

THE  
ATHLETE'S GUIDE

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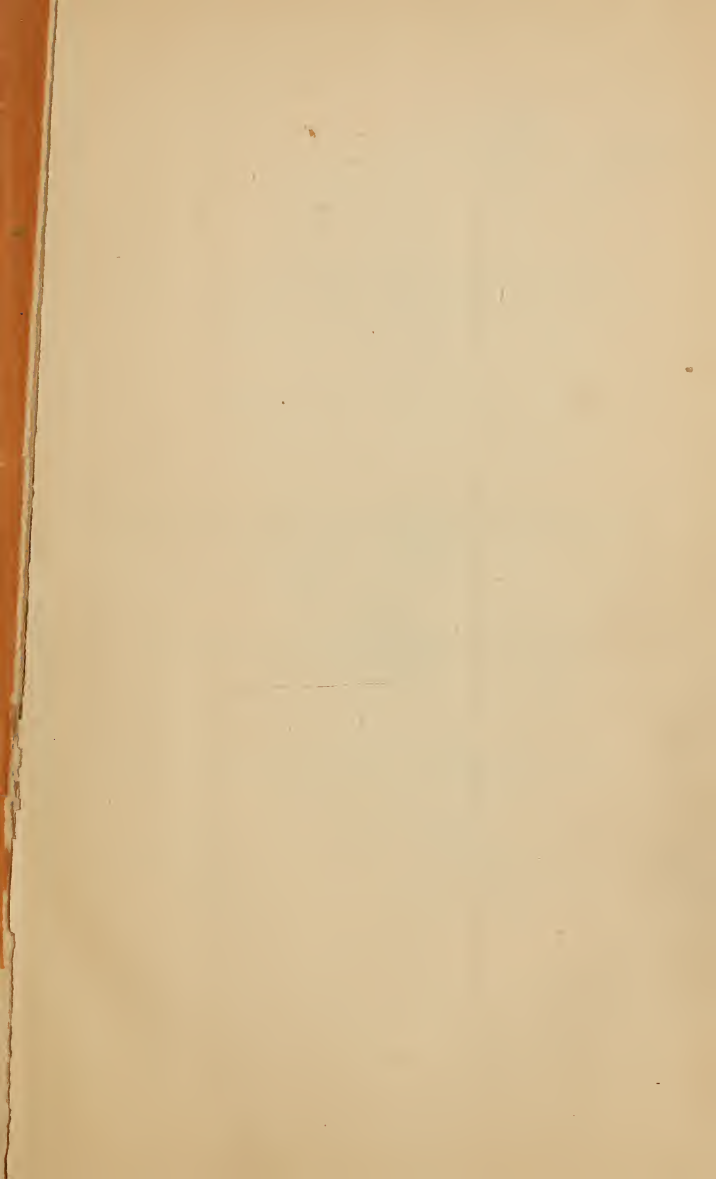
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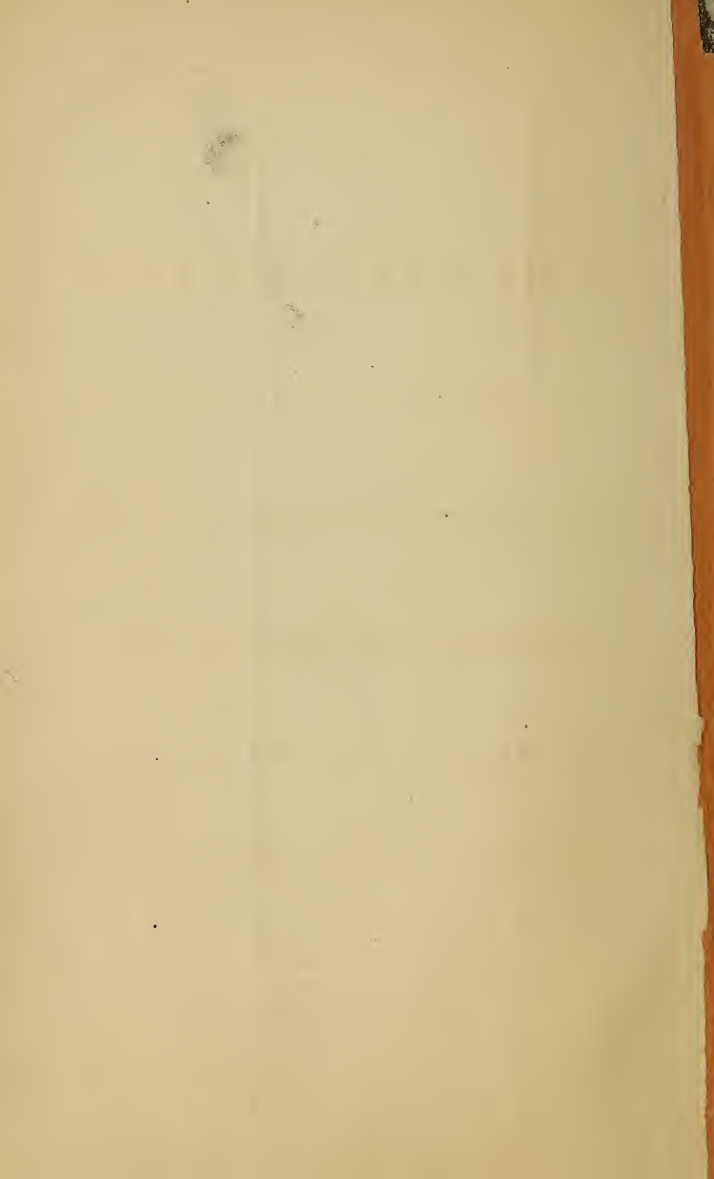
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THE  
ATHLETE'S GUIDE.  
A  
HAND-BOOK  
ON  
WALKING, RUNNING AND ROWING.

GIVING A RECORD OF  
ALL THE PRINCIPAL EVENTS SINCE 1773,  
AND  
FULL INSTRUCTIONS FOR TRAINING.

BY  
W. E. HARDING, EX-CHAMPION RUNNER.

NEW YORK:  
DICK & FITZGERALD, PUBLISHERS,  
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## INTRODUCTORY.

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It is the intention of the author, who has been a professional pedestrian for some years, and during a portion of that time holding the position of "Champion of America," in the following pages to introduce to the public a neat and compact book, that can be carried in the pocket, on Gymnastic Exercises; showing the beneficial action that results therefrom to the body and mind alike.

Also to treat of the necessary mode of training that must be undertaken to fit any person to perform any feats of endurance.

He, however, intends to draw attention more particularly to the study of the training and dieting required to be observed by any aspirant for honors to be obtained in pedestrian performances, either walking or running; as also in rowing.

A record is also added of the performances of celebrities who figured in walking, running, and rowing, &c., from the year 1773 up to the present date, giving the distances of, and time made in each race, and the names of the contestants, &c.

These records are an important adjunct to this work, and will be, doubtless, of great service to those who take an interest in such events. The author has devoted much time and particular attention to their compilation, and guarantees their perfect reliability.

Such records as these cannot fail to be of immense service. He was induced to undertake the labor necessary to their production, at the instigation of numerous friends, who stated it to be their opinion that such a work was much needed.

# THE ATHLETE'S GUIDE.

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## ON GYMNASTICS.

---

Gymnastic exercises have lately attained considerable popularity, not only in America, but in all parts of the world, and it is an admitted fact that they tend to improve both the moral and physical powers.

To those who are of a weakly and lymphatic nature, the benefit of gymnastic exercises can scarcely be over-estimated in their healthful results, as by their means the muscular portions of the body are stimulated, and the circulation of the blood brought to a healthy action, thereby increasing the action of the organs of digestion, and the power of the brain.

To those who are already possessed of a healthy and vigorous physical constitution they afford a means of keeping that constitution in perfect order, and of increasing the powers of the frame and mind, while, at the same time, they are a means of amusement and recreation for idle hours much to be preferred to that obtained in passing one's

spare time in the company of convivial friends, when, as is so often the case, one is induced to imbibe freely of those noxious compounds dealt out under the title of "wines" and "spirits," but whose component parts are of such a nature as to exercise the most deleterious effect upon the vital powers of even the strongest, and which have, alas, in too many cases, brought their followers to an untimely grave, or made prematurely old men of those who otherwise would be in the prime of their strength and manhood.

To those engaged in sedentary pursuits, the importance of bracing the muscles and nerves by some kind of regular exercise, such as Gymnastics, is beyond dispute; if those so engaged were even to walk to and from their place of business, instead of riding in a crowded car, inhaling the foulest of odors emitted from the breath and clothes of the steaming passengers, they would in a very brief period find their general health considerably improved.

Gymnastics may be said to be a series of regular and systematic exercises adapted to bring into play, and consequently to improve the strength and activity of the various muscles in the human frame; imparting a knowledge of the use of each, and teaching the pupil the means of employing and developing his natural powers to the very best

advantage. That the proficiency attained in gymnastic exercises has been most beneficial in some cases is undeniable; as, by aid of that proficiency which was gained by indulgence in such exercises for amusement alone, many young men, as well as some of maturer years who had undergone a system of gymnastic training in their youth, have been enabled to save their lives at critical moments. This has been frequently illustrated, and will doubtless have been noticed by many of the readers of this work.

Such exercises deserve, without doubt, to be patronized more than they are at the present day, and should be incorporated in the system of every public and private school throughout the land.

The ancients, particularly the free States of Greece, were fully alive to the importance of attending to this particular branch of the education of their youth; having frequently to defend their liberties and property by the force of arms, either against the encroachments of kindred States, or the ambition of powerful foreign foes who desired to invade their country. They therefore considered it highly important to inure their young men to hardy, and even violent exercises, so that, in the hour of danger, their minds might not be daunted, or their bodies sink under the fatigues of war.

It has been said, perhaps justly, that the young

men of the present day have physically considerably deteriorated; preferring to spend their time in the enjoyment of enervating and luxurious pleasure, rather than to follow a course of healthful and manly exercises, which would not only give them greater vigor, but fit them for the natural position that all are called upon to fill at some period of their lives, viz.: that of husband, and, possibly, father of a family.

If the youth of the present generation would but lead frugal and temperate lives, and at the same time endeavor to improve their physical health by all means within their reach, it might be expected, as a natural consequence, that their sons would in their day be possessed of constitutions which would enable them to not only enter upon their business avocations with determination and zeal, but would also enable them to compete with the youth of other nations in all manly sports.

The system which unfortunately now prevails is due to the inertness of the parents and teachers under whose care our children are being brought up; and to it and to them must be attributed the sickly and wasted appearance observable in so many of the young men of the present day.



## THE GYMNASTIC GROUND.



The following mentioned paraphernalia are necessary in fitting up a Gymnastic Ground :

Horizontal Bar; Parallel Bars; Vaulting Horse; Leaping Stand; Climbing Stand; Ladders of Rope; plain Swinging Rope; Ropes and Rings; Wood Spring-Board; Pulleys, Cords and Weights, adjustable to imitate the actions gone through as a top and bottom sawyer, and in rowing; set of Dumb Bells, and a set of Indian Clubs.

The best time for practicing Gymnastics is early in the morning, but they may also be engaged in before dinner in the afternoon, when the stomach is not laden with food. Violent exertion of any kind should *never* be indulged in immediately after a hearty meal.

The learner should proceed gradually from the easier to the more difficult exercises, by slow degrees, and, if possible, under the eye and instruction of an experienced teacher. Care should be taken at all times never to overtax the strength, as by so doing injury may be the result, instead of benefit.

Where there are a number of boys, they should be divided into classes according to their strength.

The pupils should, when exercising, wear a pair of flannel pants, flannel shirt or Guernsey, and canvas shoes, and as soon as their exercises are completed they should strip and rub themselves dry with a rough towel, and immediately resume their ordinary apparel, which should be sufficiently warm to keep them from catching cold.

In all exercises attention should be paid to place the body in such a position that none of its parts are exposed to injury; for example, the tongue should never be suffered to remain between the teeth, and care should also be taken to carry nothing in the pockets of the exercising dress, as by so doing some serious accident might result.

The left hand and arm being commonly weaker than the right, should be the more frequently exercised by lifting and carrying of weights, and by supporting the body by suspension, until it becomes as strong as the other. The use of dumb bells and Indian clubs is very advantageous, but the pupil should be careful not to use those of too great weight. Dumb bells of from 4 to 7 pounds are of more use in developing the muscles than those of heavier weights. Clubs of from 6 to 9 pounds are also sufficient for all ordinary purposes. The pupil should, however, at each lesson, begin with both bells and clubs of the smallest size, and progress to those of heavier calibre towards the conclusion of the lesson.

On commencing any exercises the pupil should not begin with the most violent, but with the more gentle, and leave off in the same gradual manner. Sudden transitions are always dangerous. Never let bodily exertion or the attempt to harden the frame be carried to excess, but let the object be to strengthen the feeble body, and not to exhaust and render it languid. All exercises should be conducted slowly, and without any jerking action.

Although walking, running, dancing, balancing, vaulting, riding, jumping, wrestling, swimming, rowing, and all other muscular exercises, may be included in the term "Gymnastics," the common course adopted includes only walking, running, jumping, vaulting, and climbing.

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## WALKING AND RUNNING.

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Men for walking, running, and all athletic sports, should be selected for their health, strength, and activity. Proficiency in walking and running will come by practice. It is not to be supposed that every man can become an accomplished walker or runner, but I believe that all can learn something worth acquiring.

The selection being made, the next thing is to

look at the previous habits of the men. These habits should not be changed suddenly; I refer to such habits as smoking, chewing, drinking, diet, etc., etc. Those who have been accustomed to indulge in these pernicious habits to an inordinate extent should wean themselves gradually from their use before beginning to train, and discontinue them entirely ten days after commencing training.

The importance of fresh air in the sleeping apartment is acknowledged, but not fully appreciated or acted on. Care should therefore be taken to see that the bed-chamber is well ventilated, but not draughty. Let any man sleep in a close and ill-ventilated room, and in the morning he will wake flushed and feverish, and very often with a headache.

Every man, to be a walker or runner, should have strong and healthy lungs. Unless he has these he should never undertake any violent exercises, as he must necessarily fail.

In walking, the arms should move freely by the side, the head be kept well up, the stomach in, the shoulders back, the feet parallel with the ground, and the body resting neither on the toe nor heel, but on the ball of the foot. On starting, the pupil should raise one foot, keep the knee and instep straight, and the toe bent downwards. When one

foot reaches the ground the other should follow, and so on until the pupil is able to walk gracefully and firmly. The stride should be from the *hips*. The best walkers of the day scarcely bend their knees. This is the best of exercises, and excels all others.

In running, the legs should not be raised too high; the arms should be nearly still, so that no unnecessary opposition be given to the air by useless motions. Running in a circle is excellent exercise, but the direction should be reversed occasionally, so that both sides may be equally worked. The arms should be carried about level with the chest, but clear of the body, and the hands be kept closed, with something in them, such as a cork cut 4 inches long and about the thickness of an ordinary walking cane.

Pupils should make frequent use of the spring-board, and pay particular attention to begin running on the toes and afterwards on the ball of the foot, keeping the heel clear of the ground. By constant daily practice, the pupil, who, at commencing, could run less than one mile, will be enabled to cover ten miles with ease.

The shoes used in running should be made of the best calf-skin, and have five spikes at the bottom; three placed at the outer, and two on the inner side of the sole, and each one projecting a quarter of an

inch. The three should start from the small toe, and the two from the large toe, equally spaced to suit the party for whom they are intended.

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## PHYSICAL TRAINING.

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The subject of training is one that has long occupied the careful attention and consideration of some of the most learned men of the country, and innumerable methods of physical training have been adopted in the colleges and other institutions where our youth are reared.

Walking, running, rowing, billiards, and other health-promoting recreations have been tried, and have been undoubtedly productive of a very great amount of practical good in developing their latent physical energies.

It is pleasing to notice that, under the endorsement of some of the most talented and eminent physicians, gymnastic exercises have now become exceedingly popular. In one of the Western States there is an academy in which a system of physical training has been tested for the past two years, and with decidedly beneficial results. The pupils number over one hundred, and are allowed to use all their leisure hours, if they so desire, in indulging in all kinds of games and athletic sports.

The exercise of walking and running is efficacious in driving disease from the human system ; this has been proved beyond peradventure, and, like many others, has the effect of materially assisting the student in the work of culturing the mind, which is greatly aided by the healthful operations of the functions and organs of the body.

The plan formerly adopted in colleges, public schools, and by private tutors, was to keep the brain continually at work by a severe course of study, and to allow the body to remain perfectly inactive. Under the system now coming into use, the exercise of both mind and body are equally looked after ; thus the healthful influence of the one is brought to bear on the other.

By judicious pedal and muscular exertion, the motions gone through reach every part of the frame, and they completely dispel languor and inactivity. The tension of the muscles is trebled, and the blood, flowing sluggishly in remote and undisturbed portions of the body, is urged and quickened in its circulation by the relaxing and contracting of the muscles ; the brain is stimulated into new activity by the lively bounding current within, and thus is more apt to absorb whatever is presented to it ; while at the same time the memory is considerably improved and strengthened.

ON TRAINING FOR WALKING AND RUNNING.  

---

The following remarks and instructions with regard to the necessary training required for engaging in a walking match, or running race, will be of service to both amateurs and professionals. The latter have generally their own rules for preparing themselves for a contest, but still they may gain some knowledge by reading the following instructions.

We will suppose that you have been matched for some contest to happen in two or three weeks; it will, therefore, be necessary to commence work at once. The first thing is to take a mild purgative, consisting of a blue pill at night, and a draught of salts and senna in the morning, adding to it a little essence of Jamaica ginger, to prevent griping.

You must rise at 5 A. M., and at once get into a shower-bath, or, if that is not at hand, a sponge-bath can be taken instead, after which, rub the body well with a rough bath towel or a flesh-brush until the friction creates a glow. Then dress yourself in flannels and take a wine-glass of *good* sherry, with a fresh egg beaten up in it. Put on



a pair of walking shoes with thick soles and a half pound of sheet lead in each. The uppers should be made of soft calf-skin (these shoes may be afterwards changed for lighter ones as the condition becomes fine), and start out for an hour's walk at the rate of four miles an hour, which rate of speed must be increased daily as you get stronger. If the weather does not permit of outdoor walking you can practice on a spring-board or use a skipping rope.

On returning from the walk, or after using the spring-board or skipping rope, the body should be rubbed dry with a rough towel.

Breakfast should then be taken, consisting of a *lean* beefsteak, stale bread or toast (butter or greasy matter of any kind should never be allowed), and half a pint of tea, not too strong, with the smallest possible quantity of milk in it. The beefsteak may be supplanted by a mutton-chop, or two hard-boiled eggs, by way of variety. All food should be eaten slowly, and be well masticated before it is allowed to pass into the stomach.

After breakfast look over the morning papers for an hour, so as to give time for the digestive organs to do their part. The work of reducing the superfluous flesh, or sweating, as it is technically called, must now begin. This is done by putting on several thicknesses of flannel over those

parts that are loaded with fat. The neck should be encased in a close woolen shawl, or comforter, and, when thus clothed, take a walk of about five miles the first day, and increase the distance daily, until within two days of the race; but you must be careful not to reduce yourself so much as to cause weakness. Flannel should *always* be worn next to the skin, as it absorbs the perspiration and prevents chill.

On returning to the dressing-room after the sweating, the wet flannels should be immediately thrown off, and a shower or sponge-bath be taken, and the body should afterwards be well rubbed with a coarse towel, as previously recommended. Fresh flannels should then be put on. (This system is practiced by the leading athletes of the day.) The bath invigorates the body and stops all feeling of lassitude and fatigue.

After dressing, it is advisable to keep moving about until the pores of the skin are closed and the body is perfectly cooled down to its natural temperature. In a few days the system will have become accustomed to the extra call upon its powers, and you will be enabled to increase both the pace and distance of the morning sweating exercise without feeling any fatigue whatever.

Dinner should be partaken of between one and two o'clock P. M. It should consist of a piece of

roast-beef or mutton, about twelve ounces in weight, very lean, and not *too much* cooked, with three boiled potatoes, and a small portion of other vegetables, such as carrots, or string-beans, etc., if you be costive. No vegetables must be eaten, on any account, within a day or so of the match or race. The bread at all meals must be either stale or toasted. Some trainers allow ale to be taken at dinner, but in my opinion tea is much better.

After dinner a rest of at least sixty minutes should be allowed; then take a run or walk, according to what you are training for. One fact should be remembered, and that is, you will not require as much reducing if you are going to run or walk a long race, as you would in the case of a short one.

If you are to walk or run a race of ten miles you should, in your training, cover that distance one day, and five miles the following day, and so on until the day before the event takes place, when almost perfect rest should be indulged in. If you are training for a short race, the distance should be covered *as often as possible*.

On returning from the afternoon exercise, the rubbing down process should be again gone through, but without the bath, and the clothes be changed as before. Bear in mind never to loiter or stand about after exercising, and, above all, never lay down on the ground.

Starting should be practiced, as much depends upon getting well away when the signal is given. Many a pedestrian has lost a race from not attending to this particular point in his training.

Supper should be had at 6 o'clock, and should consist of either a lean mutton-chop, or a broiled chicken or fowl, according to fancy, with *stale* bread or toast, and a pint of good tea without much milk.

If, by accident, you should take cold, instead of eating meat for supper, take a basin of oat-meal gruel with five ounces of grocers' currants boiled in it, and some dry toast. The gruel is easing to the chest, and the currants act gently on the bowels, but if very costive take a dose of castor-oil.

On going to bed at 9 o'clock the feet should be washed in alcohol, and goose-grease be well rubbed into the joints. This must be repeated in the morning on rising.

The bed-chamber should be airy, and no one but the trainer should be allowed to sleep in the same room, as more breaths are unwholesome. Particular care should be taken to see that there are no draughts in the room, or you might otherwise catch cold. You should also not be overloaded with covering, as restlessness, and consequently sleeplessness, will result in many cases.

On the day of the contest you should not over-

tax yourself, but only take a light walk before breakfast, which should consist of a mutton chop, dry toast, and a little tea. Less drink should be taken on this day than previously, if possible. About two hours before the race, a *light* meal is necessary, and after it has digested a rest of one hour in bed is proper, as near where the contest is to take place as practicable, and while your friends are selecting judge, ground, referee, &c., you must keep as quiet and free from excitement as possible.

When the preliminaries and all other arrangements are perfected, you may rise and let your friends give your muscles a brisk rubbing; then rinse out your mouth with a little good sherry, and afterwards with pure cold water. If it is to be a long race, a little toast and sherry, taken a short time before the start, will be a considerable assistance.

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### SHOWING THE IMPORTANCE OF ABSTAINING FROM INTOXICATING DRINKS.

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It is most important that a pedestrian or athlete should, when training, abstain from *intoxicating beverage*.

Man has been supplied by nature with an organization of stomach capable of assimilating, and

thereby digesting, every substance of the vegetable and animal kingdoms, not actually poisonous; but this valuable gift is made less serviceable, and sometimes perfectly impotent, from a want of knowledge how to prepare them properly as food, how to eat them when rightly prepared, and from an undue use of stimulating alcoholic compounds.

These who live fast and dissolute lives, and drink, without regard to consequences, all kinds of poisonous liquors, are sure to fill early graves. The use of malt liquors is considered by some trainers to be of benefit, and nutritious to the system, but I consider it a perfect fallacy. A person of good digestion, who satisfies the requirements of his stomach with a five-cent loaf of bread and a glass of water, does more to promote the formation of muscular fibre in his body, by this simple diet resolving itself into twenty times the amount of farina and saccharine matter (the basis of malt), than ten cents' worth of beer could yield, and this, too, with the immediate certainty of its being converted into animal tissue.

Temperance in all things is essential to good health, and especially to an athlete, or any one that aims at walking a fast race, or clipping an opponent in a rowing match.

A practical example, and one that is worthy of imitation, is offered by the hardy chamois hunters

of the Alps. They rigidly abstain from the use of intoxicating drinks. Their lives are often dependent upon a quick eye, calm mind, steady hand, strong muscles, and a sure foot, and none of these requisites could be obtained, or depended upon, were they to give way to intemperate habits. How much the more should our athletes adopt the same system, when the fact is taken into consideration that here they have not the same degree of cold, or the same vicissitudes of life to encounter.

Tom Sayers, the champion of England, could never have fought and won so many battles, had he not been prepared for his contest on actual total abstinence principles. A gentleman once said to this renowned hero of the prize ring, "Well, Tom, now that you are in training, of course you must take a deal of nourishment, such as beefsteaks, ale, stout, etc., etc.," to which Sayers answered, "I'll tell you what it is, sir, I'm no teetotaller, and in my time have drunk a good deal more than is good for me, but when I've any 'business' to do, there's nothing like walking, water, and the dumbbells."

Not only are intoxicating liquors injurious to pupils in training, but the use of tobacco is equally so in all its forms. Drink is unquestionably needed, but Providence has supplied our wants in that

respect by furnishing us with "honest water, too pure to be a sinner."

Dr. Hunter has furnished the following table, which shows the amount of alcohol contained in the various liquors mentioned:

Lagerbeer has from  $2\frac{1}{2}$  to  $3\frac{1}{2}$  per cent.

Strong beer is variable, but has a larger per cent. than lager.

Porter has from 4 to 7 per cent.

Taylor's ale has 5 to 10 per cent.

Cider from 4 to 10 per cent.

Pale ale contains 5 to 9 per cent.

Ale, or common beer, contains  $6\frac{1}{2}$  per cent.

Port wine has 23 per cent.

Gin has 51.60 per cent.

Brandy has 53.39 per cent.

Rum has 53.68 per cent.

Whiskey has 53.90 per cent.

It will thus be seen that the above enumerated liquors are injurious in either a greater or lesser degree, and their use should, therefore, be avoided. Sherry wine, as stated before, may be excepted.



ILLUSTRATIVE OF THE BENEFITS OF  
TRAINING.

Without training, no man can run or walk a mile or two in quick time. If he should attempt to do so he is nearly sure to injure his health and constitution. Some ambitious amateurs try to run a race without training, and consequently fail. They lay the fault to the distance not being suited to them; the fault, however, is not to be attributed to that reason, but to the fact that they have undergone no preparation to fit them for the contest.

If they had taken regular exercise day after day, they would be able to run a mile inside of five minutes, and would gradually become faster if they continued to practice and train.

As an example of what training will enable a man to do in covering short and long distances in quick time, the following record of celebrated pedestrians, from the year 1773 up to the present date, will show:

Among the earliest of these celebrated men, were Foster Powell, a Yorkshireman; Captain Barclay, of Rye; and Daniel Crisp, of Norfolk, England.

Foster Powell, who was a lawyer's clerk, under-

took, in the year 1773, to walk 394 miles inside of 6 days, for a wager of £100. He won, and had 5 hours and 40 minutes to spare. In November, 1778, he tried to run 2 miles in 10 minutes, but failed by 30 seconds. In the beginning of 1787 he walked 112 miles in 23 hours and 50 minutes; and in July of the same year he wagered 100 guineas that he would walk 100 miles in 22 hours. He accomplished the task with 8 minutes to spare. In August, 1790, he accepted a wager of 20 guineas to 13 that he would walk from London to York and return to London in 5 days and 18 hours. He won, having 1 hour and 50 minutes to spare. In June, 1791, he was matched to walk from Shoreditch, London, to York and back in 5 days and 15 hours. He was again the winner, with 1 hour and 25 minutes to spare.

Captain Barclay (Allardice), of Rye, was born in August, 1779. After studying at Richmond, England, he completed his education at Cambridge University. For physical endurance few men have been so celebrated. His muscular strength, when only twenty years of age, was so great that he lifted 1176 pounds, and at a later period threw a half hundred weight, with a straight arm, a distance of *eight yards*. From his youth upward his love for gymnastic exercises was marked. His plain style of living and constant exercise caused him to be

nearly always in first-class condition. In 1801 he matched himself for 2,000 guineas to walk 90 miles in  $21\frac{1}{2}$  hours; but, as we have already said, without training difficult running or walking feats cannot be successful; so it was with Barclay—he failed through insufficient training, and, becoming sick, gave up the task. After he recovered he went into regular training for some time, and then again attempted the feat for a wager of 5,000 guineas. He being now in good condition, won, and had 1 hour, 7 minutes and 56 seconds to spare. In 1803 he ran 440 yards with J. Ward, and won in 56 seconds. In 1804 he beat an officer of the 48th Regiment, and also John Ireland, a noted swift runner. The latter and Barclay were matched to run 1 mile for 500 guineas. Barclay was the winner in 4 minutes and 50 seconds. On the 12th of October, 1807, he made a 24 hour's match against Abraham Wood, for 200 guineas, Barclay to be allowed 20 miles at starting. It was decided at Newmarket Heath. A measured and roped mile was used by both men, who were to go as far as they could in the time specified, either running or walking. Wood made 8 miles the first hour; 7 each in the second and third;  $6\frac{1}{2}$  in the fourth; 6 in the fifth; and  $5\frac{1}{2}$  in the sixth—total 40 miles. Barclay went exactly six miles an hour during the same time, thus reaching 36 miles. Wood here gave up the contest and

retired; but Barclay went 4 miles further and won the stakes and bets. It afterwards transpired that when Wood had completed 22 miles, some liquid containing laudanum was administered to him, and the bets at Tattersall's were in consequence declared off. Barclay's next match was for a wager of 1,000 guineas, in which he bound himself to go on foot, one mile in each hour, for 1,000 consecutive hours. This feat was performed at Newmarket Heath; the course being half a mile out, and the same distance back to Buckle's house. Lamps were used to light the way during the night. After training for some weeks at Owston, in Yorkshire, under M. Smith, an old sportsman, and his son, Barclay started on his task at 12 o'clock, on the night of June 1st, 1809. He walked without the least apparent exertion, scarcely raising his feet from the ground. On dry days a water cart went over the track and sprinkled it to keep it cool, and prevent hardness. He changed his apparel with the weather, which, however, on the whole, favored him, as it was in the rainy season. As time passed he suffered in his right leg from a spasmodic affection, and a few days before the finish every mile occupied 20 minutes. His appetite continued good throughout, and betting, after his limbs had recovered their wonted strength, went from 2 to 1 on him, to 10 to 1. The crowd became

so great a day or two before the finish that it was found necessary to rope the ground, and several pugilists, who had been supported by Barclay in their engagements, assisted to keep off the roughs. At 4 P. M., July 12th, this great and wonderful undertaking was completed after walking a mile every hour for 6 weeks minus 8 hours. At the 995th mile the Earl of Jersey offered £100 to £1 on Barclay, with no takers. The last mile was completed in 15 minutes. Barclay won, it was estimated, at least £20,000. Professor Sandiver, an eminent surgeon, who had watched the proceedings throughout, gave it as his opinion that Barclay could have continued walking at the same place and time for quite two weeks longer. No one else has ever accomplished this feat up to the present day, although many have attempted it and failed, and several claim to have done it.

Daniel Crisp, in 1802, walked a mile in 7 minutes and 50 seconds on the City Road, London, England. In 1817 he walked on the Uxbridge Road, England, 1,134 miles in 21 consecutive days, being 54 miles daily, and finished the task with one hour and twenty minutes to spare, in the presence of 10,000 spectators. In 1818, on the same road, he completed 1,037 miles in 17 days, equal to 61 miles daily. The river Thames overflowed its banks during this undertaking, and Crisp had to wade through a

quarter of a mile five times. Later in the same year he walked 72 miles every day for 6 consecutive days on the Andover road, and won his wager by 26 minutes.

Robert Fuller, in 1838, walked 60 miles against Townsend, on Sudbury Common, England, defeating him and walking the distance in 11 hours, 36 minutes. His opponent fell out at 35 miles. In November, 1843, he was beaten by Bradshaw, a youth of eighteen, who covered 25 miles in the then first-class time of 3 hours and 59 minutes.

Those who are next entitled to notice are John Townsend, "the Veteran"; Robert Fuller; Mountjoy; Charles Westhall; W. Spooner, of Swindon, England; James Miles, of Brixton; George Topley; George Dawson; J. Howes, and James Redfern.

Mountjoy is principally known for his "road-side" performances, which were never zealously watched by competent time-keepers; but there can be no doubt of his claim to be classed among the best men of his day, as several of his races have proved. In February, 1843, at Ealing, England, he walked 20 miles in 3 hours, 36 minutes, 10 seconds. He is also famous for walking 60 or 70 miles per diem for several successive days.

Charles Westhall, the greatest of all pedestrians, was born in London, March 6th, 1823. He was in-

tended for the medical profession, but, while studying at St. George's Hospital, London, England, he was taken with a fever for athletic sports and training. When quite a youth he won 19 boat races in succession, but, meeting with a reverse, he said: "If I cannot be amateur champion of the Thames, I will be champion at another sport." In 1848 he undertook, at the instance of the Marquis of Waterford, to walk 20 miles in 3 hours. Lord Caledon had, about six weeks prior to this match, bet the Marquis of Waterford £200 to £100 that no person could fairly cover the distance in the time specified. The race came off at Harlington Corner. The Hon. C. Maynard was referee; Captain Archdale, M. P., umpire for Lord Waterford, and the Hon. Robert Lawley, then a Captain in the Second Life Guards, acting in the same capacity for Lord Caledon. Westhall, at this time 25 years old, weighed 133 pounds, and was the model of an athlete; his height being 5 feet, 9½ inches. He started full of confidence in his powers, and completed 7 miles in 58 minutes, 16 seconds; 14 miles in 2 hours, 1 minute and 31 seconds; and finally won by 2 minutes, 30 seconds.

In February, 1858, Westhall achieved the exploit which has rendered his name famous wherever pedestrian feats are appreciated, viz.: the walking of 21 miles in 3 hours. This was looked

upon at that time as an impossibility, and therefore he attempted it on the London and Cambridge Road, at Newmarket. The day set down for the event proved very windy; a cart with a screen affixed was therefore driven by his side. He covered 7 miles in 56 minutes; 14 miles in 1 hour, 55 minutes, 50 seconds, and won his wager by 59 seconds. This time has been beaten by Davison. Another marvelous "time event" was performed by Barclay in the previous year (1857) at Slough, England, when he walked  $7\frac{1}{2}$  miles in 58 minutes, 25 seconds.

James Miles tried to walk 21 miles in 3 hours in 1862, but failed to finish within the required time, although he made the distance in 3 hours and 10 minutes. He walked on another occasion 5 miles in 39 minutes, 15 seconds.

George Topley is also on record for accomplishing some great feats. He walked 8 miles in 59 minutes, 39 seconds; 9 miles in 1 hour, 12 minutes, and 48 seconds, and 15 miles in 2 hours, 3 minutes, 10 seconds. In December, 1865, he is said to have walked 21 miles in 3 hours. It was dusk long before he finished, and there were several appeals to the judges about his unfair way of walking, or rather running. However, it is not on record.

James Redfern is accredited with walking 50 miles in 9 hours, 34 minutes, 3 seconds.

W. Boyd is credited with having walked the fast-



est mile on record, viz.: in 6 minutes, 42 seconds; which feat has, up to the present day, never been beaten.

James Stockwell, who was also a great pedestrian, walked 2 miles in 14 minutes, 33 seconds; and 3 miles in 22 minutes, 13 seconds.

James Adams, who now resides in this country, has made the fastest 4 mile walking time, viz.: in 30 minutes, 34 seconds. He accomplished this feat in England.

Thomas Maxwell, better known as the "North Star," ran 20 miles at Longford, in 1845, taking £14 to £20 that he would perform the distance in 2 hours. He got half way in 55 minutes, 31 seconds, and won eventually by 17 seconds, making the whole distance in 1 hour, 59 minutes, 43 seconds. In 1846 he was again matched to accomplish the same feat for £300, and he won in 1 hour, 58 minutes, 30 seconds.

Wm. Howitt, better known as "the American Deer," undertook in 1852 to run 20 miles. He completed 11 miles in 40 seconds under an hour, and 15 miles in 1 hour, 22 minutes, but, unluckily, became so lame that he had to stop. Howitt also ran 5 miles in 24 minutes, 36 seconds, which was the fastest time on record until Jan. 26th, 1867, when the same distance was accomplished, at Albany, New York, in 23 minutes, 59 seconds, by the author.

Wm. Richards, in 1864, ran 15 miles in 1 hour, 26 minutes, 40 seconds.

Coupled with early records of the principal races under a dozen miles, we find the names of Blumsell, the "painter;" Rayner; old John Brown, of Kirby; old Moorside, the "cobbler;" Abraham Wood; Beteridge, and a score of others. The standard as to time, up to this date, had hitherto been 10 miles an hour; 4 miles in  $21\frac{1}{2}$  minutes; 2 miles in 10 minutes and 10 seconds; 1 in 5 minutes; half a mile in 2 minutes and 7 seconds; and 440 yards in one minute. Men able to beat any of the above named times were difficult to find, although in odd cases they were sometimes found, as we shall presently show.

In 1818, Blumsell and Rayner ran 10 miles for 200 guineas, the former winning easily in 58 minutes and 56 seconds.

Old John Brown, some years later, ran 8 miles in 41 minutes and 50 seconds, when he beat Moorside, the "cobbler."

Abraham Wood, who, up to 1830, was considered the fleetest runner that ever lived, once covered 10 miles in 55 minutes. He also ran 20 miles in 2 hours and 15 minutes; and 40 miles in 4 hours and  $56\frac{1}{2}$  minutes, at Newmarket. He ran half a mile on another occasion in 2 minutes and 6 seconds, at Pontefract. Other extraordinary feats are at-

tributed to him, but no reliable record is to be found of them.

Beteridge ran 10 miles in 55 minutes and 4 seconds, and afterwards tried to cover an extra mile within the hour, but killed himself in the attempt.

During 1844 several large prizes were offered to be run for in this country, and two of England's best runners came across the Atlantic to compete for them. One of these men, John Barlow, alias Sallack, of Cochney Moor (who is now a pilot on the East River), won the first prize, \$700, by 32 seconds. Steprock, an Indian, came in second; Greenhaigh, the other Englishman, third, and the celebrated Gildersleeve, fourth. The winner's time was, for 10 miles, 54 minutes and 21 seconds—the fastest on record up to that date.

Since then, viz., in 1845, William Howitt, better known as "the American Deer," and William Shepherd were matched to run one hour, on the Hatfield Turnpike road, near Barnet, England. Shepherd gave up after running 10 miles, but Jackson accomplished in the given time 11 miles, 40 yards, 2 feet and 4 inches. In 1852 this feat was eclipsed by the same runner.

In 1856 James Pudney ran 10 miles at Oxford, England, in 57 minutes and 20 seconds.

In 1863 Tom Lang, of Manchester, England, and Lou. Bennet, of this city, met at Brompton, Eng-

land, in a 12 mile handicap. Lang won by a yard, in 1 hour, 2 minutes and  $2\frac{1}{2}$  seconds.

Deerfoot, during the same year, ran  $11\frac{1}{2}$  miles in 59 minutes and 54 seconds, for a stake of £200, and also 11 miles and 790 yards in an hour race at Hampton Wick, against Teddy Mills, of Bethnal Green.

In a contest for the champion's cup, between Bill Lang and John White, in 1863, they ran 3 miles in 14 minutes and 36 seconds; 4 miles in 19 minutes and 36 seconds; 5 miles in 24 minutes and 45 seconds; 6 miles in 29 minutes and 50 seconds; and 7 miles in 34 minutes, after which Lang resigned. This was the best time then made at those distances, though Mills, in the same year, covered 6 miles in 30 minutes and 9 seconds.

There have been many close competitions at two miles. The following are some of the principal:

In 1860 White made the distance in 9 minutes and 30 seconds; and again in 1861 in 9 minutes and 20 seconds.

In 1862 Brighton covered the same ground in 9 minutes and 36 seconds. In 1863 Lang did it in 9 minutes and 11 seconds; 1864, Mills, in 9 minutes and 37 seconds.

At the Union Race Course, L. I., W. E. Harding made 2 miles, in a race with Ike Rooney, in 8 minutes and  $39\frac{1}{2}$  seconds, according to the judges. It was, however, not credited.

the first and only time that the feat had been walked on a turnpike road.

W. Spooner, of Turnham Green, next essayed to accomplish the task at the Copenhagen grounds, Manchester, on March 8th, 1858, the backer of time laying £50 to £40. The Lancastrians, however, were not to be gulled by his style; they made him keep somewhat down, and Master Billy failed ignominiously, as he only covered  $17\frac{3}{4}$  miles in 2 hours, 34 minutes.

The fourth trial was made by James Miles, of Brixton, at Garratt Lane, on Aug. 11, 1862, for £50 a side, but at little more than 16 miles he left off, his time for that distance being 2 hours, 20 minutes, 33 seconds. He moved for a new trial, and the case was decided before a full court at Garratt Lane, on September 29, 1862, when the verdict was again adverse to him, as he occupied 10 seconds more than the allotted time.

On December 26, 1865, G. Topley, for a bet of £30 to £20, endeavored to fulfill the conditions, but as the most important part of the match was decided in the dark, perhaps the least that is said about this affair the better.

Davison attempted it once before, at the West London grounds, July, 1868. It was the hottest day of the year, but he kept on until nearly 16 miles had been finished in 2 hours, 14 minutes, 20

seconds. Davison was born on the 2d of September, 1844, stands 5 feet,  $9\frac{1}{2}$  inches, and scaled 141 pounds—about 3 pounds heavier than in his match with Brown on the previous Monday. He made his first appearance as a walker about five years ago, when he defeated J. Criss, of Bethnal Green, who gave him 100 yards' start in 2 miles for £5 a side, at these grounds; beat Brewster 2 miles for £5 a side, at Bow grounds; beat Howes 7 miles, £10 a side, at Hackney Wick; beat Beagen, who had 1 minute start in 7 miles, for £50; walked  $7\frac{1}{4}$  miles in 1 hour, for £50; beat Howes, who had 2 minutes in 7 miles, for £10 a side; beat Kempster, who had 1 minute start in 7 miles, for £50; beat James Miles, who gave 1 minute start in 7 miles, for £50; walked a dead heat in an 8 mile walk with James Miles, of Brixton; and eventually beat him for the same stake, and subsequently beat Mills in an 8 mile walk for £50, and a 12 mile match for £100; beat Stockwell 10 miles for £100, at Brompton, on Oct. 5th, 1867; beat George Topley, who gave 1 minute start in 14 miles, for £50, the following month; failed to walk 21 miles in 3 hours for £100, at Brompton, on July, 20th, 1868; walked a drawn match with Topley, and lastly beat R. Brown, of Regent's Park, who had 1 minute start in an 8 mile walk, for £50, on Monday, Nov. 29th. He has also been very successful in a number of walking handicaps.

The weather was bitterly cold and damp, accompanied by a slight north-easterly wind, notwithstanding which offers of 6 to 4 on Davison met with no response. For this event he had trained himself at these grounds, and looked fit to walk for a kingdom. It had been arranged that the start should take place at one o'clock, but Master George, having, in his anxiety to get to the scratch in time, forgot to take a meal before leaving home, was constrained to hastily swallow a chop and a glass of ale. This delayed the start until 27 minutes past one, when Mr. Jenn, who officiated as time-keeper and referee, gave the signal, and Davison commenced his arduous task, having for his attendant Jem Gregory, who never left him throughout the match. Although Davison appeared to be taking it easily, he walked the first lap (260 yards) in exactly 60 seconds, and, continuing in the same fair and upright style, completed the first mile in 7 minutes, 22 seconds (142 circuits of the course and 40 yards to complete the distance). Seven miles were walked in 54 minutes, 10 seconds, and when 1 hour had elapsed he had traversed 7 miles, 1,380 yards. Half the distance was accomplished in 1 hour, 21 minutes, 33 seconds, and at 14 miles and a lap, finding he had plenty of time in hand, he partook of some tea and toast. Fifteen miles were fairly walked in *two*

*minutes and nineteen seconds* under 2 hours, a feat hitherto deemed impossible. As the time measurer denoted two hours, Davison had walked 15 miles and 508 yards. His exertions now began to tell perceptibly, and at the 117th lap he stopped for a few seconds to have some more refreshment, after which he went on with renewed vigor, but in a few laps the pace at which he had been going again told its tale, and his stride was much shorter, despite which 2 to 1 was freely offered on the pedestrian. Old Chronos, however, seemed to have no friends, and, although in difficulties, Davison had so much in hand that no person could—unless he completely broke down—expect him to fail. He persevered gamely, and, cheered by the shouts of his friends, eventually won by *six minutes, twenty-six seconds*. Appended is a table of the time occupied in walking each mile:—

1 mile.....	7 m. 22 s.	0 h. 7 m. 22 s.
2 miles.....	7 m. 39 s.	0 h. 15 m. 1 s.
3 miles.....	7 m. 55 s.	0 h. 22 m. 56 s.
4 miles.....	7 m. 51 s.	0 h. 30 m. 50 s.
5 miles.....	7 m. 50 s.	0 h. 38 m. 40 s.
6 miles.....	7 m. 55 s.	0 h. 46 m. 35 s.
7 miles.....	7 m. 35 s.	0 h. 54 m. 10 s.
8 miles.....	7 m. 38 s.	1 h. 1 m. 48 s.
9 miles.....	7 m. 53 s.	1 h. 9 m. 41 s.
10 miles.....	7 m. 52 s.	1 h. 17 m. 33 s.
10½ miles.....		1 h. 21 m. 33 s.
11 miles.....	7 m. 57 s.	1 h. 25 m. 30 s.
12 miles.....	7 m. 56 s.	1 h. 33 m. 26 s.
13 miles.....	8 m. 1 s.	1 h. 41 m. 27 s.
14 miles.....	8 m. 0 s.	1 h. 49 m. 27 s.



15 miles.....	8 m. 14 s.	1 h. 57 m. 41 s.
16 miles.....	8 m. 20 s.	2 h. 6 m. 1 s.
17 miles.....	8 m. 35 s.	2 h. 14 m. 36 s.
18 miles.....	9 m. 4 s.	2 h. 23 m. 40 s.
19 miles.....	9 m. 22 s.	2 h. 33 m. 2 s.
20 miles.....	9 m. 46 s.	2 h. 42 m. 48 s.
21 miles.....	10 m. 46 s.	2 h. 53 m. 34 s.

The deduction to be drawn from the above facts is that speed, rather than endurance, has received attention for several years past, although several have endeavored to accomplish long feats of endurance in America; but, as the performances were doubtful, they have not been placed on record.

The great time matches in England, prior to 1858, took place on Turnpike roads, but police interference checked them, and now they are of very rare occurrence. Probably this is one of the principal causes of their decay, for the love of athletics, on both sides of the Atlantic, is far greater now than ever, and pedestrians must blame themselves alone for lack of patronage. There have also, of late years, been so many "crones" and swindles that the public, much enduring and credulous, will not be put upon any longer. They have seen for themselves; and, besides, the sporting press has made its voice heard times innumerable. In my opinion, if Captain Barclay could reappear to-morrow in full vigor, he would have a greater number of supporters, and be even more idolized than of yore. His feats are read of with

avidity by the young men of America, as well as by those of England, whose love for all that is manly, self-reliant, and enduring, appears to be greater than ever.

Besides, physical training, foot racing, and walking, and all its belongings, are far better understood now than formerly, and pedestrians have found out that they cannot accomplish anything without living abstemiously, hard training, and plenty of exercise. They have also learned that "time" is now the great criterion; that a second and 10 yards are equivalent in a sprint; that 7 or 8 yards during a quarter of a mile race must be done in every second, and 5 or 6 yards a second in a mile race. Walking varies greatly, but a mile under 8 minutes is really very fair work; even to proceed at this rate,  $3\frac{1}{2}$  yards must be covered every second; while men who set themselves up for champions must cover 4 yards in a second.

In the sketch that I have given of the most noted pedestrians, it will be seen that none of these men could have traveled the distances that they did if they had not prepared themselves for their races by physical training. The reader can also see the benefit that is derived from long walks, plenty of water, and coarse towels, and limited diet; and that those who are trained pedestrians can make faster time than those who are not.

By following the directions recommended in the early pages of this work any young man may attain to activity and have good health, and will not become old before his time. Too much exercise must also be avoided ; both amateurs and professionals are cautioned against it.

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## ON TRAINING FOR BOAT RACING.

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Too much care cannot be taken in selecting men for race-rowing ; they should neither be too young nor too old. If young, they should be carefully watched and drilled, holding, as the first principle, the future health and strength of the body. A man should never be selected for his proficiency, nor from willingness alone ; for many a young man possesses these qualities, who has not the physical power of development or endurance.

Exertion should in no case be of such a nature, or continued to such an extent, as to become exhaustive, or to exceed the powers of recruitment furnished by diet and rest ; nor should anything be done to cause bodily fatigue just before rowing.

A man who goes into training should have perfect control over himself. The want of this power is the common and special defect, not only of weak

minds, but very often of the strongest natures ; it is seldom perfectly attained, but a close approximation to it may be arrived at.

It is hard to overcome bad habits that have been indulged in for some length of time ; yet it is absolutely necessary, to make a good rowing man, that these habits should be entirely overcome, if not forgotten. Restraint is difficult with most men, but still it is of the last importance to a man in training, and if exercised will be of lasting benefit.

On commencing training for rowing a race, the same attention should be paid to the necessity of having a large and airy sleeping apartment, as recommended in the chapter on walking ; as also the bath on rising from the bed. The bath, as there stated, should always be *cold*, and not warm. It is a mistake to think that the body should be allowed to cool down before the bath is taken. Nothing closes the pores but the shrinking of the skin, and to do this by standing in the cold, you defeat the object for which the bath is taken.

Training causes the speedy removal of all waste and the hastening forward of fresh material for its replacement, and in doing this it attains three distinct results : 1. It increases the size of the voluntary muscles employed. 2. It increases the functional capacity of the involuntary muscles. 3. And by far the greatest, it promotes the health

and strength of the whole body by increasing respiration and quickening the general circulation.

A man should never row who is suffering from a severe cold, or inflammation of the chest or throat, or who has the slightest sign of palpitation of the heart.

It is necessary, in most cases, for a man to take a little medicine on commencing to train, especially if the system has been excited or weakened by injudicious living. The medicine mentioned in the instructions for walking and running will generally suffice, but those who are at all in doubt should consult some good physician as to the best method to be adopted.

On going into work, begin with moderation; as, by overtaxing your powers at the outset, evil instead of good will be the result. The object of training is to *gradually* inure the body to severe demands upon its strength and lasting qualities. This can only be accomplished by a slight increase of physical exertion from day to day, until the condition becomes such that you can undertake your allotted task without fear of injury. Of this you must be your own judge. Men who are accustomed to gymnastic, or more or less violent exercise, as well as those whose occupation helps to develop the majority of the muscles, may increase their labors much faster than those whose life is of

a sedentary character; the latter should be cautious at the beginning.

Men who have been accustomed to the use of stimulants, such as liquor, tobacco, coffee, &c., should gradually wean themselves from their use, some time before beginning to train. Inveterate smokers had better be allowed to smoke a *little* after dinner or supper, than be continually hankering after it (but this little smoke must be given up within at least two weeks of the race). With drinkers of stimulating beverages, a similar course may be tolerated in the early days of the training, weakening the dose from day to day, and reducing it to pure water in ten days, for ordinary cases. No spices should be used, and salt in as minute quantities as the taste will allow.

A relish must always be felt for food, else it had better not be partaken of. Eat slowly, and masticate your food thoroughly. As little drink as possible should be taken while eating. Above all, avoid drinking much cold water at any time, but more especially when heated by exercise. Rinsing the mouth, and swallowing small quantities, will be found more efficacious in quenching the thirst than taking copious draughts.

Do not sleep in the day time, but retire early and rise early. About eight hours' sleep is enough for any one, and as soon as you are awake take

your bath, and afterwards rub the body perfectly dry with a rough towel. Use flannel for your clothing, and when taking exercise which will cause you to perspire freely, be sure and have a change, and a good set of towels ready to rub dry with.

As soon as you have cooled off after your bath, you should proceed to the place where your boat is housed, and take it to the river or water where you are to exercise. Then fetch your sculls or oars, as the case may be, and seat yourself. Next examine your stretcher board or boards, and rowlocks, thouls, &c., as well as the buttons on your sculls, if the sculls are so furnished. Then take a spin for about half an hour; return and rub yourself dry, and after a stroll of a few minutes, to prevent cold, breakfast should be had, consisting of beefsteak, mutton-chops, or boiled eggs, with stale bread, or toast, and half a pint of good tea in which no green tea has been put. After breakfast lounge around for an hour or so, and about eleven o'clock take a glass of sherry with an egg beaten up in it, after which take a turn at the clubs or dumb-bells for an hour, and then another rest. Dinner should be had at 1 o'clock, and may be composed of a boiled rabbit, roast chicken, roast beef or mutton, or, in fact, any kind of meat except veal or pork—neither of which must be eaten on

any account, or any food of a greasy or fatty nature—a few potatoes, and a little *cooked* fruit, and boiled rice to finish up on, if the pupil likes it. Rest after dinner for at least an hour, then get into your boat and take a good sharp row for about three quarters of an hour, and on returning to the training quarters strip and take a cold bath, and rub the body perfectly dry with a rough towel, and put on a dry suit of flannels, and take particular care to keep the throat and neck well covered; for this purpose a silk or woolen handkerchief should be worn. After the body has become cool, stroll around until supper time, which should be taken about 6 o'clock, and consist of either a beefsteak or mutton-chops, stale bread, and a pint of tea with a little milk in it; a few watercresses or lettuce may be added. After supper stroll about for an hour, and then amuse yourself by reading until bed-time, 9 o'clock.

The walking, the running, the Indian clubs, and the dumb-bell exercises are taken to strengthen every available part and to assist the rowing powers so that the man as well as the rower may be cultivated. No sound man need be afraid to exert himself for fear of "taking out" of him; all that he loses in that way will be replaced tenfold by the very process of extraction.



Sameness in exercise will undoubtedly give precision and dexterity; but variety is essential to vigor and power. I mean by this, that the man training for a boat race requires the exercises named previously.

To eat or drink beyond the requirements of the natural appetite, is at all times a great error, for every particle so taken becomes an incumbrance and a loss. The digestive organs will not convert more food into blood than is needed to supply the actual wants of the body. All men know, or should know, that intemperance and self-indulgence are incompatible with health, strength and activity, and that early hours in retiring to bed and rising in the morning, hair mattresses and spare bed-clothes, with a free use of cold water, are the means that men must adopt who are looking for physical perfection.

TABLES OF FAST TIME.  
RUNNING.

DISTANCE.		NAME.	COUNTRY.	TIME.		
Miles.	Yards.			hrs.	min.	sec.
	75	W. Bingham,	America,			7
	75	H. C. Crandell,	"			7
	100	G. Seward,	England,			9 $\frac{1}{4}$
	100	E. D. Davis,	America,			9 $\frac{1}{2}$
	125	J. W. Cozard,	"			12 $\frac{1}{2}$
	150	Geo. Seward,	England,			14 $\frac{1}{2}$
	200	C. Westhall,	"			19 $\frac{1}{2}$
	200	G. Seward,	"			19 $\frac{1}{2}$
	300	Frank Hewitt,	"			33 $\frac{3}{4}$
	300	Frank Hewitt,	America, at Adsel's			33 $\frac{3}{4}$
	300	George Harris,	Australia,			33 $\frac{3}{4}$
	440	H. A. Reed,	England,			48 $\frac{1}{2}$
	440	Kelley Davis,	America,			49 $\frac{1}{2}$
	600	H. Whitehead,	England,		1	16
	880	J. Nuttall,	"		1	55 $\frac{3}{4}$
	880	F. Hewitt,	Australia,		1	53 $\frac{3}{4}$
1	down hill	B. Lang,	England,		4	02
1	level	B. Lang,	"		4	17 $\frac{1}{2}$
1	"	B. Richards,	"		4	17
1	"	W. E. Harding,	America,		4	19 $\frac{1}{2}$
1	880	W. J. Fleet,	England,		6	50
2		Bill Lang,	"		9	11
2		W. E. Harding,	America,		9	09
3		W. E. Harding,	"		14	19
4		J. White,	England,		20	01 $\frac{1}{2}$
5		W. E. Harding,	America,		23	27
5		W. Howitt,	England,		24	36
5		W. E. Harding,	Canada,		24	45
6		W. Howitt,	England,		29	30
10		W. Lang,	"		51	26
11		James Pudney,	"		57	30
11	880	DeKelso,	Canada,		59	58
11	790	Deerfoot,	England,		59	45
12		W. Lang,	"	1	02	02 $\frac{1}{2}$
20		J. Maxfield,	"	1	58	18
40		A. Wood,	"	4	56	30

WALKING.

DISTANCE.		NAME.	COUNTRY.	TIME.		
Miles.	Yds.			hrs.	min.	sec.
	880	C. Westhall,	England,		3	18
1		W. Boyd,	"		6	42
2		J. S. Stockwell,	"		22	13 $\frac{2}{3}$
4		J. Adams,	"		30	34 $\frac{1}{2}$
4		W. Brown,	America,		29	35 $\frac{1}{2}$
5		J. Mills,	England,		39	15
7		W. Spooner,	"		52	00
8		G. Topley,	"		59	39
9		G. Topley,	"	1	12	48
10		W. Howes,	"	1	24	01 $\frac{3}{4}$
15		G. Topley,	"	2	03	10
21		G. Davison,	"	2	53	34
25		C. Westhall,	"	2	58	45
50		J. Redfern,	"	9	34	03
60		R. Fuller,	"	11	36	00
100		C. Barclay,	Scotland,	*17	30	00
1000		Capt. Barclay,	England,	1000	consecutive	
1000		Jas. Lambert,	America,	1000	"	

\* Exclusive of 1 $\frac{1}{2}$  hours for stoppages.

HURDLE JUMPING.

No. of Hurdles.	Distance Apart.	HEIGHT.	NAME.	COUNTRY.	TIME.		
					hrs.	min.	sec.
200	10 yds.	3 ft. 6 in.	J. Goulding,	England,		11	23
500	"	"	W. Priestly,	"		29	37
1000	"	"	W. Priestly,	"	1	15	

JUMPING.

Long Jump....John Howard..in England..29 ft. 7 in.  
 Standing Level.Ed. Searles...." America..13 " 5 $\frac{1}{4}$  "  
 Balloate.....J. M. Kelley...over 17 horses.

## SNOW-SHOE RACING.

DISTANCE.		NAME.	COUNTRY.	TIME.		
Miles.	Yards.			hrs.	min.	sec.
1	440	J. D. Armstrong,	Canada,		1	5
	880	C. D. Rose,	"		2	40 $\frac{1}{4}$
		J. F. Scholes,	Montreal,		5	39 $\frac{1}{4}$
		Kevaronwee,	"		11	30
3		Kevaronwee,	"		18	50
4		Kevaronwee,	"		24	4

## ROWING.

Miles.	Boats.	Name of Man or Crew.	Where Rowed.	TIME.	
				min.	sec.
2	Single scull,	R. E. Clark,	America,	13	52
2	Double scull,	Parker & Carpenter,	"	12	54 $\frac{1}{2}$
2	Four oared,	Harvard Crew,	"	10	00
3	Single scull,	James Hamill,	"	22	27
3	Four oared,	Boston Crew,	"	19	40
3	Six oared,	Ward Brothers,	"	17	40
4 $\frac{1}{4}$	Single scull,	Tom White,	England,	23	13
5	Single scull,	Josh Ward.	America,	35	10
5	Four oared,	G. H. Brown Crew,	"	30	44 $\frac{3}{4}$
6	Four oared,	J. A. Harding Crew,	St. John's, N.B.	38	50

## RESULTS OF THE RACES BETWEEN YALE AND HARVARD COLLEGES.

Year.	WINNER.	PLACE.	TIME.		Time won by.
			m.	s.	
1852	Harvard,	Lake Winnipiseogee,			
1856	"	Conn. River, Springfield,			
1859	"	Worcester,	19	18	1 min
1859	Yale,	" City Regatta next day.			2 sec
1860	Harvard,		18	43	22 sec
1864	Yale,		19	1	
1865	"		18	42 $\frac{1}{2}$	26 $\frac{1}{2}$ sec
1866	Harvard,		18	43 $\frac{1}{2}$	
1867	"		18	12 $\frac{3}{4}$	
1868	"		17	38 $\frac{1}{2}$	10 sec
1869	"	Lake Quinsigamund,	19	30	
1870	"	" "	19	35	

## RESULTS OF THE OXFORD AND CAMBRIDGE CONTESTS.

YEAR.	WINNER.	COURSE.	TIME.	
			min.	sec.
1829	Oxford,	Henley,	14	30
1836	Cambridge,	Westminster to Putney,	36	00
1839	"	" "	31	00
1840	"	" "	29	30
1841	"	" "	32	20
1842	Oxford,	" "	30	45
1845	Cambridge,	Putney to Mortlake,	23	30
1846	"	Mortlake to Putney,	21	05
1849	"	Putney to Mortlake,	22	00
	Oxford,	" "	A foul.	
1852	"	" "	21	36
1854	"	" "	25	29
1856	Cambridge,	Mortlake to Putney,	25	30
1857	Oxford,	Putney to Mortlake,	22	50
1858	Cambridge,	" "	21	23
1859	Oxford,	" "	24	30
1860	Cambridge,	" "	26	00
1861	Oxford,	" "	23	26
1862	"	" "	24	40
1863	"	Mortlake to Putney,	23	05
1864	"	Putney to Mortlake,	21	48
1865	"	" "	21	23
1866	"	" "	25	48
1867	"	" "	22	39
1868	"	" "	20	00
1869	"	" "	20	06½
1870	Cambridge,	" "	20	30
1871	"	" "	23	09½
1872	"	" "	21	14*

\* Disputed.

## SKETCH OF THE AUTHOR'S LIFE.

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The following sketch of the life of the author will probably be interesting.

William Edgar Harding is a Canadian by birth, and first saw the light of day in Toronto, C. W., on the 6th of June, 1847, which makes him at the present time 25 years of age. In his earlier boyhood, when only 10 years old, he evinced the liveliest appreciation of all legitimate out-door sports, and was always to be seen among the spectators at cricket and ball-matches. His fleetness of foot, which he often exhibited, soon obtained for him the friendship of sporting men, and his liking for pedestrian performances was encouraged by the presentation of prizes and presents. With every day's practice his speed visibly increased, and in 1860, when not yet 14 years old, he had frequently made his mile at such a rattling pace as to be safe within 5 minutes. In the course of this year he left Whitley, and took up his quarters at Brock, Ontario Co. Here he at once attracted attention, and soon became the favorite young "Ped." among sporting men; always ready to walk or run. In

the early part of 1861, George Stevenson and Reuben Fenton, of Manilla Corners, Ontario, took him in hand and matched him in a handicap with Patton, Ross, Wilcox, Brant, and others, in which he beat all his opponents in a mile and a half race, winning a silver watch valued at that time at \$50, and \$25 in money. Shortly after this he proceeded to Detroit, Michigan, and on June 3rd he was matched to run Stephen Hollywell 2 miles for \$200 a side. The race took place at Detroit, on the 10th of the same month, and Harding won by 50 yards in 9 minutes, 59 seconds. He then returned to Canada, and was matched to run George Munroe 1 mile for \$200, which he won, making the distance in 4 minutes, 40 seconds. Five weeks afterwards he beat Graham for \$200, 2 miles in 9 minutes, 58 seconds.

These performances excited the jealousy of the most prominent pedestrians, who were very loth to see so young a runner take from them their hard-earned laurels.

He was next matched for a race of 10 miles, with Marlow, the Indian pedestrian, and the cognoscenti predicted that he would be effectually disposed of by this noted runner. The race came off at Bell Swart, on Lake Simcoe, in August, 1861, and was a most exciting contest. Harding made the distance in 57 minutes, 20 seconds, beating his antag-

onist by  $30\frac{1}{2}$  seconds; but the referee, who had backed the Indian heavily to win, decided the race against him, and charged that he had crossed his opponent.

In September, of the same year, he ran half a mile with H. Watkins, for \$100 a side, and was defeated. In January, 1862, he was matched to run "the London Stag," a distance of 2 miles, for \$100 and the gate money. The race came off at Scarborough, in the winter, and resulted in Harding winning it in 9 minutes, 14 seconds.

During the same year he was beaten in a 3 mile race with Bob Black, the Indian, for \$200; and again by the half-breed runner, De Kelso, alias Bulger.

He was then matched with James Wild in a mile race for \$200, which allowed Harding to again raise his colors by winning the contest in 4 minutes, 39 seconds. In a 2 mile race for \$200, with Wm. Brandon, the latter won in 9 minutes, 36 seconds.

In May, 1863, he entered for the Weldon Handicap at Markham Village, C. W.. For this event there were 15 entries, and among whom were De Kelso, Polton, Wild, and Brandon. Here, as in a majority of his contests, he gave evidence of great speed by defeating all his competitors. The distance was 2 miles. Harding won from the scratch in 9 minutes,  $6\frac{1}{2}$  seconds. He then made another



trip to the United States, and was matched at Troy, to run Pete Johnson 2 miles for \$200 a side, which he won. In the fall of 1863 he removed to New York, and at once became the pedestrian representative of the United States. He was after a while matched to run 3 miles with Jack Waldron, of Detroit, Mich., for \$300, and was victorious in 15 minutes, 2 seconds.

His next match was with Richards, of Chicago, 2 miles for \$200 a side, in which he was beaten, not being in good condition. He then retired for a time from the track, having defeated, at various times, nearly all the pedestrian celebrities.

Harding then entered an establishment in New York as shipping clerk, and continued in that position up to June, 1866, when he entered the theatrical world, and visited various cities with the dramatic club; but before leaving New York, a race against time was gotten up from Fourteenth street to Barnum's old museum, a distance of 2 miles; Milage Cornell wagering that Harding could not make the distance in 11 minutes. The race was run at midnight, and resulted in Harding covering the distance in 9 minutes, 33 seconds. This event was the talk of the town for some time, and led to a match with Brady, of Yorkville, 1 mile, for \$50 a side, which Harding won in 4 minutes, 43 seconds. A 2 mile race with the same man was then arranged for

\$200 a side, in which Harding surprised everybody by making the first mile in 4 minutes, 24 seconds, but on the second mile he, unfortunately, fell, and lost the race. Not being satisfied with this defeat, he made another match with Brady to run 3 miles for \$500 a side, which took place at Paterson, N. J., on July 26th, 1866, and resulted in Harding making the fastest 3 mile time on record, viz: 5 minutes, 10 seconds; 4 minutes, 20 seconds; and 4 minutes, 18½ seconds.

He then issued a challenge in the *New York Clipper*, to run anybody, 1, 2, or 3 miles. Ike Rooney, of South Brooklyn, N. Y., accepted the challenge, and a 2 mile race was arranged for \$500 a side. The contest came off at the Union Race Course, L. I., Nov. 4th 1866, and Harding won, making the first mile in 4 minutes, 20 seconds; and the second in 4 minutes, 19½ seconds. In consequence of Harding winning this race no competitors could be found to run against him until December, when he issued another defiance, offering to run any man in the country. John Rowan, of Albany, accepted the challenge, providing Harding would run 5 miles. The match was made for \$500 and the championship of America. They ran on the 16th of January, 1867, when Harding won. The following is the score. Rowan, first mile, 4 minutes, 30 seconds; Harding, 4 minutes, 36 seconds; second mile,

Rowan, 4 minutes, 31 seconds; Harding, 4 minutes, 34 seconds; third mile, Rowan, 4 minutes, 32 seconds; Harding, 4 minutes, 30 seconds; fourth mile, Rowan, 4 minutes, 52 seconds; Harding, 4 minutes, 45 seconds; fifth mile, Rowan, 5 minutes, 40 seconds; Harding, 4 minutes, 49½ seconds. An effort was made on the fifth mile, by the "nail boys," to stop Harding on the track, but he dodged in among them, striking right and left, and came home with flying colors, winning the race in 24 minutes, 23 seconds.

A lull again occurred in his performances, until May 24th, 1867, when he determined to be one of the contestants in a grand handicap meeting at Manilla, Canada West. The first event was a 2 mile race, in which 16 competitors started; among them was De Kelso, alias Bulger, Hank Patton, George Munroe, J. Wilde, Ike Rooney, and J. Radford. In this race Harding wore American colors, consequently was not looked upon with very favorable eyes by the Canadians, who predicted his defeat, and backed De Kelso at long odds. On the first mile Harding and De Kelso passed all the others, and came in neck and neck in 4 minutes, 20 seconds; but on the second mile Harding put on a spurt and completed it in 4 minutes, 23 seconds, to De Kelso's 4 minutes, 30 seconds. The Canadians were terribly crestfallen. The small knot of Amer-

icans, on the contrary, were jubilant, and as Harding came in the winner they compelled the band to play "Yankee Doodle," and "See the Conquering Hero comes." The stakes were £25.

Harding then entered for the landlord's purse—distance 2 miles. This race resulted in a dead heat according to the judge's ruling, although Harding claims to have won by 2 feet. The stakes were divided.

Before the Americans left for New York, they matched Harding to run De Kelso 3 miles for \$1,000 a side. The race came off at Orillia, Canada West, on Lake Simcoe, August, 1867, and resulted in a win for Harding. He thus gained the title of "Champion of America." In this race he made the fastest time on record, viz.: first mile in 4 minutes, 18 seconds, to De Kelso's 4 minutes, 20 seconds; second mile in 4 minutes, 20 seconds, to De Kelso's 4 minutes, 23½ seconds; and the third mile in 5 minutes, 27½ seconds; thus making the total distance in 14 minutes, 9 seconds.

About this time, Harding accepted the position of Sporting Editor of the Sunday and Daily *News*, by which he gained the title of the "Literary Pedestrian" and "American Westhall." Shortly after his race with De Kelso, Harding's backers offered to bet from \$1,000 to \$3,000 that he would run 3 miles on the Union or Fashion Course, inside of 15

minutes, but there were no takers. Harding then published a challenge in the *New York Clipper* and *Bell's Life*, offering to run any man in the world 3 miles for \$5,000 a side, and to allow a reasonable amount for expenses. No reply was received to this challenge until December, 1867, when Teddy Mills, of England, offered to make a match for £500 a side for a 4 mile race in England. To this Harding, by the advice of his backers, responded that he would make a home and home match, the first race to take place in England, and to be Mill's own distance, 4 miles; and the second to be run in America, on the Union course, 3 miles, for £1,000 a side, and the championship of the world. Mills would not agree to these terms, and therefore no match was made.

Harding then accepted a challenge from De Kelso for a 3 mile race for the championship and \$1,000 a side. The race came off at Orillia, C. W., and Harding won, making 4 minutes, 19½ seconds; 4 minutes, 23½ seconds; and 4 minutes, 26½ seconds. His next event was a half mile race for \$50, at a pigeon match, with Mooney, which he won easily.

Failing to get on another match for some time, he challenged the "steam man" for a race, but the owner of that mysterious mass of metal refused to accept.

He then made a match with John Crawford, of Boston, Mass., in which he received forfeit.

In March, 1868, De Kelso issued a challenge offering to run anybody 10 miles. Harding again came out, and after some little negotiation a 5 mile race was arranged for \$1,000 a side, to come off on the 18th of July, at New Market, C. W. In the meantime, Harding, in conjunction with E. D. Davis, the best short distance runner in America, got up several pedestrian congresses, after which he went into training and caught the yellow jaundice. The race was postponed, in consequence, until September, when it came off, Harding proving the victor, making the 5 miles in 24 minutes, 45 seconds.

After a lull of a few months, Harding walked a match at Tony Pastor's against the champion of Australia, which he lost by 3 seconds. He then went to Boston, and entered into the 10 mile walking match against George Topley, champion of England; Manning, of Boston; and Payne, who beat Weston. Harding was quite a novice at walking, and Topley allowed every contestant 2 minutes' start. Harding had been up two nights—on Saturday night in the News office, and on Sunday night in the cars, going to Boston. He walked in street gaiters and beat Payne and Manning, and was himself beaten by Topley.

Shortly after this he entered for the "matrimonial stakes," and won. He then determined not to engage in any more pedestrian events. A few months later Bill Lang and Bill Richards offered to run Harding, but no race was made.

When velocipedes were all the excitement in New York, Harding quietly practiced, and on A. P. Messenger issuing a challenge to ride Walter Brown, Harding offered to accept the challenge in his stead, and a match was accordingly made. The terms were 41 inch wheels, 25 miles, best 2 in 3 heats, for \$500 a side. The race came off at the Empire Rink, New York, in May, 1870. Harding won on the first night, making the 25 miles in 1 hour, 20 minutes. Messenger won the second night in 1 hour, 24 minutes. On the third night the most intense excitement prevailed, and Messenger was the favorite at 100 to 70. Harding, however, won, making the 25 miles in 1 hour, 18 minutes. He then issued a challenge offering to ride any man in America 5 miles, but no one responded.

His next performance was in August, 1871, when he rode 15 miles for the championship with McClellan, who made the distance in 49 minutes, against Harding's 51 minutes.

He then retired from public life, and is now devoting himself entirely to his literary occupations.

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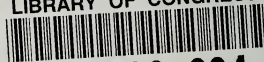








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