

THE CITY THAT IS OFFICIALLY IN BASEBALL

Trenton's Novel Undertaking and Its Excellent Results

SO FAR as known, Trenton, N. J., is the only city in the world that is officially in baseball.

It maintains a municipal league for its boys who are between 10 and 18 years; it provides playing grounds, uniforms, balls, bats, gloves—in fact, complete outfits for the enthusiastic youngsters.

The Mayor, members of the City Council and almost every municipal official is actively interested in the movement to promote baseball among the boys. The whole movement, in fact, is official.

More than 2000 Trenton boys are enrolled in 200 clubs, playing a daily schedule of games on fields maintained for this purpose only. The entire expense is met by a liberal appropriation made by the City Council.

Beneficial effects became apparent early in the season. Boys who have usually spent their summers in the streets are better behaved; not one has been arrested for violation of ordinances; morals have been improved, and the youngsters are happier and healthier than ever before.

EARLY in the present season a wave of baseball enthusiasm swept over Trenton, resulting in the organization of scores of clubs among the boys. These clubs multiplied so rapidly that there were not enough public fields on which the games could be played.

Necessity for fields on which the boys might play without being molested by the police soon became so apparent that officials of the Y. M. C. A. brought the matter to the attention of Common Council. The lawmakers of the city responded with an appropriation, and the scheme of organization was at once begun.

The boys were organized into three age sections: The Midget League, composed of little fellows of from 10 to 14 years of age; the Intermediate League, made up of boys between 14 and 16 years, and the



Broad Street Sluggers, Midget League

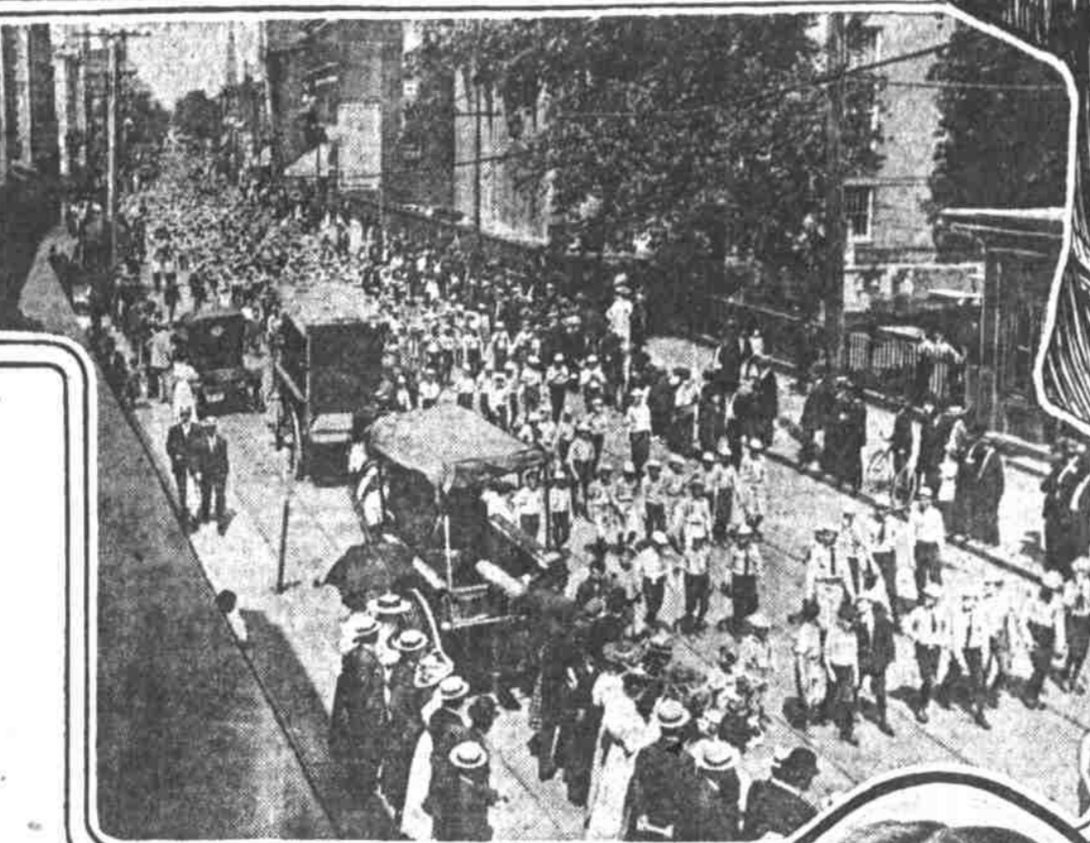
Junior League, with a membership of boys up to 18 years.

A canvass of the city by officials developed more than 100 clubs eligible to membership in the three sections, and before the organization was completed 200 clubs had applied for membership and had been accepted.

Each age division was then sub-divided into four or more sections, and at the head of each section was placed a member of Common Council as president of that league.

In addition to this, the city officials named a set of officers and a board of directors for the general association from among the most prominent men of the city, without regard to politics. The officers of the City Association of Baseball Leagues are: President, John E. Gill, president of the Trenton Republican Club; vice president, C. Harry Baker, county clerk of Mercer county; second vice president, R. A. Messier, one of the Democratic leaders; secretary, Kendrick T. Hill, assistant postmaster of Trenton; treasurer, Philip Freudenmayer, chairman of the finance committee of Common Council; board of directors, General C. E. Murray, E. W. Roebing, Jr., County Engineer; Frank J. Eppelle, State Road Commissioner; Frederick Gilkyson, Prosecutor of the Pleas for Mercer County; William J. Crossley, Police Commissioner; Harry Maddock, Playground Commissioner; E. C. Hill, Mayor; Walter Madden, Civil Service Commissioner; James F. Kerney, Park Commissioner; Francis B. Lee, Former Mayor; Frank S. Kattenbach, former Tax Receiver; E. F. Hooper, H. G. Stoddard, general manager of the Trenton Iron Company; Dr. Nathan Stern, Dr. William Wetzel, principal of Trenton High School, and Counselor Samuel G. Naar, a former councilman. Members of Common Council were assigned positions as league presidents as follows:

John D. Howell, president of Common Council, president of the Central Midget League; Dr. Charles Mitchell, member from the Third Ward, president South Trenton Midget League; Dr. Dunbar Hutchinson, Sixth Ward, president Chambersburg Midget League; Walter Fox, Second Ward, president Cadwalder Midget League; William McClain, Eighth Ward, president East Trenton Midget League; Edward F. Bullock, First Ward, president North Trenton Midget League; Joseph Logan, Sixth Ward, president South Trenton Intermediate League; John T. Murray, Eleventh Ward, president Chambersburg Intermediate League; Thomas F. Wright, Thirteenth Ward, president Cadwalder Intermediate League.

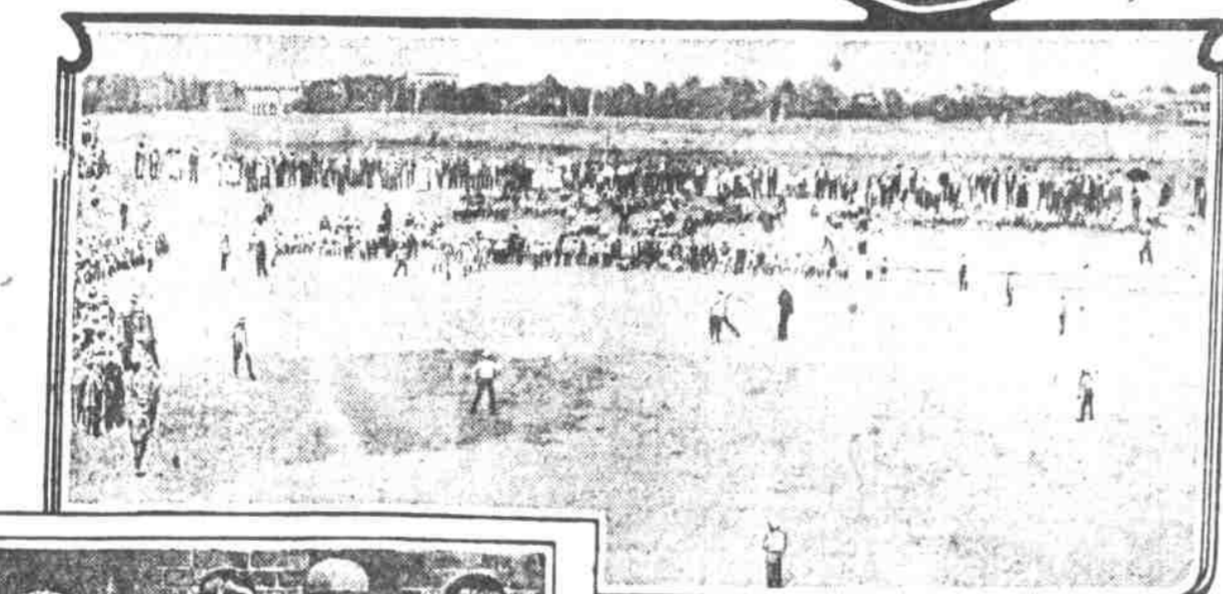


Parade of Boys' Clubs on Opening Day

Fred J. Endebrook, Twelfth Ward, president East Trenton Intermediate League; Charles Reichert, Fifth Ward, president East Trenton Junior League; Peter Backer, Fourth Ward, president South Trenton Junior League; Walter Fox, Fourteenth Ward, president Cadwalder Junior League; Dr. Charles G. Thatcher, Ninth Ward, president Chambersburg Junior League.

The councilmanic presidents of the fourteen leagues at once ordered 2000 uniforms for the boys, and engaged three playground experts to supervise the work of arranging the games and looking after the boys while they were playing.

From its inception the movement found favor in the eyes of Trentonians generally, and the day after it was formally announced that an appropriation had been made by Council to maintain baseball for the boys Governor Fort notified Mayor Madden that he



Midget League Beginning the Season

dressed by Mayor Madden and Playground Commissioners Irwin Marshall and E. C. Hill.

President Gill and Mayor Madden batted out fly balls for the two midget clubs before the game, and in the opening battle Mayor Madden acted as umpire, to the keen delight of the boys, who showed in a dozen little ways that they appreciated the honor of having the chief executive of the city make the decisions for them.

had instructed State Custodian John Weseman to lay out several diamonds on the State House property immediately in the rear of the Capitol buildings, and that these ball fields were to be handed over to the general committee to be used by the boys all summer.

Playground Commissioner E. C. Hill donated a large field belonging to him, on which he caused to be placed playing diamonds, clubhouses and a bath. This was also turned over to the baseball committee.

Playing fields were also given by the Bowman Pottery Company, the American Bridge Company, the Hamilton Rubber Company and the Trenton Oilcloth Company. The ball grounds in connection with the Trenton High School, State Normal School and State School for the Deaf and Dumb were also secured for the boys' games.

A large piece of land formerly used for a reservoir with diamonds, clubhouses and baths. The athletic committee of the Young Men's Christian Association turned over its handsome field for the cause, and the city turned a portion of its public park into ball grounds. In all, more than two dozen ball grounds were available in less than one week.

A NOTABLE OPENING DAY

In addition to furnishing uniforms and playing grounds for the boys, the city purchased bats, gloves, catching masks and balls, pitchers' equipment, etc., in fact.

The opening day of the league season was a memorable one in the history of the city. Not only a presidential parade of the dedication exercises of the famous Trenton battle monument attracted the thousands of the mass of humanity in front of the City Hall hundreds of private citizens fell in back of the boys and marched out to the new children's stadium, where the first game of the league was played by the two smallest clubs in the Midget League.

At the stadium there was a flag-raising, with addresses by Mayor Madden and Playground Commissioners Irwin Marshall and E. C. Hill.



John E. Gill, President of the Boys' League

Since the opening day an average of twenty games have been played every day, and on Saturdays there have been as many as forty-five contests.

The smallest boys have their games scheduled in the morning and in the early afternoons, while those boys who work during the day play what are known as "twilight games," beginning about 5.30 and finishing about 7 o'clock.

The boys almost live in their baseball uniforms, for when they are not playing a regularly scheduled game they are out on the fields practicing. In fact, the boys in Trenton are now so busy with their baseball leagues that it is a rare sight to see a crowd of little fellows loitering on the street corners or in front of saloons, as has been the case always in former years.

The city officials have secured a staff of more than 100 umpires, made up of ministers, doctors, lawyers and business men, who are so enthusiastic over the scheme that they give liberally of their time every day. Mayor Madden is one of the most popular umpires, and Prosecutor Crossley is another umpire who can go through game after game without any kick coming from the boys.

The success of the experiment has already prompted the city to make the scheme a permanent one. Trenton public playgrounds from all parts of the country are arriving in Trenton every day to watch the progress of the movement, and already arrangements are being made in other cities to follow the plan.

Criminologists who have investigated have given an opinion to the effect that the Trenton plan for promoting baseball for the boys will result in a decrease in the number of boys sent annually to the reform school, and will also be the means of making better citizens.

Eight Minutes Exercise for the Busy Man's Health



A system of exercise which lasts eight minutes has been prepared by Dr. McKenzie. This is arranged for the busy man, and combines movements which give the greatest possible results. The aim of them is to stretch the muscles and expand the lungs, give the heart vigorous work and massage the organs of the abdomen. The exercises should be gradually increased as follows: Take a position at first standing, with the arms at the sides, feet together, the abdomen in and the chest out. Move the arms forward, with the palms down, stretch them upward, rise on tiptoe, as high as possible, and inhale. Keep arms straight as you lower them, with palms back, slowly exhale and lower the heels. Repeat ten times. The second exercise is taken lying on the back, with hands raised on the hips. The movements consist in raising the thighs alternately, with the knees bent until they touch the abdomen. Each time clasp the hands about the leg and press against the abdomen, then relax. Repeat this movement ten times. Now take a position standing, with the hands behind the head. Bend sideways to the right, then to the left, then backward, circling five times each way. Be sure to keep the feet together and the knees straight. Bend down as far on every side as possible, repeating each exercise ten times. For the fourth exercise stand with the legs thirty inches apart, with the arms falling at the sides. Raise your arms above your head, then bend forward and touch the floor with both hands, rising slowly and bringing the hands to their original position. This, as well as the other movements, should be repeated ten times. Next hold the arms forward, moving them out and up, running for twenty steps, at the rate of fifteen steps in five seconds. Repeat this movement ten times. The final exercise consists in raising the arms sideways, stretching and inhaling deeply. Then bend forward and rise, exhaling while you lower the arms sideways. When through rub your body hard with a Turkish towel immersed in cold water. "How soon will you experience benefits from this exercise?" the noted doctor was asked. "Not with any exceptional results, to be sure, but there will be an improvement in the circulation, which will improve, and both circulation and respiration will improve." Such an exercise will reduce weight slowly, of course, but it will reduce it. It will improve mental work and stimulate the functioning of the organs. It is most beneficial in the morning, invariably in the morning. If you have more time, which will prove of value, you may repeat the exercise. One, which would rank as second if introduced in order, requires one to stand with the feet of the back and fingers interlocked with palms facing backward. Straighten the arms, turning the palms in, then down and then up, keeping the fingers interlocked. Now roll the shoulders and arms into supination, extend your neck, maintain the position a moment and then reverse slowly to the original position. Repeat this ten times. The fifth exercise would be to stand with the hands clasped behind the back. Force the head and shoulders back strongly, then relax, letting the shoulders come forward, repeating this ten times. After the fifth position in the eight-minute schedule stand with the hands clasped across the abdomen, inhale while pressing the abdomen, and exhale relaxing. Next sit on a stool or the side of your bed, your hands on your hips. Roll to the right, then backward, and to the left and up to the starting position, repeating ten times. These additional exercises, with the others, will require twenty minutes. These are possibly the most vigorous and at the same time constitute a sufficiently brief course of exercise. Innumerable persons, whose work causes them to be weary, suffering from nervousness, loss of energy, depression, and so on, can find no reason why they should not try them.

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