



ED. WALSH of the Chicago WHITE SOX will teach you the detail of his Spit Ball

BOYS

Learn Scientific Baseball

FREE



CHRISTY MATHEWSON of the N. Y. GIANTS will explain fully his Fadeaway Ball

Joe Wood

of the BOSTON World Champions will teach you his great secret of breaking over his world famous Smoke Ball.



JOE WOOD



WALTER JOHNSON of the Washingtonians will teach you how to acquire and maintain Speed



NAP RUCKER

"Nap" Rucker

of the Brooklynns will teach you the mastery of his famous Knuckler.

BOYS We are able to offer you the most complete and fascinating course of baseball ever compiled. In this course CHRISTY MATHEWSON of the N. Y. Giants; ED. WALSH of the White Sox; WALTER JOHNSON of the Washingtons; JOE WOOD of the Boston World Champions; "NAP"

RUCKER of the Brooklynns and "DOC" WHITE formerly of the Chicago Americans, will through personal and direct lessons teach you the secret of Professional Pitching.

Every boy should have this course. It will make a man of him mentally, morally and physically.

Every mother should urge her son TO SECURE IT and EVERY father should insist that his son follow its teachings to the letter. We give here small portions of Doc White's lesson which deals in part with proper methods of training and living. We also give part of the introductory paragraph of Ed. Walsh's instructions.

Our First Lesson

Our first lesson will be by "DOC" WHITE, prefaced by some timely advice on physical condition—how to get it and how to keep it. No one is better qualified to give you advice on this most important matter than is "Doc" White. He is a college bred man, who by using his brains, devised a secret, self-teaching system that enabled him to blossom out over night with that rifle-shot control of the ball that has ever since been a terror to the best and surest batters. Read carefully and follow faithfully his advice on getting into condition and conserving your health, wind, sight and energy—then follow and practice his system of gaining control of the ball.

Lesson Number 1

By G. HARRIS WHITE "DOC" WHITE

In this lesson I will talk "right off the bat" in plain, short English. Let's begin by admitting that Baseball is the Great American Game. Why? You will say—because it is the most popular—everybody plays it or is interested in it. A good reason, but here is a better one: Listen: It is the best builder of health (mental and physical), and a tremendous moral force. It is a game that will not stand for whisky, cigarettes, profanity, vulgarity, cowardice, dishonesty, anger, discourtesy and lack of respect for superiors—not to mention a long list of minor faults and frailties. Exceptional playing talent sometimes gets a man of questionable habits or character into a club, but he must "clean up" and reform from the moment he dons the uniform. Unless he does so, he is simply

Some of "Doc" White's Instructions for Shadow Pitching



a "flash and a sputter" and goes back where he belongs, and is out of baseball for keeps.

To be a good ball player you must be a good man or boy physically. This is simply a matter of right living and faithful practice. Good pitchers are not often men of exceptional strength, but they are always good and fit men physically. Pitchers must have the pliable, sinewy, resilient muscles that endure, rather than the bulky masses that are capable of tremendous exertion that cannot be sustained or quickly repeated. Below I will note a few simple rules to be followed which if faithfully undertaken will bring about your physical fitness in the very shortest time in which it can be done. As many of my readers have not attained their full maturity, I will particularly keep them in mind in my advice, so that any boy or youth as well as men can easily follow it.

SHADOW PITCHING. There is a name I have carried under my vest for a long time. It made a pitcher of me and gave me that control of the ball that has turned the scale many a time against the best batters and players in the big leagues. Not every man can be a "SPEED KING," but any man who has "CONTROL" can be a successful pitcher. A slow ball and control are a far better combination than fast balls and passed balls and a few walks to first base. A base on balls is practically a hit—it gives the batsman just as good a title to "first sack" as if he had knocked the stitches out of the first ball pitched.

When I joined fast company I was a raw recruit—just a good prospect. On the first trip of the club around the circuit I was not considered worth a ticket, and was left at home with the cripples and with instructions to practice with anyone who wanted exercise.

This gave me something of a jolt and time to think. It also gave me a realization that some day, in a one-sided game, the "Boss" would send me to the mound, and that my fate depended upon my showing him something when that day came. Control of the ball and how to get it was my problem, and after heavy drafts on my gray matter and much experimenting, this is how I solved it:

Complete details of shadow pitching are given in the complete course of instructions

Introductory to Ed. Walsh's Contributions to This Course of Lessons

By ED. WALSH

For eight long years the spitter has been my stock in trade. With its aid I have won more games in one season than any pitcher of modern times. It helped me to do my share in one American League Championship, one World's Championship and in two series of games for the Championship of Chicago. Having thoroughly mastered control of this style of twirling, I have, for many years, been able to go in and finish (and sometimes save) games for my team with little or no time devoted to "warming up," and I count this one of the very valuable features of the spit ball. The change from a fast ball, a curve or a cross fire (left-handed), is so radical that it is an easy matter to baffle the most dangerous opponents if one has control. That last word is the secret of my success.

The full instructions of Ed. Walsh are included in the course and are marvelous in the extreme.



Grip for the Curve Note position of Fingers on Seams



Irwin M. Howe

IRWIN M. HOWE, Principal

Mr. Howe is an eminent baseball writer and authority. He is the OFFICIAL STATISTICIAN of the American League, the American Association, the Western and the new Federal League. He is the author of The Players' Handbook of Baseball, and Pennant Winning Plays and Players—two works that have had a circulation of more than a million copies. He is the best qualified man in the world to put before you in plain, understandable English the direct and personal teachings of the wonderful galaxy of instructors, each the undisputed leader in his specialty, and every one A MONARCH OF SPEED and CONTROL.



The Fadeaway Grip

Full Details of All the Grips Given in the Complete Course of Instructions



Knuckle Ball Grip

Every Detail from Grip to Delivery Given in the Complete Course

YOU CAN PUT ONE OVER TODAY

These lessons are so plain, practical and so profusely illustrated, that by following the instructions given, you can not only develop pitching ability but by "Doc White's Shadow Pitching," can practice and learn in secret. You can pitch to yourself and at the same time get splendid practice in Bunt Fielding. You will also learn how to Increase Your Batting Average and more effectively Hit Any Pitcher. Every lesson edited by IRWIN M. HOWE, the official Statistician of the American League, the new Federal League and other organizations and an Eminent Authority on Baseball.

Well Worth \$100 to Any Man or Boy Whether or Not He Ever Expects to Become a Big Ball Player

This COMPLETE COURSE May Also Be Purchased From Us at the REGULAR PRICE OF \$1.00. Mail Orders Promptly Filled. Remit By Post Office or Express Money Order

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