

Increasing Efficiency of Women Athletes.

Miss Suzanne Leuzlin Completing Her Powerful Reverse Twist Serve in Tennis



Miss Hanneman with the Back Dive Half Completed



Remarkable Progress Made by Women in All Lines of Outdoor Sports Since Grand-ma Just Sat Around and Knitted

THE recent remarkable exhibitions of swimming and diving by young women contestants at the New York Sportsmen's Show, held in Madison Square Garden, directs renewed attention to the increasing efficiency of women athletes in all branches of outdoor sports.

Here was indeed a significant spectacle—a score of fine, modest, well-bred girls—carrying off swimming and diving honors before mixed audiences of tens of thousands during a whole week from Jan. 2 to Jan. 9, and doing it with as much confidence and unembarrassment as though they were so many professionals of the sterner sex.

This is the second year of that spectacle in connection with the Sportsmen's Show. It is the most emphatic possible illustration that young women of to-day insist upon placing themselves on a basis of equality with young men in sports demanding the highest resources of physical health and strength, skill and courage.

Although amateur athletes, these girls are so proficient in swimming and diving, and in all water sports, that they actually vie in records with the best professionals, like Annette Kellermann, who offered the diving trophy. It does not shock them at all that their photographs and names are frequently printed in the newspapers in connection with their athletic triumphs. Such names as Elsie Hanneman, winner of the world's woman's fancy diving championship; Nellie Greenhall, who, though barely over sixteen years old, swims 100 yards in 1 minute 5 1/2 seconds; Miss M. Simpson, Miss Edna Cole, Miss Millie Bartleson, and, among scores of others, the Misses Josephine Bartlett, Lucy Freeman, Rita Greenfield, Mary Nerich, Martha Hogstedt and Elsie Sutton.

At their age grandmothers, tenderly shielded from any contact with the outside world, was doing her "tatting." Her athletic pretensions were limited to a lady-like game of croquet on the home lawn, well screened from the public view. If grandmamma is amazed at the change that has come over girls in the last forty years, what amazes her most, probably, is that the higher the social scale the more addicted are its girls to strenuous outdoor sports. Grandmamma might expect that the working classes, whose hard-working sort of thing in the case of "hoydens of parents have no time in which to properly bring them up," but not in the case of the daughters of parents possessing wealth and inherited refinement.

Yet she hears of Miss Eleanor Sears, of Boston, outwalking, outriding and outswimming the men of her own social set. Grandmamma's athletic granddaughter does not hesitate to remind her that both Mrs. John Jacob Astor and her sister, Miss Catherine Forde, treasure their triumphs on the golf links and on the tennis court. Upon occasion she may produce the Social Register and show grandmamma that the first families of the land are sprinkled with athletic daughters.

It is only since 1910 that great public pay exhibitions of women athletes—amateurs—have come into vogue in this country, with their favorite feats of swimming and diving forming the programmes practically exclusively, as was the case at the New York Sportsmen's

Show this season and last. New York girls who have grown up in beach villages and took to the water like ducks when mere children have made such exhibitions famous even in several inland cities.

As most persons living along the North Atlantic coast are aware, it is the swimming girls more than the swimming men who started and have kept up the fad for all-the-year-round surf bathing. On the coldest day of December, just past, with the mercury edging down near to zero, and with the ocean at Coney Island registering a temperature of 42 degrees, more than a score of girls belonging to Winter sea bathing clubs sported themselves in the icy waves for a quarter of an hour at a time.

The growth of athletics in colleges for girls no longer causes surprise in either sex. The polite, secluded, essentially feminine young ladies' seminary began to be supplanted a generation ago by "co-education" and by colleges for women, conducted on the same general lines as those for men. And very shortly the college athletic feature was established to complete an intellectual and physical system of education that should be a worthy rival of that which had so long benefited the opposite sex exclusively.

"Teams" of rival women's colleges were soon struggling for new records. In 1907 Miss Laura Clement, Wellesley, class of 1907, made the 100-yard dash in 13.13 seconds, breaking the previous record of 14.25 seconds, held by Vassar.

The 1913 athletes of Barnard made these records: Eight-pound shot put, Miss Eleanor Hahsell, 28 feet 3 inches. High jump, Miss Sallie Pero, 4 feet 4 inches. Discus throw, Miss Margery Hillis, 65 feet.

Baseball throw, Miss Jean Mohle, 150 feet.

Women tennis players are approaching closer and closer the records of men players—as witness the remarkable performances of Miss Suzanne Leuzlin among the "crack" women servers.

Miss Helen Dalton, prominent among the young women amateur athletes of New York City, not only makes the 100-yard dash in 12 1/2 seconds, but is a clever gymnast, swimmer and baseball player. Miss Julia Downey won that championship in 1912, being close-pressed by another sprinting marvel, Miss Edna McBride.

Some of the younger women of the New York-Newport social set are quite famous athletes. To her proficiency at golf Miss Marlon Hollins, for example, adds remarkable gifts and daring at that most hazardous of men's games, polo. She is a member of the "Meadow Larks Four," who startled the English players last Summer, by appearing on the field in competition with a team of men. Miss Hollins's companions in that game were Miss Emily Randolph, Mrs. Thomas Hitchcock and the latter's daughter, Miss Helen Hitchcock. And for quite a while the "Meadow Larks" held their own against their men opponents.

Another of these daring women polo players is Mrs. Carey Rumsey, who lacks only a man's strength of arm to be in the front rank at the sport.

Bath Beach might be called a nursery of girl swimmers and divers. Miss Elsie Hanneman, the world's champion woman fancy diver who headed the list of entrants

at the Sportsmen's Show, was brought up and still lives there, a young woman of education and independent fortune. Bath Beach is also the home and training quarters of Nellie Greenhall, the marvellous sixteen-year-old record woman swimmer. Her record now is only eleven seconds short of the best man's record for 100 yards—54.45 seconds. She is training in the expectation of some day equalling the best swimming sprint of either man or woman. Miss Greenhall has a sister, Daisy, who as a schoolgirl of fourteen is already drawing near to her as a swimmer and diver.

These girls, bred at the ocean beaches, who swim all the year round, are so accustomed to the tight-fitting, one-piece swimming suit that to appear in it as swimming or diving contestants before audiences numbering thousands does not embarrass them in the slightest degree. The thought of making new records excludes every other. Neither are they apt to become "stage-struck" and hanker for professional honors. They are true "sportsmen." Miss Hanneman, for instance, who as an amateur outdives any professional in the world, says she is about ready to quit even the amateur field.

Both Miss Hanneman and Miss Greenhall, however, probably will be seen in their aquatic specialties at the Panama-Pacific Exposition in rivalry with native Hawaiian girls. Probably most people will be surprised to learn that these Bath Beach girls yield nothing to the Pacific Islanders in the way of swimming or diving, and the Hawaiians already know it.

As is natural, their proved prowess in athletic sports has caused women in various parts of this country to emulate their sisters in South Africa and the Balkans by contributing to the fighting strength of their country. Several years ago the Colorado Legislature passed a new militia law which admitted women to the Colorado National Guard.

Quite recently Mrs. J. Hungerford Milbank organized a regiment called the "Columbians," to be a woman's complement to the New York National Guard. Her idea was warmly applauded by the National Federation of Women's Clubs.

Is all this as it should be? Are women any the better or happier, or better promoters of the happiness of the world in general, through becoming trained athletes? Does it make them more beautiful or otherwise charming than were their grandmothers?

On these points the authorities agree that physical exercise that is natural and exhilarating increases the beauty and grace of the female form. Look at the great masterpieces of painting and sculpture. Is not Diana, the huntress, more graceful than Venus, who devoted herself exclusively to love-making? Can you hesitate for a moment in your choice between the airy lightness and grace of Atlanta, champion girl sprinter of mythology, and the merely uxorious Juno?

Miss Elsie Hanneman Beginning One of Her Hazardous Back Dives



Mrs. Carey Rumsey (Carol Harriman) in Action on the Polo Field.

Why We Should Save Our Medicinal Trees

EVERY year our forests shrink in area because of the insistent demands of progress. This is not due to the demands for a greater acreage to cultivate in all cases. It is partially the result of a need for building material, and mostly caused by the desire for financial gain. This destruction includes the trees used wholly or in part for medicinal purposes.

There are about a dozen trees growing in the United States which are entirely or partly for medicinal use. On account of the enormous quantities required, it is a foregone conclusion that in the not far distant future trees will have to be planted to meet the demand that is fast growing, or else we shall suffer from the lack of necessary drugs.

The presence of hydrocyanic acid in the thin inner bark of the wild cherry, and its tonic and sedative properties make the tree valuable. It is gathered in the Fall and a fresh supply is required each year, as it loses strength if kept too

long. It is sold for from 1 to 6 cents per pound.

Witch hazel plays a prominent part in the medicine chest of every household to-day, and represents in its manufacture many thousands of dollars in invested capital. The Indian knew of its healing properties long before the white man came.

The New England farmers find the witch hazel crop one of much value, and a regular source of income. The brush is taken to the local distillery, where the essential properties are extracted. While it is usually classified as a shrub, it has been known to grow to the height of twenty-five feet. It also has the peculiarity of blooming very late in the Fall. The bark, when gathered in this manner, is sold from 1 to 4 cents a pound.

The bark of the slippery elm is highly prized for the relief of colds and to allay inflammation. This tree grows to the height of from 40 to 70 feet, with a trunk 2 1/2 feet thick. The outer bark is shaved off, and the inner one removed and dried

under pressure in order to keep it flat. It brings from 3 to 10 cents per pound, a high price, but not excessive when it is recalled that the dried bark is remarkable for its small proportion of weight to bulk.

The white pine, which plays such an important part in building industries, is conspicuous among trees possessing medicinal properties.

These four are among the best known and most widely used of nature's remedies growing wild in the woods. There are others of various kinds and degrees of usefulness. The tamarack and the aspen, both of them esteemed as tonics; the white willow, a tonic, a febrifuge and sometimes used for rheumatism; the butternut, whose bark serves as a tonic and a mild cathartic; sweet birch, best known as the principal ingredient in Birch beer; the white oak, whose astringent bark is worth from 1 to 2 cents per pound; and, perhaps as popular as any bark that grows, sassafras, worth from 3 to 10 cents per pound.