

CRAPS TO CRICKET

SPORTING

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NEWS

BADMINTON TO BOXING

GOLF And It's Minimum Essentials

by FRANK THOMPSON, AMATEUR CHAMPION OF CANADA.

No. 9—TOURNAMENT PLAY.

Golf hitherto has been popularly looked upon as an old man's game. The player, who is fortunate enough to go through a week's tournament will find it a grueling experience. In fact the game in such cases is largely one of wear and tear in which the man of frail physique is certainly at a disadvantage, for, in order to become a champion, one must not only have skill, he must have stamina, and in addition a goodly portion of luck.

In such circumstances the wise golfer will husband his energies, for if he is fortunate enough to go the whole way, a little surplus energy will be a great asset. I do not believe in specialized training such as is indulged in by fighters and runners. But I do think that one should live a normal simple life. It is not possible to get too much sleep. This is very important, for without proper sleep the whole body loses its tone. One may play well for a couple of days with meagre sleep, but he certainly cannot go a whole week and play his best.

The rest of his life should be normal, too, with good meals. Golf is a wearing game and is certainly not played at its best on an empty stomach. Too hearty a meal should, however, not be partaken of too soon before a match. Excessive cigarette smoking is also not good for one who would star at golf. Alcohol is to be avoided, unless one is in the habit of taking it, for the more normal one can feel in a match, the better.

Now in regard to practice—this depends on the person. Oftentimes players practice so much that they become stale. This is to be avoided. One should not play every day, especially immediately before a tournament. Of course if a player has had very little time to practice and feels that he is not up to his form, then practice every day will, perhaps, in his case be the best course. But for a person who is on his game, two games a week should be the minimum, with perhaps four games as a maximum.

One should not practice the wooden shots too much, for these use up a lot of energy. Half an hour's driving is more than enough, for in this time it is surprising the amount of energy consumed.

One should practice iron shots—not the very long ones, but the chip shots and shots of 75 yards up to 150. One can practice these for an hour or so without becoming tired. If one feels weak with any club he should take that club only and practice until he becomes familiar with it. Then when one has practiced with the different clubs, and especially with the

when he feels the least sure of (and in passing very few practice these individual shots enough, I think), he should indulge in matches. Whether these matches should be fought strenuously or played in a leisurely fashion, is rather a moot question. I think the answer must be given by the individual himself. I know some men contend that these games should approximate as closely as possible to games of the big matches, so that the player will be used to the strain. For some, this is certainly to be recommended, but for others it would seem better tactics to husband their nervous energy for the main fixture.

Immediately before the match starts, I think it wise to warm up a little. A few shots with the different clubs is sufficient for this and one should be very careful not to tire himself unduly. This preliminary practice is conspicuous by its absence on Canadian courses. On the other side it is indulged in pretty generally, and there is little doubt in my mind of its universal benefit. It is argued by some that it is better not to practice this way as any mistakes are apt to sap one's confidence. The force of this argument is not apparent to me, for I think it is far better to discover any weakness before the game starts than after, for then steps may be taken to correct any faults.

I always prefer to spend a little time in putting, getting the touch, for if anything is the matter with the swing it usually becomes apparent in the putting. One should be careful to pick out a green that is a fair average, and practice here if possible. This of course is not permitted in medal rounds. If this is not possible let him carefully notice whether the practice green is slow or fast and govern himself accordingly. The main point to remember in putting is to hit the ball truly in a smooth, relaxed manner.

One should arrange it so that he has not to stand around waiting too long for there is nothing which is apt to get on one's nerves more than waiting with nothing to do. I think any diversion is to be recommended to just standing around. Little chip shots may be indulged in with great benefit.

Above all, in watches keep trying all the time. Never take anything for granted. No game is won until the last putt is sunk. Never give up. "Who kens he may be" doon deid," was the remonstrance of the Scotch caddie to his master who, having played sixteen odd was about to give up. It is a good fighting principle, if a little ungenerous. (Copyrighted, British and Colonial Press, Limited.) Next Article—Temperament.

JOE. MCGINNITY IS STILL GOING STRONG

How many men of 49 could step out on the mound and pitch nine full innings of baseball in a professional league, even though only a minor one?

And how many could perform this stunt and win?

Not many, in answer to the first question.

In answer to the second—Joe McGinnity, at any rate.

Once Joe was known as the Iron Man of the New York Giants. Now he's manager and owner of the Danville club of the Three-Eye League.

Finding his pitching staff shot to pieces, he undertook the twirling himself, and for seven innings held his opponents scoreless. In the eighth he weakened, allowing three runs, two of which were earned. In the ninth he tightened up again and prevented further scoring. Danville won, 5 to 3.

Joe struck out three men during this performance, hit one and issued one pass, pretty fair control for a man of 49.

McGinnity started ball playing at Rock Island, Ill., his native town, at the age of 15. He has lived an athlete's life ever since. Famed though he was, in his days in the big leagues, for his ability to pitch and win double-headers, the strain never told on Joe's arm, as his present ability proves. Irregular living, not work he holds, sends men to the scrap heap. Nobody ever took better care of himself than Joe.

Frank Fleming won at Montreal. Frank Fleming, junior lightweight champion of Canada, was awarded the judge's decision over Oscar Deschamps, French-Canadian challenger, in a ten-round bout at the Mount Royal Arena on Thursday.

The bout, which was one of the most spectacular ever seen in this city, went the full distance. Deschamps was floored three times, but was up again immediately each

time. In the seventh round the French-Canadian claimed that he had been fouled. Examination by the doctors of the Montreal Boxing commission failed to show any trace of a foul, and the bout was allowed to proceed. Deschamps went at his man like a whirlwind, but could only rarely penetrate Fleming's defense.

Jack Jarvis, of Toronto, welterweight, outpointed Tommy Dwyer, of London, England, in a six-round bout.

Manager "Buzz" Wetzel, of the London, Ont., team, seems to have picked up another big league pitching possibility in "Dewdrop" Bill Arndt, a youth 20 years old discovered somewhere out in Ohio. In two starts this season Michigan-Ontario League teams have failed to score on Arndt, and on the second occasion he came close to a no-hit game as well.

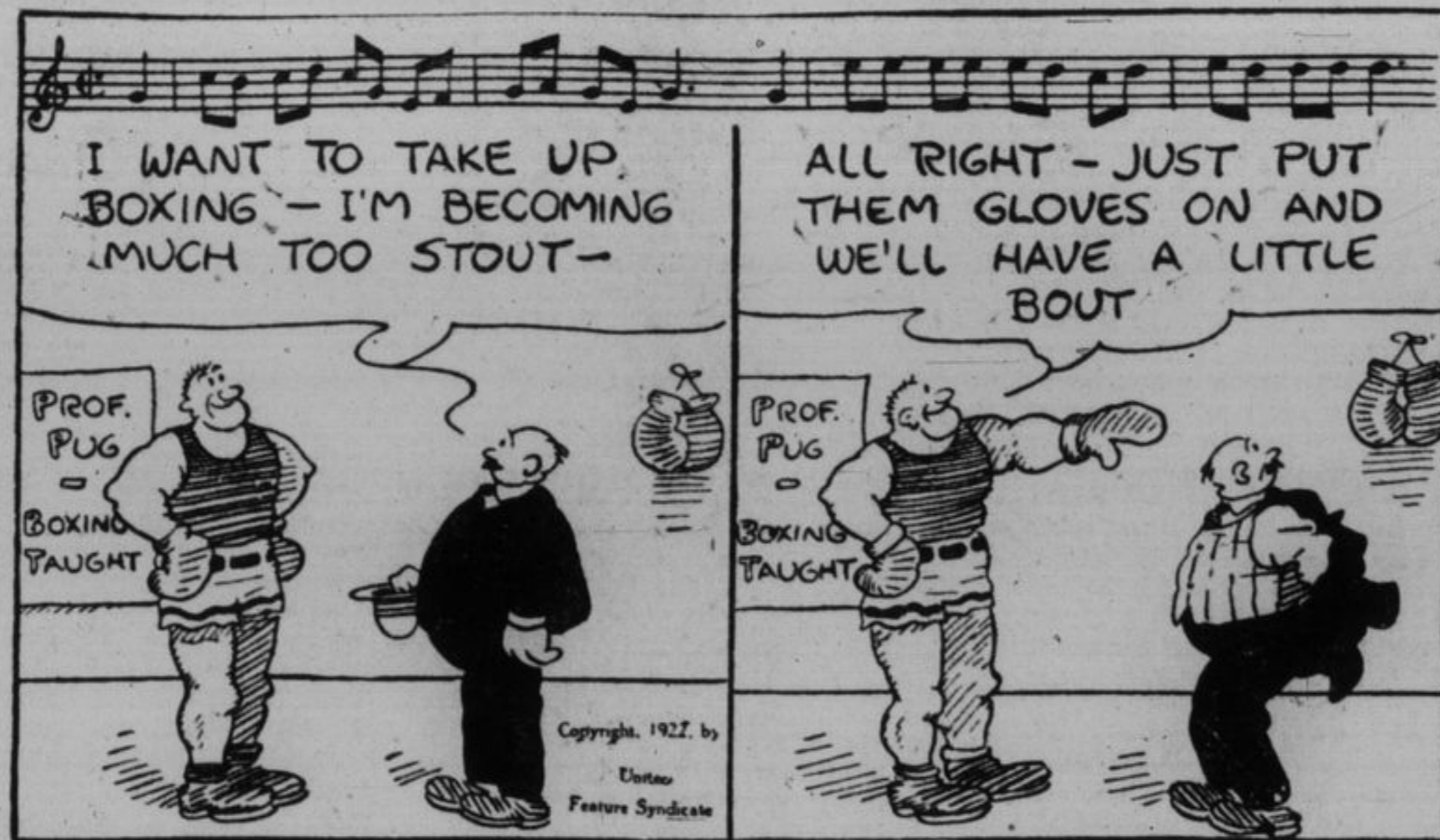
la. Baladna has terrific speed, and is so big that it was difficult to get a uniform large enough for him when he reported. The Brants have also traded Percy Lalonde, brother of Manager "Mickey" Lalonde, and pitcher Dickenson, to Ionia, of the Central League, for outfielder John Barry.

There will be four games in the Inter-County League this afternoon—Verona at Wolfe Island; Sydenham at Parham; Adolphustown at Enterprise; and Yarker at Odessa.

The Yacht Club is very popular these warm afternoons, especially after a paddle or a few hours' sailing.

Lot of fellows would always be rich and happy if the blamed alarm clock did not go off and wake them up.

THEM DAYS IS GONE FOREVER



LITTLE BITS.

There seems to be plenty of promising material for the Limestones in this city, and a strong team should be entered in the provincial field.

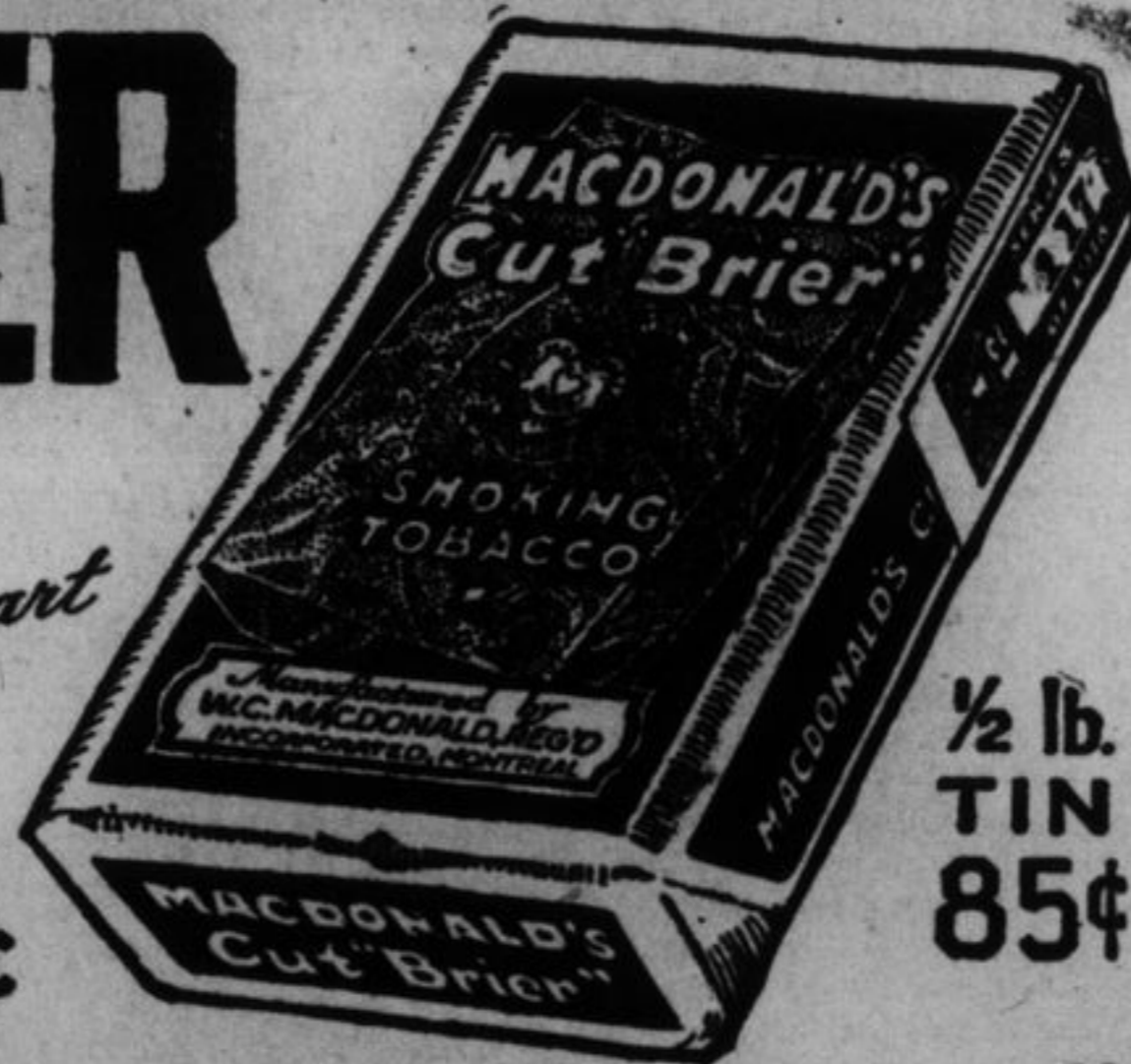
The 1922 schedule card published by the Mercantile League is a very neat and handy reference for the fans to carry around.

The cadets of the Royal Military College scored another success with their exhibition of mounted sports at Point Frederick on Friday.

The Brantford team of the Michigan-Ontario League, has signed John Baladna, a 6-foot-2 pitcher from the coal regions of Pennsylvania.

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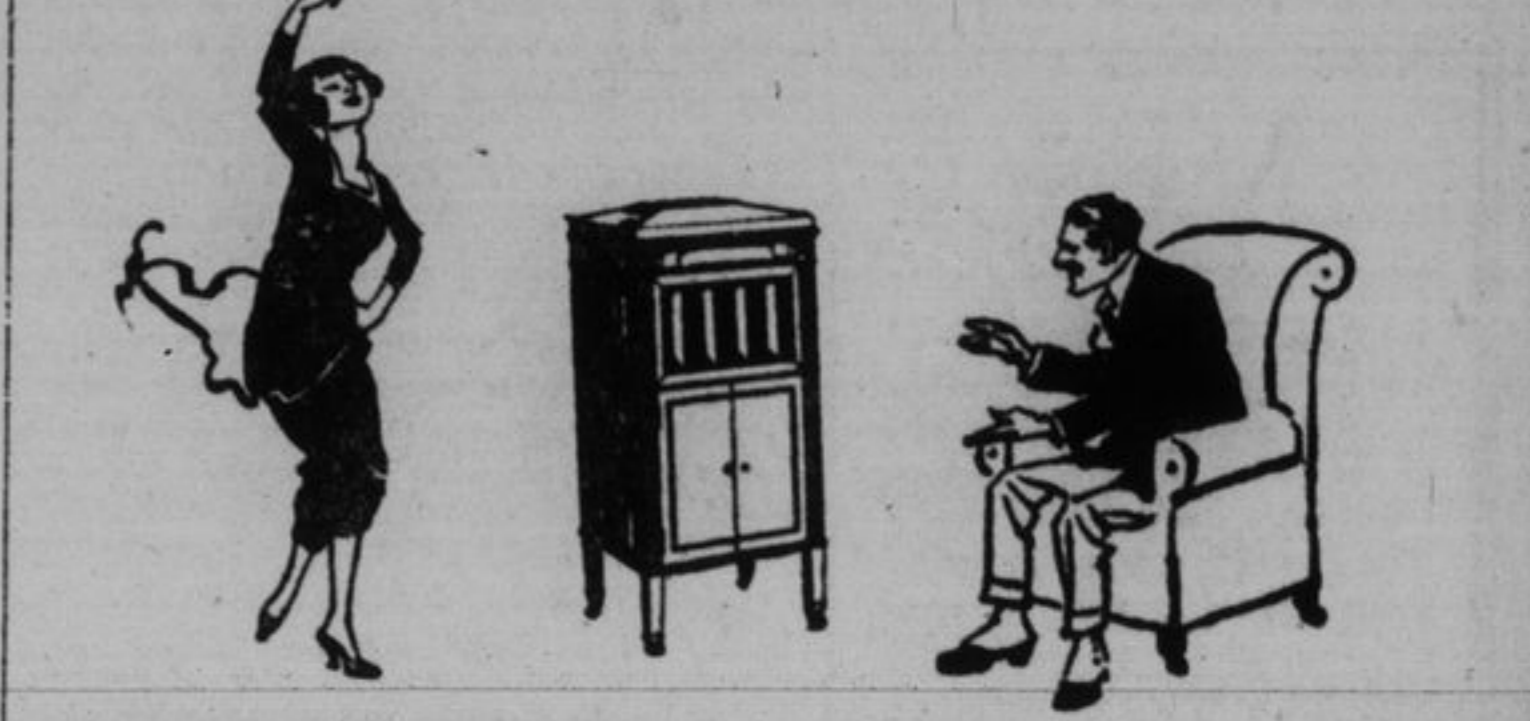
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- Some Sunny Day—Fox Trot—Bailey's Lucky Seven \$480
- California—Fox Trot—Bailey's Lucky Seven 65c
- Drilavs Serenade—Violin—Ernest Gill Plamondon \$578
- Twilight—Violin—Ernest Gill Plamondon 65c



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