

Food Helps Carp Train Up—Not Down



BY ALICE ROHE

MANHASSET, L. I., June 15.—Around the clock with Georges Carpentier!

It's a mystery. That is, it is supposed to be.

The network of barbed wire entanglements behind which he lives makes it so.

Food is helping Georges to train up—not down.

GEORGES CARPENTIER

Now that everybody is talking about the mystery in which the famous heavyweight champion is shrouded and the mysterious actions of Georges in training is making much comment, a trip around the clock with Carpentier is a real treat.

His Hardest Job

About the hardest work Georges does in the business of his 40-acre farm retreat—is trying to be let alone.

If you are a real early riser you may see Georges, wearing a flannel shirt, ordinary trousers, sneakers, emerge from the farm house at half past six in the morning. And listen—he has just partaken of a cup of tea! Just plain tea—nothing brewed with incantations or other things.

Morning Stroll

He is accompanied by Gus Wilson, his trainer, and by Flip, his dog mascot.

Fortified by the tea Georges plunges into his roadwork. For an hour he walks briskly along the

Long Island road, sometimes dipping into the woods belonging to the estates of neighboring property owners.

Sometimes he carries a ball or a rope and plays with Flip, or jumps rope.

Upon returning to the farm house he is given a light rubdown or friction rub, after a shower.

Then he breakfasts. It consists of coffee and oatmeal, and sometimes toast.

Lozenges Around

Breakfast finished Carpentier shaves and dresses. Then he reads, writes letters, plays the piano—does anything he chooses until noon.

At 12 o'clock—not one minute before or after—he sits down to the midday meal with the members of his training staff. This meal consists of vegetable soup or bouillon, meat, several green vegetables, stewed fruit or occasionally apple pie, caramel pudding or ice cream. The meats are generally roasted.

After lunch the mysterious actions of the great Carpentier which are baffling the curious crowd of taking a rest.

He doesn't sleep—merely lies down for an hour or so. Then he goes to the gymnasium for an hour.

More Lozings

After this comes a shower and the real massage, the special, scientific, mysterious and secret. Then

Georges is free to "loaf" until dinner time.

He reads, writes, plays checkers or goes marketing to the car which has been loaned him by admiring

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