

THE DUMBBELLS.

Malcolm W. Ford Writes of a Peculiar Branch of Athletics.

SHOVING AND JUMPING WEIGHTS

The Best Records Have Been Made by the Latest Method. The Exercises Used. Who the Champions Are and What They Have Done.

The exercise of shoving heavy dumbbells is, perhaps, as little understood by most people as any athletic sport which records have been made. It is an unusually "heavy" game, and, as a rule, it is practiced by only very heavy or strong men.



THE DUMBBELL AT THE SHOULDER.

There are two ways of putting up a bell. In each case the bell is brought to the shoulder, as shown in the illustration "The Dumbbell at the Shoulder."

As the motion progresses and the arm is straightened the illustration "Ready to Straighten the Body" shows how the athlete looks.

The illustrations, with the descriptions, show that a better term for describing the exercise of shoving a bell may be "getting under the bell," for that is exactly what happens.



HALF WAY UP.

The principle of putting up a bell in this way is to keep four points in a line, the feet, the hips, the shoulders and the knee.

The other way of putting up a bell is, after getting it to the shoulder as shown in the illustration, to jump it up to arm's length by bending the knees and then imparting to the whole body an upward movement as though the athlete were jumping up straight.

Competitions are sometimes held at shoving dumbbells, where the athlete has to maintain what is called a soldierly position, which means that the body is kept perfectly straight.

Another good way to test actual strength in shoving dumbbells is to put two at a time, one in each hand. It can be seen that no lateral motion can be used with two bells and the athlete must stand straight or he will rob Peter to pay Paul.

The exercise of putting up bells affects the muscles of the arms and chest, the other muscles being hardly used. Nearly all the men who have been noted for shoving heavy weights had physiques which looked too heavy, and there have been cases where chest and arm development was carried on to such an extent for the purpose of making good records that the athlete's body was so covered with fat that the average non-athletic man would be surprised to see him.

Richard A. Pennell was the first man in America to put up a bell weighing over 300 pounds. He was very muscular, and when he was put up with a weight of 301.4 pounds. He was very much muscle bound in his chest and arms, and his walk reminded one of the shuffle of an aged person. He could do nothing with his arms.

READY TO STRAIGHTEN THE BODY.

From an instantaneous photograph. Which needed activity, for the muscles were so used to the stiff, hard work he practiced that their freedom or elasticity had vanished.

After he made his great record he became a tutor of a gymnasium, and died a few years ago of a consumption, which many say who knew him was brought on by unequal and over development of muscles.

F. Staehr, at Vienna, Austria, in 1885, put up a dumbbell weighing 109.1-2 pounds twenty-five times, and C. Reppel, of Vienna, Austria, in January, 1888, put up two bells, one in each hand, each weighing 121.4 pounds, twice in succession.



IS HE THE COILING MAN?

James Corbett, who "knocked out" Kilrain and "Lone" Terry Sullivan. Since the day when James Corbett's fist left its mark on Jake Kilrain's face one man's stock has been going down and another's has been steadily climbing upwards.

OF TREELESS OAKLANDS. Practice Mulford Has Been Living About It For Twenty Years. (Special Correspondence.) OAKLAND, Cal., April 19.—During my long stay away from California I used to become garrulous in telling eastern people what a beautiful spot the city of Oakland was built on.

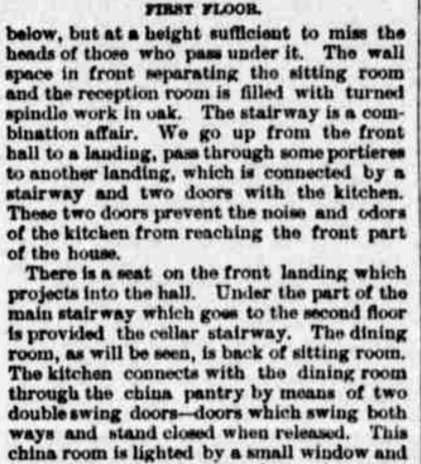


A DOUBLE HOUSE.

One What Is Not Commemorative and Cheap and Convenient. "My husband says that he doesn't like a double house."

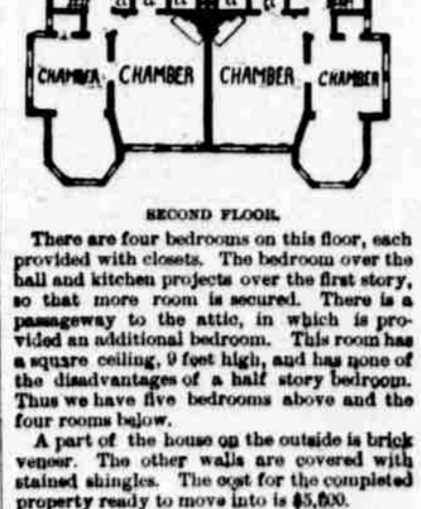
"No, I don't," said he. The young man had inherited some \$5,000, and was disposed to build a nice home. His wife was a prudent little body, who wished to invest a part of this sum so it would bring in an income. He was too hopeful to have much of this feeling during this early period of their lives.

The architect wanted to build this double house. He knew it would make a good house—one that would be comfortable and attractive and would prove a good investment.



FIRST FLOOR.

below, but at a height sufficient to miss the heads of those who pass under it. The wall space in front separating the sitting room and the reception room is filled with turned spindle work in oak.



SECOND FLOOR.

There are four bedrooms on this floor, each provided with closets. The bedroom over the hall and kitchen projects over the first story, so that more room is secured. There is a passageway to the attic, in which is provided an additional bedroom.

Yet to an extent this is just what the Oaklanders have been. How I have unconsciously lied about Oakland all these years! I return and find the native oak nearly all cut down.

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through the mass of beer tables and chairs outdoors into the open air. They may have gone in as early as 8 o'clock in the evening, but it was not to see the somewhat risqué burlesque performance that they sat there until 10 o'clock.

She has become a "fad" in New York. Society people who, before her advent, would have shrugged their shoulders at the mention of an evening in a concert hall, fill the boxes now, night after night, and pay Carmelita fabulous sums to dance in their drawing rooms after the performance at the theatre is over.

Chess problem No. 59—By T. Tavares, Bolton, Eng. Black—5 pieces.

White—17, 17, 22, 23. White to play and mate in two moves. Chess problem No. 59—By T. Tavares, Bolton, Eng. Black—5 pieces.

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