

# Roxborough Golf Club May Hold Invitation Golf Tourney Next Year

## Most Athletes Overtrained, Coach Robertson Declares

### Penn Track Tutor Says One May Keep Fit by Altering Ordinary Diet According to Amount of Exercise

By LAWSON ROBERTSON

Coach of the University of Pennsylvania's track team, and one of the most famous athletes in this country, is lowering the game and put in the hard work in the middle of the week.

If scrumming must be had, Wednesday and Thursday are the best days allowing Friday for rest or a light signal drill. Some teams late in the season do little or no scrumming. Hard scrumming is not calculated to speed up a team and speed is the keynote of the new game. It calls for fast and well conditioned players, where strategy supplants brawn.

Another important item in the conditioning of a football player is the amount of liquid he takes. It is best not to drink much between meals unless there is an absolute thirst present. At meal times an athlete should drink at least as much as he reasonably craves. If the drink is unannaturally stimed the man will soon break down and sleep and digestion will be impaired.

It is only a few days before a game that an athlete should refrain from taking much liquid and particularly at the last meal before a game. At least two and a half hours before the game a small piece of steak or a chop with some toast and weak tea is recommended as sufficient.

Water has its uses in connection with athletic contests if properly applied. It has been demonstrated that the proper application of water will increase the strength and endurance of muscles and also quickly remove the effects of fatigue. The cold shower and sometimes the sitz bath have been used with beneficial effects in between athletic competitions during the course of an afternoon.

But as a rule the warm bath followed by a cold dash is best after an afternoon's exercise. The warm bath is soothing in its effect, the blood flowing back into the superficial blood vessels of the skin and thereby increasing its function. It should always be borne in mind that the taking of a cold bath when one is fatigued is injurious, for the body is in no condition to receive the reaction attendant on a cold bath. Do not dress immediately after bathing. If possible an air or sun bath should be taken.

REGULARITY in sleep is an all important factor in training. An athlete in such strenuous sports

## Notre Dame Captain Out of Army Game

South Bend, Ind., Nov. 10.—The Notre Dame football squad is on its way to West Point for the contest with the Army tomorrow. Captain Cusberry, star right end, who was injured in the Georgia Tech game two weeks ago, did not accompany the team.

## LOCAL LINKS MAY STAGE NEW EVENT

Roxborough Figuring to Land Tilt on Local Golf Schedule for Next Year

## MUST PERUSE DATA

By SANDY MENBLICK

THERE was beaucoup, and things like that, conversation out at the Roxborough Country Club this week on the subject of the possibility of holding an invitation golf tournament there next season.

Both the ups and downs of the matter were heartily discussed, with the ups, as is usual in the links game, claiming the victory. Thus the prospect is, if the matter can be arranged, that Roxborough may hold a tourney of this nature next season for the local talent, and the chances are all in favor of its going over big.

The club has a nine-hole course with plenty of good golf shots therein. The main thing necessary is to make them. The club will enter a squad of its own experts, and it is a big one, as the Green Valley linksman can testify, having lost its match this week by the count of each tilt but one. It's lone victory was scored by Green Valley when the final internationalist, Bob Ranford, had a snappy chance for a medal score of but 74, in his match, which he won, 3 and 2. He only had to make par on the last two holes to get a 74, but darkness sneaked on and cramped the works.

Good Shots Abound

The good shots in the match this week between Roxborough and Green

Valley were plentiful when they were needed, and sometimes when they were not.

The writer expected to have the plot of a sweet story, so played it round thinking that if he were to shatter par for the course it would make a great yarn. All he would have to do would be to advise the readers to get laid out by a truck for a season and then go out and break records on the links.

The only trouble was that wasn't the way it worked out. Our short game was perfect, except that it was much too short. The putts would have been deadly but the cups were stationary. We were the author of one shot, however, which was novel, to say the least. The caddy was standing slightly to the rear looking ahead, as the good ones do, to see the result of what was intended to be a swell wooden shot. It was a pippin, even if we do admit it, because we nearly holed the ball. The only trouble was it nearly went in the bag which said caddy had hanging on his shoulder.

Herbert B. Newton, Whitmarsh, has put on a couple of holes since the day at Atlantic City's fall congress, when he took "Tom" Woods' number one in the final, to 18, eighteenth before shodding the palm. Newton was 2 and 3 to 2 in three, in the seventh and missed a wee one on the eighteenth green, to take the match extra hole.

This week on his own course the local expert had a job, as the short show it would have required a 99 or better to beat him. Newton took a 4 on the par 4 seventh and another 6 on the par 4 eighth. Beat that!

Frank Harter, the Trenton golfer, is said to be likely on the road to recovery, following a serious accident he had when he put his body behind a blow at the road while teaching with an automobile recently. His chin and forehead were generally cut in the affair.

Whitmarsh is the venue of many famous athletes these days. The latest one is said to be Alvin Karpis, better known as a nation's hero, but now in the throes of some fine efforts to conquer the merry game of golf. She is taking lessons regularly, and a host of fans look for prosperous results.

The golf match between J. Wood Platt, amateur golf champion of Philadelphia, and the writer, staged for the North Pole on Christmas, has been postponed, due to inclement weather reports from those parts.

## ST. CALLISTUS FAST

Will Play Union Club Gridders Sunday

The St. Callistus eleven, of West Philadelphia, after getting off to a rather bad start, when it was defeated by Clearfield A. A., has come back strong and in its last two starts has defeated Holy Name C. C. and the strong St. Monica's team, of South Philadelphia. Last Saturday St. Monica's held Puy Day's South Phillies to a 7-7 tie.

Listed among the new players is Harry Murakanie, the Hawaiian and formerly of All-Philadelphia and Darby Rams, who is playing quarterback. Fred Austin is playing a fast game. His line smothering and deadly tackling featured in both of the Saints' victories.

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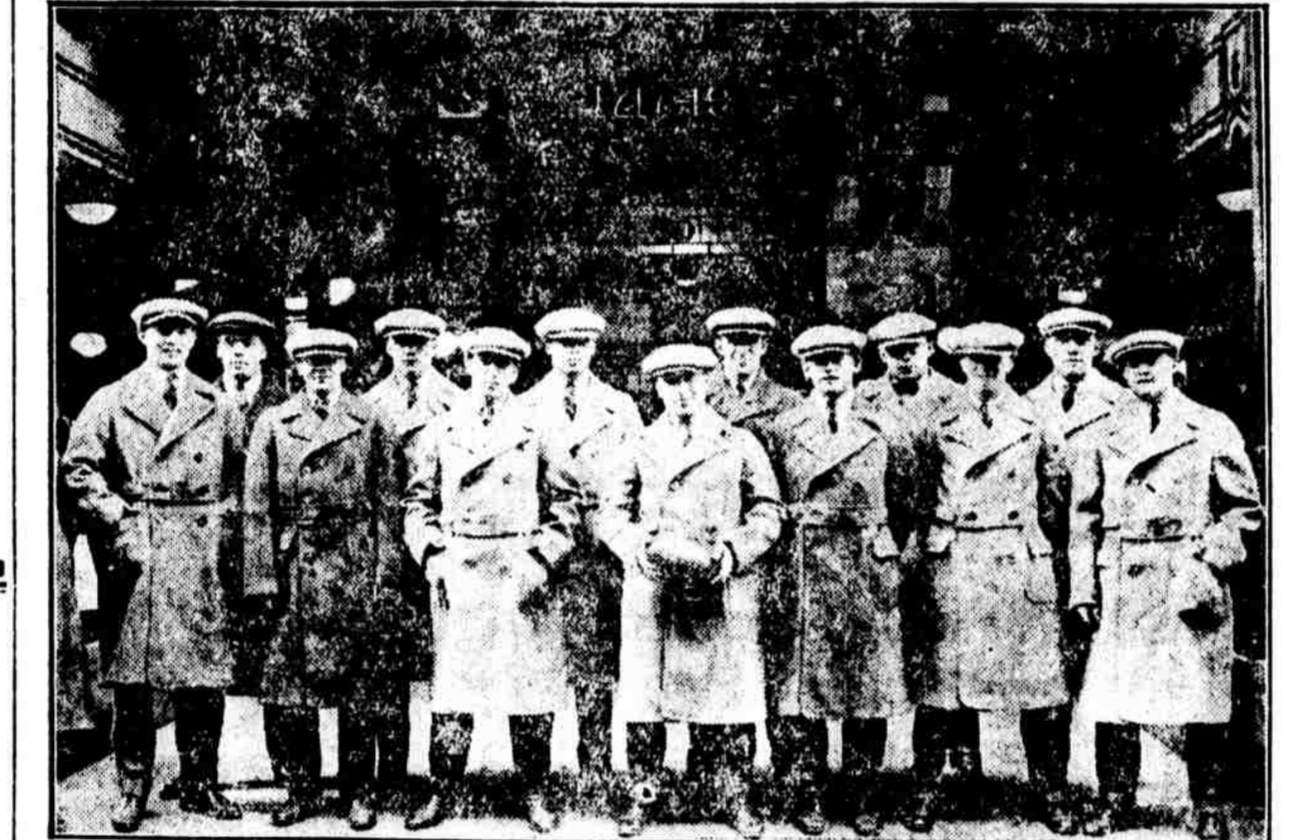
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The photograph was taken in front of the William H. Wanamaker Store yesterday, just after the boys, in a body, had equipped themselves with Hurlinghams for the winter. Reading from left to right they are:

Front row, left to right—Hamer, full-back; Ertresvaag, right-end; Sullivan, right half-back; Captain "Pos" Miller, half-back; McGraw, right half-back; Fairchild, left-end and Davies, coach.

Back row—Sutherland, left tackle; Papworth, right-guard; Dern, center; Kelly, guard; Thurman, left tackle and Graf, left guard.

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WHAT is physical condition? It may be roughly defined as a nice adjustment of the heart action to the external pressure and this to the respiratory capacity.

An athlete in training is a man living on the highest plane of efficiency, and is almost always overtrained and nearly has the hygienic surroundings that make the athlete's duties.

Training is a big part of condition, but it is not all. If training were the beginning and end of matters, all the leading colleges and schools ought to produce first-class teams every year without fail. But they do not.

First-class talent is as rare in football as it is in mathematics. Those who are above their fellow-players are as few in number. There is no recipe for their production.

Therefore, an individual of various talents as far as physical condition and temperament are concerned. But the average football candidate, aside from the average football fundamentals from the team practice, needs a few rules to aid him in keeping in good physical condition.

There is no reason why an athlete who desires to get and keep fit should lead a more natural life, or alter his ordinary diet more than the amount necessary by the increased amount of exercise he must take.

THE staple articles of an athlete's diet should be composed of plain, cooked meats and a reasonable quantity of fresh fruit and vegetables. Rice, mutton and chicken are more digestible and should be most frequently eaten. Veal and pork are not so easily digested and should be eaten judiciously at any meal.

Eat Soft-Boiled Eggs

SOFT-BOILED EGGS are wholesome, but to eat them on top of a heavy meal of steak or chops is a big mistake, and leads to the usual result of overeating—bloating. The most of the present-day trainers give eggs or steak and eggs for a breakfast, beef or mutton and vegetables for lunch and beef and mutton again for dinner, together with steamed fruit or bran pudding. This is a good simple diet because variety is pleasing. As soon as any food begins to pall, no matter how healthy, it should be changed for something which, though less easily digestible, will please, and therefore invigorate the trainee.

Common sense tells us to avoid heavy meat, highly spiced dishes and fried foods. The less taken of them the better for an athlete. Nothing unpalatable should be eaten as a duty.

As to the proper way to distribute a good breakfast, a light lunch and a moderate dinner after the day's work is best.

The football teams of the Middle West have shown some of our Eastern teams the value of speed in the modern game of football. In preliminary training, as well as practice during the season, too much emphasis cannot be placed on this main factor.

Linemen as well as backs should practice starts and learn how to handle themselves in a collision. The forwards on the average Eastern teams are often lacking in this important essential. The modern game of football is speed, and speed, and to be successful the football player of to-day must be prepared to meet speed both physically and mentally.

He must train himself spiritually as well as physically. He must acquire the courage of contest and the will to conquer and keep his nerves at their highest tension. Yet he should be always in complete control of himself, calm and unruffled.

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