, may be attained, but the amateur rules and conditions, under which such competitions are held, should come equally early to his knowledge.

The AMATEUR ATHLETIC ASSOCIATION issue a comprehensive booklet containing their laws, rules, recommendations, and penalties. These apply to local associations, clubs, and individuals coming under the *amateur* qualification. I have, therefore, extracted and appended, the rules, etc., directly applying to the competitor. He will thus be able to see at a glance what he may do, and what he must avoid, at the commencement of his athletic career.

These are as follows :—

THE A.A.A.'S RULES DIRECTLY AFFECTING THE ROAD AND TRACK COMPETITOR

Qualification

1. Every competition under these Rules shall be confined to amateurs, as defined by the Association, and no one shall be entitled or allowed to compete unless he is an amateur according to the definition adopted by the Association, namely :—

> " An Amateur is one who has never competed for a money prize or monetary consideration, or for any declared wager or staked bet ; who has

never engaged in, assisted in, or taught any athletic exercise as a means of pecuniary gain; and who has never taken part in any competition with anyone who is not an amateur."

To this definition the only exceptions allowed are as follows :—

(*a*) That Amateur athletes shall not lose their amateur status by competing with or against professionals in Cricket matches or in ordinary Club Football matches for which no prizes are given, or in Cup Competitions permitted by the National Football Associations or National Rugby Unions of England, Ireland, Scotland, or Wales, providing that such competitions or matches form no part of, nor have connection with any Athletic Meeting.

(*b*) That Competitions-at-arms between Volunteers and Regulars shall not be considered as coming within the scope of the A.A.A. Laws.

(*c*) That a paid handicapper is not *ipso facto* a professional.

(*d*) That those Sailors and Soldiers of His Majesty's Forces (including the Territorial Army), who do not individually accept money prizes, be exempt from the loss of their amateur status by reason of competing in Naval and Military Competitions confined to Sailors and Soldiers.

2. No one shall be eligible or allowed to compete in any competition under these Rules while his amateur qualification or his right to compete is suspended, by, or on behalf of, or under any rule or bye-law of the Association, or any of the following bodies, namely :—

(*a*) Northern Counties Athletic Association.
(*b*) Midland Counties A.A.A.

(*c*) Southern Committee of the A.A.A.
(*d*) Amateur Gymnastic Association.
(*e*) Amateur Boxing Association.
(*f*) National Amateur Wrestling Association.
(*g*) Scottish A.A.A.
(*h*) Irish A.A.A.
(*i*) National Cyclists Union.

No athlete who has at any time competed in the United Kingdom in any athletic or cycling competition which was not held by a club or society affiliated to, registered or recognised by the Association, shall be eligible to compete in any competition held under these Rules, unless previous to the date of the competition in which he proposes to take part, his disqualification shall have been removed by some duly authorised body.

That after his first year, every competitor in open events under A.A.A. Laws must be a member of an affiliated club or association affiliated to the A.A.A. Competitors in local, closed, or Scholars' and Veterans' events to be exempt.

3. In any Open Inter-Club Contest under A.A.A. Laws each competitor must have been a first-claim member of the club he represents at least three months prior to the race ; and in the event of his residing more than twenty miles from the head-quarters of his club, he must have been a first-claim member for one year immediately prior to the race.

When a competitor is a member of two or more clubs, the club which can show the longest unbroken period of his present membership has first claim upon his services.

First-claim membership of School, College, University, Business House, or any club which is not concerned with the promotion of Athletics, as recognised

by the A.A.A., shall not debar a man from competing for his second-claim club under this rule, except when his first-claim club is competing in the race.

This rule shall not prevent a first-claim member of a club without a walking section from representing a walking club (or a club with a walking section), which may have the next claim on his services in a walking event.

An unattached competitor on joining a club for the first time may compete for that club immediately.

4. In Inter-Club contests ineligibility of an individual competitor shall not disqualify his club, but the competition shall be decided as if the ineligible competitor had not been entered or taken part therein.

5. That in Team and Relay Races, no one shall be allowed to compete whose name does not appear in the Programme for that event, either as a member of the team, or one of the reserves of that team.

That in all Relay Races a handkerchief or small flag shall be carried by competitors in each team.

That stations for teams be drawn for.

That lines parallel with the side of the track be drawn to denote stations, also a line 22 yards behind and parallel to the starting line, and between these two lines each runner must take the flag or handkerchief. Failure to do this shall disqualify the team.

The same rule with reference to fouling or impeding a runner applies to Relay Racing as to other running events.

Recommendation :—That the starting place where possible shall be at least one-half the length of the straight.

That in all Relay Races, there shall be allowed one reserve man for each section of the race.

That in all Team Races, each club shall be allowed to enter twice the number entitled to score.

6. A competitor in athletic competitions (other than A.A.A. Championships or bonâ fide International, Inter-Club, Inter-Team, Inter-College, or Inter-School contests, except as provided in clause *a* to this Rule), who asks for or receives *hotel*, travelling, *or other* expenses ceases to be an amateur, and no Club, Society, or Managing Body promoting any athletic competition shall, either directly or indirectly, pay or offer a monetary consideration to, or the *hotel*, travelling, *or other* expenses of any competitor in such competition. Clubs may only pay the expenses of their first-claim members in contests under this rule.

Clubs, Colleges, or Schools shall be answerable for any payments made by them, and if called upon to do so shall produce full details of the same and accounts to the A.A.A. (North, South, or Midlands) Committee.

No Club or athlete may compete abroad without the permission of the A.A.A., and any application for English or Welsh Clubs or competitors to take part in any such competition must be made direct to the A.A.A., and, subject to the approval of the Association, railway tickets may be provided and reasonable hotel expenses allowed such athletes by the promoting body, conditionally that a proper detailed statement of all expenses is forwarded immediately to, approved of by, and payment made through the A.A.A. (This rule not to apply to the International Cross-Country Race.) Any infringement of this rule, directly or indirectly, will render the club or individual athlete liable to suspension.

7. Competitions for Boys, other than competitions for members of a particular club or society, or their

sons, shall be confined to boys under 15 years of age at the date of the competition, who have for three calendar months immediately preceding the same date, resided within a radius of five miles from the ground of competition; but this Rule is not to apply so as to exclude on the ground of non-residence any boy attending school and competing within a radius of 20 miles from Charing Cross, London.

Races confined to Boy Scouts are closed races, and the Boys' Race Rule is not applicable.

8. A race advertised as a Novice Race shall be confined to those who, at the time of competing, have never won a prize in a similar class of competition,—i.e. winning a prize for walking would not disqualify for running or *vice versâ*, but winning a prize for running any distance would disqualify for running, and no race shall be promoted as a novice race unless it complies with this Rule.

It has been decided that the winner of a medal in a Team Competition is not eligible to compete in an open Race for Novices.

Prizes

9. No cheque on a tradesman or similar value prize shall be offered or taken as a prize in any competition, and in no case shall an alternative of money or prize be offered or taken.

10. No prize shall be offered in a handicap of greater value than £7 7s. (This is limited to £5 5s. in the Southern District.)

11. When the value of a prize is advertised, the exact amount paid after deducting any discount allowed, shall be considered the actual value of the prize.

12. Every prize which is offered for competition at an

athletic meeting shall be publicly presented on the ground on the day of the meeting.

13. Every objection by a competitor to the value of a prize shall be made to the Secretary of the A.A.A. district within which the prize was won, and shall be accompanied by a deposit of 5/–, which shall be forfeited to the District Association, if the objection is considered unreasonable.

14. Every prize offered for competition, and awarded to a successful competitor, shall be deemed and taken to be so offered and awarded subject to such competitor being eligible to compete, and to the statements made in his entry form being strictly accurate and complete, and the fact that a competitor has been awarded or received a prize, shall give him no claim to it, should it be subsequently shown that he was not eligible to compete, or that any of the statements made in his entry form were inaccurate or incomplete, and any competitor who shall have received a prize to which he was not entitled shall return it forthwith on being required to do so.

. . . . . .

Competitions

36. No one shall be entitled or allowed to compete in any competition unless his name is printed on the programme, nor in a handicap event unless the name and handicap mark or allowance are so recorded.

37. Every competitor must wear complete clothing from the shoulders to the knees (i.e. jersey sleeved to the elbows and loose drawers with slips), and in any event in which a water-jump is included the drawers and slips must be dark in colour. Any competitor will be excluded from taking part in the Sports unless

properly attired. A copy of this Rule shall be placed in a conspicuous place in the competitor's dressing-room at every Athletic Meeting.

38. No one liable to be penalised shall be entitled or allowed to compete in any competition except from his penalty mark, and everyone so liable to be penalised shall, before taking part in a competition, notify one of the Judges or the Starter, in writing, of any penalty or penalties incurred by him, and of the mark off which he proposes to compete.

. . . . . .

40. (*a*) No person shall be entitled or allowed to compete in any trial heat other than that in which his name is printed on the programme, and no made-up, late, or supplementary heat shall be permitted under any circumstances.

(*b*) The winners of trial heats must compete in the finals unless the consent of the Judges to their abstention has been obtained, or they become liable to suspension.

41. (*a*) In handicap races, stations at the start shall be assigned to the competitors according to the order of their handicap starts, the competitor with the shortest start taking the first, or inside, station, the competitor with the next shortest start the second station, and so on.

(*b*) In level races, the competitors shall ballot for their respective stations at the start, and each competitor shall take the station assigned to him by the ballot.

(*c*) No competitor shall be entitled or allowed to compete in any competition except from the station assigned to him under the provisions of this Rule.

42. No attendant shall accompany any competitor on the mark or in the race, nor shall any competitor be allowed, without the permission of the Referee or Judges, to receive assistance or refreshment from any-one during the progress of a race.

43. All races (except time handicaps) shall be started by the report of a pistol, and a start shall only be made to the actual report.

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46. No competitor shall touch the ground in front of his mark with any part of his body.

47. If after being placed on his mark any competitor shall overstep such mark before the pistol has been fired, the Starter shall in handicap events put him back one yard where the distance of the race does not exceed 220 yards ; two yards where the distance exceeds 220 yards but does not exceed 440 yards ; three yards where the distance exceeds 440 yards but does not exceed 880 yards ; and five yards where the distance exceeds 880 yards. For a second offence in the same competition, the Starter shall impose a further similar penalty, and for a third offence shall disqualify the competitor, and exclude him from the race.

. . . . . .

49. Any competitor wilfully jostling or running across or obstructing another competitor so as to impede his progress shall forfeit his right to be in the competition, and shall not be awarded any position or prize that he would otherwise have been entitled to.

50. No competitor shall be allowed to rejoin a race after leaving the track either for the purpose of gaining a place, or to pace or assist another competitor.

Protests

56. (*a*) Any protest or objection by a competitor against another competitor, or against another competitor's qualification to compete shall be made to the Referee or Judges, when practicable before, and in any case as soon as possible after the competition is decided, and before the prizes are presented.

(*b*) Every such protest or objection shall be accompanied by a deposit of 5/–, and shall when required be made in writing signed by the objector, and if upon investigation the protest or objection shall appear to have been made on no reasonable ground the deposit shall be forfeited to the Association.

(*c*) In the event of a protest or objection being lodged against a successful competitor, his prize shall be withheld until the protest or objection shall have been finally disposed of in the manner provided in the next Rule. If, within a period of three months from the date of competition, the protest or objection shall be sustained, the prizes shall be awarded as if the competitor objected to had not taken part in the competition.

(*d*) Any protest or objection which has reference to the conduct of a competitor in the actual competition, shall be decided by the Referee on the ground and his decision shall be final. The Referee may also decide any other protest or objection, but if his decision is objected to at the time he shall be required to refer the matter to the Association for final decision. The fee deposited with any protest or objection decided by the Association shall, if forfeited, belong to the Association.

The A.A.A.'s Laws of Most Importance to the Competitor

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Law XIII.—"The Association strongly deprecates the selling of prizes, and the Committee is instructed to take such action as it may think necessary when such sales are brought under its notice."

Law XIX.—"That anyone who wilfully competes against one who is under sentence of suspension shall be himself suspended until the expiration of such sentence, or for such longer period as the Committee may think fit."

Law XXII.—"That anyone taking part in a competition to the winner of which a prize and money are offered as alternatives shall be suspended for such time as the Committee may think fit."

Law XXIII.—"That the General Committee, the Southern Committee of the A.A.A., and the Committee of the N.C.A.A. and M.C.A.A.A. shall have power to reinstate any amateur who shall have competed for money or against a Professional in ignorance of the Laws of the A.A.A.; or shall otherwise have offended against or broken the said Laws."

"That no application for requalification to compete under A.A.A. Laws shall be considered unless accompanied by a deposit of 5/–, such deposit to be only returnable to the applicant at the discretion of the Committee."

Law XXVII.—(*a*) "All clubs affiliated to the A.A.A. shall have the following rule incorporated into their rules, viz.: 'That the Committee shall have power to expel any member whose subscription is six months in

arrear, provided a month's notice in writing shall have been sent to such member by a registered letter, addressed to his last known address, informing him of the proposed action of the Committee."

(*b*) "The name and address of any person so expelled from a club in the Southern District shall be sent to the Hon. Secretary of the A.A.A.; and of any person so expelled from a club in the Northern or Midland districts, to the Secretaries of the N.C.A.A. and M.C.A.A.A. respectively, and shall be entered by each of such officers in a book (to be called the 'Black Book') kept for that purpose. Every person whose name has been so entered in a Black Book shall be suspended from competing at a meeting held under A.A.A. Laws until the liability causing his said expulsion which shall not exceed one year's subscription shall have been discharged."

"N.B.—Club Secretaries sending up a name for entry in a Black Book must send with each name the Post Office Receipt for the registered letter sent to such person, or the name will not be inserted."

Law XXIX.—"After his first year, every competitor in open events under A.A.A. Laws must be a member of an affiliated club or association affiliated to the A.A.A. Competitors in local, closed, or Scholars' and Veterans' events to be exempt."

Law XXXII.—"That no entry shall be made or accepted unless a form of entry authorised by the A.A.A. be used."

. . . . . .

Scale of Penalties

The winner of the first prize in any handicap event which is not an event confined to the members of a

particular club, school, or college, or to the employees of a particular firm or company, shall be penalised according to the scale of penalties attached to these Rules in all handicap events to which the scale applies, and for which he may have made an entry previous to winning such first prize ; but no penalty shall be enforced a second time where the programme of a competition states that it has already been imposed by the handicapper in framing the handicap.

No one liable to be penalised under Rules 36 and 51, shall be entitled or allowed to compete in any competition except from his penalty mark, and everyone so liable to be penalised shall, before taking part in a competition, notify one of the Judges or the Starter, in writing, of any penalty or penalties incurred by him, and of the mark off which he proposes to compete.

For each win at distances up to and including 300 yds.	1 yard for distances up to and including 120 yds.		
		For distances over	Up to and including
	2 yards	120	220 yards.
	3 ,,	220	300 ,,
	Winners at distances up to and including 300 yards not to carry penalties in handicaps over 300 yards.		
For each win at distances over 300 yds. and up to and including 600 yds.	6 ,,	300	600 ,,
	Winners at distances over 300 yards and up to and including 600 yards, not to carry penalties in handicaps over 600 yards.		
For each win at distances over 600 yds. and up to and including 1000 yds.	8 ,,	600	1000 ,,
	Winners at distances over 600 yards and up to and including 1000 yards, not to carry penalties in handicaps over 1000 yards.		
For each win at distances over 1000 yards and up to and including 1 mile.	14 ,,	1000	1 mile
And for each succeeding mile or part of a mile.	And for each succeeding mile or part of a mile an additional ten yards.		

Walking Races.—Winners of walking handicaps to be penalised *pro rata* 25 yards per mile.

Penalties for Hurdle and Steeplechase Handicaps :—

Winners of 120 yards handicap over 10 flights of hurdles to be penalised 2 yards in a similar competition.

For each win at distances						PENALTY
Over 120 yds.	and up to and including	300 yds.				4 yds.
,, 300	,,	,,	,,	,,	600 ,,	7 ,,
,, 600	,,	,,	,,	,,	1320 ,,	10 ,,
,, 1320	,,	,,	,,	,,	2 miles	25 ,,

and for each succeeding mile an additional 15 yards.

Penalties shall not be enforced beyond the scratch mark, and do not apply to wins on the same day at the same meeting only.

In all cases the actual scratch man shall be exempt from penalties.

In cases of dead-heats for first prizes, the dead-heaters shall each incur penalties for subsequent events according to scale, unless the dead-heat is run off.

In all cases where sports are postponed, winners of first prizes at subsequent sports held during the interval of postponement, shall be penalised according to scale.

The Scale of Penalties applies to a "limited" handicap.

WEIGHT AND TIME CHARTS

FOR THE USE OF THE SELF-TRAINED ATHLETE

WEIGHT CHART

	Date.	Distance.	Weight (Practice).	Weight (Trial).
1st and 2nd week.				
3rd and 4th week.				

WEIGHT CHART—*continued.*

	Date.	Distance.	Weight (Practice).	Weight (Trial).
5th and 6th week.				
7th and 8th week.				

TIME CHART.

	Date.	Distance.	Time (Practice).	Time (Trial).
1st and 2nd week.				
3rd and 4th week.				

TIME CHART—*continued.*

	Date.	Distance.	Time (Practice).	Time (Trial).
5th and 6th week.				
7th and 8th week.				

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