

# Our Sports Summary

## LEAGUE RUGBY

### CHRISTIAN BROTHERS' CLUB, DUNEDIN.

Mr. W. Casey presided over an attendance of about thirty members at the first annual meeting of the Christian Brothers' Old Boys' Rugby League Club, held last week.

The chairman extended a welcome to the League supporters, saying that a good deal of spade work was required to get the sport established, as the code was quite a new one for Dunedin. There was sufficient evidence to show that quite a large number were available to play the League game, and so far as the grounds under the control of the local authorities were concerned, they could rest assured that they would receive justice and get their share of playing areas. Considering that the club had been in existence for only the past few months, the financial position was good, there being a credit balance of £20 odd. He suggested that the Christchurch Marist Club be written to and asked to send an invitation for the Christian Brothers' Club to go there at Easter, and that Kaitiaki, if visited, should a favorable reply not be received from Christchurch.

The suggestions were agreed to.

The following office-bearers were elected:— Patron, Bishop Whyte; president, Mr. W. Casey; vice-presidents—Rev. Father Delany, Messrs. C. McCuskey, J. Clark, J. O'Reilly, R. McDermott, S. Devereux, A. Foley, H. Street, P. Collins, P. Spiers, W. McKewen, J. Kilmartin, W. and B. Daniold; committee—Messrs. T. Ball, F. Donnelly, W. Lindsay, D. C., and P. Walsh, D. Fitzgerald, E. and P. Turnbull, B. Blackledge, T. O'Connor, S. Devereux; treasurer, Mr. F. Donnelly; secretary, Mr. S. Chaney; delegate to Otago Rugby Football League, Mr. W. Lindsay.

The membership fee was fixed at 5s.

### CHRISTIAN BROTHERS' CRICKET CLUB, DUNEDIN.

The 1st grade team secured another meritorious win on Saturday, the 14th inst., defeating Albion B by 161 runs. O'Neill and Martin played well, the former reaching 60 and the latter 60. O'Neill also performed creditably with the ball, and O'Neill, who scored the first wicket, and B. Albert for 4 runs. The 1st grade made a point of defeating N.Z. Valley, although Paul was the only player to reach 50, each of the other batsmen contributed good runs to the total. This team should now have a chance for the championship. The 2nd grade drew a bye.

### THE VICTORIANS.

Speakers of the clubs or junior players for inclusion in high class cricket, the *Catholic Press* (Sydney) says:—

Look at Karl Schneider, for example. He was only 16 when the Melbourne Cricket Club became interested in him. He is a student of Xavier College, Melbourne. Well handled by Warwick Armstrong, he made good at once. Chosen for the Victorian colts, he made 43 and 64 against the young players of South Australia, and took 5 wickets for

92. Later, against Tasmania, he made 55. Last season he headed the Melbourne batting averages with 54, and against South Australian Colts made 38 and 100 n.o. This year he averaged over 113 for all college matches. He is captain of Xavier College, and against Geelong College scored a brilliant 120 n.o., and took 11 wickets for 103.

In view of the above, it seems a pity that this young player could not come over with the team now touring New Zealand and for which he was chosen.

### TIPS FOR THE RUNNING TRACK.

The "Green" Man.—The training of an athlete is a science, a perfected business. It demands patience, perseverance, and self-restraint. It demands patience and perseverance because a course of training, to be effectual, must be carried on over a lengthy period, and it must of necessity consist of exercises that will become irksome, and tend to degenerate into mere meaningless motions unless they are performed with energy. It demands endurance and self-restraint because many of the exercises call for great physical exertion, which cannot be endured by those who are slaves to habit and appetite. It may be said with equal force that it also demands understanding on the part of the athlete. He must know why he is doing this exercise or that in order that he may do it correctly and with a will. Many years ago Sandow invented the "grip" dumb-bell. It is like the ordinary dumb-bell split in twain, the two halves being separated by spiral springs. In using these dumb-bells it is necessary to grip them very tightly in order to press the two halves together. Sandow's invention was calculated to keep the attention fixed upon the exercise, to make sure that in doing the exercise a certain amount of strain would be placed upon the body, and to ensure that the exercise was performed with a will and not merely by rote.

The "green" (untrained) man must be prepared to devote himself to a lengthy period of preparatory work. He must not get the idea into his head that violent physical exertion will benefit flabby muscles, and contracted sinews. Such a notion has ruined many a man who might have had a brilliant career in the athletic world. The novice must endeavor to become fit gradually. He must confine his efforts to "slow" work for at least six weeks. Long jog-trots on tip-toe, with the arms hanging loosely at the sides, are an excellent form of "slow" work, as in these all the muscles of the body are brought into play gently. Running on tip-toe strengthens the ankles, and thus lightens the stride. In the earlier stages of training the temptation to indulge in fast sprints must be overcome. The long, slow runs make for a gradual development of all the muscles brought into play in the exercise of running. It is in the long work that the athlete develops his natural style of running, which, of course, is best suited to his physique. It is a grave fault, and one very common in the novice, to try to copy the style of some crack because the latter when

running is good to behold. All the cracks have a different style of running, but all of them run with easy grace by reason of the fact that they have developed their own natural style, and not because they have discovered a knack that can be learned by anyone. Many beginners do themselves a deal of harm by trying to sprint while holding the body in an unnatural position.

In addition to track work the athlete should take long, brisk walks. These should be indulged in during all periods of training. His care at all times should be to keep in good health. The most common complaint among athletes is indigestion, this frequently being the result of irregular habits and unwholesome fare. Regularity in training is more than a virtue—it is a dire necessity. Men who work at night cannot train properly because their sleep is irregular. Loss of sleep is a deadly enemy to anything else, and the athlete who tries to burn midnight oil will find it a very costly business on the slender path.

Massage is the most important feature in training. Without it exercising is of little value. The athletes of old knew its value better, possibly, than we know it to-day. The old Roman athletes who performed such prodigious feats of strength and agility in the circus used to knead their muscles and have their bodies in water. Ancient chroniclers aver that it was the custom in old Rome for the citizens to massage their bodies in order to enjoy life. It is a pity that this custom has ceased to be general, as there is nothing so calculated to dispel weariness as massage. It is the sworn foe of the dull eye, the dragging step, and the pasty, unhealthy skin. It brings an exhilarating glow, and it charges the muscles with an inviolent vigor that demands satisfaction in movement. It is not always possible, of course, to have complete massage. Frequently a rub down has to be substituted for it. The athlete should never neglect his rub down before and after exercise. The rubbing may be well administered with a pair of flesh gloves, and should be sufficiently brisk to make the body glow, but not sufficiently hard to break the skin. Most novices find it hard to bear the flesh gloves at first, but a rough towel is an excellent substitute until the skin has become tough enough to bear the brushes. The runner who does not bother with the rub down always suffers from cramped contractions, and hard muscles. He is almost certain, also, to suffer from strain. Such an one will be found after a few weeks' training swathing his legs in rubber bandages and plastering himself with embrocations. It may be said here that embrocations and bandages and electric brushes ought to be studiously avoided. They have their uses, but their uses are not general. It is always unwise to use artificial remedies for something that requires natural treatment. There was a successful runner who used to dose himself with arsenic prior to competing in a race. He lasted only two seasons. He degenerated into a physical and moral wreck. He gave up running, of course, but he never gave up the arsenic. The body should be exposed as much as possible to the air and sun. The sun is a great strengthener, and when we see a competitor coming to the track with skin the color of a ripe apricot we ought to make up our mind that he is dangerous. (To be concluded next week.)

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