

GYMNASIUM REQUIRES MUSCLE MASTERY

J. Lee Thompson Tells Why Spectacular Feats Now Are Left to Circus.

APPARATUS WORK IS TOLD

Multnomah Club Physical Director Says Beginner Should Study Under Experienced Instructor in Good Gymnasium.

ARTICLE FOURTH OF SERIES.

This is the third article of the series on gymnasium work by J. Lee Thompson, physical director of the Multnomah Club. This article is not so much a treatise on how to do the work as to explain briefly the benefits to be derived from some of the heavy apparatus.

By J. LEE THOMPSON, Physical Director Multnomah Club.

The old order of things in regard to feats of strength and daring in the gymnasium has passed, so far as general exercise is concerned. They have been made specialties and are seen in circuses and on the vaudeville stage. The physical directors of today deal with apparatus work differently. A pupil is led through simple exercises to stronger ones, so that in a course that extends over a period of four years he becomes master of his muscles and can perform what at one time seemed impossible.

He is then ready to enter the beginner's class of the circus. In all apparatus work co-ordination and balance movements play an important part; however, the strengthening of the larger groups of muscles is the main idea. Athletes are taught to handle the whole body instead of some particular part as when light apparatus is used.

The horizontal bar is the most popular piece of heavy apparatus. It is used to develop the chest, arms, shoulders, upper back and abdominal muscles.

"Giant Swing" for Ambitious. It is the ambition of every pupil of this piece of apparatus to be able to do the "giant swing," by taking an ordinary grip on the bar and swinging around it with arms, body and legs extended.

I dare say there have been more tumbles as a result of trying this trick than any other. On the other hand it is easy enough if one goes through the necessary exercises leading up to it. I am not writing a book, so will not give many exercises on any piece of apparatus; what few I do give will be explained.

The pull up on the bar with palm front grasp is a very beneficial exercise for the arms, chest, back and upper back (see picture on the bar illustrates this position).

The upstart, or kip, is a fine exercise also; it strengthens the chest, abdominal walls as well as the chest and arms. The parallel bars make a very valuable piece of apparatus on account of the varied number of exercises which can be done on them. There is hardly a muscle that cannot be brought into play by some exercise on these bars.

Among the stars in the gymnasium are the hand balance, or hand stand, combined with walking and turning around. The pushups are a fine exercise and developed in the work also. The half back-lever is easy enough for one who has strong wrists and good abdominal muscles, but quite hard otherwise. All manner of vaults are executed on the horse.

Rings Exhibit Gymnast. The rings are popular. The pleasure and exhilaration of traveling through space is experienced. Like the horizontal bar, one is able to handle his entire weight most of the time.

There are a number of exercises that are simple and do not require much strength, such as putting legs through rings and swinging as in ordinary swing, hanging by knees, forming bird's nest, etc. The most fun, though, is just to jump and swing from hanging position. This develops the chest and demands deep breathing.

The picture shows a back lever. This is quite hard until one has developed a good set of back and shoulder muscles. It is not the hardest trick on the rings by a long way. The cross is one of the most difficult. This is done by standing both arms out straight parallel with the floor and supporting the body at right angle with arms.

In the gymnasium there are many other pieces of apparatus on which exercises may be done to help put the body under control. The ladder, vertical ladder, horizontal ladder, tumbling mat, buck, ropes, poles, traveling rings and pulley weights are but a few of the well-appointed gymnasium, like the Multnomah.

The first lessons on all heavy apparatus should be taught by an instructor of physical training, whether in the gymnasium or on the playgrounds.

Notable Bowling Records

LEGONQUIN CLUB, New York, 1178. Team—George Smith, F. L. Diederick, "Jamie" Watt, P. A. Moynahan and M. C. Wyman. Bowled with light wood ball on the Columbia alleys, New York, 1904.

Howard Major, Chicago, Ill., 1207 (boxed balls). Parker, St. Louis, Mo., 1297, 1300 (boxed balls).

Brooklyn Interstate League team, four games, 4496 (average, 1124). Grand Central alleys, Brooklyn, N. Y., Matthias, Rochester, N. Y., three games total, 1317 (average, 1145); made at Syracuse, N. Y., January 21, 1912.

Grand Central, Rochester, N. Y., three games, total 2397 (average, 699); N. B. A. tournament, Patterson, N. J., 1912.

Three-Man Team Record. Mortimer Lindsay, Alexander Dunbar and Glenn Riddell, 737; Columbia alleys, N. Y., 1908.

Two-Man Team Record. F. L. Diederick, 217; M. C. Wyman, 254; total, 525, Columbia alleys, New York, 1904.

McGuirk and Grady, Patterson, 525; N. B. A. tournament, Rochester, N. Y., 1904.

George C. Kelsey and Charles Johnson, New Haven (three games), total, 1355; N. B. A. tournament, Buffalo, N. Y., 1911.

Individual Records. William E. Roach (three games), 390, 236, 249; total 869 (average 289.7); Academy alleys, Wilmington, Del., 1904. Lee R. Johns, New York (six games), 275, 288, 248, 271, 271, 279; total, 1633

(average, 271.3); 51 strikes, 9 spares, no breaks; Oxford alleys, Newark, N. J., 1909. (A Greater New York individual series, "Jamie" Watt was Johns' opponent; Watt lost.) M. C. Wyman, New York (six games), 245, 278, 257, 280, 257, 226; total, 1643 (average, 273.8); rolled with wooden ball on the Columbia alleys, New York, 1904. Charles Schneider (three games), 287, 279, 268; total 834 (average, 277.9); Amphion alleys, Brooklyn, N. Y. Larry Sutton, Rochester, N. Y. (three games), 279, 257, 256; total, 792 (average, 264); State League tournament, Syracuse, N. Y., 1912. "Jimmy" Smith, New York (three games), total, 771 (average, 257); C. B. A. tournament, Hamilton, Canada, 1912. George Kaumpf, Buffalo, N. Y. (three games), total, 712 (average, 237.3); B. A. tournament, Rochester, N. Y., 1912. Mortimer Lindsay, New York (three games), total, 708 (average, 236.0); Metropolitan Championship, Grand Central alleys, Brooklyn, N. Y., 1911. Mortimer Lindsay, New York (nine games), total, 2523 (average, 280.3); N. B. A. tournament (all events), Patterson, N. J., 1912. Otto Kutzsch, Rochester, N. Y. (high single game), 235; N. B. A. tournament, Buffalo, N. Y., 1911. Fred B. Egelhoff (16 games), average, 230.25; Palace alleys, Brooklyn, N. Y., 1912. John Koster, New York, has the distinction of having made the perfect score (300) more times than any other bowler in the world, he having achieved the maximum score no less than 15 times.

COACHING SYSTEM HIT

PRINCETON FANS THINK SQUAD NOT FULLY DEVELOPED.

1913 Tiger Team, Potentially Strongest in Years, Fails to Make Showing Expected; Change Wanted.

NEW YORK, Dec. 20.—(Special.)—The Princeton coaching system in football has been the target for more than a little heated criticism since the closing of the gridiron season for the Tigers. For several seasons dissatisfaction has been expressed and the feeling is strong that the eleven has not been developed to its fullest strength. Criticism is not, and never has been, aimed at the coaches, for in every instance they have done all that lay in their power. It is declared that nothing can be more unreasonable than to put absolutely green men at Princeton and expect them to succeed. It is thought that no season is better proof of Princeton's need of such men than the one just closed.

It is to be noted that the Tigers had greater potential strength than the season just past, and yet they were beaten by Dartmouth and Harvard and outplayed by Yale. Dartmouth and Harvard's games are taken as the most glaring examples of this year's coaching failures. The Yale game was a particularly disappointing one, and has heightened the spirit of discontent with the present system. Nobody knows just where the responsibility lies, and that leads to the charge of the system at Princeton, and it is thought that the lack of leadership.

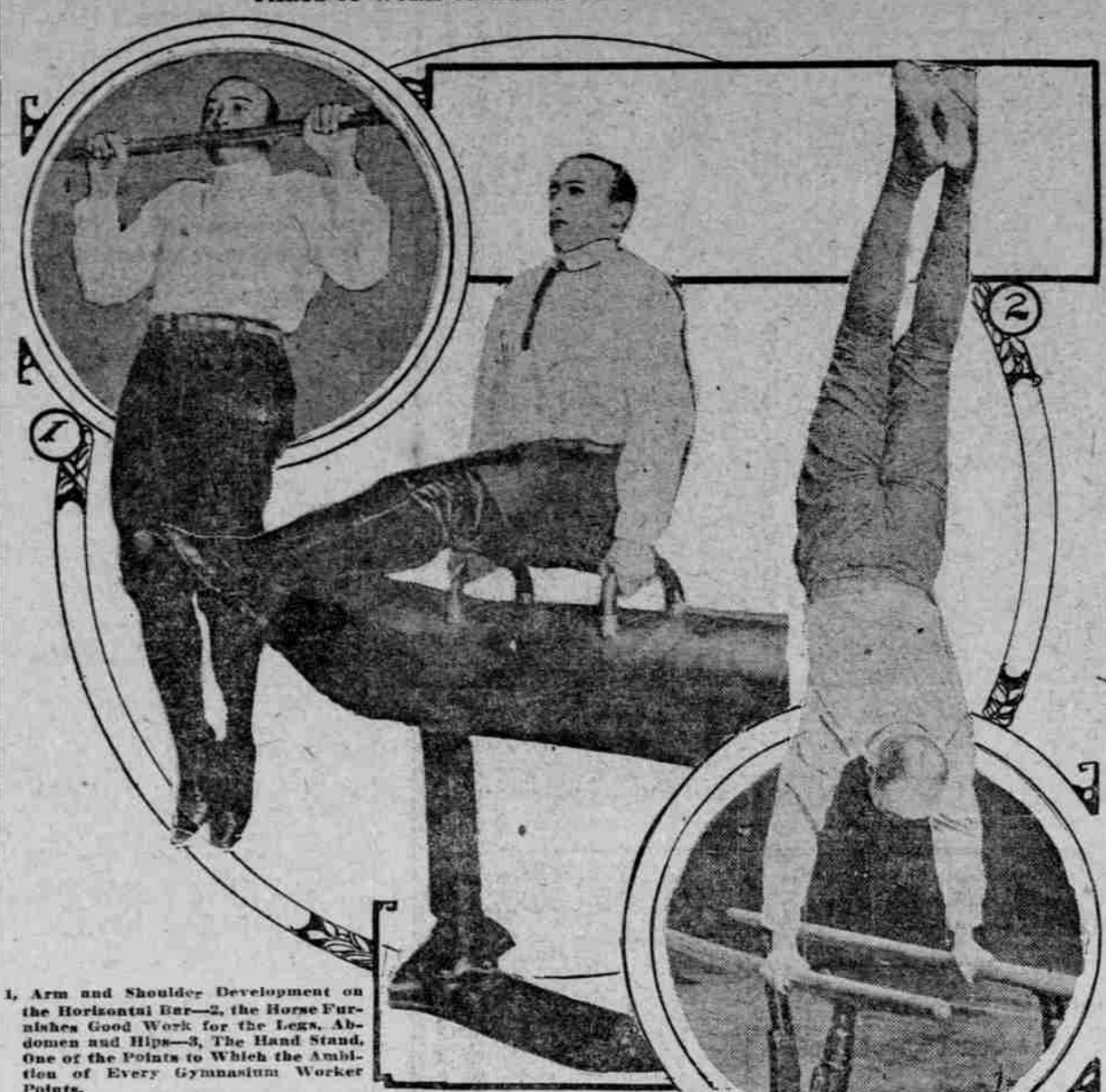
A Princeton man, who has been closely identified with athletics, said a few days ago: "The most urgent demand in football at Princeton is for an experienced head coach of commanding personality, who will take entire charge of the work of the season and shoulder the responsibility for the policy adopted for the team. A multitude of coaches, each ready to resign at the first opportunity, has done more than anything else to block the effectiveness of the graduate coaching system, and it is to avoid this that the undergraduates are demanding a change."

"The opinions of a woman who has played with the team he is coaching, and who has to look up more or less to a committee of five other graduates, few of whom agree, can scarcely be as impressive as those of a coach who has proved his judgment and is fit to work out a definite policy. Compromise amounts to a jumble and cannot bring out the best there is in a team. Authority rests with three men, and no one could be sure who had the final word."

Hungarian Pheasants to Be Tried.

KLAMATH FALLS, Or., Dec. 20.—(Special.)—Twenty-four pairs of Hungarian pheasants, recently received from Hungary, are sent to this county soon. They are about the size of the ordinary pheasant, but are believed to be harder and more capable of carrying for themselves than the Mongolian pheasant. Several shipments of the latter have been made into this section and they have been well cared for. The pheasants, but so far they have made little increase. The bob white quail does not seem well adapted to this section either, as they show little increase though protected by law.

J. LEE THOMPSON, PHYSICAL DIRECTOR MULTNOMAH CLUB, ILLUSTRATING SOME OF VALUABLE PARTS OF WORK ON HEAVY GYMNASIUM APPARATUS



L. Arm and Shoulder Development on the Horizontal Bar—2, the Horse Vaulting Good Work for the Legs, Abdomen and Hips—3, the Hand Stand, One of the Most to Which the Ambitions of Every Gymnasium Worker is Directed.

BOWLERS BUSY NOW

No Postponement Before Conference Is Plan.

HOLIDAYS' LET UP LIKELY

Class A Tournament, in Which 20 Teams Are Entered, Planned by Association on Saratoga Alleys This Week.

While the holidays will put a damper on most of the bowling leagues, the Commercial has decided to roll its regular games on Tuesday night to keep the time before the Northwestern Bowling conference from getting too well filled with postponements.

The Oregon Alley and Saratoga Alley house leagues will bowl their regular games. However, this does not mean that there will be nothing doing on the alleys for the festival week will be an extremely busy one.

On the Saratoga Alleys the association has arranged a two-men class A tournament in which 20 teams have been entered. The entrance fee is \$2 and the resultant sum has been divided \$10, \$5, \$5 and \$2. This will make a real nice little present to the winning team.

The games will be rolled on six alleys, one game on each and total pins will tell the score. The teams of two men have been made of a high bowler and a low bowler, so that the general average does not vary five pins. It was the aim of the schedule committee to have the average of the two read about 150.

Table listing bowling team members and scores for the Saratoga Alleys tournament.

Table listing bowling team members and scores for the Northwestern Magnates.

C. H. Ball and Al Myers played two series of four games each to settle their long-standing tie of one of the weekly series. However, they both won a set, and will have to settle their grievance at another meeting. Ball won his with a total of 869, and Myers took the first with 772.

Harry Meek is organizing a "south-paw" bowling team to represent the Saratoga alleys as a standing deft to all comers. Some of the members will be Deppo, of the Baker Shoe Company, Goldsmith, Gus Ahrens, Meek and Paul Kniesy.

Ojendyke looks like a winner in the most 200 score contests for December. He had nearly 50 of them yesterday, and was still going at last reports.

Fisher and Babcock are leading the Saratoga ragtime contest. Their best mark is 1247, which gives them some assurance of winning the event. Berthold and Goldsmith are second with 1223, and McMahon and Berthold third with 1221. One hundred and fifty teams have bowled in this contest to date, with three days more to go.

Ball rolled the high game of the week on the Saratoga alleys, spilling 253 in one of the games. Krause holds the high score for the month, 269. Ojendyke made 10 consecutive spares on Thursday night, winning the special prize for the first man able to roll the above.

The House League on the Oregon alleys is making a lot of smoke and causing good matches. The Friday night games brought out some good totals. The men, although classed as C Leaguers, are playing over their heads, but seem to have the ability to keep it up from week to week.

On Friday night the Olds, Wortman & King team defeated the Ballou & Wright five, two of three games. The Columbus Juniors took all three from the Portland Sign five, the second by a difference of one pin.

Table listing bowling team members and scores for the House League.

In the Oregon Alley Duckpin League the Blaney five defeated the Bailey team two of three games. The scores were: Blaney... 448 418 421 1283 Bailey... 433 457 404 1258

CLASS B ROW PENDS

Northwestern Magnates to Meet Here Tomorrow.

MORE DATES IS DEMAND

Portland and Tacoma Demand Opening Game at Seattle—McGinnity Thinks Tigers Should Play More Ball at Home.

Some lively skirmishing is expected at the annual meeting of the Northwestern League, which convenes in Portland tomorrow afternoon.

Fielder A. Jones, the man whose personality and baseball experience brought the Class B League out of a bad tangle a couple of years ago and gave it prestige all over the country, was elected to a three-year term in 1912, so the presidency will not be a moot topic.

But with all the delegates barking about more home dates, Portland and Tacoma both lined up for the opening date in Seattle, there likely will be enough excitement and talk to keep up former records.

"McGinnity is howling about a better deal at home," commented W. W. McCredie yesterday. "McGinnity had about 85 games at home last year and an equal number abroad. What is he kicking about? Tacoma split its series with Seattle, but it makes no difference in preference to shooting birds rather than giving it a flying chance."

In speaking of hunting conditions on the Columbia River where the ducks are this year becoming less numerous, Finley says:

"The joy of the hunt comes to the amateur and not to the professional. A certain amount of duck shooting along the Columbia River and a good number of duck hunters are not so much in the amateur class as they are in the professional class. We are too much interested in the killing and in the amount of game killed rather than the true spirit of sport."

FOUR TWIRLERS AT TOP

AMERICAN ASSOCIATION ISSUES ITS HONOR ROLL FOR 1912.

Fiene, McQuillan, Cutting and Clemens Make Good Records—"King" Cole Is "Iron Man" of League.

CHICAGO, Dec. 20.—Pitching honors so far as proportion of games won and lost determined them, went to Pine of Minneapolis. McQuillan of Columbus, Cutting of Milwaukee and Clemens of Louisville in the 1912 American Association season, according to figures announced today by President Chivington. Fiene is credited with seven victories and two defeats; McQuillan, with 12 victories and four defeats, and Cutting with 11 victories and three defeats, though he was on the slab in 23 games.

"King" Cole, who was drafted by the New York Americans, where he will play under Frank Chance, his captain when he was a cub, ranked among the "Iron men" of the league, pitching in 46 games for Columbus, with a record of 23 games won and 13 lost—His record gave him sixth place. Eayres, of Columbus, was fifth, with nine wins and four defeats.

Louisville and St. Paul went for team leading honors with 564 each, and Milwaukee's champions ranking third, with 569.

Clatskanie Defeats Astoria.

Harvard Honors Lewis H. Mills.

Lewis Hunt Mills, a Portland boy, has been appointed third marshal of the senior class at Harvard University. Young Mills is a member of the Institute of 1270, and made his "H" in varsity football in the game against Yale November 22.

REAL SPORTSMEN NOW BEING BRED

Game Commission Sees Far Less Trouble in Enforcing Laws of State.

CLUBS HELP IN WORK

William L. Finley Notes Hopeful Signs—Pump Guns Thought Menace to Best Interests and Unwritten Law Discussed.

The State of Oregon has witnessed a remarkable change in the class of sportsmen who take advantage of the game resources of its fields and forests, in the opinion of State Game Warden Finley. The Game Commission has had less trouble in enforcing the laws this year than before.

Part of this can be attributed to the organization of sportsmen's clubs in different cities of the state on the order of the Multnomah Anglers' Club, of Portland.

Through these an extensive educational campaign has done much good. At each meeting of these associations some of the prominent hunters and anglers talk of their experiences and occasionally officials of the state game protection departments explain the laws, their functions and how the enforcement will benefit the hunter.

Better Sportsmen Developed. In speaking of the condition, William L. Finley says: "One of the most hopeful signs in fish and game protection throughout Oregon is the fact even at the present time in some sections of the state, yet in the advance of civilization it becomes necessary to have game laws and to live up to these laws. The effective means of game protection is governed by the interest of the people and the spirit of those who hunt and fish."

"Many people wink at the tales of an angler when he continually boasts of the number of fish he catches and the size of the big ones that get away. They also look with suspicion upon the hunter who brags about the number of birds he shoots. The majority of people know that a true sportsman does not judge the success of his hunt by the size of his game bag, but by the number of certain things in the advance of civilization and in the rapid development of firearms that help to discourage good sportsmanship. The modern up-to-date gun has it over the old-style because it is a cheaper instrument with a far greater killing capacity. The substitution of the pump action for the single shot, the double-barreled shotgun encourages a great deal of carelessness among hunters. It takes a deal of training to make a real sportsman in the use of an automatic gun. It is like trying to make a useful American citizen out of a boy whose father has left him a fortune."

"The modern rapid-fire guns encourage hunters to take greater chances in killing and to be less careful in their shooting. A hunter who knows he has but one or two shots is more careful than he who knows he can fire from five to ten shots as rapidly as he can pull the trigger. A man with an automatic often shoots a deer and continues shooting until they are far out of reach. As a result a larger number of birds are wounded to get away and die in some fence corner. With high-powered rifles many a deer hunter takes absurd chances and many an animal is wounded, never to be found except by a predatory cat, cougar or wolf."

"Organizations of sportsmen should commend the use of the double-barreled shotgun for the single shot and automatic in wild fowl shooting. The smaller bore, close-shooting shotguns are also to be recommended. A true sportsman frowns on potting a bird rather than giving it a flying chance."

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"There is a great deal of overflow land along the Columbia River. There are many small and large ponds, roads and sloughs which are ideal feeding and resting places for ducks. As population increased and more people became interested in duck shooting, the owners of the land along the Columbia rented their lakes and ponds for shooting privileges. They have asked higher and higher rents each year until their prices have become unreasonably high.

"In addition to this, as the number of duck hunters increased and ducks became less in number, the baiting or feeding of lakes and ponds became a common practice. Hundreds of tons of wheat are fed to wild ducks along the Columbia River each season to decoy the birds to the shooting grounds.

"The high rents that are paid for shooting privileges and the large amount of wheat that is fed places a money value on many ducks of from \$2 to \$5 each. It is this excessive cost and these conditions that make many duck hunters feel that they have a right to kill a large number of birds each season. They have not a big amount of money. The sport, therefore, is reduced to a money basis. It is but natural that certain of these duck hunters are asking for the privilege of selling their ducks.

"For many years it has been a sort of an unwritten law with the best class of sportsmen along the Columbia to shoot but once a week. Certain hunters are overstepping this rule and shooting twice and three times a week. The Federal law for the protection of migratory birds lays down a rule that is fair for one and all—no shooting between sunset and sunrise. Yet there is a certain class of sportsmen who will withhold from potting birds before the legal time of shooting.

"We desire to call the attention of these sportsmen who are interested in duck shooting along the Columbia to the facts and conditions as they exist today. The time has come when it is better for these sportsmen to assert themselves and when the spirit of real sportsmanship must be shown."

SUTTON TO TRY AGAIN

WILLIE HOPPE TO BE TAKEN ON ONCE MORE FEBRUARY 3.

Coming Match Will Make Sixth Time To Have Met. Champion Being Consistent Title Winner.

NEW YORK, Dec. 20.—(Special.)—Willie Hoppe, the billiard champion, has inserted a bright spot in an otherwise dull and drab billiard season by accepting the challenge of George Sutton, the Chicago expert, for a match for the 18.2 title. The match will be played in New York on February 3, probably at the Hotel Astor.

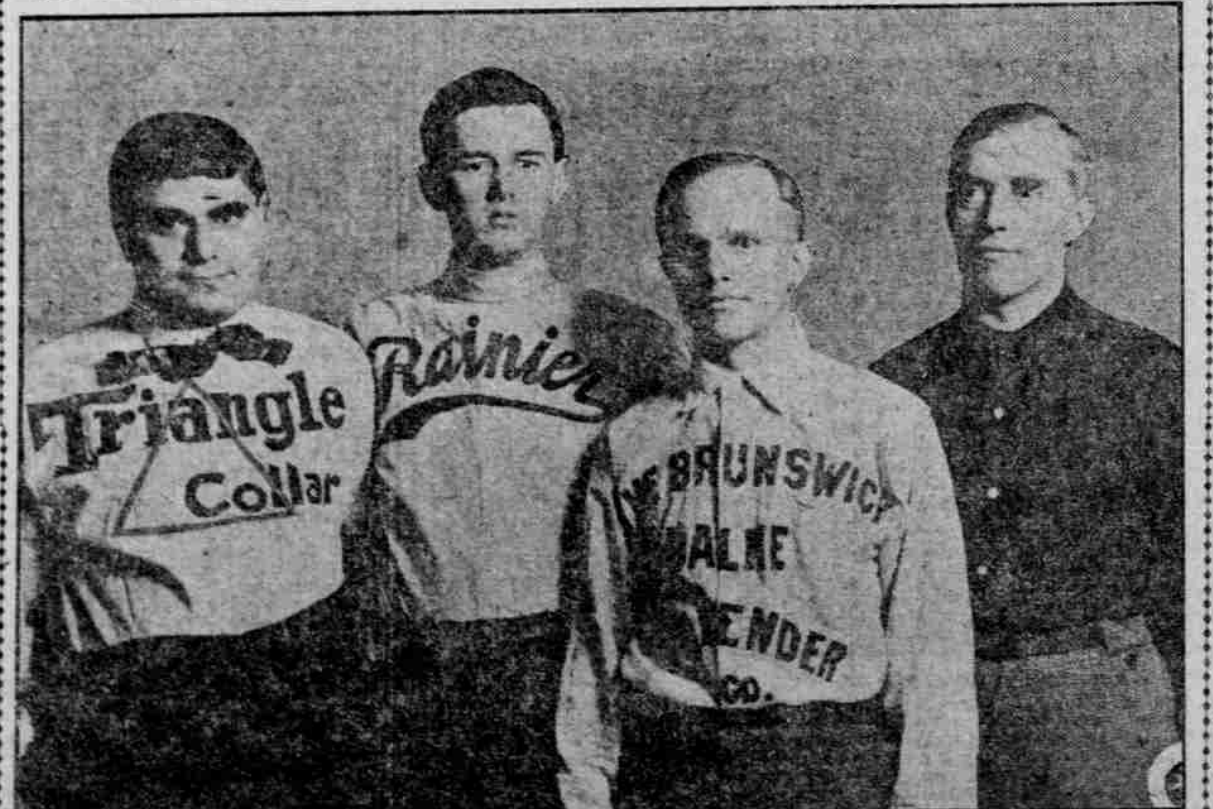
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There was a high run at any time. The modern up-to-date gun has it over the old-style because it is a cheaper instrument with a far greater killing capacity. The substitution of the pump action for the single shot, the double-barreled shotgun encourages a great deal of carelessness among hunters. It takes a deal of training to make a real sportsman in the use of an automatic gun. It is like trying to make a useful American citizen out of a boy whose father has left him a fortune."

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COMMERCIAL BOWLING LEAGUE BOWLERS, WHO ARE TERRORS TO THE ALLEY BOYS



LEFT TO RIGHT—G. SHAUB, TRIANGLE COLLAR CO.; S. BARTLE, RAINIER BREWERY; H. G. BAROF-SKY, BRUNSWICK-BALKE-COLLER COMPANY, AND CHARLES BERTHOLD, JOE GIDEONS.

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