

Fine Bodily Development Achieved Through Systematic Instruction



FLATTSOUTH TEAM.

"graduated" into the second division and so again into the first division.

The late tournament was remarkable for the high grade of excellence attained both by teams and individuals. The marks were very high. The athletes of highest excellence are, of course, those of the first division and those who win in this class have attained the "be plus ultra" for the tournament in which they are entered. Frank Riha carried off the first honors and gold medal in this class with an average of 134. The name of Frank Riha is well known even in international Tel Jed Sokol meets. He was sent from Omaha to Prague last year to the great international meeting and upheld the honor of America there. Second place and silver medal in the first division were won by John Pesek of Schuyler, and third place and bronze medal went to Joseph Pesek of Schuyler. The Pesek family has attained great distinction in turning circles. At the meet in Schuyler last year two out of three gold medals for individual excellence were carried off by members of the Pesek family.

The other individual medals were won as follows: Second division: Frank Kohes, Crest, first prize, gold medal; Stephen Jelinek, Wilber, second prize, silver medal; Joe Tobiska, Wilber, third prize, bronze medal.

Third division: Edward Duda, Omaha, first prize, gold medal; John Adams, Omaha, second prize, silver medal; Karl Habraba,



SCHUYLER GIRLS.

The men dressed in their uniforms of blue trousers with white armless shirts trimmed with narrow bands of scarlet, and the girls and women in their short skirts and blouses make a sight worth seeing. And when they went through the beautiful evolutions of the calisthenic drill, accompanied and controlled by the music of Fibinger's band, cheers came from the spectators, and Frank Slavovitsky, instructor for the western division, felt his heart swell with pride.

Mr. Slavovitsky is himself a model of what persistent, intelligent, systematic exercise will do for the body. He is handsomely developed. He came here from New York City and is on a salary from the western division of the Tel Jed Sokol, where he spends the entire year in going from one town to another superintending the work of drilling the turners in the science of turning. The results achieved since he has been at the head of this work are eminently satisfactory to all concerned.

The committee in charge of the last tournament consisted of Joe Mik, president; J. R. Fiala, secretary; A. Maslika, treasurer; Joseph Edmund, Al Kasper, Joseph Wolf, Joseph Tesar, Frank Riha and A. Novak.

Sunday was the grand final day of the tournament. The weather was beautiful. A parade left the Turner hall at 2 o'clock, marched through the streets of the Bo-



CLARA ZELENSKY, South Omaha, Champion Jumper.

hemian section of the city and returned to the hall, where the rest of the day was two-act play in the hall. After that the sport. In the afternoon John Husky spoke medal and cup awards were made to the in Bohemian and Mayor Dahlman addressed successful individuals and teams and a the people in English. Fibinger's band grand dance ended the successful tourna- played. In the evening the dramatic recen-

IN THE "Arabian Nights Entertainments" there is a story of a king who had fallen ill. All the physicians, pharmacists, soothsayers, astrologers and other wise men had been called in to diagnose the case and to provide a cure. The one who restored health to the king was to have the beautiful princess, his daughter, for a wife. Those who tried to restore his health and failed were to have their heads struck off. Many others, saw the king, diagnosed his ailment, offered a cure, failed and were carried out of the royal presence in two pieces—head and body. Then came one who said he could cure, surely, the king. Accordingly he prepared a mysterious hammer into which he inserted the leaves of the hyppocistis bush, together with other herbs and roots which (said the wise man) were exceedingly powerful in overcoming disease. Having soaked up the hammer, the wise man gave it into the hands of the king with instructions that he must wield it vigorously every day until he was in a perspiration. The king agreed to follow instructions, though he was skeptical, and looked with calculating eye upon the beautiful princess.

In three days the king reluctantly admitted that he felt better; in five days he was able to sit up; on the following Friday at the time of evening prayers he went up to the tower of the mosque and cried out with the muezzin. To make a long story short the wedding of the princess to the wise man took place the following week. Under the instructions of his son-in-law the king continued to wield the wonderful hammer daily all his life, each time until he had started a perspiration and he continued in health and strength until his 100th year, when, save the veracious story, he died and left his throne to his son-in-law.

This story is allegorical after the Arabian fashion, and back of the story is the fairly well known fact that it was the exercise which cured the king, and that the herbs were put into the hammer by the wise man merely as a means to an end.

About 30 years ago a citizen of Bohemia whose name was Tyus began to interest his countrymen in a system of exercise scientifically designed for the exercise and manipulation of the vital organs and for the development and strengthening of the muscles and tissues of the body. The movement spread. Today in America thousands of Bohemians continue the exercise.



OMAHA GIRLS.

There are classes in hundreds of towns and cities which meet at regular intervals and strive to excel in the tests of strength and agility which are a part of the system. Back of it all there is the exercise, that vital principle of life, which put the Arabian king into good health and kept him there and which is doing the same for the Bohemian turners year after year.

The western division of the Bohemian turners' societies, or the "Tel Jed Sokol" as it is called in the native tongue, met in its quadrennial session July 31, August 1 and August 2 in Omaha. Teams were present from towns and cities of the western division. The first day was given to receiving the contestants as they arrived in the city. They were escorted to the Turner hall on Thirtieth street, between Dorcas and Martha streets. The entire Bohemian business section was gaily decorated. In many places were banners displaying Bohemian mottoes and greetings. The interior and exterior of the Turner hall with the grounds adjoining were beautifully decorated for the occasion. The exercises of turning met each other with the greeting, "Na-Sar," and drank a hospitable but tem-

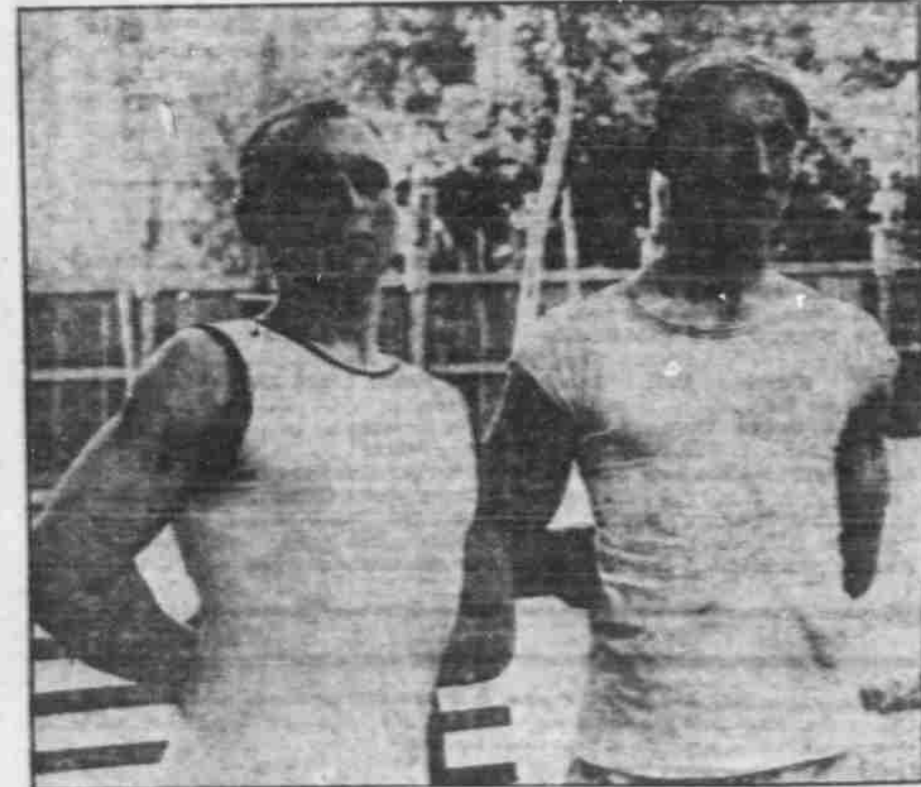


GIRLS FROM WILBER.

perate bumper to their happy meeting on an occasion which took them back in memory at least to the fatherland.

At 7 o'clock Saturday morning sleepy people going past the hall on their way to work were surprised to see men and women going through the various evolutions on the parallel and horizontal bars, on the horse, with wands and clubs. The turners believe in "getting busy" early and at their tournaments they lose no time through idleness. Neither did they propose to lose any time by going out to dine. Therefore there were several whole roasted pigs with a proportionate amount of the "trimmings" prepared by the women and served right in the hall at noon. Thus there was no delay in the program.

A certain set and stipulated number of exercises must be gone through with at the Bohemian turners' tournaments. The judges work in such a manner in their markings that there is almost an impossibility for any contestant to get anything except the mark which his work deserves. The system of marking is complicated to an outsider, but very exact when it is understood. There are three "divisions." The youngest turners, those the least skilled, are in the third division and contest only against each other. After they have attained a certain grade they are



Riha, Omaha, Champion Pole Vaultee. Pesek, Schuyler.



WILBER MEN'S TEAM, First Prize.

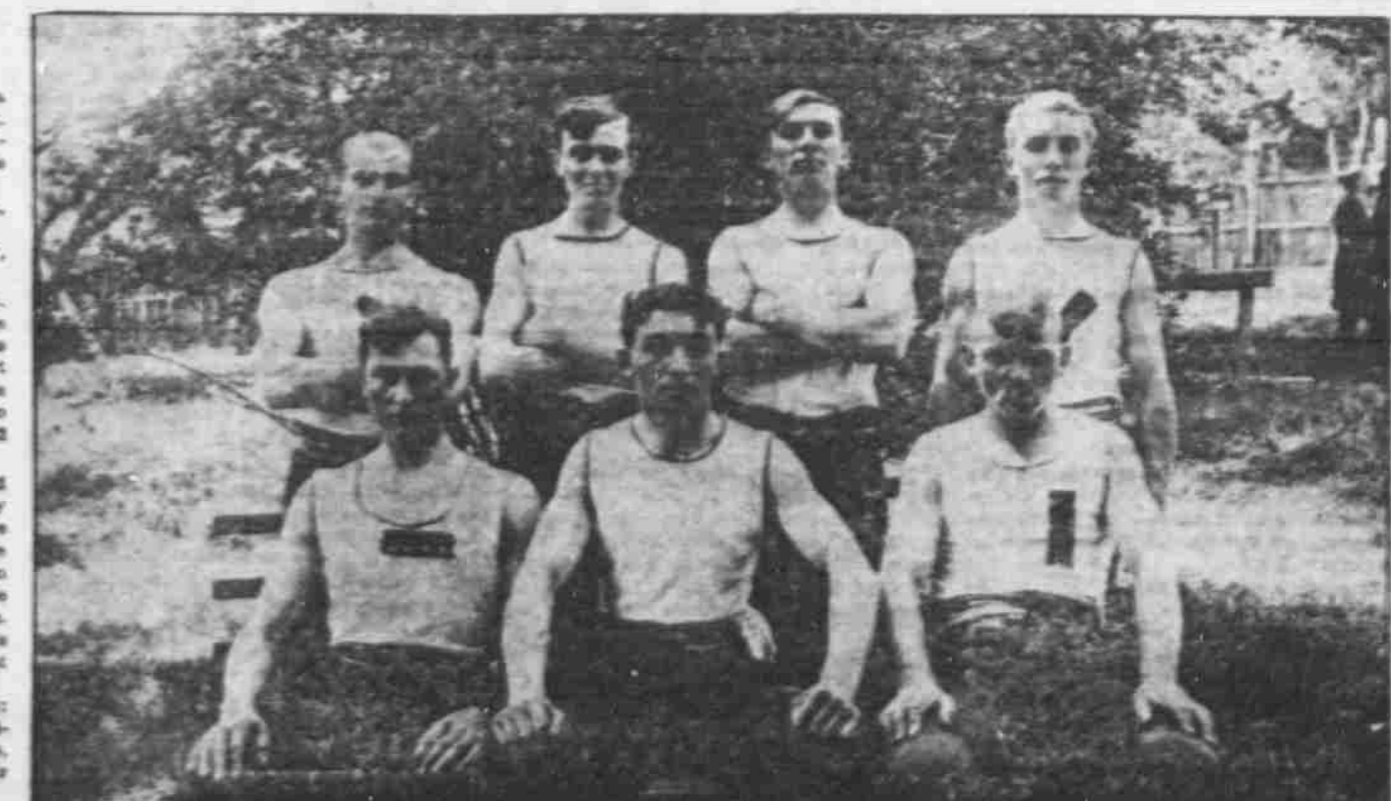
Flattsouth, third prize, bronze medal. Girls' contest: Clara Zelensky, South Omaha first prize, gold medal; Mamie Kment, Omaha, second prize, silver medal; Besse Chavala, Omaha, third prize, bronze medal. Younger girls' contest: Viasta Kment, Omaha, first prize, gold medal. Younger boys' contest: Walter Novotny, Erwin, first prize, gold medal.

Those girls deserve some special mention. Clara Zelensky of South Omaha broke the American record for high jumps by girls when she cleared the bar at a height of 4 feet 7 inches. The record was one inch lower than that. Miss Zelensky also made the remarkable record of 34 feet 2 inches in a running long jump.

Mamie Kment of Omaha who won second place and silver medal comes of a family of Bohemian Bohemian girl athletes. She has two sisters, Tillie and Besse, who are each the possessors of gold medals won at Tel Jed Sokol tournaments. Miss Mamie has also won a gold medal herself. She made a high jump of 4 feet 4 inches and a long jump of 33 feet at the last tournament.

Team winners were won as follows: Second grade, first prize, silver cup; Wilber; third grade, first prize, silver cup; Omaha; turning girls, first prize, silver cup, South Omaha.

The beauty of the Bohemian Turner girl needs to be seen to be appreciated.



BOKEN OMAHA.



CREST MEN'S TEAM.

Works Railroads for Money



ONE of the shrewdest of confidence men and swindlers operating in the east within recent years, and for whom the police of the larger cities are instituting a diligent search, is one giving the name of John Shafer, with aliases of every conceivable way of spelling the word, Walther, Miller, etc.

Shafer's preference seems to lean toward railroad accidents, and his scheme to to place a claim for injury received while in the employ of the railroad in the hands of an attorney. His right hand is always skillfully bandaged, and he usually explains to the attorney that he recently lost three fingers by getting them caught in the cog of a stationary engine while in the

employ of a local railroad. The nature of the accident he explains in detail, and has no hesitancy in "detailing the circumstances in my stenographer." After doing this he invariably produces a check for \$1 or \$2, drawn in his favor, as he explains, for benefit dues to his brotherhood, and asks the unsuspecting attorney to advance him money, at the same time promising to return the next day with witnesses to his accident.

This Shafer is an old hand at his evildoing. It is known to the police, for in 1901 he used the same methods to defraud several prominent lawyers in Washington, D. C. He had also operated throughout New England, where he represented himself as having been hurt on several of the larger roads there.

Shafer's latest operation have been along the line of the Baltimore & Ohio railroad, and his first "suif" was entered in Wilmington, Del., where his legal adviser cashed the check for \$1. This was in April of this year, and since then General Claim Agent Egan of the Baltimore & Ohio has received letter from attorneys located at various points in the east advising him that action would be brought immediately against his company for fabulous sums unless a settlement was made without delay.

"One of the numerous incidents connected with the swindle, however, was the 'suif' entered by a prominent attorney named Gott," said Mr. Egan, when discussing the swindle, "and knowing the fraudulent aim of this fellow, Shafer, I at once replied inquiring the amount Shafer got," to which, I may add, I have never received a reply."

Shafer entered two "suifs" in Baltimore against the Baltimore & Ohio railroad and one against the Washington, Baltimore & Annapolis Electric line. One thing Mr. Egan insisted in each of the cases or more "suifs" entered, however, was that in each the date of the "accident" was different, though the circumstances were the same.

Shafer is described as 46 years old, about five-foot six inches tall, weighing 140 pounds, of medium build, with dark brown hair, blue eyes, brown mustache, and usually has three fingers bandaged.—Washington Herald.