HEALTH AND LONG LIFE

"All men think all men mortal but themselves," yet all men are constantly seeking the sources of health and means of prolonging their lives. and nothing interests the average man more than to read the statements of persons who have attained great ages, and their version of the means which enabled them to prolong their lives. We have many of these Moltke, when asked in his ninetieth year how he had maintained his health and activity. answered: "By great moderation in all things, and by regular outdoor exercise." Crispi said that "regularity and abstinence are the secrets of long life." Sydney Cooper also believed in regularity. Le gouve attributed his long life to regular exercise, says the Washington Herald. An American nonagenarian, Hon. Neal Dow, of Maine, laid stress on the careful avoidance of fretting or disturbance of the digestive organs, and of exposure to sudden or protracted cold, with insufficient prorection against its influence. Cornaro's rule was extreme temperance in eating and moderation in drinking He took everything that agreed with him and avoided everything which did not. Many others could be named. but the constitutions and organism of men are as varied as their faces, hence no general rule can be laid down. What is meat to one may be poison to another.

Hundreds of thousands of Russians are going to Siberia. But not after the old style, when they were per sonally conducted by military guards and distributed as convicts among the mines and prisons. Siberia has vast agricultural and other possibilities, and the government in this instance at least is wise enough to encourage the utilization of such resources. It is announced from Russia that the migration to Siberia average about half a million persons yearly. This movement is encouraged by the offer from the government of cheap railroad rates and an allotment of forty-one and a half acres of land to each adult who makes a home in that part of the empire.

The Pennsylvania state board of health reports that the expenditure of \$3,000,000 in four years in the interest of the public health has resulted in saving \$23,000,000 to the commonwealth. This is conservation of a most desirable quality. It goes toward maintaining those greatest resources of a state which lie in a people rich in physical and mental wellbeing. The Pennsylvania board has fought diphtheria effectively with antitoxin. It has reduced the deathrate from consumption, "the white plague," from 134 to 120 per thousand, and is about to do better by adding two new tuberculosis colonies to the one now in operation.

According to late reports Mammoth Cave, that old-time geological wonder, and years ago a close rival to Niagara Falls as a show place, is going out of fashion, and has of late years had but few visitors, says the Boston Evening Transcript. It is now difficult of acsess by a little dinky railroad and the accommodations afforded by the dilapidated hotel are by no means up to date. It is proposed to ask congress to adopt it as a national reservation, fix things up and make it more accessible and attractive. Perhaps one reason for its decadence is the discovery of other great caverns and natural curiosities fully as won-

A Washington man has been fined for violating the child-labor law because he induced a number of fourteen-year-old boys to engage in a pleenting contest. Would it not have been more appropriate if he had been punished for cruelty to children?

When a man's wife sticks hatpins into him, and tries to suffocate him as he sleeps, the New York courts have decided that he has a right to leave bome. The ruling, however, was confirmatory merely, the man having decided first.

One man has been sent to jail for nine months for smuggling at New York. The fact that he was only a musician and not a millionaire makes the lesson less impressive where it is most needed.

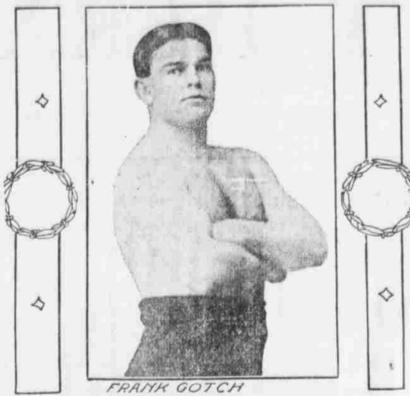
A dog that carried in smuggled goods across the Mexican boundary has been spared to be shown in a dog show. If he had been taken to a New York dog show he would probably have brought a fabulous price from the ultra rich.

So the government is going to fasue \$75,000,000 worth of \$1 bills to replace \$20 and higher denominations. This ought to increase the chance of getting some.

Fletcher says you should "hold your face down" when you are esting, so that your tongue will hang perpendicularly in your mouth." To do this most comfortably get down on your hands and knees when you eat.

That Illinois man who wants a divorce on the ground that his wife re-Tuses to dress in keeping with the intest husbions because, she says, it is too costly, apparently doesn't know when he is well off.

CHARTES GOTCH MAY MEET WACK"



champion of the world, may reconsider | en Ordemann in the first fall. his intentions and sign articles to Three foreigners now in America am not prepared before he is. meet Hackenschmidt in a finish bout are all after the title held by Gotch. I have had two fights since I won to one more match if there was Zbyszko was easy meat for the lowan to remember they would probably rec enough money in sight, but before in the final match last spring and undoing so the lowa farmer said Hack less he has improved by a good measwould have to beat all good men in ure he would not be considered by the this country, including foreigners.

fans, Three good American heavyweight! The two real good foreigners are wrestlers are ready to work whenever Hackenschmidt and Mahmout. One or called upon. These are Jess Wester- the other of these should get a chance gaard, Ordemann and Charley Cutler, at the crown before they return to Ordemann recently defeated Cutler at their homes. Gotch is quoted as say-Minneapolis, but it was not a satisfac- ing that he considers Mahmout the tory match, as Cutler sustained a bad- best of the lot.

Team Which Sets Pace, Compels Other Team to Give Ground and Is Aggressive is Winner.

BY GEORGE DAVIS.

(Copyright, 1910, by Joseph B Howles.) Think quick, act quickly, claim everything in sight and watch every point. Run out every hit, take any kind of chances on the bases, make he other side throw.

That is the way to win in baseball. Plainly stated, the team which forces the pace, compels the other club to give ground, assumes the aggressive end of the game and throws the other team on the defensive right at the start is the winner. The hustling, aggressive, pushing club, no matter how much weaker than its adversaries, usually beats them.

Team work has been one of my pet theories for many years. I think I tnew a good deal of inside baseball



George Davis.

and team work with other teams, but I never realized fully the possibilities of team work until I was with the White Stockings. I am not claiming any part of the credit, except that I was able to work with two such generals as Comiskey and Jones, and to contribute what I knew of the inside game to them in return for what I learned. I do not thiffk there ever was a team as perfect in defensive and aggressive team work as the White Stockings were under Jones. Our system of signals was perfect, and besides that we had men with wonderfuly acute powers of observa-

tion, and every one worked together. One of the principal causes of victory to a pennant winning team is in time. the selection of pitchers to work might make it more interesting if he other grapulers now inhabiting Chiagainst certain teams on certain days. pointed out some line of sporting on- cago and other palacetral centers look The condition of the sky is studied deavor in which he has noticed this like pieces of copper. Manuscut, who the lights and shadows on the grounds, with distinctness. 'Certainly the says he is now a thoroughbred Amerithe condition of the grounds and the "maint" is not creeplies into football, can, says he does not draw the cold force and direction of the wind, before is it?

DAVIS GIVES PLANS TO WIN a final selection is made. Of course every man on a team known what pitcher is likely to be effective against certain teams. The study of the condition of the pitcher then becomes extremely important. He may have been good in his last game, but gone stale or stiff or lost some speed, or his curve. The manager or catcher must study the man in preliminary practice to discover if there has been any such change. Then the other conditions must be taken into considerathe manager has thought and worried gray hairs into his head, an umpire may miscall one strike and turn the entire game, which shows how much any one really knows about how to

SPORTDOM

They sell the Boston National league team almost every afternoon now in Beantown.

That annual row of the ice skaters scheduled time. Packey McParland insists that he is

a lightweight still, but he doesn't care to work at it just yet. Frank Gotch may have retired for keeps, but there are a lot of wrestling

be shown. Eastern collegiate basket ball officials want to let the referee decide

constitute a personal four.

Every year they come across with pitchers in a game.

Cleveland baseball fans see a penexpected to bring it that way.

against any change in our baseball II Mr. Brown wants a fight he will code. Why shouldn't he be? The Cubs could not hope to be more successful under a new set of rules: The principal ambition of the heavy-

weight fighters seems to be not to battle themselves, but to dlg up a "white man's hope" who can fight, or at least make a noise like a champion.

to them while they are good."

Major league baseball writers may not have to spell Peckinpaugh after all next year. Owner Summers of the Cleveland Naps is about to complete a deal to farm him to the Portland team in the Pacific Coast league.

Artie Latham is probably out of ma or league baseball. Manager McGraw of the Giants has not sent a contract to \$33,823. Of this sum each team reto the clown of the game. He prob ceives \$15,220. The total paid atably figured that he had enough of tendance was 16,572. Efforts are bethem on his staff without carrying an ing made to induce the heads of the

A Detroit baseball writer has dug of the annual game there again next into the files and discovered that Ed. year. Walsh fanned Larry Lajole on three successive pitched balls in 1908; Thanks for the information. Cleveland writers never dig up such things ex-

cept on Ty Cobb. Wright brothers, inventors of the plane flying machine, have started suit against Grahame-White, the Englishman, for infringing upon their "bird." Just because Moran was the first man to knock out the original Battler is no reason why the Englishmen should want to cop everything.

Dr. Sargeut, Harvard's great physical expert, has discovered that men are becoming more ladylike all the of the sultan's giant Turk wrestlers, is

WOLGAST T MORAN

Declares Englishman Will Be His First Opponent when He Returns Early in the Spring.

In the following article, published by the Chicago Tribune, Ad Wolgast, the most criticized pugilistic champion in the ring today, attempts to answer his critics and incidentally tells what his intentions are in regard to Owen Moran and the rest of the lightweights who are clamoring at the champlonship door for recognition:

I am a fighter, not a press agent, but I have been attacked so much and roasted so generously that I believe It is up to me to tell the public a few facts. All this talk about my alleged loafing does not bother me a bit, for when I get in shape I'll step out and make all my critics take off their bats

And right here let me may that Moran will get the first chance. I held him to a draw in New York when I had never fought anybody but dubs, and had only been in the business a year, so does it stand to reason that I fear him now, when ! have improved 1,000 per cent and he is the same scrapper he was three years ago? If Moran wants to fight me right away, why did he sign up for a three months' There is a bare possibility after all tly wrenched knee in the second fall tour on the stage? Not that I mean that Frank Gotch, retired wrestling and had to give up after having bent that he fears me, but just the same when it comes time to fight see if I

for the world's title. Before leaving There may be more than three, but so the title from Nelson last February, Chicago the other day for his home far there are only three worth men- and there has been a awful yell be in Iowa Gotch told some friends "not tioning, and even one of these may cause I have not toxed oftener. If for publication" that he might agree as well be left out of the running my "panning" friends would take "ime



"Ad" Wolgast.

ollect that Nelson did not fight for six months after his first fight with Gans. And no one roasted him.

In the first bout, that with Redmond n Milwaukee, I broke a small bone in my wrist. I know the accident has been sneered at, but if any sporting writer in the country doubts the seriess of the injury I will show him the signed affidavits of two of the most prominent doctors of Milwaukee. Stung by the criticism of a lot of Nelson boosters, I took on a young fellow gives promise of coming along on at a small town in Wisconsin two months later to see whether my arm could stand the strain. It was a foolish venture, for I broke the bone in the same place again. Had my arm stood the strain I would have signed to box Nelson in November, as I had fans from Missouri who will have to announced immediately after I won the title.

Just when I will be ready to fight is a question. I have been doing some whether holding and blocking shall light work with my had arm, and it is coming along nicely. Naturally, If Tulane university professors want | with a big fight in sight I wish to take to be popular they should know by matters easily, and you can take it this time how "incontrovertibly and from me that I will not enter the ring unanimously" students regard foot again until I am absolutely certain that the wing is O. K. When it gets right, which I think will be in about a a lot of changes to increase the bat | month, I will be ready for any and all ting. The latest is make it impossible of them. Fighting is the way I make for a manager to use more than two my living, and the cost of living is pretty high

I hear that Knockout Brown is on nant in sight for the Naps next year, my trail. Who is this Knockout peraccording to reports from that city, son? I never heard of him until he Jackson and Lajote in the outfield are wen from formy Murphy, and anyone who cannot beat Tommy Murphy President Murphy of the Cubs is ought to take to selling hair ribbons, have to get a reputation first. Let him light Moran or Attell, or some one of class, and if he beats them I will be ready to talk to him.

There is absolutely no chance of my fighting Nelson unless the public orces me into it.

the New York Yankees, is clamoring bave had a long rest and feel like a from the pictures of the lady that are mained longer up there but he says be bad done, ran off as hard as he for more salary. Russell says base-bulldog. When my arm gets right, ball players don't last long and they the boxing followers of the country should "get all out of it that is coming will see all they want of the lightweight champion.

Kansas City Game Nets \$33,823.

The receipts of the Kansas-Missouri football game, held at Kansas City Thankegiving day, were the rgest ever taken in at any gane west of the Missouri river, amounting two coileges to permit the playing

No More Chailenges.

George Hackenschmidt's manager says that in future the big Russian will refuse to wrestle unless the tresome custom of introducing the allengers from the stage on which he works is done away with. And patrons of the game will applaud this stand, for the practise has gone beyond all limits.

Huge Turk Coming.

Cotrelly, weighing 310 pounds, one Perhaps the clever "prof" crossing the big pond to make all

TRAINING THE BOYS TO BE LEGISLATORS



EW YORK .- Educators are watching with much interest the work that is being done in the Peter Minust school where there is a club of boys who are being trained in the procedure c' legislative bodies and the theories and methods of government. The lads have a regularly organized "house of representatives" with a speaker and representatives from each state and they carry on debates in formal manner with all due rogard to the rules governing such a body. The club is named the City History club.

HOBBLE SKIRTAGED der eighteen. Miss Baldwin's parents objected to the match and brought her back to America. Three years later

1,000 B. C.

Egyptian Women Hopped Along Nile in Garb Worn by Smart Set.

that the "hobble skirt" is fin de siecle archeology, living at Hull house. "It said he would not break his contract -up to date, the very apogee of modern feminine sartorial folly?

Well, it is not-merely redivivius of B. C. This startling information will H. Breasted, Egyptologist at the Uni- was the favorite musician at the Ruscome as somewhat of a shock to the versity of Chicago. or at least been responsible for the The ladies whose pictures show the America last year Roqovoy was a renaissance of a style not more than tight skirts lie at the Field museum. member for a time of the White

three or four hundred years old. Over 2,900 years ago the dusky maidens of the now defunct city of Thebes | are to become new fashions. At least | sons. hopped along merrily in their hobble this is the word that comes from the

akirts. Somewhat later in the time of Ptol- facturers' association. "Straight lines" emy and Cleopatra the favored of will be a feature of spring garments, Pharaoh's daughters, that is, the better In tailored suits the jackets will be clous disposition, made fast to a stake classes of Egyptian women, tripped shorter, measuring twenty-six inches in his back yard, to keep away the along the banks of the slimy, sluggish or less. Nile, and a few of them probably fell

The ancient hieroglyphics upon the obelisks, sarcophagi and pyramids of the earth's once most powerful race show conclusively that women who have now been mummies for fully a score of centuries wore the much ridiculed and secretly admired "hobbles." Evidences of this vagary of dress among the ancient Egyptians may be seen in the picture writings on the

granite and basalt tablets and upon the highly colored mummy cases that are preserved in the Field Columbian The "hobbles" seem to have been confined (as well as confining) principally to the upper strata of the society

of the day, yet examples of a partial "hobble effect" are to be seen in the chroniclings of the middle classes. Dje-Mut-Esankh, a lady of high rank in Thebes, 1000 B. C., whose mummy case, if not whose mummy, forms a portion of the Egyptian archeological

exhibit in the museum, wore the "ties that bind" at the earliest known date. She was the daughter of a family of noble priests and served in temples, herself as a musician to the great god, Ammon. Dje-Mut-Esankh, translated, means "Musician of Ammon."

Her hobble made her famous and feared. It was a wonderful asp of nephew of the late Senator Cushman gold, studded with rubles and other K. Davis got back the other day from gems, and was attached to her gown northern Minnesota, where he has at the proper place by means of clasps. Princesses are said to have been envious of her.

ty, about the seventh century B. C., there are few wild duck. Captain not in time. The shooter, he said, went her predecessor one better, and Rice, who is on his way to his did not stop to offer him any assistpublic to wall just a little while. I were em just above her knees, judging plantation in Cuba, would have reextant today. But Egyptian art and artists were somewhat uncertain, however, and it is possible that the bronze hued man who carved her picture for the edification of posterity may have made a mistake.

"Naja," to be familiar, is believed to or an actress, otherwise she would not Rice. "It was a very enjoyable trip, persons had been killed in the state have dared ignore public opinion and but so many persons were killed by by mistake for animals."

parent in her pictures.

lands of blue and rose-hued lotus flow- orchestra. ers she was the sensation of her day. a the Time of Ptolemy and Cleopatra The discovery that the Egyptians were and the marriage was agreed upon. the "hobbles" is corroborated by Miss Baldwin admits that she had Egyptologists.

> only bears out the trite old saying, with the hotel. When the season ends there is nothing new, etc., etc.

clothing designers of the day who | The custom gained such hold by the | Queen Wilhelmina of Holland, and prided themselves that they had cree Egyptian race that they hobbled their King Alfonso of Spain, it is said, preated something, originated something, dead by swathing them in bandages. Bented him with jewels "Coming to

> hobbled even in death. National Cloak, Suit and Skirt Manu-

GIRL POPPED THE QUESTION

Heiress Finds and Weds Flance After Long Separation-Favorite Musiclan at Russian Court.

Thousand Island Park, N. Y .- The marriage of Miss Lots Baldwin of Atlantic City and George Roqovoy, a Russian violinist, at the Methodist Episcopal parsonage here by the Nev. E. J. Lavis, ends a romance coverlag a period of seven years.

The bride is a granddaughter of Major Herbrich of Heidelberg, Germany. who died recently and left her sole heiress to a large estate. A few weeks | put back to shore. Later, re-enforced ago she received \$40,000 from the estate of her mother. She first met Ro- they returned to the bar and shot the govoy in Berlin in 1903, and the two animal. It measured three feet nine became engaged. Both were then unlinches long.

objected to the match and brought her she returned to Europe and tried to find her lover, but was unsuccessful, Fashion Was Prevalent at Least envy with the sang troid that is ap and did not meet him again until recently, when, while dining at the Fron-With her striking apparel and gar- tenac hotel, she recognized him in the

Their acquaintance was renewed. "popped the question." They hurried "Yes, it is true that the style was in to the minister, but found that a Hvogue, many years before Christ," said | cense was necessary, and they lost Chicago.-Has someone remarked W. Chesney Chenery, an authority on three days seeking one. Mr. Rogovoy

the couple will go abroad "They certainly did wear tight skirts | During the last seven years Rogoa fashion prevalent at least 1000 years in those days," admitted Prof. James voy has traveled all over Europe. He sian court, and the czar decorated him. House orchestra. He has been playing "Mummy" coats and "tube" dresses at the Frontenac hotel for two sea-

Lobster to Keep Cats Away.

Boston.-A ten-pound lobster of ferocats that made sleepless his nights ashore, was the dream of Ben Folsom of the fishing schooner Gladys and Nellie. The common fate of men, cats and lobsters intervened, and the dream will not be realized, as when the Gladys and Nellie reached the wharf the other day the lobster died as the schooner docked.

Sea Lion Trapped.

Atlantic City.-Engineers at the Ventnor City waterworks killed a sea lion here. Launching a boat, they carefully worked around into sighting distance of a strange beast first thought to be a dog. The lion hastily by other employees armed with guns,

ON MOVE TO DODGE BULLETS

Hunter Back From Minnesota Thinks It's Like Real War-Game Unusually Plentiful.

New York.-Capt. Cushman A. Rice, been on a shooting trip, and re-through the woods when, as he came ported that deer, bear and par- to a clearing, he saw some distance tridges are unusually plentiful in away a short, thick-sel man raise his Naja-Rames, of the XXVIIth dynas- that part of the country, but rifle and point at him. He yelled but the number of persons in the country who are not over particular as to that country, but it seems to do no what it is they are alming at.

a hunting trip in that part of the when shooting in the forests, but in have been the wife of a powerful noble world in automobiles," said Captain spite of that I was told that fully 46

mistake for deer that we decided it was not a safe region to be in. I was told that no fewer than 40 persons have been killed in that way this year. One man whom I knew was found by his friends on the snow. He had a built through his lung, but lived long enough to tell how he had got it. He was going

"Lots of persons wear bits of red who are out to shoot something, and in their hats when traveling through good. In Wisconsin they have a law We were about the first to go on which makes you wear a scarlet can

AROUSE INTEREST IN GAELIC

Pursue Nine Months' Campaign In United States.

New York.-Flonan MacColum and Nev. Michael O'Flanagan, official en lectually, clergy and teachers. Gaelic roys sent by the Gaelie League of reland to America to arouse interest schools. the revival of the old Gaelle lancoage and literature, have opened hendquarters in New York and are

preparing an active propaganda. The two delegates will remain in this country for about nine months, and will visit all the principal Irish centers. In each city mass meetings will be held and branch societies for carrying on the work of the league

will be organized. There is no connection between the Gaelic league and any of the political movements in Ireland. With the league, however, is associated a movement for the revival of Irish industries. Its platform urges clean living and temperance, both physically and morally, and the betterment of the ple who are not in the poorboose

Two Officials Arrive From Ireland to social conditions of the people gen erally.

In Ireland the movement has recelved the approval and co-operation of leading men politically and intelis now taught in over three thousand

A preliminary announcement by Mr. MacColum says: "There is a widespread interest in the Gaelic movement in the United States, but so far the work here has not been definitely organized. I should say there are 100,000 speakers of Irish

in New York alone. "The Gaelic league aims at the intellectual independence of Ireland. It aims at sustaining Irish nationality in the natural order, that is, preserving all those traditions, characteristics, customs and ideals which distinguish one nation from another."

Many Public Charges. The public takes care of many peoKilled 400-Pound Bear.

Altoona, Pa .- A 400-pound bear was killed with No. 4 shot by Clarence Havens of Tyrone, a Pennsylvania railroad brakeman, the other day, near Snow Shoe. It is the biggest hear ever killed in this locality with such small shot. Havens was hunting for small game, when he was confronted by Bruin. They were only a few feet apart, and he let go both barrels, but the short range made the

Whistles for the Blind. Cleveland, O .- Blind persons in Cleveland are to be supplied with istles to summon policemen at

small shot more effective than a ball

et crossings. This innovation was decided upon by Chief Kohler at the lustance of the Federation of Women's Clubs. The whistles will be especially constructed so as to be easily recog-

nized by the police. Root of Evil.

There are a thousand backing as the branches of evil, to one who is striking at the root.-Thoreau.