# Athletics Have Baseball in Them; All They Need Is Some One to Drag It Out at Proper Time

# **ROY MOORE PROVES** THAT THE ATHLETICS CAN'T LOSE 'EM ALL

Mack's Southpaw Hurls Fine Brand of the Pastime in Opening Tilt With Washington-Hasty Does Very Well, but A's Haven't Punch in Ultimate Tilt

IT IS really true that the Athletics have baseball in them. But the problem is to get it out. Connie Mack found the combination temporarily yesterday while his A's were entertaining George McBride's hopefuls from Washington. onnie glanced among his athletes and saw Roy Moore southpawing around and decided that he was the young man to make the Senators bite the dirt in the opening tilt of the doubleheader. Moore's performance was his best of the season and proves conclusively that at any rate he is one of the men who has the stuff and that the only thing necessary is for some one to be able to pick psychological hour for him to release his stuff.

In the early part of the fray Moore was a trifle wild, but after a few rounds he settled down and then there was nothing to it as far as the visiting formen were concerned. Roy's work in the box yesterday was a pleasant teminder of the days when the A's had a baseball club. The tilt also proved that the rest of the team are capable of playing good ball and that the real

thing that has been lacking is pitching of the proper sort. The game was speedily pulled off and it looked like a very large afternoon until Washington began picking on Hasty in the second conflict. Hasty didn't pitch bad ball, either, but producing the punch twice in one afternoon was too much for the other boys, and they failed to issue the hits that would have meant the second game when there were runners on the paths eager to skip lightly over the home platter.

UT in Pittsburgh our Phillies stepped out and swallowed their usual defeat. Judge Landis was present to see Yellowhorse trample on Donovan's henchmen. The well-known baseball ezer saw a good contest, but it wasn't the kind that fans care for around Fifteenth and Huntingdon streets.

### Great Hopes for Charley Hoffner

GOLF is like most other sports because you can never tell on the gridiron, the diamond or the links But when one of the athletes gets the jump on the field the public isn't guilty of making a social error when it salaams. this early bird will finish back in the ruck when it's all over, but while he's out in the lead everything goes.

Charley Hoffner, professional at the Philmont Country Club, deserves plaudits and everything for his great showing in the first round to qualify r the open golf championship of Great Britain. He played this ancient links in 73 strokes, which equals the amateur record there and is only two strokes worse than it has ever been done by a professional.

All those experts over there have been trying and trying all these years to knock the daylights out of the record and the best they could ever do was a 71. Now Charley steps into the picture in his first try and almost knocks their best mark for a row of gools.

Hoffner stepped on the first tee today tied for the lowest score turned in by any of the experts. Joseph H. Kirkwood, the Australian champ, who es the Willyum Tell act and everything in his trick shot exhibition, also had a 73 yesterday. Hoffner doesn't know any trick shots, but goes a 73 just the

Charlie is a Philadelphian. He was born here, learned his golf here, and has never had a professional berth outside the Philadelphia district. He has been at the Philmont Country Club for some time. He is only twenty-four years old. He first broke into print just before the war when he began to attract attention as one of our best experts. His first berth was at Atlantic City, from which club he went to Woodbury. He was there one season and then went to Philmont. He has never won the national championship, but had them all worried at Brae Burn in 1919 when he led the field through the

TE WON the Pennsylvania open in 1919, has been runner-up in the H Philadelphia open and attracted wide attention in the 1916 metropolitan open when he tied with Jim Barnes and Walter Hagen. In the play off he was beaten, but somebody had to lose. Every Philadelphia golfer is rooting for Hoffner to do the unusual abroad, to plant the American flag on top of the British open.

# Man o' War Won't Return

WHILE the public no doubt would be pleased to see Man o' War return to the turf, if only for a few races, to give renewed exhibition of his prowess, yet it is refreshing to learn that S. D. Riddle, owner of the horse, refused to nibble at the bait handed out in New York to prepare the horse for racing and enter him at Saratoga, in order, as it was naively stated, "to regain the record marks lost to Audacious and Goaler." Mr. Riddle doubtless e commercialism back of the suggestion.

Man o' War will lose no prestige by the new marks claimed on the Belmont course. No one familiar with track records will fail to take into account the differences in track conditions, ages, weights, etc., in the mile marks of Audacious and Man o' War. As to the mark claimed by Goaler, no one considers that performance seriously. The time given in for Goaler was disputed by almost every man on the course who had a split-second watch drawn on the race. The official record is disputed by two full seconds. A few days after the Goaler race, that horse was entered again and ran a poor third to Upset in ordinary time, but which was a good race for him. His "record" race was evidently started on standard time and fluished on daylight-saving

But immediately after the race the rumors that Mr. Riddle no doubt would be forced to again start the champion to "retrieve the lost marks" were given wide publicity. The New York Jockey Club profited immensely in 1920 by the drawing power of Man o' War.

A proposition has been made in Kentucky that perhaps will appeal more forcibly to Mr. Riddle. It is to exhibit Man o' War at the state fair in Louisville, so that the people of the country districts might see the great horse. It is argued that the mere appearance of the horse would counteract the fight launched in Kentucky by persons close to the New York Jockey Club and the bookmakers to cripple racing in the Blue Grass State.

[AN O' WAR was bred in Kentucky, yet comparatively few people MAN O' WAR was orea in Benius, yet him. To the demand for in the country districts ever have seen him. To the demand for the exhibition of Man o' War for the good of breeding, and to get up a more wholesome sentiment for racing, without which there would be no Man o' War, it is thought Mr. Riddle will lend a willing ear.

> Phillies . St. Louis

Pittsburgh. Cincinnati

Athletics .

Cleveland

Chicago

Newark ... Syracuse ...

Runs Scored for Week

in Three Big Leagues

SMTWTFST

SMTWTFST

S M T W T F S TI

5 17 - - - - 22 8 9 - - - 17

12 5 ---- 17

NATIONAL LEAGUE

AMERICAN LEAGUE

Washington. 1 6 - - - -

INTERNATIONAL LEAGUE

SPHAS A HOME TEAM

Downtown Club Secures Grounds at Broad and Bigler

The South Philadelphia Hebrew Association, for years the foremost

traveling club in this locality, has at

last secured home grounds at Broad

and Bigler, where the fans will have

a chance to see the Sphaz :, action

three times a week.

Twilight contests will be played on

Tuesdays and Fridays and the team will also be in action on Sunday.

lub will continue to travel on Saturday

afternoons. The tersonnel, which at

present contains many stars, will be even bettered and manager Eddie Gott-

is negotiating with several top-

# Amateur Sports

Dexter A. C. would like to arrayre gar with all teams having grounds. H. Shi 1222 North Second street.	The or
Cube A. A., a first-class traveling to has July 4 open. R. Mostronardo, 1 South Seventh street.	2
Cramps' Pros. have open dates for first-class home nines. J. H. Dailey, Belgrade street.	+
Media A. A., of West Philadelphia, wa to hear from all traveling clubs playing light ball. H. G. Weber, 800 North Te tieth street.	t vi
Seventeenth Ward Juniors, a fourt	mé

sixteen year-old traveling team, his open dates. Frank Puger 6105 Coleans street. Germantown Nine has a few open dates or all first-class home teams. J. Gallagher, hone Wyoming 3329.

South Philadelphia Travelers, a first-class team, want to book games with all clubs of the same caliber. W. It Medail phone Race 3033. St. John A. A. a first class home team, as June 25 and other dates open for travelog teams. E. Burkle, phone Frankford

Hemlock A. A. would like to hear from all first-class teams offering a fair inducement. J. C. Malone, phone Popiar doop.

Elm Tree I. O. O. F., a fast traveling cam would like to book twitight games. G. Brown, phone Germantown 5400 Argo A. A. has open dates for all first-class home teams. Horace A. C. Kopp. 3428 North Lawrence street.

Seventh Ward A. A., of Witmington would like to hear from all first class home cams in Philadelphia Jerry Casry, 1964 Jaion street, Witmington, Del Prancieville has this Sunday open for a trat-class home team. C. Auid, 1527 Swain lives.

street.
St. Casimire C. C., a fast traveling team,
wants a twilight game for today rhone
Lembard 1529
Rube Estein is at liberty to size up with
iny first-class team in need of a pitcher of
the same caliber. W. Estein, East Riverton, N. J.

Warvick A. A. warris to arrange games with all first-class home teams. J. Rohn. 2453 North Thirty-third street.

Germantown Black Socks, a first-class traveling team, wants games. W. D. Armstrong, 220 W. Coulter street.

Frankinville Juniors a fourteen-seventeen-year-old team want games, either at home or away. W. Flood, 740 West Tioga street. street.
Triangle A. C., a traveling team wants to hear from all fifteen-eighteen-year-old suggestations. J. Coppolella, 2301 Green-lich atteet.
Suburban Boys' Cub would like to ar-

"Suburban Boys" Club would like to arrange sames with all first-class home teams in New Jersey and Maryland. A. C. Rangnow, 5607 North American street.

Lehanon A. A., of Overbrook, has open dates for first-class traveling teams playing willight games on Tuesday and Thursday.

W. F. Kiker, 806 North Sixty-sixth street.

A reliable shortstop wants to connect with a fast team. Box 204, Central Postoffley.

Philadelphia.

Palladelphia

Stewart Club, a first-class team, wants to
treage twilight games at home or away

R. Duncan, 110 South Sixtleth afreet.

West End All-Stars would like to book notchers.

The opening game is scheduled for the Tonmy Clears-Martin Judge bout at West Manayunk last night. Danny Greives with all first-class teams paying a mranise. A. Perrett, 6151 Larchwood mas Pros. a traveling team, wants L. Weissman, 1533 North Marshall with "Red" Weinert patching will be met on Sunday. Only the strongest clubs will be booked. For games address cd. Gottlieb, 400 with Eighth are freet.

Danny Rodgers challenged the winner of the Tonmy Clears-Martin Judge bout at West Manayunk last night. Danny Greives did likewise.

Terry McHush has been matched to meet Babe Herman at Atlantic City Saturday night.

Jeff Smith and Frank Carbone are to clash in a fitteen-rounder at New Orleans need Mondar. notchers.

# **CLEARY IS VICTOR** IN 15-ROUND BOUT

Defeats Judge for Manayunk "Title," Winning Eleven Sessions: Four Even

### NEITHER SHOWS WALLOP

### By LOUIS H. JAFFE

Neither Tommy Cleary nor Martin Judge showed much of a wallop last night in their fifteen-round set-to, the first of a series to be staged this summer at West Manayunk. At the finish there was no doubt whatever as to Cleary's superior form, and he is being recognized today as the "featherweight" champion of Manayunk. Cleary won eleven rounds, while the other four were

vantage in any of the sessions. Judge weighed in at 128 pounds, while Cleary refused to step on the cales. Tommy, in addition to having big advantage in height and reach. also appeared to be four or five pounds heavier than his stockily built opponent. Cleary also was the stronger and at times handled Martin as if he were a babe, turning him around with ease

even. Judge failed to show to ad-

Cleary Aggressor Throughout the centest Cleary was he aggressor, being forced to lead most of the time. Judge, however, flared up on several occasions and made Tommy cover up. Whenever Cleary opened up he hit Judge at will, still there was no semblance of a knockdown until the final round. In the middle of the fifteenth frame a right-hander by Cleary on Judge's chin drove the latter to the ropes, and when Tommy rushed in Martin was forced to hold on.

The eighth round also was a rough one for Judge. Several left hooks and or two right crosses had Martin breaking ground, covering up and hold-ing on. At close quarters Cleary socked his foe pretty much and hard around the body with right-handers, and these punches had a tendency to weaken Judge in the later rounds.

Martin's best punch was secred in the early part of the eleventh round. He let fly with a wild right-hand swing and the blow lodged flush on Cleary's chin. Tom was staggered, he went

rally in the last three rounds and suc-

Danny Ferguson will meet in the fif-teen-round wind-up at West Manayunk P

# WAGNER TRIMS McCANN

Italian's Infighting Too Much for Grays Ferry Opponent

Knockout Al Wagner, of Little Italy, weighing 128 pounds, defeated Bobby McCann, Grays Ferry blond, 130, in the star bout of eight rounds at the played this season. McCann at times showed brilliant form Cressona at Bridesburg Eleventh Street Arena last night. with a straight left, but the infighting of Wagner was entirely too much for the Grays Ferry entry.
Especially in the eighth round did

Wagner show his superior form. He up-Staters meet Bridesburg this evehad Bobby retreating throughout the session. Al's body smashes had Mc-Cann doing a lot of holding and in this way handicapped the Italian from showing his best form.

Jack Perry defeated Jimmy Myson.

Myson was game and made a good show-ing, but Perry was too elever for him. Harry Burke shaded Young Sherlock. Patsy Bradley won in the fourth from Ray Mitchell and Joe McGoldrick drew with Tommy Quinn.

# MOORE TO BOX KRAMER

### Meet in First Bout of Phils' Park Show June 29

Roy Moore, of St. Paul, has been Promoters Taylor and Gunnis as Danny Kramer's opponent for the first show of the season at the Phillies' ball park. The date for this program, which will include four eight-round matches, is June 29.

Kramer and Moore, who have met before, the latter being disqualified for alleged butting, will go on in the first contest. The second bout will be a lightweight number between Joe Benjamin, of California, and Harry Kid Brown, of this city.

George Chancy, of Baltimore, will get a chance to reverse the knockout be suffered in 1610 when he takes on the suffered in 1610 when he takes on the capital second of them-

he suffered in 1910 when he takes on Joe Tiplitz, of this city. In another return contest Kid Williams will clash with Louisiana. Thi pair met in 1915, Louisiana scoring a knockdown. At that time Williams was the bautam title-holder.

# Scraps About Scrappers

Battling Murray has returned from re peeved 'n everything Although ris critics believed that he was defeated is Spenser, the Battler, says. Why dhim without any doubt—not by mus-I feit that I was the winner.

Charley Higgins has matched his two mitt-men. Kid Burns and Patsy Johnson re-spectively to meet Mickey Mooney and Kid Harvey at Trenton next Monday Right.

Wille Spencer now is hoxing under the wing of Frank Taylor. Since Joining hands with Frank. Wille has defeated Battling Chuck and Battling Murray. Herman Butchin, 118, issues a defi to Mar-tin Judge and Marty Kane.

Al Gordon, of the Fulton Boys' Club, wants to meet Matty Dechter, Little Bear and Bobby Wolgast.

Young Joe Borrell will go to the post in the future under the management of "Fatty" Kolb. Horrell is open to meet any of the web-rweights. ing game in Philadephia for a number of years, is still in Baitimore. Sansom assisted Jack Hanion there last fail.

Jackie McCarthy has his stable in fine fettle. His boxers are Barney Rellly, 124; Dusker Kelly, 136, and Charley Daggert, 124. Danny Ferguson will meet Young Jack Othrien in a fifteen-round bout at West Manayunia before taking on Lew Schupp at Reading July 4.

Danny Bodgers challenged the winner of

# HOW TO START THE DAY WRONG



# M. E. SMITH NINE PLAYS SHANAHAN

Cressona Tigers Meet Bridesburg and Sharpless Tackles Stetson in Twilight Tilts

MADISON AT NATIVITY

The Marshall E. Smith baseball team will attempt to start another win-ning streak this evening, when the store boys engage Shanahan in a twilight contest at Forty-eighth and Brown chin. Tom was staggered, he boys engage Shanahan in a twing boys engage Shanahan in a twing contest at Forty-eighth and Brown streets. The Smith Club has won four streets. The Smith Club has won four The first, fourth, seventh and ninth rounds were the only sessions in which Judge was able to earn an even break. Willie Clark, 137, staged a great will likely use Manager Houghkirk will likely use Mackey on the mound, and he will be opposed by Kohler or Mackin. Shanaraily in the last three rounds and succeeded in whipping Jimmy Clancy, 139. Charley Walters, 144, and Tommy Devlin, 142, fought a draw, and Kid McCoy, 107½, drew with Dave Griffiths, 107.

Young Philadelphia Jack O'Brien and Danny Farguses will meet in the fifteen away either tomorrow or Friday. game away either tomorrow or Friday. Phone Manager James Bonner, Market 2810, or Belmont 7684 W.

Nativity meets the Madison Stars at Nativity meets the Madison Stars at Belgrade and Ontario streets. The uptowners last evening defeated Camden City 4 to 1, and the Madison club won from Chappie Johnson's Norfolk Stars 4 to 3. Manager Phil Haggerty will use Carrigan on the hill against the colored club, which has scored many victories over local teams and has won sixteen out of the last eighteen games

The Cressona Tigers are hovering in these parts while their home field is undergoing repairs and their stay has re-sulted in a long string of victories. The Tommy Volz will pitch for Ed Caskey's Two other important games are

the uptown layout. The Stetson hat-ters have decided to play two twilight games weekly, and this evening Man-ager Walter Johanns has secured Roy Thomas and his Sharpless A. A., of West Chester. Thomas was manager of

Steisen for many years.

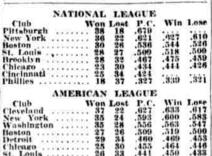
At Broad and Allegheny, Hobifeld, undefeated leaders of the Industrial League, meets the Pennsylvania Raile and champions and a fast game should e the result. Hohlfeld is playing fine bell and with Mackin and Ryan have been able to hold their own not only the league series but with the best clubs in the semi-pro ranks.

Game for Downtown There is a game at the U. C. I. grounds, at Front and Mifflin streets. grounds, at Front and alimin streets. The Southwark F. C. will onpose the Norfolk Stars, who have scored victories over some of our best teams. Chappie Johnson will probably send his star southpaw, Winters, to the mound, against the South Philly club.

expect to give a good account of themcives but are confident of adding t the laurels already gained by handing he yarners a surprise.
Alock Sweeney will send his Jewish World, newspaper champions, against the Philadelphia All-Stars, at Fifty second and Woodland avenue. Sweener

has strengthened his line-up with th acquisition of several new players. Beaumont Hurler to Join Cards Heaumont, Tex., Jures 21. — Bill Balley of changled pitcher for the local club of the exas League, left here today to report to st. Louis club, of the National League

# What May Happen In Baseball Today



YESTERDAY'S RESULTS NATIONAL LEAGUE

AMERICAN LEAGUE Athletics, 7; Washington, 2 (first game), Washington, 4; Athletics, 2 (second game), New York, 7; Boston, 6, Other teams not scheduled. AMERICAN ASSOCIATION

Minneapolls, 6; Kansas City, 4. Indianapolls, 2; Toledo, 1. Louisville, 7; Columbus, 2. Milwaukee, 9; St. Faul, 2. SOUTHERN ASSOCIATION demphis 9; Mobile, 6 Atlanta, 2; Little Rock, 0. New Orleans, 10; Nashville, 8. Birmingham, 6; Chuttanooga, 3.

EASTERN LEAGUE Pittsfield, 8; Hartford, 1. Worcester, 6; Waterbury, 2 (10 Springfield, 9; Albany, 4. Bridgeport, 9; New Haven, 5.

TODAY'S SCHEDULE NATIONAL LEAGUE Phillies at Brooklyn. Boston at New York. Chicago at St. Louis.
Pittsburgh-Cincinnati not scheduled. AMERICAN LEAGUE

Washington at Philadelphia, New York at Boston, Cleveland at Chicago, St. Louis at Detroit. INTERNATIONAL LEAGUE RESULTS OF YESTERDAY

Buffalo, 1; Reading, 0, Rochester, 9; Jersey City, 0, Syracuse, 5; Newark, 4, Baltimore, 17; Toronto, 9,

STANDING OF THE CLUBS W. L. P.C.

W. L. P.C.

Bultimore 46 12 ,793 Jersey C v 27 32 ,458

Buffalo 35 26 ,574 Toronto 26 32 ,448

Rochester, 29 28 ,500 Syracuse 25 31 ,446

Newark 30 32 ,484 Rending 16 43 ,271

Quaker City Pros Want Game Quaker City Professionals can be booked for this Saturday. They were scheduled with Stetson, but the game has been advanced to July. Sunday the Professionals handed 48th Ward at 11-to-4 lacing, making the sixth local team to be defeated by this aggregation. Rockdale, Pa. with whom a generate she make the was played early in the season, will be met on Sunday next. July 4 (two games) is also open for some good out-of-town clubs offering inducements. Address the management at 504 Norris street, or phone Columbia 1671 be-

White Sox Have New Hurler Chicago June 21. — The Chicago White Sax are back from the East with a new recruit relided to the stillin of players. He is Edwir Cy Twombly right-handed pitcher, formerly of Lehich University, just graduated from Springfield Y M. C. A. College. He is not related to the Cub Twombly.

Shea Runs Last Race for Pitt Pittaburgh, June 21 — Frank J. Shea dosed his career as a University of Pittaburgh athlete Saturday when he won the marter-mile event at the National Collegiate A A meet at Chicago. He contemplates carticipating in the National Amateur Athletic Union championship at Pasadeza, Calif., beginning July 2.

Takes Over Jackson Franchise Grand Rapids, Mich. June 21. — The entral League has decided to take over the ranchise relinquished by Jackson and mainth the team as a road oranization. The travelers' are to receive expenses and salries from the league and have been offered bonus of \$500 if thy win the pennant, ackson set the team adrift last week owing

# LANDIS DEPLORES

Criticizes Police for Activity of "Cheap, Shoestring Gamblers"

# PITCHING MORE EFFECTIVE

organized baseball, deplored open betting by "cheap shoestring gamblers," and criticized the police for permitting it, in a statement issued after he atended yesterday's game between Philadelphia and the Pirates at the Pittsburgh Ball Park

was doing its best to combat the evil. and that when arrests were made the gamblers were released. "Just what influence brings this

the commissioner stated.

Judge Landis' recommendation was to find the 'crooked politicians, big and small." and "nail their hides to the

play was the return to better pitching. six of the eight starting hurlers finishing their games. Two men gave way to pinch hitters, and it was not that they were batted exceptionally hard that caused the removal from their respective

and Lee, while the league leaders had two double killings to their credit. Yesterday's was the concluding game of the Eastern teams on the Western invasion and the league leaders did not fare so well, only winning nine of the sixteen played.

### comes, and in this stoical aspect bor-dering upon an even-tempered screnity he average British athlete has no equal. Which accounts in no small measure or the success of Ray and Vardon in America and for their defensive showing against recent Américan invasions.

Judge K. M. Landis, commissioner of

He said the Pittsburgh Baseball Club

of course, don't know, and ically.

"Also it must not be forgotten that "Also it must not be forgotten that just what politics could be served by going into partnership with this type of professional crook I cannot imagine,"

Construction of the day's play was the return to Better Pitching

Only four games were played in the major baseball leagues yesterday, but the outstanding feature of the day's play was the return to the day's in other races at Latonia are: First, like the content of the day's in other races at Latonia are: First, like the content of the day's in other races at Latonia are: First, like the content of the day's in other races at Latonia are: First, like the content of the day's in other races at Latonia are: First, like the content of the day's in other races at Latonia are: First, like the content of the day's in other races at Latonia are: First, like the content of the day's in the case at the weights. The content of the day's in the case at the weights. The content of the day's in the case at the weights. The content of the day's in the case at the weights. The content of the day's in the case at the weights. The content of the day's in the case at the weights. The content of the day's in the case at the weights. The content of the day's in the case at the weights. The content of the day's in the case at the weights. The content of the day's in the case at the weights. The content of the day's in the case at the weights are the case at the weights. The content of the day's in the case at the weights are the case at the wei

They were Chief Yellowhorse, who was given the assignment at Pittsburgh against the Phillies, as Commissioner Landis wished to see him hurl, and Acosta, of the Washington Americans. who was removed in the first game here

against the Athletics. Yellowhorse struck out seven Philly batsmen, but was secred on twice in the seventh inning. He was credited with the victory, however, as the Pi-rates scored three runs before Zinn,

with the victory, however, as the Pirates scored three runs before Zinn, who succeeded him, went to the mound.

Double Plays Mark Game

Three double plays were made by the Phillies' infield of Parkinson, Rawlings and Lee, while the league leaders had

Babe Ruth's twenty-fourth home run of the season, made in the tenth inning rgainst Boston, won for the Yankees by the score of 7 to 6, and at the same ime brought the noted slugger up to the home run total of June 30 last year.

# Practice It Regularly—Requires Concentration By GRANTLAND RICE

of important points.

from any inherent lack of skill,

constant and regular practice.

fair of oxygen only.
"The Eastern philosophers,

"We of the Occident and orthodox have paid too little heed, perhaps, to

the importance of correct respiration, and still less to the undoubted helpful

effects of deep breathing.
"The Western physician has looked

at the matter mainly from the chemical

constituents point of view-it is an af

have for centuries taught that the men-

tal powers, self-control, clear vision,

happiness, and even the morals of man-

mental concentration necessary; you cannot breathe deeply without focusing

modified breathing goes on automat-

Boots and Saddle

system and produces dire results. The most courageous of men may easily

TRY DEEP BREATHING

London Neurologist Tells Grantland Rice of the Benefits to Be Derived From Proper Respiration—Orientals

AS A NERVE SOOTHER

London, June 21.

CLOSE observation of many collapses and upsets in recent international and upsets in recent international

ystem. ... But this is as far as we go. competitions has brought out a number

COTTHE Yogis, however, claim that, in One is that an upset or a collapse rarely comes from lack of physical condition. Another is that it rarely comes

addition to the known chemical constituents of atmospheric air, there is contained in it a vital force which they name 'Prana.'

"This is in the air, but it is not the air itself, nor one of its chemical ingredients; it is, therefore, something apart from the physiological functions.

"It is said that by properly controlled breathing we are able to extract breathing we are able to extract larger quantity of 'Prana,' which is stored away in the nervous system in much the same way as a storage bat-There is no lack of courage, but the collapse, as a rule, attacks the nervous have one of the nerve collapses, where, in spite of the will to get along, he finds it impossible any longer to control WE KNOW of one instance where, in spite of an outwardly calm demeanor the player was red-faced with rage.

the player was red-faced with rage. Rage, wrath, anger—whatever you care to call it—happens to be a poison that attacks the nerve forces first. Restraining himself outwardly merely expands the inward pressure. The player who insists upon boiling over is upagainst a big handicap when meeting an opponent who takes the game as it an opponent who takes the game as it comes, and in this stoical aspect borcomes, and in this stoical aspect borcomes, and in this stoical aspect borcomes.

"Stand erect and inhale steadily through the nostrils.

'First, fill the lower part of the lungs, then the middle part by pushing out the lower ribs and breastbone, and finally the higher part, by lifting up

the chest, as it were.

The breath is then held for a few HOW can one build up a stronger nerve resistance? At least one interesting side line is suggested by a prominent London neurologist, who has the following to say upon this subject of deep importance to every entry in various games. seconds and exhalation is slowly accom-plished through the mouth. "Be the explanation what it may, there is no doubt that the assiduous practice of exercises in this form of breathing does carry a certain sense of calm and relief to any state of nervous tension, promotes circulation and healthy body changes, and stimulates various games:
"We hear a lot about 'deep breathing' in these days. "It is a product of the Orient, and the occultists lay great stress upon its

## Copyright, 1921. All rights reserved CHANGE CLUB NAME

Cressona Tigers Will Be Known at

Pottsville in the Future The board of directors of the Cressona baseball team has decided to change the name of the team to Pottsville, although all home games will continue to be played at Cressona. Considerable difficulty has been experienced with getting Western clubs to kind, may be improved and enhanced through the practice of deep breathing. come East as Cres one has been con-fused with another club playing in the "It is generally contended by physicians in the West that any possible benefits are derived from the act of

On the other team are a number of ineligibles and Judge Landis and President Heylder, of the National League, were under the impression that ressona was the one harboring thes players. The contrary has been proved, but it was decided to change the name,

deep breathing promotes a sort of mas-sage of the internal organs, which is vertheless. Cressona has this Friday and Saturday open for games away. On Sunday they play the New York Giants at ressona and the list of eligible players The Porter should win the Chester has already been submitted to Judge Park Handicap at Latonia today with Landis and the date approved. For games with Cressona call Art Summ Woodland 6841 R or Spruce 4617.



ADMIRALS .15¢

Henrietta

EISENLOHR'S MASTERPIECE Perfecto size 2 for 25 cents

OTTO EISENLOHR & BROS., INC. ESTABLISHED 1850

# There's something about them you'll like" A full page ad could promise no more-Twenty to the package Herbert ondon Cigarettes

# Marshall E. Smith & Bro. Base Ball Team Schedule for This Week Tues.-Shanahan at 48th & Brown. Wed. Sharpless at West Chester, Pa. Thur .- American Chain at York, Pa. Sat .- No. Phila, at 4th & Wingohocking

Golf SUITS Golf JACKETS, pure worsted KNICKERBOCKERS, all-wool Golf HOSE, pure worsted Golf SHOES Buhrke BAGS, metal bottom MacGregor CLUBS

All popular brand Golf Balls Marshall E. Smith & Bro. 724 Chestnut Street

10.50

\$5.00 & 6.00

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